




BREAKFAST BAKED GOODS NUTRITIONAL INFORMATION

Menu Item (List is a complete entrée unless otherwise noted)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
 English Muffin, Whole Wheat	116	1	0	0	320	5	23	4
 Soft Wheat Sandwich Bread (2 slices)	180	2.5	0.5	0	400	7	32	4
Arriba Chocolate Brownie	360	19	10	25	210	4	50	7
Banana Bread Homemade (2 slices)	261	9	1.5	35	231	5	42	1.5
Cinnamon Roll	630	24	14	100	490	13	91	4
English Muffin	134	1	0.5	0	264	4	26	1.5
Muffins - Banana Nut	500	21	4.5	65	580	8	72	4
Muffins - Blueberry	440	17	3	60	330	6	66	2
Muffins - Cranberry Orange	480	19	3	70	360	7	71	3
Muffins - Orange Blossom	450	12	3	60	340	7	80	2
Otis Trail Mix Bar	340	17	6	25	240	8	44	5
Otis Triple Berry Bar	300	10	4.5	20	240	5	50	5
Scones - Apple Cinnamon	275	11	7	40	405	5	40	2
Scones - Blueberry	235	10	6	37	450	4	33	1
Scones - Chocolate Chip	305	15	9	57	175	5	33	1
Soft White Sandwich Bread (2 slices)	130	1.5	0	0	270	4	26	0
BAGELS								
 Whole Grain Bagel	340	2.5	0	0	400	13	67	6
Asiago Bagel	330	6	3.5	10	580	13	55	2
Blueberry Bagel	330	1.5	0	0	490	10	68	2
Cinnamon Crunch Bagel	430	8	5	0	430	9	80	2
Cinnamon Swirl & Raisin Bagel	320	2.5	1	0	470	9	64	3
Everything Bagel	300	2.5	0	0	640	10	59	2
French Toast Bagel	350	5	2.5	5	620	9	67	2
Jalapeno & Cheddar Bagel	310	3	1.5	5	740	12	56	2
Plain Bagel	290	1.5	0	0	460	10	59	2
Sesame Bagel	310	3	0	0	460	10	59	2
Sweet Onion & Poppyseed Bagel	390	7	1	0	520	13	72	4
SPREADS								
Butter (1 oz.)	203	23	14.6	61	3	0.3	0	0
Cream Cheese (2 oz.)	180	18	11	55	210	3	2	0
Jelly/Preserves (2 oz.)	100	0	0	0	0	0	26	0
Margarine (1 oz.)	149	17	3	0	223	0	0	0
Peanut Butter (2 oz.)	190	16	3	0	150	7	7	2

NOTE: While these nutritional values are an excellent guide, they are approximations taken from an average of many government and commercial sources.