

Nutrient List: Avalon Breakfast

8/23/17

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
Breadstick, Cheesy	2 each	30	300	490	3	20	11
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
Cereal, Fruit Loops, Reduced Sugar	1 each	27.5	244	331	2.5	10.5	9.5
Cereal, Alphabits	Bowlpack	21	110	140	2	3	1.5
Cereal, Apple Jacks	Bowlpack	24	110	160	3	2	1
Cereal, Cheerios	Bowlpack	20	100	140	3	3	2
Cereal, Cinnamon Toast Crunch	Bowlpack	22	110	160	3	1	3
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, Marshmallow Mateys	Bowlpack	21	110	270	2	3	1.5
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	200	0	7	3
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	36	220	340	3	5	7
Pizza, Breakfast, Bagel, Cheese	1 each	31	330	540	4	22	11
Pizza, Breakfast, Sausage	1 each	22	190	440	3	8	7
Pizza Stick	1 each	31	250	550	1	11	9
Pretzel Stick	1 each	27	200	230	3	7	7
Sandwich, Croissant, Egg, Ham & Cheese	1 each	32	331	694	2	17	15
Sandwich, Croissant, Egg, Sausage & Cheese	1 each	33.02	376	767.81	2.1	18.98	18.56
Sandwich, Peanut Butter & Jelly Sandwich, 2.6 oz.	1 each	32	300	280	4	9	17
Sausage Patty, Pork	1 Patty	1	70	240	0.1	6.4	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 information provided by the manufacturer. Products may change at any time.

Nutrient List: Avalon Breakfast

8/23/17

Waffle, Blueberry, Individual	1 each	43	250	280	4	5	7
Waffle, Dutch	1 each	43	300	350	3	4	13
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
Beverages	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
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
Fruits and Vegetables	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
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
Fruit, Raisins	1 each	31	130	10	2	1	0
Condiments, Crackers & Desserts	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
Cheese, Cream, Lite	1 each	2	40	85	0	2	3.5
Condiment, Hot Sauce	1 packet	1	5	75	0	0	0

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 information provided by the manufacturer. Products may change at any time.

Nutrient List: Avalon Breakfast

8/23/17

Condiment, Syrup	1 packet	20	78	0	0	0	0
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

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 information provided by the manufacturer. Products may change at any time.