

**BREAKFAST NUTRITION**

<b>FOOD</b>	<b>M/MA</b>	<b>GRAINS</b>	<b>FRUIT</b>	<b>CALORIES</b>	<b>FAT GMS</b>	<b>SODIUM</b>	<b>CARB</b>	<b>FIBER</b>	<b>SUGAR</b>	<b>PROTIEN</b>
BAGEL		2		140	1	180	29	4	5	6
BENEFIT BAR, APPLE		2		290	9	250	48	3	23	5
BENEFIT BAR, CHOC		2		280	8	220	48	3	23	5
BK BREAK COCOA	1	1.5		210	8	320	23	2	5	10
BK BREAK CTC	1			80	5	200	1	0	0	8
BK BREAK FROSTED		1		236	2	470	51	2	19	2
BK BREAK MINI		1		110	3	160	22	3	6	1
BK PIZZA		1		80	5	190	<1	0	<1	7
CHEESE, CREAM		2		390	13	400	43	2	15	6
CHEESE, STRING	1			100	0	0	24	3	6	3
CINN TOAST CRUNCH		2		100	1	220	24	1	8	1
COCOA PUFFS	0.75			190	18	450	1	0	0	5
FRENCH TOAST		2		240	7	270	39	2	15	5
FRSTD MINI WHEATS		2		240	6	390	41	3	10	5
GOLDEN GRAHAMS		1		240	24	400	0	0	0	4
MILK 1%		2		210	6	280	36	2	0	5
MILK, CHOCOLATE		2		210	6	280	36	2	0	5
MINI-CINNI				85	0	15	42		30	0
PANCAKES (3)		0		120	0	180	20		18	8
SAUSAGE LINK		2	0.5	260	6	340	54	6	22	2
STRUDEL, APPLE		2	0.5	260	30	320	53	3	19	4
STRUDEL, CHERRY		2	0.5	270	5	340	54	3	21	5
SYRUP (2T)		2	0.5	260	3.5	160	53	4		
TRIX		1		110	1.5	140	24	1	7	1