

NUTRITIONAL INFORMATION* - Breakfast

Revised 1/31/2018

All products made with whole grain	Calories	Total Fat	Sat. Fat	Chol.	Sodium	Carbs	Fiber	Protein
Entrées	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Apple Chewie Bar	298	9.5	2.9	28.8	218	51.6	5.5	4.9
Apple Frudel	210	6	1.5	0	280	36	2	5
Bagel	163	0.61	0.06	0	172	33.5	3.3	5.9
with cream cheese	70	6	3.5	15	115	1	0	2
Bagels, Minis	240	6	2.5	10	180	41	2	6
BeneFIT Bar (average of all flavors)	290	9	3	20	220	47.5	3	5
Cereal Bowl, Apple Cinnamon	110	1.5	0	0	110	22	2	2
Cereal Bowl, Cheerios, Fruity	120	1.5	0	0	150	26	2	2
Cereal Bowl, Cheerios, Multigrain	100	1	0	0	115	23	2	2
Cereal Bowl, Cinnamon Chex	110	2	0	0	170	23	0	1
Cereal Bowl, Cinn Toast Crunch	110	3	0	0	160	22	3	1
Cereal Bowl, Frosted Flakes	100	0	0	0	160	24	2	2
Cereal Bowl, Frosted Mini Wheats	100	0	0	0	0	24	3	3
Cereal Bowl, Raisin Bran	110	0.5	0	0	125	27	4	3
Cereal Bowl, Rice Krispies	100	0.5	0	0	170	23	0	2
Cinnamon Toast	200	10	2	0	260	26	2	4
French Toast Sticks (3 pieces)	205	8.5	2	103	265	25	2	7.5
Muffin, Blueberry	223	6	1	30	115	38.5	3	4
Pan Dulce	210	6	2.5	5	90	34	2	5
Pancakes, Mini Blueberry	240	6	1	0	190	42	3	5
Pizza, Breakfast	160	6	2	10	270	17	2	9
Ultimate Breakfast Round	280	8	3	5	190	44	6	5
Waffles, Mini Cinnamon	200	5	1.5	0	270	35	4	5
Yogurt, Trix	80	0.5	0	<5	60	15	0	4
with graham crackers	90	2.5	0	0	95	17	1	2
Zucchini Bread	270	10	2	0	220	43	2	5

*Please be advised that this is general information and not intended to be used as medical advise. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.