

Breakfast Nutrition Analysis
 All Campuses
 2009-2010

Updated: 10/27/09

Recipe Description	Portion Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Entrees														
All Sports Bites Crackers	1 PKG	114	3.3	0.9	0.1	0	9	20	1	2	2.01	12.5	295	3.54
Breakfast Pizza	1 EACH	220	9.0	1.5	0.0	10	550	26	3	10	1.44	150	200	0
Cheese Croissant	1 EACH	306	21.0	12.5	0.0	43	810	18	1	12	1.08	340	3500	0
Chicken Biscuit	1 EACH	305	10.0	5.0	0.0	20	928	34	1	14	1.22	65	22	0.5
Cinnamon Roll	1 EACH	413	11.3	1.9	0.0	0	256	75	3	5	1.88	23.7	399	5.26
Cinnamon Toasters Cereal	1 PKG	120	3.5	0.5	0.0	0	130	22	1	1	9	100	500	6
French Toast Boat	1 EACH	216	9.0	2.0	0.0	16	273	29	1	4	1.7	49.5	19	0.11
Grammy Bears	1 PKG	103	2.8	0.7	0.0	0	10	18	53	2	1.98	10	0	3
Ham & Cheese Croissant	1 EACH	251	15.4	7.3	0.0	38	821	14	1	13	0.86	197.4	648	0.23
Honey Graham Squares Cereal	1 PKG	120	3.0	0.0	0.0	0	250	24	1	1	9	100	500	6
Lowfat Yogurt	6 OZ	106	2.6	1.7	0.0	10	118	12	0	9	0.13	306.8	111	1.34
Mini Pancakes	1 PKG	200	6.0	1.0	0.0	10	370	34	2	4	1.08	40	0	0
Mini Waffles	1 PKG	241	9.3	2.6	0.2	27	277	35	2	5	1.08	29.2	42	0
Pancake & Chicken Sausage Sandwich	1 EACH	190	9.0	2.5	0.0	60	560	20	1	9	1.8	100	200	1.2
Pancake Sausage on Stick	1 EACH	170	6.0	1.5	0.0	15	510	21	3	9	1.44	0	0	0
Sausage and Cheese Kolache	1 EACH	166	4.9	1.9	0.0	31	290	24	1	6	1.49	60.6	140	0.05
Sausage Kolache	1 EACH	139	2.7	0.5	0.0	24	188	24	1	4	1.46	16.9	54	0.05
Sausage Link	1 EACH	90	8.0	3.0	0.0	15	310	1	0	4	0.36	0	100	9
Toasty O's Cereal	1 PKG	70	1.0	0.0	0.0	0	180	14	2	2	5.4	80	300	3.6
Juice														
Apple Juice, Carton	4 OZ	60	0.0	0.0	0.0	0	5	14	0	0	0	100	100	60
Orange Juice, Carton	4 OZ	50	0.0	0.0	0.0	0	0	13	0	0	0	0	0	30
White Grape Juice, Carton	4 OZ	80	0.0	0.0	0.0	0	10	20	0	0	0	100	0	60