

Menu Item (Serving Size)	Calories (Kcal)	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Protein (g)	Potassium (mg)	Allergen(s)
<b>Category: Milk</b>									
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.
<b>Category: Bread / Grain</b>									
BREAKFAST PIZZA, BULK (1 ea.)	210.00	7.00	15.00	350.00	27.00	3.00	9.00	330.00	Contains Corn/Corn Products, Garlic, Gluten, Milk, Soy
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.
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.
HONEY GRAHAMS W/ MOZZARELLA CHEESE STICK (1 pck crackers, 1 cheese stick)	200	10	20	340	21	2	8	53	Contains Gluten, Milk, Oats/Oat Products, Soy, Wheat.
MINI PANCAKES, CONFETTI (1 ea.)	220.00	7.00	10.00	300.00	36.00	4.00	4.00	140.06	Contains Corn/Corn Products, Egg, Gluten, Milk, Potatoes, Soy, 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.
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.
<b>Category: Fruit</b>									
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.
<b>Category: Juice; May Choose: 1</b>									
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.