

# Breakfast Nutrition Facts

2011-2012

Last Revised on 8.18.11

Recipe Name	Serving Size	Portion	Calories	Carbs, g	Total Fat, g	Protein, g	Sodium, mg	Fiber, g
Bagel, Mickey C's Honey Wheat	2 oz	1 each	172	31	1	6	295	2.5
Bar, Cherry Apple Crunch	2 oz	1 each	240	37	8	3	180	2
Cereal, Barbara's Shredded Spoonfuls	3/4 cup	1 each	120	24	1.5	4	200	4
Cereal, Fieldstone Granola	1.3 oz	1 each	150	26	4	3	75	2
Cereal, Malt-O-Meal Cinnamon Granola	3/4 cup	3/4 cup	220	43	5	5	30	1
Cereal, Malt-O-Meal Honey Nut Scooters	1 cup	1 cup	110	24	1.5	2	210	2
Cereal, General Mills Multigrain Cheerios	3/4 cup	3/4 cup	70	15	1	2	105	2
Cereal, General Mills Kix	3/4 cup	3/4 cup	60	14	0.5	1	105	2
Cheese, Cream Reduced Fat	3/4 oz	1 each	45	1	4	2	95	0
Cheese, Low Moisture Part Skim Mozzarella String	1 oz	1 each	80	<1	5	7	190	0
Fruit, Fresh	1 piece	varies	varies	varies	varies	varies	varies	varies
Juice, Orange	4 oz	1/2 cup	60	14.5	0	0.5	0	14
Milk, Organic 1%	8 oz	1 cup	100	12	2.5	8	125	0
Milk, Organic Skim	8 oz	1 cup	90	12	0	8	125	0
Muffin, Full Bloom Banana	1.8 oz	1 each	160	25	6	2	125	1
Yogurt, Upstate Farms Lowfat	4 oz	1/2 cup	90	19	0	3	75	0
Yogurt, Stonyfield Farms Organic Lowfat	4 oz	1/2 cup	80	14	1	4	70	0