

EAT Enterprises Nutrition Report

Menu: 9-12 Breakfast

Table of Contents

Honey Scooters HS	3
Cocoa Puff Cereal Bar HS	4
Lemon Bread HS	5
Apple Oatmeal Bar HS	6
Cinnamon Toaster HS	7
Raisin Bran HS	8
Banana Bread HS	9
Cinnamon Pop Tart HS	10
Stuffed Bagel - Strawberry Cream Cheese HS	11
Corn Flakes HS	12
Strawberry Oatmeal Bar HS	13
Pumpkin Bread HS	14
Cinnamon Toast Crunch Bar HS	15
Blueberry Pop Tart HS	16
Honey Bunches of Oats HS	17
Marshmallow Mateys HS	18
Blueberry Bread HS	19
Bagel HS	20

<u>Pull-a-Part Donut HS</u>	<u>21</u>
<u>Scooters Cereal HS</u>	<u>22</u>
<u>Pancake Bites HS</u>	<u>23</u>
<u>Apple Muffin HS</u>	<u>24</u>
<u>Strawberry Mini Wheats HS</u>	<u>25</u>
<u>Donut HS</u>	<u>26</u>
<u>Cinnamon Chex HS</u>	<u>27</u>
<u>Strawberry Pop Tart HS</u>	<u>28</u>
<u>Glazed Donut HS</u>	<u>29</u>
<u>Yogurt Parfait HS</u>	<u>30</u>
<u>Maple Snack'n Waffle HS</u>	<u>31</u>
<u>Frosted Mini Wheats HS</u>	<u>32</u>

EAT Enterprises Nutrition Report

Honey Scooters HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Honey Scooters Bowl	1 ea	110	3	22	2	1.5	0	0	0	170	0
Cracker Honey Graham WG	2 ea	120	2	22	1.8	3	0	0	0	120	6
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Juice Grape 4.23 oz Shelf Stable	1 ea	80	0	20	0	0	0	0	0	10	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		475.41	14.21	91.98	6.71	7.16	1.5	0	15	421.37	6

% Calories from:

Total Fat: 13.55%

Saturated fat%: 2.84%

EAT Enterprises Nutrition Report

Cocoa Puff Cereal Bar HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Bar Cocoa Puffs	1 ea	160	3	30	3	3.5	0	0	0	105	9
Cheese Mozzarella 1 oz Stick	1 ea	80	8	0	0	6	3.5	0	15	200	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Juice Orange Tangerine 4.23 oz Shelf Stable	1 ea	60	0	15	0	0	0	0	0	10	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		466.6	19.3	74	6.1	12.2	5	0	30	436.3	9

% Calories from:

Total Fat: 23.53%

Saturated fat%: 9.64%

EAT Enterprises Nutrition Report

Lemon Bread HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Bread Lemon 3.4 oz WG IW	1 ea	230	5	44	2	8	1.5	0	0	250	15
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Applesauce Strawberry Cup 4.5 oz	1 ea	60	0	15	1	0	0	0	0	17	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		484.1	13.6	95	8.1	10.7	3	0	15	388.7	15

% Calories from:

Total Fat: 19.89%

Saturated fat%: 5.58%

EAT Enterprises Nutrition Report

Apple Oatmeal Bar HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Oatmeal Bar Apple 2.4oz	1 ea	280	4	46	3	9	1.5	0	5	170	16
Cantaloupe Fresh	4 oz	40.13	1	9.33	1.07	0.2	0.07	0	0	18.87	0
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		480.13	13	82.33	5.07	11.7	3.07	0	20	308.87	16

% Calories from:

Total Fat: 21.93%

Saturated fat%: 5.75%

EAT Enterprises Nutrition Report

Cinnamon Toaster HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Cinnamon Toasters Bowl	1 ea	120	1	21	1	4	0	0	0	150	6
Cracker Honey Graham WG	1 ea	60	1	11	0.9	1.5	0	0	0	60	3
Banana Institutional Pack (150 ct)	1 ea	110	1	27	3	0	0	0	0	0	0
Juice Apple 4.23 oz Shelf Stable	1 ea	60	0	14	0	0	0	0	0	5	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		450	11	84	4.9	8	1.5	0	15	335	9

% Calories from:

Total Fat: 16.00%

Saturated fat%: 3.00%

EAT Enterprises Nutrition Report

Raisin Bran HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Raisin Bran Bowl	1 ea	110	3	27	5	0.5	0	0	0	140	5
Cracker French Toast Graham Goldfish WG	1 ea	130	2	21	2	4.5	1	0	0	140	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Juice Kiwi Strawberry Shelf Stable 4.23 oz	1 ea	60	0	14	0	0	0	0	0	10	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		466.6	13.3	91	10.1	7.7	2.5	0	15	411.3	5

% Calories from:

Total Fat: 14.85%

Saturated fat%: 4.82%

EAT Enterprises Nutrition Report

Banana Bread HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Bread Banana 3.4 oz WG IW	1 ea	260	5	44	2	8	1.5	0	0	250	22
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Mandarin Orange Cup 4.5 oz	1 ea	80	1	20	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		534.1	14.6	100	8.1	10.7	3	0	15	371.7	22

% Calories from:

Total Fat: 18.03%

Saturated fat%: 5.06%

EAT Enterprises Nutrition Report

Cinnamon Pop Tart HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pop Tart Cinnamon WG	1 ea	190	2	38	3	3	1	0	0	200	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		500	11	102	6	5.5	2.5	0	15	330	0

% Calories from:

Total Fat: 9.90%

Saturated fat%: 4.50%

EAT Enterprises Nutrition Report

Stuffed Bagel - Strawberry Cream Cheese HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Bagel Mini Stuffed Strawberry 2.43oz WG IW	1 ea	230	6	42	2	6	2	0	10	190	12
Peach Fresh	1 ea	61	1.43	14.98	2.4	0.39	0.03	0	0	0	0
Plums Fresh	1 ea	30.4	0.5	8	0.9	0.2	0	0	0	0	0
Juice Orange Tangerine 4.23 oz Shelf Stable	1 ea	60	0	15	0	0	0	0	0	10	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		481.4	15.93	90.98	5.3	9.09	3.53	0	25	320	12

% Calories from:

Total Fat: 16.99%

Saturated fat%: 6.60%

EAT Enterprises Nutrition Report

Corn Flakes HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Corn Flakes Bowl Pack	1 ea	80	1	18	1	0	0	0	0	150	2
Cracker Honey Graham WG	2 ea	120	2	22	1.8	3	0	0	0	120	6
Banana Institutional Pack (150 ct)	1 ea	110	1	27	3	0	0	0	0	0	0
Juice Berry 4.23 oz Shelf Stable	1 ea	60	0	17	0	0	0	0	0	10	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		470	12	95	5.8	5.5	1.5	0	15	400	8

% Calories from:

Total Fat: 10.53%

Saturated fat%: 2.87%

EAT Enterprises Nutrition Report

Strawberry Oatmeal Bar HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Oatmeal Bar Strawberry	1 ea	280	4	46	3	9	1.5	0	5	150	16
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Applesauce Raspberry Cup 4.5 oz	1 ea	50	0	14	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		495.41	13.21	87.98	6.91	11.66	3	0	20	271.37	16

% Calories from:

Total Fat: 21.18%

Saturated fat%: 5.45%

EAT Enterprises Nutrition Report

Pumpkin Bread HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Bread Pumpkin 3.4 oz WG IW	1 ea	260	5	43	2	8	1.5	0	0	250	22
Plums Fresh	1 ea	30.4	0.5	8	0.9	0.2	0	0	0	0	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		460.4	13.5	79	3.9	10.7	3	0	15	370	22

% Calories from:

Total Fat: 20.92%

Saturated fat%: 5.86%

EAT Enterprises Nutrition Report

Cinnamon Toast Crunch Bar HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Bar Cinnamon Toast Crunch	1 ea	160	2	30	3	3.5	1	0	0	120	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Cranberries Dried 1oz	1 ea	110	0	27	2	0	0	0	0	0	22
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		464.1	10.6	93	10.1	6.2	2.5	0	15	241.7	22

% Calories from:

Total Fat: 12.02%

Saturated fat%: 4.85%

EAT Enterprises Nutrition Report

Blueberry Pop Tart HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pop Tart Blueberry WG IW	1 ea	180	2	38	3	2.5	1	0	0	180	0
Cracker Honey Graham WG	2 ea	120	2	22	1.8	3	0	0	0	120	6
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Applesauce Strawberry Cup 4.5 oz	1 ea	60	0	15	1	0	0	0	0	17	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		530	12	103	6.8	8	2.5	0	15	437	6

% Calories from:

Total Fat: 13.58%

Saturated fat%: 4.25%

EAT Enterprises Nutrition Report

Honey Bunches of Oats HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Honey Bunches of Oats WG	1 ea	100	2	22	2	1.5	0	0	0	65	5
Cracker Chocolate Graham Scooby Doo WG	1 ea	120	2	21	2	4	1	0	0	95	8
Blueberries Fresh	0.5 cup	40	0.5	10.5	2	0.25	0	0	0	0	0
Banana Institutional Pack (150 ct)	1 ea	110	1	27	3	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		470	13.5	91.5	9	8.25	2.5	0	15	280	13

% Calories from:

Total Fat: 15.80%

Saturated fat%: 4.79%

EAT Enterprises Nutrition Report

Marshmallow Mateys HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Marshmallow Mateys 1oz	1 ea	110	3	22	2	1.5	0	0	0	270	6
Cracker Honey Graham WG	2 ea	120	2	22	1.8	3	0	0	0	120	6
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Juice Kiwi Strawberry Shelf Stable 4.23 oz	1 ea	60	0	14	0	0	0	0	0	10	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		456.6	13.3	87	6.9	7.2	1.5	0	15	521.3	12

% Calories from:

Total Fat: 14.19%

Saturated fat%: 2.96%

EAT Enterprises Nutrition Report

Blueberry Bread HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Bread Blueberry 3.4 oz WG IW	1 ea	270	5	45	2	8	1.5	0	0	250	23
Peach Fresh	1 ea	61	1.43	14.98	2.4	0.39	0.03	0	0	0	0
Applesauce Cinnamon Cup 4.5 oz	1 ea	50	0	14	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		481	14.43	84.98	5.4	10.89	3.03	0	15	370	23

% Calories from:

Total Fat: 20.38%

Saturated fat%: 5.67%

EAT Enterprises Nutrition Report

Bagel HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Bagel Plain 2 oz WG IW	1 ea	130	4	25	3	1	0	0	0	200	2
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Cheese Cream Strawberry SS	1 ea	60	1	3	0	5	3	0	15	55	2
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		495.41	15.21	91.98	7.91	8.66	4.5	0	30	386.37	4

% Calories from:

Total Fat: 15.73%

Saturated fat%: 8.18%

EAT Enterprises Nutrition Report

Pull-a-Part Donut HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Donut Pull-a-Part	1 ea	240	4	31	2	11	4.5	0	0	300	8
Grapes Red Seedless 18lbs	0.5 cup	53.33	0.67	14.67	0.67	0	0	0	0	0	0
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		453.33	12.67	72.67	3.67	13.5	6	0	15	420	8

% Calories from:

Total Fat: 26.80%

Saturated fat%: 11.91%

EAT Enterprises Nutrition Report

Scooters Cereal HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Scooters Bowl	1 ea	110	3	21	3	2	0.5	0	0	140	0
Cracker Cinnamon Graham Bug Bites WG	1 ea	120	2	21	1	4	1	0	0	100	8
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Juice Fruit Punch Shelf Stable 4.23 oz	1 ea	60	0	15	0	0	0	0	0	5	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		484.1	13.6	93	9.1	8.7	3	0	15	366.7	8

% Calories from:

Total Fat: 16.17%

Saturated fat%: 5.58%

EAT Enterprises Nutrition Report

Pancake Bites HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pancake Bites WG IW	1 ea	250	4	37	2	12	1	0	40	290	11
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Juice Orange Tangerine 4.23 oz Shelf Stable	1 ea	60	0	15	0	0	0	0	0	10	0
Syrup Sugar Free	1 ea	25	0	10	0	0	0	0	0	75	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		501.6	12.3	91	5.1	14.7	2.5	0	55	496.3	11

% Calories from:

Total Fat: 26.38%

Saturated fat%: 4.49%

EAT Enterprises Nutrition Report

Apple Muffin HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Muffin Applespice 2 oz WG IW	1 ea	160	3	27	1	5	0.5	0	25	100	12
Yogurt Strawberry Banana 4 oz Danimals	1 ea	70	4	12	0	0	0	0	5	70	5
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		465.41	16.21	83.98	4.91	7.66	2	0	45	291.37	17

% Calories from:

Total Fat: 14.81%

Saturated fat%: 3.87%

EAT Enterprises Nutrition Report

Strawberry Mini Wheats HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Strawberry Mini Wheats 1oz	1 ea	100	3	23	3	0.5	0	0	0	0	5
Cracker Honey Graham WG	2 ea	120	2	22	1.8	3	0	0	0	120	6
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Juice Berry 4.23 oz Shelf Stable	1 ea	60	0	17	0	0	0	0	0	10	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		474.1	13.6	98	9.9	6.2	1.5	0	15	251.7	11

% Calories from:

Total Fat: 11.77%

Saturated fat%: 2.85%

EAT Enterprises Nutrition Report

Donut HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Donut WG IW	1 ea	240	5	38	2	8	2.5	0	0	310	0
Nectarines Fresh	1 ea	70	1	16	3	1	0	0	0	0	0
Grapes Red Seedless 18lbs	0.5 cup	53.33	0.67	14.67	0.67	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		463.33	14.67	79.67	5.67	11.5	4	0	15	430	0

% Calories from:

Total Fat: 22.34%

Saturated fat%: 7.77%

EAT Enterprises Nutrition Report

Cinnamon Chex HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Cinnamon Rice Chex Bowl	1 ea	120	1	23	1	3	0	0	0	180	6
Cracker Honey Graham WG	2 ea	120	2	22	1.8	3	0	0	0	120	6
Blueberries Fresh	0.5 cup	40	0.5	10.5	2	0.25	0	0	0	0	0
Juice Grape 4.23 oz Shelf Stable	1 ea	80	0	20	0	0	0	0	0	10	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		460	11.5	86.5	4.8	8.75	1.5	0	15	430	12

% Calories from:

Total Fat: 17.12%

Saturated fat%: 2.93%

EAT Enterprises Nutrition Report

Strawberry Pop Tart HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pop Tart Strawberry WG	1 ea	180	2	38	3	2.5	1	0	0	190	15
Cracker Honey Graham WG	1 ea	60	1	11	0.9	1.5	0	0	0	60	3
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Applesauce Mixed Berry Cup 4.5 oz	1 ea	60	0	15	2	0	0	0	0	30	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		470	11	92	6.9	6.5	2.5	0	15	400	18

% Calories from:

Total Fat: 12.45%

Saturated fat%: 4.79%

EAT Enterprises Nutrition Report

Glazed Donut HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Donut Glazed	1 ea	240	4	31	2	11	4.5	0	0	300	8
Grapes Red Seedless 18lbs	0.5 cup	53.33	0.67	14.67	0.67	0	0	0	0	0	0
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		453.33	12.67	72.67	3.67	13.5	6	0	15	420	8

% Calories from:

Total Fat: 26.80%

Saturated fat%: 11.91%

EAT Enterprises Nutrition Report

Yogurt Parfait HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Yogurt Vanilla 4 oz Danimals	1 ea	70	4	12	0	0	0	0	5	70	5
Granola Cinnamon Vanilla 1oz Packet	1 ea	110	2	15	2	4	0	0	0	55	3
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Mandarin Orange Cup 4.5 oz	1 ea	80	1	20	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		454.1	15.6	83	8.1	6.7	1.5	0	20	246.7	8

% Calories from:

Total Fat: 13.28%

Saturated fat%: 2.97%

EAT Enterprises Nutrition Report

Maple Snack'n Waffle HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Waffle Maple Snack	1 ea	250	6	37	2	9	4	0	35	290	14
Peach Fresh	1 ea	61	1.43	14.98	2.4	0.39	0.03	0	0	0	0
Strawberries Fresh	0.5 cup	40	1	10	3	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		451	16.43	72.98	7.4	11.89	5.53	0	50	410	14

% Calories from:

Total Fat: 23.73%

Saturated fat%: 11.04%

EAT Enterprises Nutrition Report

Frosted Mini Wheats HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Cereal Frosted Mini Wheats 1oz	1 ea	100	3	23	3	0.5	0	0	0	0	6
Cracker Vanilla Graham Goldfish WG	1 ea	120	2	19	1	4	1	0	0	95	0
Banana Institutional Pack (150 ct)	1 ea	110	1	27	3	0	0	0	0	0	0
Juice Berry 4.23 oz Shelf Stable	1 ea	60	0	17	0	0	0	0	0	10	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		490	14	97	7	7	2.5	0	15	225	6

% Calories from:

Total Fat: 12.86%

Saturated fat%: 4.59%

