














BREAKFAST BAR NUTRITIONAL INFORMATION

Menu Item (List is a complete entrée unless otherwise noted)	Portion	Calories	Total Fat (g)	Saturated Fat (g)	Chol. (mg)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
 Cinnamon	1 Tbsp	19	0	0	0	1	0	5	4
 Fruit & Yogurt Parfait - premade	8 oz.	168	2	2	8	114	9	29	1
 Fruit, Melon	4 oz.	15	0	0	0	6	0	3.5	0
 Fruit, Pineapple	4 oz.	19	0	0	0	0	0	5	0.5
 Fruit, Strawberries	4 oz.	13	0	0	0	0.7	0	3.2	0.8
 Housemade Granola	1 oz.	76	4	1	0	42	1.5	8	1.5
 Oatmeal, Regular	8 oz.	147	3	0	0	2	6	25	4
 Oatmeal, Regular	12 oz.	220	4.5	0	0.5	3	9	37	6
 Oatmeal, Regular	16 oz.	294	6	0	1	4	12	50	8
 Raisins	1 oz.	84	0	0	0	3	1	22	1
 Yogurt - Low-fat Blueberry	6 oz.	160	2	1.5	10	220	6	29	0
 Yogurt - Low-fat Strawberry	6 oz.	160	2	1.5	10	140	6	29	0
 Yogurt - Low-fat Vanilla	6 oz.	90	2.5	1.5	10	105	7	10	0
Brown Sugar	1 Tbsp	53	0	0	0	4	0	14	0

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