

Menu Item (Serving Size)	Calories (Kcal)	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Protein (g)	Potassium (mg)	Allergen(s)
Category: Milk									
MILK, 1% WHITE (1 ea.)	110.00	2.50	15.00	130.00	12.00	0.00	8.00	399.97	Contains Milk.
MILK, SKIM WHITE (1 ea.)	90.00	0.00	5.00	130.00	12.00	0.00	8.00	399.97	Contains Milk.
SOY MILK, VERY VANILLA (1 ea.)	150.00	4.50	0.00	80.00	18.00	2.00	8.00		Contains Soy.
Category: Bread / Grain									
CEREAL, BLUEBERRY CHEX (1 ea.)	240.00	5.00	0.00	350.00	46.00	1.00	3.00	0.00	
CEREAL, CINNAMON TOAST CRUNCH (1 ea.)	230.00	5.00	0.00	320.00	44.00	6.00	3.00	104.81	Contains Cinnamon, Corn/Corn Products, Gluten, Soy, Wheat.
CEREAL, COCOA PUFFS (1 ea.)	210.00	3.00	0.00	220.00	47.00	3.00	3.00	180.00	Contains Corn/Corn Products.
CEREAL, HONEY NUT CHEERIOS (1 ea.)	210.00	3.00	0.00	320.00	45.00	4.00	5.00	230.00	Contains Corn/Corn Products, Oats/Oat Products, Tree nuts.
CEREAL, LUCKY CHARMS (1 ea.)	210.00	3.00	0.00	350.00	46.00	3.00	4.00	110.00	Contains Corn/Corn Products, Gelatin, Oats/Oat Products, Red Dye.
CHICKEN BISCUIT (1 ea.)	305.76	13.02	12.60	586.72	32.05	3.51	11.06	546.50	Contains Chicken, Corn/Corn Products, Garlic, Gluten, Milk, Soy, Wheat. May contain Egg.
CHOCOLATE MINI DONUTS (1 ea.)	320.00	15.00	0.00	270.00	41.00	2.00	5.00	250.00	Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.
CINNAMON ROLL (1 ea.)	219.55	3.37	0	90.28	43.46	2.88	4.77	85.54	Contains Cinnamon, Gluten, Lemon, Milk, Soy, Wheat. May contain Egg.
DONUT, GLAZED (1 ea.)	391.12	16.03	0.00	349.70	58.29	2.64	5.00	0.8	Contains Cinnamon, Corn/Corn Products, Gluten, Milk, Soy, Wheat.
PANCAKE SAUSAGE WRAP (1 ea.)	200.00	10.00	25.00	310.00	17.00	3.00	7.00	0	Contains Corn/Corn Products, Egg, Gluten, Soy, Turkey, Wheat.
PIG IN A BLANKET (2 OZ) (1 ea.)	261.37	11.61	15.34	517.73	29.35	2.36	8.93	64.61	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Pork, Soy, Wheat. May contain Egg.
POP-TART, FUDGE (1 ea.)	340.00	6.00	0.00	380.00	73.00	6.00	5.00	150.00	Contains Corn/Corn Products, Gluten, Soy, Wheat.
POP-TART, STRAWBERRY, WG (1 pkg.)	340.00	5.00	0.00	350.00	73.00	5.00	4.00	109.98	Contains Apples, Corn/Corn Products, Gelatin, Gluten, Soy, Strawberries, Wheat.
POWDERED MINI DONUTS (1 ea.)	270.00	11.00	0.00	230.00	41.00	2.00	4.00	130.19	Contains Cinnamon, Corn/Corn Products, Egg, Gluten, Milk, Soy, Wheat.
SAUSAGE BISCUIT (1 ea.)	330.00	20.00	26.00	567.00	27.00	2.00	10.00	360.02	Contains Corn/Corn Products, Gluten, Milk, Pork, Soy, Wheat. May contain Egg.
Category: Fruit									
APPLE, FRESH, GREEN (1 ea.)	94.64	0.31	0.00	1.82	25.13	4.37	0.47	194.74	Contains Apples.
APPLE, FRESH, RED (1 ea.)	107.38	0.36	0.00	1.82	25.59	4.19	0.49	189.04	Contains Apples.
APPLESAUCE, PLAIN, UNSWEETENED (1/2 c)	50	0	0	1	14	1	1	0	Contains Apples.
APPLESAUCE CUPS (1 ea.)	60	0	0	15	14	1	0		Contains Apples.
BANANA, FRESH (1 ea.)	119.04	0.42	0.00	1.28	29.23	3.33	1.40	458.24	
MANDARIN ORANGES (1/2 c)	86.67	0	0	12.48	21.15	1.21	1.21	148.2	Contains Oranges/Orange Juice.
MIXED BERRIES CUP (1 ea.)	90	0	0	0	20	2	0		Contains Strawberries.
ORANGES, FRESH (1 ea.)	61.57	0.16	0.00	0.00	15.39	3.14	1.23	237.11	Contains Oranges/Orange Juice.
STRAWBERRY CUP, DICED (1/2 c)	80	0	0	1	21	2	0		Contains Strawberries.

Category: Juice									
APPLE JUICE, 4 OZ (1 ea.)	60.00	0.00	0.00	5.00	14.00	0.00	0.00	150.00	Contains Apples.
ORANGE JUICE, 4 OZ (1 ea.)	60.00	0.00	0.00	0.00	13.00	0.00	0.90	210.00	Contains Oranges/Orange Juice.
Category: Condiments									
JELLY, ASSORTED FLAVORS (MIXED FRUIT, GRAPE) (1 serv.)	25.00	0.00	0.00	0.00	6.00	0.00	0.00		Contains Apples, Corn/Corn Products.
SYRUP, 1.5 OZ PC (1 pck)	120	0	0	0	31	0	0		Contains Corn/Corn Products.