

French Toast, Homemade, French Bread	143	20	7	Same	Same	Same	285	39.8	14.37
French Toast, Homemade, Sandwich Bread	144	21	8	Same	Same	Same	288	41.59	15.38
French Toast, Mini CC (1 pkg Eggo)	210	35	5	Same	Same	Same	Same	Same	Same
French Toast Sticks (RH E9604 - 3 each)	214	28	7	Same	Same	Same	Same	Same	Same
Granola (homemade, 1/4 cup)	121	24	3	Same	Same	Same	Same	Same	Same
Grape and Cheese Cup (1 serving)	391	19	23	Same	Same	Same	Same	Same	Same
Ham Cinn-a-wich	264	34	12	Same	Same	Same	Same	Same	Same
Ham n Egg-wich (bagel)	410	42	22	Same	Same	Same	Same	Same	Same
Ham n Egg-wich (WG english muffin)	350	30	20	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (RH)	244	29	12	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (USDA Ham)	238	29	11	Same	Same	Same	Same	Same	Same
Maple Ham Wrap (USDA Turkey Ham)	262	30	14	Same	Same	Same	Same	Same	Same
Nutty Quesadilla	281	33	10	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	3	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
Scruptious Coffee Cake (1/24 cut)	290	53	4	Same	Same	Same	Same	Same	Same
Strawberry Stacker (RH 60558 Pancake-2 ea)	202	31	4	Same	Same	Same	Same	Same	Same
Strawberry Stacker (USDA WG Pancake-2 ea)	222	33	4	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	55	10	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	36	12	Same	Same	Same	Same	Same	Same
Turkey Cheese Biscuit	340	29	10	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	6	Same	Same	Same	Same	Same	Same
Yogurt Parfait w/USDA S'berries & Granola	219	45	6	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

BREADS									
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	43	5	Same	Same	Same	Same	Same	Same
Coffee Cake, Scrumptious	290	53	4	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
Chewy Cherry Cereal Bar	364	60	7	Same	Same	Same	Same	Same	Same
Chewy Cherry Oat Bar	489	77	5	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						
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									

Maple Syrup (1oz)	102	26	0	Same	Same	Same	Same	Same	Same
Margarine (1 pkg)	25	0	0	Same	Same	Same	Same	Same	Same
Salsa (1 Tbsp)	5	1	0	Same	Same	Same	Same	Same	Same
Pancake Syrup (1 oz)	105	26	0	Same	Same	Same	Same	Same	Same