

Menu Item	Calories (kcal)	Sodium (mg)	Fiber (g)	Protein (g)	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)
Banana Muffin	270.00	20.00	3.00	6.00	32.00	13.00	2.50	0.00
Pan Dulce	199.33	89.70	1.99	4.98	33.89	5.98	1.50	0.00
Chicken Sausage Breakfast Sandwich	260.98	380.96	2.59	10.16	28.59	11.66	2.47	0.00
Cinnamon Delight	280.00	150.00	2.00	4.00	34.00	15.00	3.00	0.00
Mantecada	360.00	310.00	2.00	5.00	47.00	17.00	3.00	0.00
Breakfast Cheese Tamale	221.00	317.00	2.00	5.00	19.00	14.00	6.00	0.00
Apple Berry ZeeZee	250.00	80.00	3.00	4.00	41.00	8.00	2.00	0.00
WG Mini Maple Eggo Waffles	190.00	210.00	4.00	4.00	36.00	5.00	1.50	0.00
Cranberry Oatmeal Round	320.00	95.00	4.00	5.00	53.00	10.00	4.00	0.00
Bean & Cheese Burrito	177.07	263.85	3.90	9.92	18.12	7.30	3.54	0.00
Blueberry Muffin	180.00	95.00	1.00	4.00	21.00	9.00	1.50	0.00
Mini French Toast Bites	190.00	210.00	3.00	4.00	37.00	4.50	1.50	0.00
Banana Bread	360.00	350.00	2.00	5.00	47.00	17.00	3.00	0.00
WG Bagel w/Cream Cheese	180.00	250.00	4.00	6.00	31.00	4.50	2.50	0.00
Yogurt Parfait w/ Strawberries & Honey Grahams	227.91	148.20	4.66	7.06	46.61	3.26	0.46	0.00
Cinnamon Roll	210.00	220.00	2.00	4.00	33.00	8.00	1.50	0.00
Scambled Egg Breakfast Sandwich	230.00	380.00	5.26	9.00	30.00	9.50	2.00	0.00
Pancake Stack w/ Syrup	185.00	95.00	4.00	2.00	40.00	2.00	0.00	0.00

Fruit								
100% Fruit Juice	60.00	10.00	0.00	0.00	15.00	0.00	0.00	0.00
Orange	61.57	0.00	3.14	1.23	15.39	0.16	0.02	0.00
Banana	105.02	1.18	3.07	1.29	26.95	0.39	0.13	0.00
Apple	57.79	1.11	2.67	0.29	15.35	0.19	0.03	0.00
Apple Sauce	53.33	2.08	1.03	0.00	14.63	0.00	0.00	0.00

Cereal								
Frosted Flakes w/ Cinnamon Grahams	220.00	265.00	3.00	4.00	45.00	4.00	1.00	0.00
Apple Jacks w /Honey Grahams	220.00	265.00	4.00	4.00	45.00	5.00	1.50	0.00
Cheerios w/ Cinnamon Grahams	220.00	145.00	4.00	5.00	41.00	6.00	1.00	0.00
Fruit Loops w/ Honey Grahams	200.00	255.00	3.00	4.00	41.00	3.00	0.00	0.00
Apple Jacks w /Honey Grahams	220.00	265.00	4.00	4.00	45.00	5.00	1.50	0.00

Milk								
Fat Free White Milk	90.00	130.00	0.00	9.00	12.00	0.00	0.00	0.00
Fat Free Chocolate Milk	120.00	100.00	0.00	8.00	22.00	0.00	0.00	0.00
1% White Milk	120.00	135.00	0.00	10.00	16.00	2.50	1.50	0.00