

EAT Enterprises Nutrition Report

Menu: K-8 Breakfast

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Honey Scooters

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	1 ea	60	1	11	0.9	1.5	0	0	0	60	3
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:		415.41	13.21	80.98	5.81	5.66	1.5	0	15	361.37	3

% Calories from:

Total Fat: 12.26%

Saturated fat%: 3.25%

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Cocoa Puffs Cereal Bar

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%

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Lemon Bread

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%

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Apple Oatmeal Bar

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	0.5 cup	30.1	0.75	7	0.8	0.15	0.05	0	0	14.15	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:		470.1	12.75	80	4.8	11.65	3.05	0	20	304.15	16

% Calories from:

Total Fat: 22.30%

Saturated fat%: 5.84%

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Cinnamon Toasters

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%

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Raisin Bran

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%

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Banana Muffin

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 Banana 2 oz WG IW	1 ea	160	3	28	1	4	0.5	0	20	115	14
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:		434.1	12.6	84	7.1	6.7	2	0	35	236.7	14

% Calories from:

Total Fat: 13.89%

Saturated fat%: 4.15%

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Cinnamon Pop Tart

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
Applesauce Mango 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:		410	10	80	5	5.5	2.5	0	15	320	0

% Calories from:

Total Fat: 12.07%

Saturated fat%: 5.49%

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Stuffed Bagel - Strawberry Cream Cheese

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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		421.4	15.93	75.98	5.3	9.09	3.53	0	25	310	12

% Calories from:

Total Fat: 19.41%

Saturated fat%: 7.54%

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Corn Flakes

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
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
Cracker Honey Graham WG	2 ea	120	2	22	1.8	3	0	0	0	120	6
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%

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Strawberry Oatmeal Bar

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
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
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	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%

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Pumpkin Bread

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%

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Cinnamon Toast Crunch Bar

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%

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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	0
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
Cracker Honey Graham WG	1 ea	60	1	11	0.9	1.5	0	0	0	60	3
Totals:		470	11	92	5.9	6.5	2.5	0	15	377	3

% Calories from:

Total Fat: 12.45%

Saturated fat%: 4.79%

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Honey Bunches of Oats

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
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
Cracker Chocolate Graham Bear WG	1 ea	110	2	21	2	3	0.5	0	0	95	0
Totals:		460	13.5	91.5	9	7.25	2	0	15	280	5

% Calories from:

Total Fat:	14.18%
Saturated fat%:	3.91%

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Marshmallow Mateys

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%

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Blueberry Bread

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%

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Bagel

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)
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	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
Bagel Plain 2 oz WG IW	1 ea	130	4	25	3	1	0	0	0	200	2
Cranberries Dried 1oz	1 ea	110	0	27	2	0	0	0	0	0	22
Totals:		465.41	14.21	82.98	7.91	8.66	4.5	0	30	376.37	26

% Calories from:

Total Fat: 16.75%

Saturated fat%: 8.70%

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Pull-a-Part Donut

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%

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Scooters Cereal

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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Pancake Bites

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
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:		441.6	12.3	76	5.1	14.7	2.5	0	55	486.3	11

% Calories from:

Total Fat: 29.96%

Saturated fat%: 5.10%

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Apple Muffin

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
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
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
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%

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Strawberry Mini Wheats

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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Cracker Honey Graham WG	1 ea	60	1	11	0.9	1.5	0	0	0	60	3
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
Totals:		414.1	12.6	87	9	4.7	1.5	0	15	191.7	8

% Calories from:

Total Fat: 10.21%

Saturated fat%: 3.26%

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Donut

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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Grapes Red Seedless 18lbs	0.5 cup	53.33	0.67	14.67	0.67	0	0	0	0	0	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%

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Crispy Rice Cereal

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 Crisp Rice Bowl	1 ea	70	1	16	0	0	0	0	0	105	2
Blueberries Fresh	0.5 cup	40	0.5	10.5	2	0.25	0	0	0	0	0
Cracker Honey Graham WG	2 ea	120	2	22	1.8	3	0	0	0	120	6
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Juice Grape 4.23 oz Shelf Stable	1 ea	80	0	20	0	0	0	0	0	10	0
Totals:		410	11.5	79.5	3.8	5.75	1.5	0	15	355	8

% Calories from:

Total Fat: 12.62%

Saturated fat%: 3.29%

EAT Enterprises Nutrition Report

Strawberry Pop Tart

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
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:		410	10	81	6	5	2.5	0	15	340	15

% Calories from:

Total Fat: 10.98%

Saturated fat%: 5.49%

EAT Enterprises Nutrition Report

Glazed Donut

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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Totals:		406.6	12.3	60	5.1	13.7	6	0	15	421.3	8

% Calories from:

Total Fat: 30.32%

Saturated fat%: 13.28%

EAT Enterprises Nutrition Report

Yogurt Parfait

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

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

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%

