

## Nutrient List: Avalon Breakfast

2/21/17

Breakfast Entrees	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Bagel, Blueberry	1 each	35	170	260	3	6	1
Bagel, Cinnamon Raisin	1 each	36	170	280	3	7	1
Bagel, Plain	1 each	36	170	260	3	6	1
Bread, Coffee Cake	1 each	66.5	444	450	3.5	8.5	16
Breadsticks, Cheesy	2 Each	30	320	610	3	18	14
Burrito, Bean, Cheese & Salsa	1 each	28	233	374	3	9	9
Burrito, Bean & Cheese	1 each	40.5	291	479	8	15.5	8
Burrito, Egg, Cheese & Chicken Chorizo	1 each	27.5	244	331	2.5	10.5	9.5
Cereal, Apple Jacks	Bowlpack	24	110	160	3	2	1
Cereal, Cinnamon Toasters	Bowlpack	22	120	130	0	1	3.5
Cereal, Cocoa Puffs, Reduced Sugar	Bowlpack	25	110	160	2	2	1.5
Cereal, Fruit Loops, Reduced Sugar	Bowlpack	24	110	170	3	2	1
Cereal, Honey Scooters	Bowlpack	22	110	190	2	2	1
Cereal, Rice Chex	Bowlpack	24	100	250	1	2	0.5
Cereal, Rice Chex, Cinnamon	Bowlpack	23	110	170	0	1	2
Cereal, Toasty O's	Bowlpack	18	100	120	2	3	1.5
Cheese, String, Lite Mozzarella	1 each	1	60	210	0	8	2.5
Cinnamon Roll With Icing	1 each	53	294	250	4	6	5.5
Croissant	1 each	30	220	300	2	6	9
French Toast Sticks	4 each	35	270	280	3	6	12
Granola	1/2 cup	52.5	296	115	4	5	8
Oatmeal, without Dried Fruit	#8 scoop	20	97	4	1.5	2	1
Pancake Wrapped Sausage	1 each	21.5	176	463	1.5	8.5	5.5
Pancakes, Maple, Mini	1 serving	40	240	200	3	4	8
Pizza, Breakfast, Bagel, Cheese	1 each	31	330	540	4	22	11
Pizza, Breakfast, Sausage	1 each	21	210	260	2	12	8
Pizza Stick	1 each	31	250	550	1	11	9
Pretzel Stick	1 each	27	200	230	3	7	7
Sandwich, Croissant, Egg, Ham & Chs	1 each	32	331	694	2	17	15
Sandwich, Croissant, Egg, Sausage & Chs	1 each	32.5	367	653	2	19	17.5
Sandwich, Peanut Butter & Jelly Sandwich, 2.8 oz.	1 each	32	320	320	3	10	17
Sausage Patty, Pork	1 Patty	0.5	61	125	0	6	3.5
Taquito, Egg, Bean and Cheese	1 each	34	298	405	6.5	13	10.5
Waffle, Blueberry, Mini (Pillsbury)	1 each	37	210	180	3	4	6
Waffle, Blueberry, Individual (Smuckers)	1 each	43	250	280	4	5	7
Waffle, Dutch	1 each	43	300	350	3	4	13

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Yogurt, Low Fat Peach, 8 oz	1 each	41	210	105	0	7	2.5
Yogurt, Low Fat Strawberry-Banana, 8 oz	1 each	41	210	110	0	7	2.5
Yogurt, Low Fat Strawberry, 8 oz	1 each	38	200	105	0	7	2.5
Yogurt, Low Fat Vanilla, 8 oz	1 each	39	210	105	0	7	2.5
Yogurt and Granola	1 serving	92.5	504	221	4	12	10.5
<b>Beverages</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Juice, Apple	4 oz carton	14	60	0	0	0	0
Juice, Orange	4 oz carton	14	60	10	0	0	0
Juice, Wild Berry	4 oz Carton	15	60	10	0	0	0
Milk, 1% Low fat, White	8oz carton	16	120	160	0	11	2.5
Milk, Non Fat, Chocolate	8 oz carton	23	120	200	0	7	0
Milk, Nonfat, White	8 oz carton	13	90	135	0	9	0
Milk, Soy	1 carton	12	144	155	1	10	5
<b>Fruits and Vegetables</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Fruit Cup, Applesauce	1 each	14	51	2	1	0	0
Fruit Cup, Peach	1 each	19	80	0	1	1	0
Fruit Cup, Strawberry	1 each	21	80	0	2	0	0
Fruit, Apple Pear	1 each	15.5	61	0	5	0.5	0
Fruit, Apple Slices, Fresh	1 package	8	34	0	2	0	0
Fruit, Apple, Fresh	1 each	20	77	0	3.5	0	0.5
Fruit, Applesauce	1/2 cup	16	60	0	2	0	0
Fruit, Banana	1 each	38.5	151	2	4	1.5	0.5
Fruit, Dried Mixed	1 box	30	120	25	2	1	0
Fruit, Mandarin Orange Cup	1 each	20	60	0	1	0	0
Fruit, Mixed	1/2 cup	13.5	54	22	1.8	0	0
Fruit, Orange, Fresh	1 each	15.5	62	0	3	1	0
Fruit, Peaches, Diced	1/2 cup	14.5	63	10	1	1	0
Fruit, Pears, Fresh	1 each	21	82	0	3	0.5	0.5
Fruit, Persimmons	1 each	18	68	1	3.5	0.5	0
Fruit, Pineapple	1/2 cup	19	80	10	0	0	0
Fruit, Plum, Fresh	1 each	7.5	30	0	0.5	0.5	0
<b>Condiments, Crackers &amp; Desserts</b>	<b>Portion Size</b>	<b>Carb (g)</b>	<b>Calories</b>	<b>Sodium (mg)</b>	<b>Fiber (g)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>
Cheese, Cream, Lite	1 each	2	40	85	0	2	3.5
Condiment, Hot Sauce	1 packet	1	5	75	0	0	0
Condiment, Syrup	1 packet	20	78	0	0	0	0

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Condiment, Taco Sauce	1 packet	1	5	95	0	0	0
Crackers, Cinnamon Bear	1 package	21	130	120	1	4	4
Crackers, Graham	1 package	20	110	140	2	2	3
Crackers, Honey Bear	1 package	20.0	130	100	1	2	4.0
Crackers, Jungle	1 package	20	130	95	1	2	4
Crackers, Maple Sunrise Bites	1 package	20	110	115	2	2	3.5
Crackers, Pretzel Goldfish	1 package	16	90	200	1	2	1.5
Crackers, Spicy Cheese	1 package	27	176	390	4	4	7
Crackers, Strawberry Waffle	1 package	21	110	95	1	2	3

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