

St Pius Breakfast May

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish
Apple Juice	4 fl. oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg									
Breakfast Loaf	1 each	270	34 g	5 g	14 g	3.5 g	60 mg	250 mg	2 g	n/a	100	0	40 mg	1.08 mg	X	X	X		X				
Breakfast Loaf	1 each	280	34 g	4 g	16 g	4.5 g	50 mg	210 mg	3 g	n/a	100	1.2	40 mg	1.08 mg	X	X	X		X				
Breakfast Loaf	1 muffin	180	28 g	3 g	7 g	1.5 g	40 mg	170 mg	1 g	n/a	0	0	20 mg	0.72 mg	X		X						
Breakfast Muffin	1 each	260	33 g	5 g	13 g	3.5 g	55 mg	240 mg	2 g	n/a	100	1.2	40 mg	1.08 mg	X	X	X		X				
Breakfast Muffin	1 muffin	180	28 g	3 g	7 g	1.5 g	40 mg	170 mg	1 g	n/a	0	0	20 mg	0.72 mg	X		X						
Brekkie	1 each	350	52 g	6 g	15 g	8 g	30 mg	270 mg	4 g	n/a	200	0	20 mg	1.8 mg	X	X	X		X				
Cereal Bar	1 bar	150	30 g	3 g	3 g	0 g	0 mg	100 mg	3 g	n/a	100	1.2	200 mg	1.8 mg	X		X						
Cheese Stick	each	90	0 g	7 g	7 g	5 g	20 mg	95 mg	0 g	n/a	400	0	250 mg	2.7 mg					X				
Cinnamon Roll	1 each	190	33 g	5 g	4.5 g	2 g	10 mg	220 mg	3 g	n/a	0	0	20 mg	1.44 mg	X	X	X		X				
Cream Cheese	each	51	0.8 g	0.89 g	4.99 g	2.93 g	15 mg	46 mg	0 g	n/a	161	0	14.07 mg	0.02 mg					X				
Fresh or Canned Fruit	1/2 cup	65	17 g	0.36 g	0.07 g	0.01 g	0 mg	4 mg	1.53 g	n/a	27	3.7	8 mg	0.36 mg									
Fruit Juice	1/2 cup	80	19 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	54	0 mg	0 mg									
Hard Boiled Egg	1 each	78	0.56 g	6.29 g	5.31 g	1.63 g	187 mg	62 mg	0 g	n/a	260	0	25 mg	0.6 mg		X							
Mini Bagel	1 each	190	38 g	7 g	0.5 g	0 g	0 mg	380 mg	1 g	n/a	0	0	0 mg	14.94 mg	X								
Mini Donut	3 donuts	150	19 g	2 g	8 g	3.5 g	15 mg	240 mg	2 g	n/a	30	0	20 mg	1.08 mg	X	X	X		X				
Nutri Grain Bar	1 bar	150	30 g	2 g	3.5 g	0.5 g	0 mg	100 mg	2 g	n/a	100	1.2	200 mg	1.8 mg	X		X						
Nutri Grain Bar	1 bar	150	29 g	3 g	3.5 g	0.5 g	0 mg	95 mg	3 g	n/a	100	1.2	200 mg	1.8 mg	X		X						
Pilsbury Mini	1 each	188	30.44 g	3.38 g	6.6 g	1.75 g	17 mg	257 mg	2.67 g	n/a	95	0.01	42.54 mg	0.73 mg	X	X	X		X				
Pilsbury Mini	1 each	210	36 g	5 g	6 g	1.5 g	0 mg	280 mg	2 g	n/a	55	0	0 mg	1.08 mg	X		X		X				
Pilsbury Mini	1 package	240	41 g	6 g	6 g	2.5 g	10 mg	180 mg	2 g	n/a	100	0	20 mg	1.08 mg	X		X		X				
Pop Tart	each	359	76 g	4.7 g	6 g	1.9 g	0 mg	396 mg	5.7 g	n/a	*n/a*	0	*n/a* mg	*n/a* mg	X		X						
Vanilla Frosted Long John	1 each	302	37.91 g	6 g	14.7 g	6.85 g	0 mg	333 mg	2 g	n/a	0	0	20 mg	1.44 mg	X	X	X		X				