NUTRITION INFORMATION

JUICE OFFERINGS

SUNRISE BLEND

Calories: 60
Total Fat: 0 g
Total Carbs: 14 g
Protein: 0 g
Fiber: O g

APPLE JUICE

Calories: 60
Total Fat: 0 g
Total Carbs: 13 g
Protein: 0 g
Fiber: 0 g

GRAPE JUICE

Calories: 60
Total Fat: 0 g
Total Carbs: 20 g
Protein: 0 g
Fiber: 0 g

ORANGE JUICE

Calories: 60
Total Fat: 0 g
Total Carbs: 15 g
Protein: 0 g
Fiber: 0 g

FRUIT PUNCH

Calories: 60
Total Fat: 0 g
Total Carbs: 14 g
Protein: 0 g
Fiber: 0 g

NUTRITION INFORMATION

SUPER SLICE BREAD OFFERINGS

ZUCCHINI BREAD

Calories: 270
Total Fat: 8 g
Total Carbs: 46 g
Protein: 5 g
Fiber: 2 g

BLUEBERRY BREAD

Calories: 270
Total Fat: 8 g
Total Carbs: 45 g
Protein: 5 g
Fiber: 2 g

LEMON BREAD

Calories: 230
Total Fat: 8 g
Total Carbs: 44 g
Protein: 5 g
Fiber: 2 g

PUMPKIN AND BANANA BREAD

Calories: 260
Total Fat: 8 g
Total Carbs: 43 g
Protein: 5 g
Fiber: 2 g

CHOCOLATE BREAD

Calories: 260
Total Fat: 8 g
Total Carbs: 44 g
Protein: 6 g
Fiber: 3 g

NUTRITION INFORMATION

CEREAL OFFERINGS, ALL OPTIONS ARE REDUCED SUGAR AND WHOLE GRAIN

LUCKY CHARMS & TRIX

Calories: 210/220
Total Fat: 2.5 g
Total Carbs: 46 g
Protein: 4g/3 g
Fiber: 3 g

COCO PUFFS

Calories: 210
Total Fat: 2.5 g
Total Carbs: 47 g
Protein: 3 g
Fiber: 3 g

CINNAMON TOAST CRUNCH

Calories: 230
Total Fat: 5 g
Total Carbs: 44 g
Protein: 3 g
Fiber: 6 g

HONEY O'S

Calories: 210
Total Fat: 2.5 g
Total Carbs: 44 g
Protein: 3 g
Fiber: 5 g

BLUEBERRY CHEX

Calories: 240
Total Fat: 5 g
Total Carbs: 46 g
Protein: 3 g
Fiber: 1 g

Gluten Free Choice, Not Whole Grain

NUTRITION INFORMATION

BENEFIT BARS (WHOLE GRAIN)

COCOA CHIP

Calories: 270
Total Fat: 8 g
Total Carbs: 48 g
Protein: 5 g
Fiber: 5 g

FRENCH TOAST

Calories: 280
Total Fat: 9 g
Total Carbs: 46 g
Protein: 5 g
Fiber: 3 g

OATMEAL CHOCOLATE CHIP

Calories: 290
Total Fat: 9 g
Total Carbs: 47 g
Protein: 5 g
Fiber: 3 g

BANANA CHOCOLATE CHUNK

Calories: 280
Total Fat: 8 g
Total Carbs: 48 g
Protein: 5 g
Fiber: 3 g

APPLE CINNAMON

Calories: 290
Total Fat: 9 g
Total Carbs: 48 g
Protein: 5 g
Fiber: 3 g

NUTRITION INFORMATION

UNCRUSTABLES: SMALL (BREAKFAST)

PEANUT BUTTER AND HONEY

Calories: 300
Total Fat: 16 g
Total Carbs: 32 g
Protein: 9 g
Fiber: 4 g

PEANUT BUTTER AND RASPBERRY

Calories: 300
Total Fat: 16 g
Total Carbs: 32 g
Protein: 9 g
Fiber: 4 g

PEANUT BUTTER AND GRAPE

Calories: 300
Total Fat: 17 g
Total Carbs: 32 g
Protein: 9 g
Fiber: 4 g

PEANUT BUTTER AND STRAWBERRY

Calories: 300
Total Fat: 17 g
Total Carbs: 32 g
Protein: 9 g
Fiber: 4 g

NUTRITION INFORMATION

UNCRUSTABLES: LARGE (LUNCH ENTREE)

PEANUT BUTTER AND STRAWBERRY

Calories: 590
Total Fat: 32 g
Total Carbs: 64 g
Protein: 18 g
Fiber: 7 g

PEANUT BUTTER AND GRAPE

Calories: 590
Total Fat: 32 g
Total Carbs: 64 g
Protein: 18 g
Fiber: 7 g

NUTRITION INFORMATION

MILK OFFERINGS

MILK, SKIM

Calories: 80
Total Fat: 8 g
Total Carbs: 12 g
Protein: 8 g
Fiber: 0 g

MILK, SKIM CHOCOLATE

Calories: 120
Total Fat: 0 g
Total Carbs: 20 g
Protein: 8 g
Fiber: 0 g

Only 7grams added sugar

MILK, 1 %

Calories: 110
Total Fat: 2.5 g
Total Carbs: 13 g
Protein: 8 g
Fiber: 0 g