

## NUTRITIONAL INFORMATION\* - Breakfast

Revised 1/9/2020

| *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)     |
| 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       |
| BeneFIT Bar (average of all flavors) | 290      | 9         | 3        | 20    | 220    | 47.5  | 3     | 5       |
| Blueberry Breakfast Bar              | 288      | 7.2       | 1.1      | 19    | 127    | 52.2  | 3.4   | 3.6     |
| Breakfast on a Stick                 | 140      | 5         | 1.5      | 10    | 360    | 16    | 2     | 8       |
| Cereal Bowl, Apple Cinnamon          | 110      | 2.5       | 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           | 120      | 2         | 0        | 0     | 120    | 22    | 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       |
| Cherry Frudel                        | 210      | 6         | 1        | 0     | 260    | 37    | 2     | 5       |
| Cinnamon Toast                       | 200      | 10        | 2        | 0     | 260    | 26    | 2     | 4       |
| Crumb Square                         | 283      | 9         | 1.2      | 32    | 215    | 47    | 3     | 3.4     |
| 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       |
| Muffin Flat, Blueberry               | 280      | 8         | 1.5      | 35    | 290    | 47    | 2     | 6       |
| Pan Dulce                            | 210      | 6         | 2.5      | 5     | 90     | 34    | 2     | 5       |
| Pancakes, Mini Maple                 | 200      | 4         | 0.5      | 5     | 280    | 36    | 4     | 5       |
| Pizza, Breakfast                     | 160      | 6         | 2        | 10    | 270    | 17    | 2     | 9       |
| Sandwich, Breakfast (pancake&saus.)  | 130      | 3         | 1        | 0     | 320    | 17    | 2     | 9       |
| Waffles, Mini Cinnamon               | 200      | 5         | 1.5      | 0     | 270    | 35    | 4     | 5       |
| Yogurt, Trix                         | 80       | 0.5       | 0        | <5    | 60     | 15    | 0     | 4       |
| with cinnamon granola                | 120      | 4.5       | 0.5      | 0     | 30     | 18    | 2     | 2       |

\*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.