St Francis Breakfast Jan 26

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
Banana Blueberry Muffin	1 each	240	29 g	5 g	4.04 g	1.45 g	38 mg	298 mg	2 g	n/a	200	9	51 mg	1.05 mg	X	X	X		X					
Banana Chocolate Chip Snack Bread,WG	each	260	32	4	13	4	35	220	2	15	19	0	30	1.3	X	X	X		X					
Birthday Cake Snack Bread, WG	each	250	29	4	13	3	50	230	1	15	24	0	30	1	X	X	X		X					
Breakfast Banana Split Yogurt Parfait	1 each	335	44.7	6	3.5	0.5	5	104	2.1	26	120	20.5	136	1.2	X				X					
Breakfast Flatbread	64 sandwich	300	15 g	21 g	16.72 g	6.56 g	319 mg	503 mg	2 g	n/a	531	0.09	301 mg	1.66 mg	X	X	X		X					
Breakfast Pastry	1 roll	270	43 g	7 g	8 g	3 g	15 mg	330 mg	4 g	n/a	100	1.2	60 mg	1.81 mg	X	X	X		X					
Cheerios	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										
Cheese Stick	each	80	1	7	6	3.5	20	200	0	0	0	0	150	0					X					
Chocolate Chip Brekkie ,WG	each	330	54	5	12	5	15	340	3	28	138	0	30	2.1	X	X	X		X					
Choice of Milk	carton	103	12	8	3	2	13	123	0	11	150	n/a	300	0.1					X					
Cinnamon Chex	1 bowl	110	23	1	2.5	0.00	0.00	160	1	6	1179	23	325	28										
Cinnamon Toast Crunch	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							
Cocoa Puffs	1 bowl	90	20 g	1 g	1 g	0 g	0 mg	130 mg	1 g	n/a	400	4.8	80 mg	3.6 mg	X									
Coffee Cake	1 slice	290	53 g	4 g	7.62 g	1.88 g	20 mg	249 mg	2 g	n/a	129	10.91	63 mg	0.97 mg	X	X	X		X					
Country Peach Yogurt Cup	container	80	15	3	0	0	0	75	0	12	0	n/a	320	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					
Egg & Cheese on English Muffin	sandwich	280	35	12	11	3.5	115	670	4	2	n/a	n/a	230	2	X	X	X		X					
Eggo Waffles	pouch	190	35	5	5	1.5	0	200	5	9	1000	0	200	3.6	X	X	X		X					
Frudel	1 each	200	38 g	5 g	5 g	0 g	0 mg	270 mg	3 g	10 g	0	0	0 mg	1.08 mg	X		X		X					
Fruit Selection	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 Selection	1/2 cup	65	17 g	0 g	0.07 g	0.01 g	0 mg	4 mg	2 g	n/a	27	3.7	8 mg	0.36 mg										
Graham Crackers	package (3 ea)	90	17	1	2.5	0	0	90	1	5	500	0	0	0.72	X		X							
Homemade Granola	1/4 cup	103	18	2.8	2.3	.3	0	48.5	1.6	7.5	0	0.6	1.7	0.6										
Juice Selection	1/2 cup	80	19 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	54	0 mg	0 mg										
Juice Selection	4 fl oz	60	14g	0g	0g	0g	0mg	15mg	0g	14g	0	20	0mg	0mg										
Juice Selection	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										
Juice Selection	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										
Lucky Charms Cereal	1 bowl	110	23	2	1	0	0	180	2	9	500	6	100	4.5	X							X		
Mini 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					
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 Pancakes	1 pouch	220	37 g	4 g	6 g	0.5 g	0 mg	270 mg	2 g	11 g	0	0	40 mg	0.72 mg	X	X	X		X					
Pancake on a Stick,WG	each	200	17	7	10	2.5	25	310	3	4	0	0	20	1.8	X	X	X							
Pillsbury Mini	1 package	240	41 g	6 g	6 g	2.5 g	10 mg	180 mg	2 g	n/a	100	0	20 mg	1.08 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									
Strawberry Stacker	2 cakes/topping	482	65.169	10.006	10.003	5.001	33.345	694.223	10.517	18.509	79.437	10.982	57.966	8.008	X	X	X		X					