

NUTRITIONAL INFORMATION* - Breakfast

Revised 1/27/2021

All products made with whole grain	Calories	Total Fat	Sat. Fat	Chol.	Sodium	Carbs	Fiber	Protein
Entrées	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
BeneFIT Bar (average of all flavors)	290	9	3	20	220	47.5	3	5
Breakfast on a Stick	140	5	1.5	10	360	16	2	8
Breakfast Bun	270	10	4.5	0	280	38	3	6
Cereal Bowl, Apple Cinnamon	110	2.5	0	0	110	22	2	2
Cereal Bowl, Cheerios, Fruity	120	1.5	0	0	150	26	2	2
Cereal Bowl, Cheerios, Multigrain	100	1	0	0	115	23	2	2
Cereal Bowl, Cinnamon Chex	120	2	0	0	120	22	0	1
Cereal Bowl, Cinn Toast Crunch	110	3	0	0	160	22	3	1
Cereal Bowl, Frosted Flakes	100	0	0	0	160	24	2	2
Cereal Bowl, Frosted Mini Wheats	100	0	0	0	0	24	3	3
Cereal Bowl, Raisin Bran	110	0.5	0	0	125	27	4	3
Cereal Bowl, Rice Krispies	100	0.5	0	0	170	23	0	2
Cherry Frudel	210	6	1	0	260	37	2	5
Cinnamon Toast	200	10	2	0	260	26	2	4
Crumb Square	283	9	1.2	32	215	47	3	3.4
French Toast Sticks (3 pieces)	205	8.5	2	103	265	25	2	7.5
Mini Bites	250	10	4.5	0	190	37	3	5
Muffin, Blueberry	223	6	1	30	115	38.5	3	4
Pan Dulce	210	6	2.5	5	90	34	2	5
Pancakes, Mini Maple	200	4	0.5	5	280	36	4	5
Pizza, Breakfast	160	6	2	10	270	17	2	9
Sandwich, Breakfast (pancake&saus.)	130	3	1	0	320	17	2	9
Ultimate Breakfast Round	280	8	3	5	190	44	6.29	5
Waffles, Mini Cinnamon	200	5	1.5	0	270	35	4	5

*Please be advised that this is general information and not intended to be used as medical advice. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.