

# Eat Enterprises

## Breakfast Menu Individual Meal Nutritional Analysis

### RAISIN BRAN

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
WG Raisin Bran	1.25oz	110	3	27	5	0.5	0	0	0	140	NR	NR	NR	NR
WG French Toast Graham	1oz	130	2	21	2	4.5	1	0	0	140	4%	2%	0	0
Fresh Apple	1ea	67	0.3	18	3.1	0.2	0	0	0	1.3	1%	1%	NR	NR
100% Kiwi Strawberry	4.23oz	60	0	14	0	0	0	0	0	10	0	0%	0%	0%
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>467</b>	<b>13.3</b>	<b>91</b>	<b>10.1</b>	<b>7.7</b>	<b>2.5</b>	<b>0</b>	<b>15</b>	<b>411.3</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### CINNAMON POP TART

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
WG Cinnamon Pop Tart	1.25oz	190	2	38	3	3	1	0	0	200	10%	10%	10%	0
WG Honey Graham	14g(1pk)	60	2	11	1	1.5	0	0	0	60	2%	0%	NR	NR
Tropical Fruit Mix	4.5oz	70	0	17	1	0	0	0	0	0%	2%	0%	NR	NR
100% Orange Juice	4.23oz	60	0	15	0	0	0	0	0	10	0	0	0	0
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>480</b>	<b>12</b>	<b>92</b>	<b>5</b>	<b>7</b>	<b>2.5</b>	<b>0</b>	<b>15</b>	<b>390</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### SCOOTERS CEREAL

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
WG Scooters Cereal	1oz	110	2	38	3	3	1	0	0	200	10%	10%	10%	0
WG Apple Cinn Bear Graham	1oz	120	1	21	2	3.5	0.5	0	0	100	10%	2%	NR	NR
Fresh Orange	1ea	81	1.5	21	3.6	0.2	0	0	0	0	1%	7%	NR	NR
100% Fruit Punch Juice	4.23oz	60	0	15	0	0	0	0	0	5	0	0	0	0
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>471</b>	<b>12.5</b>	<b>106</b>	<b>8.6</b>	<b>9.2</b>	<b>3</b>	<b>0</b>	<b>15</b>	<b>425</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### BLUEBERRY MUFFIN

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
WG Blueberry Muffin	N/A	160	3	26	1	4.5	0.5	0	20	115	6%	2%	NR	NR
WG Pretzels	1oz	90	2	16	1	1.5	1	0	0	200	4%	NR	NR	NR
Strawberries	1/2c	40	1	10	3	0	0	0	0	0	.52 / 3%	20 / 2%	NR	NR
Pineapple Tidbits	4.5oz	60	0	16	1	0	0	0	0	0	2%	0%	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>450</b>	<b>14</b>	<b>79</b>	<b>6</b>	<b>8.5</b>	<b>3</b>	<b>0</b>	<b>35</b>	<b>435</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### HONEY GRAHAM TOASTERS

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
WG Honey Graham Toasters	1oz	110	1	11	1	1.5	0	0	0	60	2%	0%	NR	NR
Vanilla Yogurt	4oz	70	4	12	0	0	0	0	5	70	0%	10%	NR	NR
Fresh Pear	1ea	94	0.6	35	5.1	0.2	0	0	0	1.7	.3/2%	14.85/1%	NR	NR
Diced Peaches	4.5oz	80	1	21	1	0	0	0	0	0	.6 / 4%	0 / 0%	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>454</b>	<b>14.6</b>	<b>90</b>	<b>7.1</b>	<b>4.2</b>	<b>1.5</b>	<b>0</b>	<b>20</b>	<b>251.7</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### COCOA PUFFS BAR

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
Cocoa Puffs Cereal Bar	1.42oz	160	3	30	3	3.5	0	0	0	105	10%	20%	2%	0%
Mozzarella Cheese	1oz	80	7	1	0	6	3.5	0	15	210	0%	20%	2%	0%
Fresh Apple	1ea	67	0.3	18	3.1	0.2	0	0	0	1.3	1%	1%	NR	NR
100% Orange Juice	4.23oz	60	0	15	0	0	0	0	0	10	0%	0%	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>467</b>	<b>18.3</b>	<b>75</b>	<b>6.1</b>	<b>12.2</b>	<b>5</b>	<b>0</b>	<b>30</b>	<b>446.3</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### APPLE MUFFIN

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
WG Apple Muffin	2oz	160	3	27	1	5	0.5	0	25	100	6%	2%	NR	NR
Strawberry Banana Yogurt	4oz	70	4	12	0	0	0	0	5	70	0%	10%	NR	NR
Fresh Pear	1ea	94	0.6	25	5.1	0.2	0	0	0	1.7	2%	1%	NR	NR
Flavored Applesauce	4.5oz	60	0	14	0	0	0	0	0	0	0	0	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>484</b>	<b>15.6</b>	<b>89</b>	<b>6.1</b>	<b>7.7</b>	<b>2</b>	<b>0</b>	<b>45</b>	<b>291.7</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### HONEY SCOOTERS

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
WG Honey Scooters	1.25oz	110	3	22	2	1.5	0	0	0	170	NR	NR	NR	NR
WG Honey Graham	28g(2pk)	120	4	22	2	3	0	0	0	120	4%	0%	NR	NR
Fresh Orange	1ea	81	1.5	21	3.6	0.2	0	0	0	0	1%	7%	NR	NR
100% Grape Juice	4.23oz	80	0	20	0	0	0	0	0	10	0	1%	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>491</b>	<b>16.5</b>	<b>96</b>	<b>7.6</b>	<b>7.2</b>	<b>1.5</b>	<b>0</b>	<b>15</b>	<b>420</b>				



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## Breakfast Menu Individual Meal Nutritional Analysis

### STRAWBERRY POP TART

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
WG Strawberry Pop Tart	1.76oz	180	2	38	3	2.5	1	0	0	190	10%	10%	10%	NR
WG Honey Graham	1oz	60	2	11	1	1.5	0	0	0	60	2%	0%	NR	NR
Fresh Nectarine	1ea	70	1	16	3	1	0	0	0	0	0	0	0	NR
Tropical Fruit Mix	4.5oz	70	0	17	1	0	0	0	0	0%	2%	0%	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>480</b>	<b>13</b>	<b>93</b>	<b>8</b>	<b>7.5</b>	<b>2.5</b>	<b>0</b>	<b>15</b>	<b>370</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### CINNAMON TOASTERS

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
Cinnamon Toasters	1oz	120	1	26	1	3.5	0	0	0	135	NR	NR	NR	NR
WG Choc Graham Cracker	1oz	110	2	21	2	3	0.5	0	0	95	15%	2%	NR	NR
Banana	1ea	110	1	27	3	0	0	0	0	0	2%	1%	NR	NR
100 % Apple Juice	4.23oz	60	0	14	0	0	0	0	0	0	0%	0%	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>500</b>	<b>12</b>	<b>99</b>	<b>6</b>	<b>9</b>	<b>2</b>	<b>0</b>	<b>15</b>	<b>350</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### CINNAMON TOAST BAR

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
WG Cinnamon Toast Bar	1oz	160	2	30	3	3.5	0	0	0	120	8%	15%	0%	0%
Fresh Orange	1ea	81	1.5	21	3.6	0.2	0	0	0	0	1%	7%	NR	NR
Raisins	1/4c	130	1	33	2	0	0	0	0	10	4%	3%	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>471</b>	<b>12.5</b>	<b>95</b>	<b>8.6</b>	<b>6.2</b>	<b>1.5</b>	<b>0</b>	<b>15</b>	<b>250</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### BANANA MUFFIN

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
WG Banana Muffin	2oz	160	3	28	1	4	0.5	0	20	115	6%	2%	NR	NR
Strawberry Banana Yogurt	4oz	70	4	12	0	0	0	0	5	70	0%	10%	NR	NR
Pineapple Tidbits	4.5oz	60	0	16	1	0	0	0	0	0	2%	1%	NR	NR
100% Fruit Punch Juice	4.23oz	60	0	15	0	0	0	0	0	5	0%	0%	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>450</b>	<b>15</b>	<b>82</b>	<b>2</b>	<b>6.5</b>	<b>2</b>	<b>0</b>	<b>40</b>	<b>310</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### APPLE CINN CHEERIOS

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg/%)	Calcium (mg/%)	Vit A (%)	Vit C (%)
WG Apple Cinn Cheerios	1oz	110	2	23	2	1.5	0	0	0	110	15%	6%	NR	NR
WG Vanilla Graham Crackers	1oz	120	1	20	2	3.5	0.5	0	0	95	10%	2%	NR	NR
Flavored Applesauce	4.5oz	60	0	14	0	0	0	0	0	0	0	0	NR	NR
100% Grape Juice	4.23oz	80	0	20	0	0	0	0	0	10	0	1%	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>470</b>	<b>11</b>	<b>88</b>	<b>4</b>	<b>7.5</b>	<b>2</b>	<b>0</b>	<b>15</b>	<b>335</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### DONUT

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
Donut	3oz	240	5	38	2	8	2.5	0	0	310	6%	8%	0%	0%
Honeydew	1/2c	56	0	13	2	0	0	0	0	16	0	0	0	100%
Tropical Fruit Mix	4.5oz	70	0	17	1	0	0	0	0	0	.3 / 2%	5 / 0%	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>466</b>	<b>13</b>	<b>79</b>	<b>5</b>	<b>10.5</b>	<b>4</b>	<b>0</b>	<b>15</b>	<b>446</b>				

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## Breakfast Menu Individual Meal Nutritional Analysis

### FROSTED FLAKES

Menu Item	Serving Size	Calories	Protein (gm)	Carbs (gm)	Dietary Fiber (gm)	Total Fat (gm)	Sat Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)	Iron (mg)/%	Calcium (mg)/%	Vit A %	Vit C %
WG Frosted Flakes	1oz	100	2	24	2	0	0	0	0	170	10%	0%	NR	NR
WG Honey Graham	28g(2pk)	120	4	22	2	3	0	0	0	120	4%	0%	NR	NR
Fresh Apple	1ea	67	0.3	18	3.1	0.2	0	0	0	1.3	1%	1%	NR	NR
100% Berry Juice	4.23oz	60	0	17	0	0	0	0	0	10	0	1%	NR	NR
1% White Milk	8oz	100	8	11	0	2.5	1.5	0	15	120	0	30%	10%	2%
<b>Totals</b>		<b>447</b>	<b>14.3</b>	<b>92</b>	<b>7.1</b>	<b>5.7</b>	<b>1.5</b>	<b>0</b>	<b>15</b>	<b>421.3</b>				