

BREAKFAST MENU ITEMS	CARBS	MILK	EGGS	FISH	PEANUTS	TREE NUTS	SESAME SEEDS	SOY	WHEAT
BANANA MUFFIN	30		X					X	X
BENEFIT BAR BANANA CHOCO	47	X	X					X	X
BENEFIT BAR APPLE	46	X	X					X	X
BENEFIT BAR APPLE CINNAMON	46	X	X					X	X
BENEFIT BAR BLUEBERRY	47	X	X					X	X
BENEFIT BIRTHDAY CAKE	47	X	X					X	X
BLUEBERRY MUFFIN	30		X					X	X
BREAKFAST WG CINNAMON BUN	30	X	X					X	X
CEREAL CHEERIOS	14								
CEREAL COCOA PUFFS	25								
CEREAL APPLE CINN CHEERIOS	23								
CEREAL FROSTED FLAKES (listed as "may contain")	25	x	x		x			x	x
CEREAL FRUIT LOOPS									X
CEREAL GOLDEN GRAHAMS	24								X
CEREAL LUCKY CHARMS	23								
CEREAL TOASTED CINN TOASTER	21	X						X	x
CEREAL TRIX	23								
CHOCOLATE MUFFIN	33	X	X					X	X
CONFETTI PANCAKES EGGO	36	X	X					X	X
DONUT	29	X	X					X	X
MINI WAFFLE BLUEBERRY BASH	35	X	X					X	X
MOZZ STRING CHEESE	1	X							
TURKEY PANCAKE MINI WRAPS	15		X					X	X
TURKEY SAUSAGE PANCAKE WRAP	16	X	X					X	X
WAFFLES (1 PER SERVING )	12	X	X					X	X

WAFFLES (EGGO 2 PER SERVING)	30	X	X					X	X
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VEGETABLE FRIED RICE	32						X	X	
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MISC.	CARBS	MILK	EGGS	FISH	PEANUTS	TREE NUTS	SESAME SEEDS	SOY	WHEAT
AMERICAN CHEESE	1	X						X	
BUN HAMBURGER	23						X		X
GFISH CINN CRAHAM CRACKER	19								X
HONEY CRAHAM CRACKER	11							X	X
KETCHUP	3								
MARGARINE	0								
MUSTARD	0								
RANCH DRESSING	2	X	X						
SWEET & SOUR SAUCE	14								
TOMATO SAUCE	4								
TURKEY BREAST DELI MEAT	0								
ORANGE ZESTY SAUCE	18						X	X	X