

# Breakfast Nutritionals

## Nutrients Per Serving

	Calories	Cal Fat	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles (mgs)	Sodium (mgs)	Sugar	Fiber (grams)	Serving Size
Cheerios	100	15	3	20	2	.5	10%	10%	10%	45%	0	140	1g	3	28g
Multigrain Cheerios	100	10	2	23	1	0	10%	8%	8%	90%	0	110	6g	3	28g
Cinnamon Toast Crunch	110	25	1	22	3	.5	8%	8%	8%	20%	0	160	8g	2	28g
Rice Krispies	100	5	2	82.4	.5	0	20%	20%	0	45%	0	170	3.7g	1	28g
Kix	60	5	1	15	.5	0	6%	9%	8%	25%	0	100	2g	2	17g
Crispix	80	0	1	87.2	0	0	6%	6%	0	30%	0	660	3g	0	21g
Raisin Bran	318	17	7.7	78.3	.5	.4	10%	0	0	15%	0	357	29.7g	4	35g
Blueberry Lf	150	40	3	26	4.5	.5	0	0	2	2%	10	105	14g	1	2 oz
Berry Loaf	180	60	3	30	6	1	0	0	0	8%	10	170	17g	2	2 oz
Apple Loaf	160	40	3	27	4.5	.5	0	0	2	2%	10	110	15g	1	2 oz
Banana Muffin	180	50	3	26	6	1	0	0	8%	4%	0	125	14g	1	2 oz
Orange Loaf	160	40	3	26	4.5	.5	0	0	2%	2%	0	105	14g	1	2 oz
Applesauce	90	0	1	22	0	0	0	100%	0	0	0	15	19g	2	8 oz
Apple Juice	60	0	0	14	0	0	0	0	0	0	0	15	13g	0	4 oz
Orange Juice	50	0	1	13	0	0	0	50%	0	0	0	15	11g	1	4 oz
Milk 1%	110	20	8	11.78	2.5	1.5	10%	4%	30%	0	10	103	12g	0	8 oz
Saltines	60	10	2	9	1.5	0	0	0	0	4%	0	130	0	.7	13g
String Cheese	60	20	8	1	2.5	2	2%	0	20%	0	10	210	0	0	1 oz