

	Portion Size	Cals¹ (kcal)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)
900066 Dutch Waffle	5"	300	43.00	3.00	4.00	0	4.0	0.00
001341 BAGEL	EA	172	35.08	1.15	6.32	0	11.5	0.00
001448 DONUTS WHOLE GRAIN	EA	280	30.00	2.81	5.00	10	14.0	0.00
001374 Breakfast Sandwich	Sandwich	376	28.50	1.00	14.78	266	*221.8	*0.00
001329 FRENCH TOAST STICKS	4 piece	260	38.00	3.00	6.00	*N/A*	40.0	*N/A*
001478 MINI DONUTS	PACKAGE	320	41.00	2.00	5.00	0	40.0	0.00
001343 CEREAL CINNAMON TOAST CRUNCH	BOWLPAK	111	22.27	2.02	1.01	405	81.0	4.86
001344 CEREAL COCOA PUFFS	BOWLPAK	110	25.04	2.00	2.00	501	100.2	6.01
001345 CEREAL LUCKY CHARMS	BOWLPAK	111	23.29	2.02	2.02	506	101.2	6.08
001346 CEREAL RICE KRISPIES	BOWLPAK	70	16.00	0.00	1.00	500	0.0	6.00
001371 CEREAL BARS COCOA PUFFS	BAR	150	30.00	3.00	3.00	100	200.0	1.20
000973 Goldfish Crackers Cheddar	1 pkg	100	14.00	1.00	3.00	0	20.0	0.00
001393 BUG BITES CRACKERS	POUCH	120	21.00	1.00	2.00	500	100.0	0.00
001282 CREAM CHEESE PC	EA	74	1.48	0.00	1.63	296	16.3	0.00
001173 MARGARINE PC 2012	5 GM	25	0.00	0.00	0.00	150	0.0	0.00
001407 jelly	package	60	15.00	0.00	0.00	0	0.0	0.00
000343 SYRUP PC PORTION	1 PC	80	21.55	0.00	0.00	0	0.0	0.00
001351 JUICE ORANGE 4 OZ	4 OZ CUP	50	12.00	0.00	1.00	0	0.0	42.00
001349 JUICE APPLE 4OZ	4 OZ CUP	60	14.00	0.00	0.00	0	0.0	0.00
001350 JUICE GRAPE 4OZ	4 OZ CUP	80	18.00	0.00	0.00	0	0.0	0.00
001474 FRESH FRUIT	1/2 CUP	79	20.80	3.24	0.63	63	9.6	6.67
000064 APPLES,Fresh	EACH	72	19.06	3.31	0.36	75	8.3	6.35
001300 MILK CHOCOLATE FAT FREE	CARTON	130	24.00	0.00	9.00	500	250.0	1.20
000230 MILK,1% Lowfat	HALF PINT	102	12.18	0.00	8.22	478	305.0	0.00
000231 MILK,Skim	HALF PINT	83	12.15	0.00	8.26	500	298.9	0.00