

Breakfast Nutritionals

Nutrients Per Serving

	Calories	Protein (grams)	Carbo (grams)	Total Fat (grams)	Sat. Fat (grams)	Vit. A	Vit. C (mgs)	Calcium (mgs)	Iron (mgs)	Choles. (mgs)	Sodium (mgs)	Fiber (grams)	Serving Size
Cheerios	70	2	14	1	0	6%	6%	6%	25%	0	125	2	19g
Rice Krispies	70	1	16	0	0	4%	4%	0	4%	0	170	0	18g
Kix	70	1	14	.5	0	6%	6%	8%	25%	0	120	1	17g
Cripsix	80	1	18	0	0	6%	6%	0	30%	0	150	0	21g
Raisin Bran	110	3	27	1	0	6%	0	0	15%	0	210	4	35g
Wheaties	80	2	19	.5	0	8%	8%	0	40%	0	160	2	23g
Bagelers	180	7	28	5	3	4%	0	10%	8%	15	180	3	2.5oz
Cinnamon Bagelers	180	6	32	4	2.5	2%	0	10%	8%	10	160	3	2.5oz
Apple Muffin	170	2	32	3.5	.5	0	0	0	4%	10	190	2	1.8oz
Banana Muffin	150	2	29	3.5	1	0	0	0	4%	10	180	0	1.8oz
Applesauce	50	0	13	0	0	0	0	0	0	0	15	2	4oz
Mixed Fruit	60	1	13	0	0	4%	2%	0	0	0	5	1	4oz
Peaches	50	1	12	0	0	6%	2%	0	0	0	10	1	4oz
Apple Juice	60	0	14	0	0	0	0	0	0	0	15	0	4oz
Orange Juice	60	1	13	0	0	0	50%	0	0	0	15	0	4oz
Milk 1%	110	8	13	2.5	1.5	10%	4%	30%	0	10	130	0	8oz
Saltines	80	2	13	1.5	0	0	2%	0	4%	0	270	1	18g