

Breakfast Nutritionals

PRODUCT	CALORIES	FAT	SAT FAT	CARBS	CHOLESTEROL	PROTEIN	FIBER
Beef Steak Fritter	359.41	21.31	8.22	23.86	92.22	16.89	0.4
Breakfast Chicken Patty	123	8.764	2.27	4.311	45.07	6.4	0.1364
Cereal-applejack	110	0	0	25	0	2	0
Cereal-cocoa crisp	110	0	0	25	0	2	7
Cereal-corn puffs	120	0	0	25	0	2	1
Cereal-frostedflake	110	0	0	26	0	1	0
Cereal-fruit loop	30	0	0	18	0	1	0
Donut-reduced fat	300	10	2.5	41	5	6	1
Egg Patty	170	13	3	3	300	9	0
FrenchToastSt ick	270	11	1.5	30	0	5	2
Pancake on Stick	250	13	3.5	26	15	8	1
Poptart-blueberry	200	5	2.5	37	0	2	0
Sausage Patty	114.95	10	3.51	0.36	24.54	5.58	0.06

Biscuit - Whole grain	160	5	2.5	16	0	3	1
Twister Roll(breakfast)	120	5	2.5	16	0	3	1