

EAT Enterprises Nutrition Report

Menu: 9-12 Breakfast

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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	6
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	12

% Calories from:	
Total Fat:	13.55%
Saturated fat%:	2.84%

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Cocoa Puffs 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 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	19.3	73	6.1	12.2	5	0	30	436.3	9

% Calories from:

Total Fat: 23.53%

Saturated fat%: 9.64%

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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
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:		514.1	13.6	95	8.1	10.7	3	0	15	388.7	22

% Calories from:

Total Fat:	18.73%
Saturated fat%:	5.25%

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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
Honeydew	0.5 cup	70	0	16	1	0	0	0	0	20	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:		470	14	86	4	8.5	3.5	0	25	330	12

% Calories from:	
Total Fat:	16.28%
Saturated fat%:	6.70%

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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)
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Juice Apple 4.23 oz Shelf Stable	1 ea	60	0	14	0	0	0	0	0	5	0
Banana Institutional Pack (150 ct)	1 ea	110	1	27	3	0	0	0	0	0	0
Cracker Honey Graham WG	1 ea	60	1	11	0.9	1.5	0	0	0	60	3
Cereal Cinnamon Toasters Bowl	1 ea	120	1	21	1	4	0	0	0	150	6
Totals:		450	11	84	4.9	8	1.5	0	15	335	9

% Calories from:	
Total Fat:	16.00%
Saturated fat%:	3.00%

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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 Goldfish WG	1 ea	120	1	19	1	4	1	0	0	140	7
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	12.6	91	9.1	8.7	3	0	15	406.7	7

% Calories from:

Total Fat:	16.17%
Saturated fat%:	5.58%

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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
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	12.3	75	5.1	13.7	6	0	15	431.3	8

% Calories from:	
Total Fat:	26.43%
Saturated fat%:	11.57%

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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
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	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:		455.41	14.21	85.98	6.71	7.16	1.5	0	15	521.37	12

% Calories from:	
Total Fat:	14.15%
Saturated fat%:	2.96%

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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	14
Banana Institutional Pack (150 ct)	1 ea	110	1	27	3	0	0	0	0	0	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	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:		470	12	97	7	5	2.5	0	15	300	14

% Calories from:	
Total Fat:	9.57%
Saturated fat%:	4.79%

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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%

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Trix 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 Trix	1 ea	160	2	29	3	3.5	0.5	0	0	105	9
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	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:		466.6	11.3	94	8.1	6.2	2	0	15	236.3	9

% Calories from:

Total Fat:	11.96%
Saturated fat%:	3.86%

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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 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 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:		455.41	14.21	90.98	9.71	6.16	1.5	0	15	391.37	11

% Calories from:	
Total Fat:	12.17%
Saturated fat%:	2.96%

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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
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	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:		494.1	15.6	92	7.1	7.7	2	0	45	291.7	17

% Calories from:

Total Fat: 14.03%

Saturated fat%: 3.64%

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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
Strawberries Fresh	0.5 cup	40	1	10	3	0	0	0	0	0	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	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:		470	16	79	6	11.5	5.5	0	50	410	14

% Calories from:

Total Fat:	22.02%
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Saturated fat%:	10.53%
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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
Honeydew	0.5 cup	70	0	16	1	0	0	0	0	20	0
Cheese Cream SS	1 ea	70	1	2	0	7	4	0	20	110	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		435.41	14.21	70.98	6.91	10.66	5.5	0	35	451.37	2

% Calories from:

Total Fat: 22.03%

Saturated fat%: 11.37%

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 Vanilla Graham Goldfish WG	1 ea	120	2	19	1	4	1	0	0	95	7
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	95	9.1	7.2	2.5	0	15	226.7	12

% Calories from:

Total Fat:	13.67%
Saturated fat%:	4.75%

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	6
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	12

% Calories from:	
Total Fat:	13.55%
Saturated fat%:	2.84%

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

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
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	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:		473.33	13.67	77.67	3.67	13.5	6	0	15	420	8

% Calories from:

Total Fat:	25.67%
Saturated fat%:	11.41%

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Golden Grahams - 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 Golden Grahams WG	1 ea	110	2	23	2	1	0	0	0	240	6
Banana Institutional Pack (150 ct)	1 ea	110	1	27	3	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
Juice Fruit Punch Aseptic 6.75 oz	1 ea	100	0	25	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:		480	11	101	7	3.5	1.5	0	15	400	6

% Calories from:	
Total Fat:	6.56%
Saturated fat%:	2.81%

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
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	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:		455.41	14.21	85.98	6.71	7.16	1.5	0	15	521.37	12

% Calories from:	
Total Fat:	14.15%
Saturated fat%:	2.96%

EAT Enterprises Nutrition Report

Vanilla 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%

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Blueberry Donut Holes - 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 Blueberry Holes WG	1 ea	270	4	41	2	10	4	0	0	220	20
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	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:		516.6	12.3	90	5.1	12.7	5.5	0	15	351.3	20

% Calories from:

Total Fat:	22.13%
Saturated fat%:	9.58%

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Stuffed Bagel - Cinnamon 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 Cinnamon 2.43oz WG IW	1 ea	230	6	42	2	6	2	0	10	190	12
Cantaloupe Fresh	0.5 cup	30.1	0.75	7	0.8	0.15	0.05	0	0	14.15	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:		430.1	14.75	77	3.8	8.65	3.55	0	25	324.15	12

% Calories from:	
Total Fat:	18.10%
Saturated fat%:	7.43%

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

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
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:		474.1	12.6	94	9.1	8.2	2.5	0	15	286.7	13

% Calories from:	
Total Fat:	15.57%
Saturated fat%:	4.75%

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

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	7
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	13

% Calories from:	
Total Fat:	12.86%
Saturated fat%:	4.59%

EAT Enterprises Nutrition Report

Apple Fritter - 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)
Apple Fritter WG 3 oz	1 ea	320	5	36	3	18	8	0	0	260	11
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		486.6	13.3	65	6.1	20.7	9.5	0	15	381.3	11

% Calories from:

Total Fat:	38.29%
Saturated fat%:	17.57%

EAT Enterprises Nutrition Report

Raisin Bran - Blueberries - 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 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:		450	13.5	90.5	8.8	6.25	1.5	0	15	390	11

% Calories from:	
Total Fat:	12.50%
Saturated fat%:	3.00%

