

Menu Item	Serving Size	Calories	Total fat (gm)	Sat. Fat (gm)	Carbohydrate (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit. A (RE) %	Vit. C (mg) %
<b>Breakfast Entrees</b>										
Bagel	one -3½”	195	1.21	0.19	62	7	13.5	2.7	0	<1%
Cream Cheese	1 oz	100	9	6	2	2	20	0	4%	0
Bagel-ers	1 bageler	190	6	3	31	6	20	1.44	2%	0
Banana Muffin	3.6 oz	230	1	0	(44: blueberry) 54	4	20	1.44	0	1%
Breakfast Cake	1 square	301	12.5	2.25	47	4	15	1	7%	<1%
Breakfast Pizza	3.2 oz	210	10	3.5	20	9	139	2	20%	0
Colonial Bfast Sand	Sandwich	242	9.7	3.8	29	13	157	1.9	8%	3%
Egg & Cheese on English Muffin	Sandwich	271	12.7	6	30	13	232	1.8	10%	0
Or Biscuit	Sandwich	321	18.78	7.7	30	13	226	2	10%	0
Or Bun	Sandwich	251	13.1	6	24	12	212	1.5	10%	0
Fr. Tst. Sticks	4 sticks	320	14	3	42	6	40	1.4	1%	0
Syrup	3 tbsp	120	0	0	31	0	0	0	0	0
Breakfast Bun	3 oz	289	10.2	3.8	46	5	100	5.26	30%	35%
Oatmeal	½ cup	190	2.5	0.5	30	0	20	1.76	4%	2%
Brown Sugar	1 tsp	9	0	0	2.2	0	2	0.04	0	0
Pancake	2 each	147	2.3	0.3	28	4	27	1.2	0	0
Syrup	3 tbsp	120	0	0	31	0	0	0	0	0
Cinnamon Panc.	1 Set	202	7	1	31	4	23	1.28	14%	2%
Pancake	1 each	74	1.15	0.15	14	2	13.5	0.6	0	0
Sausage Patty	1 each	78	5.7	2	1.5	5	24	0.8	1%	<1
Pigglestick	1 each	240	14	5	22	6	0	1.4	0	0
Syrup	3 tbsp	120	0	0	31	0	0	0	0	0
Pop tart Fstd. Strw.	2 each	410	10	5	74	4	0	3.6	20%	0
Pop tart Smrs fstd	2 each	400	11	5	72	6	20	3.6	20%	0
Scrambled eggs	4 oz	202	14	4	4	12	81	1.5	16%	0
Straw. Yogurt (Danimals)	4 oz	130	3	2	20	5	150	0	2%	0
Peach Yogurt (Penn Maid)	8 oz	240	2.5	1.5	48	7	250	0	2%	0
Zoo Crackers	1 oz	130	2	0	25	2	0	1.1	0	0
Waffle	1 each	95	2.5	0.75	16	2	155	1.8	0	0
	2 each	185	5	1.5	32	4	300	3.6	0	0
Syrup	3 tbsp	120	0	0	31	0	0	0	0	0
Sausage Patty	1 each	78	5.7	2	1.5	5.4	24	0.8	1%	<1

Menu Item	Serving Size	Calories	Total fat (gm)	Sat. Fat (gm)	Carbohydrate (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit. A (RE) %	Vit. C (mg) %
<b>Cereals (2 bread serving)</b>										
Frosted Flakes	2 oz	220	0	0	50	3	0	8.1	25%	27%
Honey Grahams	2 oz	220	2	0	48	2	600	7.2	16%	10%
Scooters	1.38 oz	160	2.5	0	29	5	150	12.6	15%	20%
<b>Milk</b>										
<b>White, Strawberry &amp; Chocolate</b>										
<b>Milks are 1 % fat</b>										
White Milk	8 oz	110	2.5	1.5	13	9	300	0	10%	2%
Chocolate Milk	8 oz	160	2.5	1.5	26	8	290	0	10%	4%
Strawberry Milk	8 oz	170	2	1.5	30	8	290	0	10%	4%
<b>Juice</b>										
Orange Juice	4 oz	50	0	0	12	0	10	0.2	0	60%
Apple Juice	4 oz	60	0	0	14	0	0	0.4	0	50%
Grape Juice	4 oz	80	0	0	18	0	0	0	0	45%