BREAKFAST ITEMS

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
BAGELS									
Blueberry ▲	1	300	1.5 g	5%	0 mg	11 g	64 g	2 g	440 mg
Cinnamon Raisin ▲	1	300	1 g	3%	0 mg	11 g	65 g	3 g	420 mg
Everything ▲	1	300	1.5 g	5%	0 mg	12 g	61 g	2 g	360 mg
Onion ▲	1	300	1 g	3%	0 mg	12 g	62 g	3 g	450 mg
Plain ▲	1	300	1 g	3%	0 mg	11 g	63 g	2 g	460 mg
Poppy ▲	1	310	2 g	6%	0 mg	12 g	61 g	2 g	450 mg
Pumpernickel ▲	1	300	1.5 g	5%	0 mg	12 g	62 g	3 g	450 mg
Salt ▲	1	280	1 g	3%	0 mg	11 g	59 g	2 g	3040 mg
Sesame ▲	1	310	2.5 g	7%	0 mg	12 g	60 g	2 g	450 mg
Honey Wheat ▲	1	310	1.5 g	4%	0 mg	12 g	65 g	2 g	550 mg
BREADS									
English Muffin ▲	1	140	1 g	6%	0 mg	5 g	29 g	1 g	230 mg
CEREALS									
Berry Colossal Crunch ▲	1 cup	160	2 g	11%	0 mg	1.3 g	35 g	<1 g	293 mg
Cheerios ■	1 cup	110	2 g	16%	0 mg	3 g	22 g	3 g	280 mg
Cinnamon Toasters ■	1 cup	173	4.7 g	24%	0 mg	1.3 g	32 g	1.3 g	187 mg
Cocoa Dyno-Bites ▲	1 cup	168	1.4 g	8%	0 mg	1.4 g	36.4 g	0 g	210 mg
Coco-Roos ▲	1 cup	160	2 g	11%	0 mg	1.3 g	35 g	<1 g	180 mg
Colossal Crunch ▲	1 cup	160	2 g	11%	0 mg	1.3 g	35 g	0 g	307 mg
Crispy Rice ▲	1 cup	104	0 g	0%	0 mg	1.6 g	23 g	0 g	240 mg
Frosted Flakes ■	1 cup	160	0 g	0%	0 mg	1 g	37 g	0 g	267 mg
Frosted Mini Spooners	1 cup	190	1 g	5%	0 mg	5 g	45 g	6 g	10 mg
Fruity Dyno-Bites ▲	1 cup	147	0.7 g	4%	0 mg	1.3 g	32 g	0 g	227 mg
Golden Puffs ■	1 cup	154	0 g	0%	0 mg	2.8 g	33.6 g	0 g	91 mg
Honey Nut Scooters ■	1 cup	110	1.5 g	12%	0 mg	2 g	24 g	2 g	210 mg
Honey Graham Squares ■	1 cup	173	4 g	21%	0 mg	1.3 g	33.3 g	1.3 g	360 mg
Honey Oat Blenders ■	1 cup	168	2 g	11%	0 mg	2.8 g	35 g	1.4 g	210 mg
Low Fat Granola with Raisins ■	1 cup	318	4.5 g	13%	0 mg	7.5 g	65 g	4.5 g	204 mg
Marshmallow Mateys	1 cup	120	1 g	8%	0 mg	2 g	25 g	1 g	200 mg
Raisin Bran ▲	1 cup	220	1.5 g	6%	0 mg	5 g	49 g	6 g	340 mg
Tootie Fruities ▲	1 cup	130	1 g	7%	0 mg	2 g	28 g	1 g	150 mg
HOT CEREAL									
Cream of Wheat ▲	1 cup	123	0 g	0%	0 mg	3.6 g	26 g	1 g	3 mg
Oatmeal ▲	1 cup	145	2.3 g	14%	0 mg	6 g	25 g	4 g	2 mg
HOT BREAKFAST ITEMS									
Bacon	2 strips	73	6.2 g	77%	11 mg	4 g	0 g	0 g	201 mg
Blueberry Pancakes ■	1	115	2.4 g	19%	5 mg	2.6 g	20.8 g	0 g	376 mg
Corned Beef Hash	1/2 cup	215	13 g	54%	28 mg	10 g	14.5 g	2.5 g	790 mg
Morningstar Farms Breakfast Links ■	2 links	90	5 g	55%	0 mg	8 g	2 g	2 g	340 mg
Morningstar Farms Breakfast Patties ■	1 patty	90	5 g	55%	0 mg	8 g	2 g	2 g	270 mg
Pancakes ■	1	122	2.5 g	18%	6 mg	2.8 g	22 g	0 g	414 mg
Sausage Links (Pork)	2 links	247	25 g	91%	43 mg	6 g	0 g	0 g	307 mg
Sausage Links (Turkey)	2 links	140	11 g	71%	60 mg	10 g	0 g	0 g	430 mg
Sausage Patty (Turkey)	1 patty	210	16 g	69%	85 mg	15 g	1 g	0 g	620 mg

■ *These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.*
▲ *These items contain no meat, poultry, fish, eggs, milk, cheese, honey or gelatin.*

BREAKFAST ITEMS, CONT.

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TOPPINGS									
Brown Sugar ▲	1 T.	34	0 g	0%	0 mg	0 g	8.7 g	0 g	4 mg
Cinnamon Sugar ▲	1 T.	52	0 g	0%	0 mg	0 g	13 g	0 g	0 mg
Cream Cheese (Regular) ■	1 T.	51	5 g	88%	16 mg	1 g	0 g	0 g	43 mg
Cream Cheese (Lite) ■	1 T.	35	2.6 g	67%	8 mg	1.6 g	1 g	0 g	44 mg
Raisins ▲	2 T.	54	0 g	0%	0 mg	0.5 g	13 g	0.7 g	2 mg

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