

# Breakfast Nutrition Information

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HOT GRAINS BAR	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Protein (g)
<b>Hot Cereal</b>							
Cream of Wheat	12 oz	340	5	33	33	1	5
Grits	12 oz	158	1	0	34	1	4
Cranberry Muesli	12 oz	400	2	0	86	1	16
Oatmeal	12 oz	162	3	1	29	4	6
Sunrise Blend	12 oz	410	4	0	77	12	19
<b>Toppings</b>							
Brown Sugar	1 oz	108	0	0	28	0	0
Coconut	1 oz	142	10	9	14	1	1
Dried Cranberries	1 oz	87	0	0	23	2	0
Granulated Sugar	1 oz	110	0	0	28	0	0
Pecan Pieces	1 oz	196	20	2	4	3	3
Raisins	1 oz	85	0	0	22	0	1

BAGELS AND MUFFINS	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Protein (g)
<b>Bagels</b>							
Whole Wheat	1	329	1.7	0.6	67	4.5	14
Plain	1	219	1.4	0.3	43	1.9	9
Blueberry	1	255	1.3	0.4	52	2.6	9
Cinnamon Raisin	1	310	1.9	0.3	63	2.6	11
<b>Muffins</b>							
Banana	1	172	4.5	1.3	29	0.2	3
Blueberry	1	172	4.5	1.3	29	0.3	3
Cranberry	1	196	4.6	1.3	36	0.6	3
Chocolate Chip	1	240	8.6	3.9	36	0.5	4

Nutrition is rounded as per NLEA. We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the unit level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.