

Grape and Cheese Cup (1 serving)	391	18.52	22.5	Same	Same	Same	Same	Same	Same
Ham Cinn-a-wich	264	34.34	11.83	Same	Same	Same	Same	Same	Same
Ham n Egg-wich (bagel)	410	41.67	22	Same	Same	Same	Same	Same	Same
Ham n Egg-wich (WG english muffin)	350	29.67	20	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (RH)	244	28.8	12.01	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (USDA Ham)	238	29.46	10.69	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (USDA Turkey Ham)	262	29.64	13.95	Same	Same	Same	Same	Same	Same
Nutty Quesadilla	281	33.41	10.13	Same	Same	Same	Same	Same	Same
Pancake, Mini Maple Burst (1 pkg Pillsbury)	230	41	4	Same	Same	Same	Same	Same	Same
Pancake, Mini Maple (1 pkg Eggo)	210	35	4	Same	Same	Same	Same	Same	Same
Pancake, Mini Strawberry Splash (1 pkg Pillsbury)	240	42	4	Same	Same	Same	Same	Same	Same
Pancake, USDA (2 each)	160	27.4	3.4	Same	Same	Same	Same	Same	Same
Pancake on a Stick (RH G7508 - 1 each)	170	21	9	Same	Same	Same	Same	Same	Same
Pancake, WG (RH W7410 - 4", 3 each)	210	42	5	Same	Same	Same	Same	Same	Same
Pop-Tart, Brn Sugar Cinnamon WG (1 each)	180	37	2	Same	Same	Same	Same	Same	Same
Pop-Tart, Strawberry WG (1 each)	180	37	2	Same	Same	Same	Same	Same	Same
Scriptious Coffee Cake (1/24 cut)	290	53.26	4.07	Same	Same	Same	Same	Same	Same
Strawberry Stacker (RH 60558 Pancake-2 ea)	202	31.21	4	Same	Same	Same	Same	Same	Same
Strawberry Stacker (USDA WG Pancake-2 ea)	222	32.58	3.52	Same	Same	Same	Same	Same	Same
Sausage Patty, Turkey (RH C7380 1 each)	80	1	7	Same	Same	Same	Same	Same	Same
Sunrise Stacker (2 cakes/1 saus/1oz syrup)	342	54.5	10.33	Same	Same	Same	Same	Same	Same
Tri Tater (1 each-56 gms)	110	13	1	Same	Same	Same	Same	Same	Same
Turkey Apple Biscuit	326	35.99	12.19	Same	Same	Same	Same	Same	Same
Turkey Cheese Biscuit	340	28.5	9.5	Same	Same	Same	Same	Same	Same
Turkey Sausage Biscuit	470	31	16	Same	Same	Same	Same	Same	Same
Waffle, Mini Cinnamon (1 pkg Eggo)	200	35	5	Same	Same	Same	Same	Same	Same
Waffle Sandwich	300	36	11	Same	Same	Same	Same	Same	Same
Waffle Sticks (RH L9492 3 sticks)	170	28	4	Same	Same	Same	Same	Same	Same
Yogurt Parfait w/S'berries & Granola	228	47.46	5.85	Same	Same	Same	Same	Same	Same
Yogurt Parfait w/USDA S'berries & Granola	219	45.11	5.97	Same	Same	Same	Same	Same	Same
Yogurt, Strawberry Banana (65030-1 each)	90	19	3	Same	Same	Same	Same	Same	Same
Yogurt, Raspberry (1 container)	90	19	3	Same	Same	Same	Same	Same	Same
Yogurt, Strawberry (1 container)	90	19	3	Same	Same	Same	Same	Same	Same
BREAKFAST BREADS									
Bagel, WG (RH 92386 - 1 each)	140	29	6	Same	Same	Same	Same	Same	Same
Banana Chocolate Chip Loaf (Great Northern)	280	34	4	Same	Same	Same	Same	Same	Same

Blueberry Loaf (Great Northern)	260	33	5	Same	Same	Same	Same	Same	Same
Breakfast Round (H8164)	240	43	5	Same	Same	Same	Same	Same	Same
Breakfast Round (W8732 sunberry)	250	47	5	Same	Same	Same	Same	Same	Same
Breakfast Round (G7436 prewrapped)	280	44	5	Same	Same	Same	Same	Same	Same
Brekkie, The (Great Northern)	350	51	6	Same	Same	Same	Same	Same	Same
Chocolate Chocolate Chip Loaf (Great Northern)	290	38	5	Same	Same	Same	Same	Same	Same
Cinnamon Roll, WG (RH-E2482 - 2.5 oz)	190	34	5	Same	Same	Same	Same	Same	Same
Cinnamon Roll Petite, WG (RH 86546 - 1.25 oz)	100	17	2	Same	Same	Same	Same	Same	Same
Cinnamon Roll, Iced WG (RH E2482 - 1 each)	236	42.89	5.02	Same	Same	Same	Same	Same	Same
Coffee Cake, Scrumptious	290	53.26	4.07	Same	Same	Same	Same	Same	Same
French Toast Loaf (Great Northern)	270	34	5	Same	Same	Same	Same	Same	Same
Frudel, Apple	210	36	5	Same	Same	Same	Same	Same	Same
Long John (RH G8748)	260	27	5	Same	Same	Same	Same	Same	Same
Muffin, Blueberry (J9012-1.5 oz, small)	150	17	2	Same	Same	Same	Same	Same	Same
Wheat Toast (1 slice)	80	15	3	Same	Same	Same	Same	Same	Same
Muffin, Blueberry (J9012-3 oz, large)	300	34	4	Same	Same	Same	Same	Same	Same
Pretzel, Soft (RH 62266)	180	38	6	Same	Same	Same	Same	Same	Same
CEREAL, CEREAL BARS, CRACKERS									
Cereal Bar-Cocoa Puffs (RH-E0690)	150	30	3	Same	Same	Same	Same	Same	Same
Cereal Bar-Cocoa Puffs (RH-BD900)	150	30	2	Same	Same	Same	Same	Same	Same
Cereal Bar-Team Cheerios, WG Strawberry	150	30	2	Same	Same	Same	Same	Same	Same
Cinnamon Toast Crunch (bowl pak)	110	22	1	Same	Same	Same	Same	Same	Same
Frosted Flakes (RH 25660 - bowl)	110	26	1	Same	Same	Same	Same	Same	Same
Fruit Whirls (RH 26318 - bowl)	120	28	2	Same	Same	Same	Same	Same	Same
Graham Crackers (RH 22796 1 pkg, 2 crax)	60	11	1	Same	Same	Same	Same	Same	Same
Granola (1/4 cup homemade)	122	24.3	2.65						
Happy Shapes (RH 17728 - 3/4 cup)	120	25	2	Same	Same	Same	Same	Same	Same
Honey Nut Cheerios (bowl pak)	110	22	2	Same	Same	Same	Same	Same	Same
Kix (RH 11814 - bowl)	60	14	1	Same	Same	Same	Same	Same	Same
BEVERAGES / JUICE									
Juice, Apple (RH 641641/2 cup)	50	13	0	Same	Same	Same	Same	Same	Same
Juice, Berry (RH 15048 - 1/2 cup)	60	15	0	Same	Same	Same	Same	Same	Same
Juice, Cranberry (RH 64046 - 1/2 cup)	75	19	0	Same	Same	Same	Same	Same	Same
Juice, Fruit Punch (RH 64080 - 1/2 cup)	60	14	0	Same	Same	Same	Same	Same	Same
Juice, Grape (RH 64168 - 1/2 cup)	80	19	0	Same	Same	Same	Same	Same	Same

