

# Recipe Nutrition Summary

for Warren Consolidated Schools  
September 12, 2022 through September 16, 2022

Site: Hatherly Educational Center; Menu Designation: Planned; Period: Breakfast

## 9/12/2022 Hatherly Educational Center - Breakfast

	Serving Size	Calories	Saturated Fat	Calories from Saturated Fat (%)	Sodium	Fat	Carbs	Dietary Fiber	Sugars	Protein
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel iW	140.00	0.00g	0.000%	160.00mg	1.00g	28.00g	4.00g		6.00g
Light Cream Cheese Cup	1 Light Cream Cheese Cup	45.00	2.50g	50.000%	80.00mg	3.50g	1.00g	0.00g		2.00g
Light Mozzarella String Cheese - IW	1 Light Mozzarella String Cheese - iW	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g
Mini Chocolate WG Donuts	1 Mini Chocolate WG Donuts	320.00	7.00g	19.688%	270.00mg	15.00g	41.00g	2.00g		5.00g
Mini Powered WG Donuts	1 Mini Powered WG Donuts	270.00	3.00g	10.000%	230.00mg	11.00g	41.00g	2.00g		4.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
pastry, pop-tart hot fudge frosted	1 pastry, pop-tart hot fudge	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		6.00g

\* = Calculations based on incomplete data including amounts marked "N/A"

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## 9/12/2022 Hatherly Educational Center - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
	frosted									
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	260.00	1.50g	5.192%	240.00mg	8.00g	45.00g	2.00g		5.00g
Super Bakery Wild Berry Bread	1 Wild Berry Bread	270.00	1.50g	5.000%	250.00mg	8.00g	45.00g	2.00g		5.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	370.00	2.00g	4.865%	400.00mg	6.00g	74.00g	6.00g		5.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	350.00	2.00g	5.143%	370.00mg	5.00g	76.00g	6.00g		4.00g

## 9/13/2022 Hatherly Educational Center - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g

\* = Calculations based on incomplete data including amounts marked "N/A"

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## 9/13/2022 Hatherly Educational Center - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel iW	140.00	0.00g	0.000%	160.00mg	1.00g	28.00g	4.00g		6.00g
Light Cream Cheese Cup	1 Light Cream Cheese Cup	45.00	2.50g	50.000%	80.00mg	3.50g	1.00g	0.00g		2.00g
Light Mozzarella String Cheese - IW	1 Light Mozzarella String Cheese - iW	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g
Mini Chocolate WG Donuts	1 Mini Chocolate WG Donuts	320.00	7.00g	19.688%	270.00mg	15.00g	41.00g	2.00g		5.00g
Mini Powered WG Donuts	1 Mini Powered WG Donuts	270.00	3.00g	10.000%	230.00mg	11.00g	41.00g	2.00g		4.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
pastry, pop-tart hot fudge frosted	1 pastry, pop-tart hot fudge frosted	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		6.00g
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	260.00	1.50g	5.192%	240.00mg	8.00g	45.00g	2.00g		5.00g
Super Bakery Wild Berry Bread	1 Wild Berry Bread	270.00	1.50g	5.000%	250.00mg	8.00g	45.00g	2.00g		5.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	370.00	2.00g	4.865%	400.00mg	6.00g	74.00g	6.00g		5.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	350.00	2.00g	5.143%	370.00mg	5.00g	76.00g	6.00g		4.00g

## 9/14/2022 Hatherly Educational Center - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g

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9/14/2022 **Hatherly Educational Center - Breakfast**

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>	
	Breakfast Bar										
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g	
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g	
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g	
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g	
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g	
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g	
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g	
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g	
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel iW	140.00	0.00g	0.000%	160.00mg	1.00g	28.00g	4.00g		6.00g	
Light Cream Cheese Cup	1 Light Cream Cheese Cup	45.00	2.50g	50.000%	80.00mg	3.50g	1.00g	0.00g		2.00g	
Light Mozzarella String Cheese - IW	1 Light Mozzarella String Cheese - iW	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g	
Mini Chocolate WG Donuts	1 Mini Chocolate WG Donuts	320.00	7.00g	19.688%	270.00mg	15.00g	41.00g	2.00g		5.00g	
Mini Powered WG Donuts	1 Mini Powered WG Donuts	270.00	3.00g	10.000%	230.00mg	11.00g	41.00g	2.00g		4.00g	
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A	
pastry, pop-tart hot fudge frosted	1 pastry, pop-tart hot fudge frosted	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		6.00g	
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g	
Super Bakery Banana Bread	1 Super Bakery Banana Bread	260.00	1.50g	5.192%	240.00mg	8.00g	45.00g	2.00g		5.00g	
Super Bakery Wild Berry Bread	1 Wild Berry Bread	270.00	1.50g	5.000%	250.00mg	8.00g	45.00g	2.00g		5.00g	
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g	

\* = Calculations based on incomplete data including amounts marked "N/A"

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## 9/14/2022 Hatherly Educational Center - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	370.00	2.00g	4.865%	400.00mg	6.00g	74.00g	6.00g		5.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	350.00	2.00g	5.143%	370.00mg	5.00g	76.00g	6.00g		4.00g

## 9/15/2022 Hatherly Educational Center - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry Cereal Bar	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagei iW	140.00	0.00g	0.000%	160.00mg	1.00g	28.00g	4.00g		6.00g
Light Cream Cheese Cup	1 Light Cream Cheese Cup	45.00	2.50g	50.000%	80.00mg	3.50g	1.00g	0.00g		2.00g
Light Mozzarella String Cheese - IW	1 Light Mozzarella String Cheese - iW	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g

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## 9/15/2022 Hatherly Educational Center - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
Mini Chocolate WG Donuts	1 Mini Chocolate WG Donuts	320.00	7.00g	19.688%	270.00mg	15.00g	41.00g	2.00g		5.00g
Mini Powered WG Donuts	1 Mini Powered WG Donuts	270.00	3.00g	10.000%	230.00mg	11.00g	41.00g	2.00g		4.00g
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A
pastry, pop-tart hot fudge frosted	1 pastry, pop-tart hot fudge frosted	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		6.00g
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g
Super Bakery Banana Bread	1 Super Bakery Banana Bread	260.00	1.50g	5.192%	240.00mg	8.00g	45.00g	2.00g		5.00g
Super Bakery Wild Berry Bread	1 Wild Berry Bread	270.00	1.50g	5.000%	250.00mg	8.00g	45.00g	2.00g		5.00g
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	370.00	2.00g	4.865%	400.00mg	6.00g	74.00g	6.00g		5.00g
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	350.00	2.00g	5.143%	370.00mg	5.00g	76.00g	6.00g		4.00g

## 9/16/2022 Hatherly Educational Center - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>
1% lowfat white milk prairie farms	1 1% lowfat white milk prairie farms	100.00	N/A	N/A	120.00mg	2.50g	11.00g	N/A		8.00g
Apple Cinnamon Benefit Bar	1 Apple Cinnamon Breakfast Bar	290.00	3.00g	9.310%	240.00mg	9.00g	48.00g	3.00g		5.00g
Assorted fresh fruit	.5 cup	41.83	0.02g	0.504%	4.01mg	0.21g	10.62g	1.48g		0.59g
Banana Chocolate Benefit Bar	1 Banana Chocolate Breakfast Bar	280.00	3.00g	9.643%	220.00mg	8.00g	48.00g	3.00g		5.00g
Borden Fat Free Chocolate Milk	1 Carton	120.00	0.00g	0.000%	190.00mg	0.00g	20.00g	0.00g		9.00g
Breakfast juice	1/2 cup	60.50	0.00g	0.000%	5.00mg	0.00g	13.50g	0.00g		0.00g
Breakfast Round Ubr	1 round breakfast ubr	240.00	2.00g	7.500%	200.00mg	6.00g	42.00g	7.00g		5.00g
Cheerios Strawberry Cereal Bar	1 Cheerios Strawberry	160.00	0.50g	2.813%	95.00mg	3.50g	30.00g	3.00g		2.00g

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## 9/16/2022 Hatherly Educational Center - Breakfast

	<u>Serving Size</u>	<u>Calories</u>	<u>Saturated Fat</u>	<u>Calories from Saturated Fat (%)</u>	<u>Sodium</u>	<u>Fat</u>	<u>Carbs</u>	<u>Dietary Fiber</u>	<u>Sugars</u>	<u>Protein</u>	
	Cereal Bar										
Cocoa Puffs Cereal Bar	1 Cocoa Puffs Cereal Bar	160.00	0.00g	0.000%	105.00mg	3.50g	30.00g	3.00g		3.00g	
fat free white milk prairie farms	1 fat free white milk prairie farms	80.00	N/A	N/A	120.00mg	N/A	11.00g	N/A		8.00g	
French Toast Benefit Bar	1 French Toast Benefit Bar	280.00	0.00g	0.000%	210.00mg	9.00g	47.00g	3.00g		5.00g	
Golden Grahams Cereal Bar	1 Golden Grahams Cereal Bar	150.00	0.50g	3.000%	110.00mg	3.00g	30.00g	3.00g		2.00g	
Lenders White Whole Grain 2 oz Bagel IW	1 Lenders White Whole Grain 2 oz Bagel iW	140.00	0.00g	0.000%	160.00mg	1.00g	28.00g	4.00g		6.00g	
Light Cream Cheese Cup	1 Light Cream Cheese Cup	45.00	2.50g	50.000%	80.00mg	3.50g	1.00g	0.00g		2.00g	
Light Mozzarella String Cheese - IW	1 Light Mozzarella String Cheese - iW	60.00	2.00g	30.000%	200.00mg	3.00g	1.00g	0.00g		7.00g	
Mini Chocolate WG Donuts	1 Mini Chocolate WG Donuts	320.00	7.00g	19.688%	270.00mg	15.00g	41.00g	2.00g		5.00g	
Mini Powered WG Donuts	1 Mini Powered WG Donuts	270.00	3.00g	10.000%	230.00mg	11.00g	41.00g	2.00g		4.00g	
Oatmeal Chocolate Chip Benefit Bar	1 Oatmeal Chocolate Chip Benefit Bar	290.00	3.00g	9.310%	240.00mg	9.00g	47.00g	3.00g		N/A	
pastry, pop-tart hot fudge frosted	1 pastry, pop-tart hot fudge frosted	370.00	2.00g	4.865%	390.00mg	6.00g	76.00g	6.00g		6.00g	
Pop-Tart Blueberry Frstd72-2ct WG	1 Pkg	360.00	2.00g	5.000%	360.00mg	5.00g	76.00g	6.00g		4.00g	
Super Bakery Banana Bread	1 Super Bakery Banana Bread	260.00	1.50g	5.192%	240.00mg	8.00g	45.00g	2.00g		5.00g	
Super Bakery Wild Berry Bread	1 Wild Berry Bread	270.00	1.50g	5.000%	250.00mg	8.00g	45.00g	2.00g		5.00g	
Trix Cereal Bar	1 Trix Cereal Bar	160.00	0.50g	2.813%	105.00mg	3.50g	29.00g	3.00g		2.00g	
WW Cinnamon Pop-Tart	1 WW Cinnamon Pop-Tart	370.00	2.00g	4.865%	400.00mg	6.00g	74.00g	6.00g		5.00g	
WW Strawberry Pop-Tart	1 WW Strawberry Pop-Tart	350.00	2.00g	5.143%	370.00mg	5.00g	76.00g	6.00g		4.00g	

\* = Calculations based on incomplete data including amounts marked "N/A"