

EAT Enterprises Nutrition Report

Menu: K-8 Breakfast

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Honey Scooters - SA

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	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	9

% Calories from:	
Total Fat:	12.26%
Saturated fat%:	3.25%

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Cocoa Puffs Cereal Bar - SA

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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		406.6	19.3	59	6.1	12.2	5	0	30	426.3	9

% Calories from:

Total Fat:	27.00%
Saturated fat%:	11.07%

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Banana Muffin - SA

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
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:		414.1	11.6	79	7.1	6.7	2	0	35	253.7	14

% Calories from:

Total Fat:	14.56%
Saturated fat%:	4.35%

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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
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%

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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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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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Glazed Donut - SA

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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	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%

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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
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

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 - SA

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	1 ea	60	1	11	0.9	1.5	0	0	0	60	3
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:		400	10.5	75.5	3.9	7.25	1.5	0	15	370	9

% Calories from:	
Total Fat:	16.31%
Saturated fat%:	3.38%

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Trix 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 Trix	1 ea	160	2	29	3	3.5	0.5	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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		406.6	18.3	58	6.1	12.2	5.5	0	30	426.3	9

% Calories from:

Total Fat:	27.00%
Saturated fat%:	12.17%

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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 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 - SA

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
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:		424.1	11.6	80	7.1	7.7	2	0	40	221.7	12

% Calories from:

Total Fat:	16.34%
Saturated fat%:	4.24%

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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
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	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:		470	16	79	6	11.5	5.5	0	50	410	14

% Calories from:

Total Fat: 22.02%

Saturated fat%: 10.53%

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Bagel - SA

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%

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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
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%

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Honey Scooters - SA

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	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	9

% Calories from:	
Total Fat:	12.26%
Saturated fat%:	3.25%

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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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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
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%

EAT Enterprises Nutrition Report

Golden Grahams - SA

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
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:		420	11	86	5	3.5	1.5	0	15	370	6

% Calories from:

Total Fat: 7.50%

Saturated fat%: 3.21%

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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
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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Vanilla Yogurt Parfait - SA

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 - SA

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
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		436.6	12.3	70	5.1	12.7	5.5	0	15	341.3	20

% Calories from:

Total Fat:	26.18%
Saturated fat%:	11.34%

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Stuffed Bagel - Cinnamon Cream Cheese - SA

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 - SA

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

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 - SA

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

Frosted Mini Wheats - SA

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

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 - SA

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%

