

Breakfast

Description	Portion	Calories	Total Fat grams	Sat. Fat grams	Trans Fat grams	Protein grams	Carb. Grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber grams
Biscuit	1.00 biscuit	152.2	4.3	1.1	2.2	3.3	25.0	21.7	1.6	0.0	0.0	511.1	0.0	1.0
Blueberry Muffin	1.00 muffin	141.8	3.8	1.9	0.0	1.9	26.5	0.0	0.7	0.0	0.0	198.5	9.5	0.0
Breakfast on a Bun	1.00 each	375.6	19.9	6.0	0.0	19.7	32.2	133.9	7.3	0.0	471.9	873.3	268.2	3.0
Cereal, Apple Jack Reduced Sugar	1.00 each	70.0	0.5	0.0	0.0	1.0	17.0	0.0	2.7	9.0	300.0	115.0	0.0	2.0
Cereal, Fruity Cheerios	1.00 each	90.0	1.0	0.0	0.0	1.0	21.0	80.0	3.6	12.0	400.0	120.0	0.0	1.0
Cereal, Cinnamon Toast Crunch	1.00 each	120.0	3.0	0.0	0.0	1.0	22.0	80.0	3.6	4.8	400.0	200.0	0.0	1.0
Cereal, Corn Pops	1.00 each	80.0	0.0	0.0	0.0	1.0	19.0	0.0	1.1	3.6	300.0	80.0	0.0	2.0
Cereal, Golden Grahams	1.00 each	110.0	1.0	0.0	0.0	1.0	23.0	80.0	3.6	4.8	400.0	260.0	0.0	1.0
Cereal, Honey Nut Chex	1.00 each	120.0	0.5	0.0	0.0	2.0	28.0	100.0	9.0	6.0	500.0	200.0	0.0	1.0
Chicken, Breakfast Pattie	1.00 each	85.0	4.0	0.8	0.0	6.5	5.5	20.0	0.7	0.0	0.0	195.0	12.5	1.0
Cinnamon Roll	1.00 roll	311.3	10.2	1.6	0.0	4.7	50.5	40.1	1.9	0.2	121.8	247.2	14.0	1.1
Kolache, Sausage	1.00 each	140.0	5.0	1.5	0.0	7.0	18.0	60.0	1.4	2.4	200.0	450.0	25.0	1.0
Oatmeal w/ Brown Sugar	0.50 Cup	68.9	1.7	0.2	0.0	1.2	12.7	8.5	0.6	0.0	42.1	12.2	0.0	1.0
Pancake & Turkey Sausage Wrap	1.00 each	170.0	6.0	1.5	0.0	9.0	21.0	0.0	1.4	0.0	0.0	510.0	15.0	3.0
Pancake, Whole Grain	1.00 each	70.0	1.0	0.3	0.0	2.0	13.0	15.0	1.4	0.0	0.0	180.0	5.0	0.5
Pizza, Breakfast	1.00 each	230.0	11.0	4.5	0.0	9.0	26.0	100.0	1.4	0.0	100.0	680.0	15.0	1.0
Sausage Patties, Beef & Pork	1.00 each	75.5	5.0	1.8	0.0	6.5	1.0	22.0	0.5	0.0	18.5	330.5	17.0	0.5
Sausage Patties, Chicken	1.00 each	45.0	2.5	0.5	0.0	8.0	0.0	0.0	0.0	0.0	0.0	280.0	20.0	0.0
Taco, Bean & Cheese	1.00 taco	242.6	6.3	3.1	0.0	10.1	32.3	174.0	2.2	1.5	198.3	503.6	10.1	3.4
Taco, Chorizo, Potato & Egg	1.00 taco	254.4	10.8	3.0	0.0	11.5	23.3	84.7	2.5	0.9	383.2	600.3	138.3	1.0
Taco, Egg & Bacon	1.00 taco	229.0	9.7	2.6	0.0	11.5	18.6	96.5	2.2	0.0	302.4	609.8	262.1	0.0
Taco, Potato & Egg	1.00 taco	195.5	7.5	1.7	0.0	7.2	20.9	73.0	1.8	0.4	189.1	457.1	158.8	0.9
Toast, Buttered	1.00 slice	137.6	4.8	0.8	0.0	3.5	20.8	15.2	1.2	0.0	85.3	240.1	0.1	2.1
Toast, Cheese	1.00 slice	204.3	9.8	5.0	0.0	8.1	21.6	129.1	1.2	0.0	229.2	524.4	19.1	2.1
Toast, Cinnamon	1.00 slice	164.8	4.8	0.8	0.0	3.5	27.9	24.6	1.5	0.3	87.4	240.3	0.1	2.5
Toaster Pastry, Brown Sugar	1.00 each	210.0	7.0	2.0	0.0	2.0	34.0	0.0	1.8	0.0	500.0	170.0	0.0	0.0
Toaster Pastry, Unfrsted Strwbry	1.00 each	210.0	5.0	2.0	0.0	2.0	37.0	0.0	1.8	0.0	500.0	180.0	0.0	0.0
Waffle Sticks, Whole Grain	1.00 each	70.4	1.0	0.3	0.0	1.5	14.6	30.2	0.7	0.0	0.0	171.0	0.0	1.0
Yogurt, 4 oz	1.00 each	110.4	1.5	1.0	0.0	5.0	19.1	150.5	0.0	1.2	0.0	80.3	5.0	0.0