

NUTRITIONAL INFORMATION* - Breakfast

Revised 4/10/2019

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 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
BeneFIT Bar (average of all flavors)	290	9	3	20	220	47.5	3	5
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
Egg and Cheese Slider	150	5	2	60	370	17	1	10
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 bug bites graham crackers	120	3.5	1	0	115	21	1	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.