

May Breakfast

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
Cheese Stick	each	80	1	7	6	3.5	20	200	0	0	0	0	150	0					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	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg										
Fruit Cup	each	80	21g	0g	0g	0g	0mg	1mg	2g	16g	0	66	20mg	0.36mg										
Fruit 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					
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					
Juice	4 fl. oz	60	14 g	1 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	36	10 mg	0 mg										
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									
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 Breakfast Loaf	1 each	280	34 g	4 g	16 g	4.5 g	50 mg	210 mg	3 g	n/a	100	1.2	40 mg	1.08 mg	X	X	X		X					
WG Brekkie	1 each	360	52	6	15	7	20	340	4 g	26	0	0	30	1.9	X	X	X		X					
WG Cereal	1 bowl	100	20 g	3 g	2 g	0.5 g	0 mg	140 mg	3 g	n/a	500	6	100 mg	8.1 mg										
WG Cereal Bar	each	160	30	2	3.5	0	0	120	3	8	0	0	200	1.8	X		X							
WG Long John	1 each	302	38 g	6 g	14.7 g	6.85 g	0 mg	333 mg	2 g	13 g	0	0	20 mg	1.44 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 Mini Waffles	pouch	210	37	3	6	1	0	170	2	13	0	0	20	1.44	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					
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					