

Menu Item Nutrients - Breakfast

Menu Item	Calories (Kcal)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée						
Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts	200.00	35.00	4.00	10.00	(M)	4.00
Blueberry Muffin - SR1454 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	190.00	30.00	2.00	16.00	16.00	3.00
Apple Cinnamon Muffin - SR1165 (1 muffin) Contains Egg, Gluten, Soy, Wheat.	180.00	31.00	2.00	16.00	15.00	3.00
Double Chocolate Chip Muffin - SR1592 (1 muffin) Contains Egg, Gluten, Milk, Soy, Wheat.	190.00	33.00	2.00	17.00	17.00	3.00
Mini Cinnis - SR1595 (1 pkg.) Contains Gluten, Milk, Wheat.	240.00	40.00	3.00	14.00	13.00	4.00
Honey Graham Crackers - SR2366 (1 pkg.) Contains Gluten, Soy, Wheat. Processed in a facility that also processes Egg, Milk	90.00	17.00	1.00	4.00	(M)	2.00
Strawberry Yogurt - NWR1048 (1 ea.) Contains Milk.	70.00	14.00	0.00	10.00	(M)	4.00
Sausage Breakfast Pizza - SR1167 (1 slice) Contains Gluten, Milk, Soy, Wheat.	210.03	27.00	3.00	5.00	2.00	9.00
Oatmeal Chocolate Chip UBR - SR1173 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	270.00	44.00	5.00	19.00	18.00	5.00
Blueberry Bagel w/ Cream Cheese Burry - NWR1198 (1 ea.) Contains Gluten, Milk, Wheat. Processed in a facility that also processes Egg, Soy.	204.54	34.71	3.05	7.10	(M)	6.57
Whole Grain Cinnamon Roll with Icing - NWR1197 (1 ea.) Contains Egg, Gluten, Wheat. May contain Milk.	298.65	64.22	3.00	37.39	10.00(M)	5.00
Whole Grain Pancake Bites with Cinnamon & Sugar - NWR2693 (6 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	380.00	38.00	3.00	13.00	13.00	5.00
Breakfast on a Stick - SR2494 (1 stick.) Contains Egg, Gluten, Soy, Wheat.	200.00	17.00	3.00	4.00	(M)	7.00
Apple Frudel Stick - SR1747 (1 pkg.) Contains Gluten, Milk, Wheat.	210.00	36.00	2.00	11.00	(M)	5.00
Mini Maple Waffles - NWR1408 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Tree nuts	200.00	35.00	4.00	10.00	(M)	4.00
Dutch Waffles - NWR1411 (1 waffle) Contains Egg, Gluten, Milk, Soy, Wheat.	300.00	43.00	3.00	12.00	(M)	4.00
Blueberry Pancake Bites - SR1190 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	210.00	35.00	4.00	11.00	(M)	4.00
Cinnamon UBR - SR1976 (1 pkg.) Contains Egg, Gluten, Milk, Soy, Wheat.	270.00	44.00	5.00	18.00	18.00	5.00
Bagel & Cream Cheese - NWR1120 (1 ea.) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg	224.54	36.71	4.05	4.10	(M)	8.57
Waffles - NWR3120 (2 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	180.00	27.00	1.00	2.00	(M)	4.00
Blueberry Patch Parfait - NWR3296 (1 parfait) Contains Milk, Soy. May contain Gluten.	235.17	44.77	3.95	26.42	12.75(M)	5.08
Breakfast Banana Split - NWR3130 (1 ea.) Contains Milk, Soy. May contain Gluten.	293.39	61.41	3.43	39.55	12.75(M)	5.90
Breakfast Pizza Bagel - NWR2282 (1 bagel) Contains Gluten, Milk, Wheat.	192.00	23.00	2.00	(M)	(M)	12.00
Biscuit with Jelly - NWR3135 (1 ea.) Contains Gluten, Milk, Wheat.	235.00	37.00	1.00	11.00	1.00(M)	5.00
Entrée - Sandwiches						
Ham & Cheese English Muffin - NWR1363 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. May	178.50	22.00	2.00	1.50	(M)	10.00
Sausage Breakfast Sandwich (English Muffin, Egg, Cheese & Sausage) - SR1189 (1 sandwich) Contains Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg, Soy.	229.11	24.71	2.00	1.36	0.00(M)	12.78
Turkey Sausage & Cheese Biscuit - NWR3119 (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	310.00	28.00	1.00	3.00	1.00(M)	13.50
Breakfast Biscuit Sandwich (Turkey ham & cheese) - SR1750 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	360.00	29.00	2.00	1.50	1.00(M)	16.50
Breakfast Sandwich (English Muffin, Egg & Cheese - SR1193 (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat. Processed in a facility that also processes Egg, Soy.	220.00	26.00	2.00	1.50	0.00(M)	10.50

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Egg & Cheese Breakfast Sandwich (Hamburger Bun, Egg & Cheese) - NWR1492 (1 sandwich) Contains <u>Gluten, Milk, Soy, Wheat, May contain Soy</u>	270.00	27.00	2.00	3.00	(M)	12.50
Ham & Cheese English Muffin - NWR2460 (1 sandwich) Contains <u>Gluten, Milk, Soy, Wheat, May</u>	210.00	21.00	2.00	1.00	0.00(M)	14.50
Entrée - Cereal						
Cheerios - SR1160 (1 bowl)	100.00	20.00	3.00	1.00	(M)	3.00
Cinnamon Toast Crunch Cereal - SR1164 (1 bowl) Contains <u>Gluten, Soy, Wheat</u>	110.00	22.00	3.00	6.00	(M)	1.00
Cocoa Puffs Cereal - SR1170 (1 bowl) May contain <u>Gluten, Wheat</u>	110.00	25.00	2.00	8.00	(M)	2.00
Lucky Charms - SR2428 (1 bowl)	110.00	23.00	2.00	10.00	(M)	2.00
Trix Cereal reduced sugar - SR1184 (1 bowl) May contain <u>Gluten, Wheat</u>	110.00	24.00	1.00	7.00	(M)	1.00
Entrée Extra						
String Cheese - SR1146 (1 stick.) Contains <u>Milk</u>	80.00	0.00	0.00	0.00	0.00	7.00
Buttery Whole Grain Toast - NWR1119 (1 slice) Contains <u>Gluten, Milk, Soy, Wheat</u>	94.55	14.32	0.95	0.95	0.00(M)	3.82
Cinnamon & Sugar - NWR2642 (1/2 tsp.)	0.16	0.05	0.04	0.00	(M)	0.00
Fruit						
Crispy Whole Apple - SR1161 (1 extra small (2-1/2" dia))	47.79	12.69	2.21	9.55	0.00	0.24
Raisin Box - NWR1267 (1 Box)	113.00	29.98	1.40	(M)	(M)	1.16
Banana - SR1166 (1 medium (7" to 7-7/8" long))	105.02	26.95	3.07	14.43	(M)	1.29
Fresh Oranges - SR1171 (1 small (2-3/8" dia))	45.12	11.28	2.30	8.98	0.00	0.90
Unsweetened Applesauce - SR2848 (1 Container)	60.00	14.00	1.00	18.00	(M)	0.00
Fruit Juice						
100% Apple Juice - SR1204 (4 fl oz cup)	60.00	14.00	0.00	12.00	(M)	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	80.00	19.00	0.00	18.00	(M)	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	60.00	14.00	0.00	12.00	(M)	0.00
Milk						
Lowfat 1% White Milk - NWR2345 (1 Half Pint) Contains <u>Milk</u>	110.00	13.00	0.00	12.00	(M)	9.00
White Skim Milk - NWR2347 (1 Half Pint) Contains <u>Milk</u>	90.00	13.00	0.00	12.00	(M)	9.00