

# Feb Breakfast 2025

## Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
Apple Frudel	1 each	210	36 g	5 g	6 g	1.5 g	0 mg	280 mg	2 g	n/a	55	0	0 mg	1.08 mg	X		X		X					
Apple Ring	3 donuts	150	19 g	2 g	8 g	3.5 g	15 mg	240 mg	2 g	n/a	30	0	20 mg	1.08 mg	X	X	X		X					
Breakfast Loaf	1 each	260	33 g	5 g	13 g	3.5 g	55 mg	240 mg	2 g	n/a	100	1.2	40 mg	1.08 mg	X	X	X		X					
Brekkie	1 each	360	52	6	15	7	20	340	4 g	26	0	0	30	1.9	X	X	X		X					
Cheese Stick	each	80	1	7	6	3.5	20	200	0	0	0	0	150	0					X					
CinnamonToast Crunch Bar	1 bowl	110	22 g	1 g	3 g	0.5 g	0 mg	160 mg	2 g	6 g	400	4.8	80 mg	3.6 mg	X		X							
Cream Cheese, plain	each	51	1 g	1 g	4.99 g	2.93 g	15 mg	46 mg	0 g	n/a	161	0	14 mg	0.02 mg					X					
Fresh Fruit	1/2 cup	145	36.624	2.251	0.455	0.051	0	9.646	5.648	21.49	177.715	83.167	29.225	0.776										
Fruit Cup	each	80	21g	0g	0g	0g	0mg	1mg	2g	16g	0	66	20mg	0.36mg										
Gogurt	1 container	90	19 g	3 g	0 g	0 g	0 mg	75 mg	0 g	n/a	0	0	300 mg	0 mg					X					
Graham Crackers	package (3 ea)	90	17	1	2.5	0	0	90	1	5	500	0	0	0.72	X		X							
Hard Boiled Egg	1 each	78	1 g	6 g	5.31 g	1.63 g	187 mg	62 mg	0 g	n/a	260	0	25 mg	0.6 mg		X								
Juice	4 fl. oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg										
Maple Madness Mini Waffles	pouch	210	37	3	6	1	0	170	2	13	0	0	20	1.44	X	X	X		X					
Mini Bagel	1 each	190	38 g	7 g	0.5 g	0 g	0 mg	380 mg	1 g	n/a	0	0	0 mg	14.94 mg	X									
Mini French Toast	1 pouch	190	34 g	3 g	5 g	1 g	5 mg	370 mg	2 g	0	0	0	40 mg	1.08 mg	X	X	X		X					
Mini-Cinnis	1 package	240	39 g	5 g	7 g	1.5 g	0 mg	270 mg	2 g	n/a	0	0	40 mg	1.44 mg	X		X		X					
Plain Bagel	1 each	150	30 g	6 g	1.5 g	0 g	0 mg	290 mg	1 g	n/a	0	4.2	0 mg	10.08 mg	X									
Sausage English Muffin	sandwich	245	23 g	14 g	10.25 g	3.25 g	123 mg	527 mg	3 g	n/a	245	0	264 mg	1.89 mg	X	X	X		X					
UBR Breakfast Round	1 each	240	43 g	5 g	6 g	2 g	0 mg	210 mg	6 g	n/a	0	0	20 mg	0.72 mg	X	X	X		X					
WG Cereal	1 serving	83	18 g	1 g	0.2 g	0 g	0 mg	138 mg	1 g	n/a	485	7.02	32 mg	4.5 mg	X									
WG Cereal Bar	1 bar	150	29 g	3 g	3.5 g	0.5 g	0 mg	95 mg	3 g	n/a	100	1.2	200 mg	1.8 mg	X		X							
WG jumbo Donut	3 donuts	150	19 g	2 g	8 g	3.5 g	15 mg	240 mg	2 g	n/a	30	0	20 mg	1.08 mg	X	X	X		X					
WG Mini Donuts	3 donuts	150	19 g	2 g	8 g	3.5 g	15 mg	240 mg	2 g	n/a	30	0	20 mg	1.08 mg	X	X	X		X					
WG Muffin	1 each	188	30 g	3 g	6.6 g	1.75 g	17 mg	257 mg	3 g	n/a	95	0.01	43 mg	0.73 mg	X	X	X		X					
WG Pop-Tart	each	180	37 g	2 g	3 g	1 g	0 mg	190 mg	3 g	n/a	500	0	100 mg	1.8 mg	X		X							
Yogurt	1 container	90	19 g	3 g	0 g	0 g	0 mg	75 mg	0 g	n/a	0	0	300 mg	0 mg					X					