

# Cold Breakfast & Cereals

	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Egg, Hard Cooked, Peeled	1 ea	70	40	4.5	1.5	-	165	55	0	0	0	6
Old-Fashioned Oatmeal	0.5 cup	70	10	1	0	-	0	5	13	2	0	2
Steel Cut Oatmeal	0.5 cup	80	10	1.5	0	-	0	0	13	2	0	3
Cream of Wheat	0.5 cup	50	0	0	0	-	0	0	11	< 1	0	2
Plain Fat Free Greek Yogurt, 6 oz, Ind.	1 ea	90	0	0	0	0	0	65	7	0	7	15
Fat Free French Vanilla Yogurt	0.5 cup	90	0	0	0	0	0	75	17	0	17	5
Fat Free Greek Yogurt	0.5 cup	70	0	0	0	-	< 5	95	9	0	9	7
Lowfat Granola with Raisin	0.5 cup	170	20	2.5	0.5	0	0	110	36	3	12	4
Strawberries	0.5 cup	25	0	0	0	-	0	0	6	1	4	0
Fresh Blackberries	0.5 cup	30	0	0	0	-	0	0	7	4	4	1
Fresh Blueberries	0.5 cup	40	0	0	0	-	0	0	11	2	7	< 1
Fresh Raspberries	0.5 cup	30	0	0	0	-	0	0	7	4	3	< 1
Cantaloupe	0.5 cup	25	0	0	0	-	0	15	7	< 1	6	< 1
Melon, Honeydew, Cubed	0.5 cup	30	0	0	0	-	0	15	8	< 1	7	0
Pineapple, Fresh, Cubed	0.5 cup	40	0	0	0	-	0	0	11	1	8	0
Red Grapes, Fresh	0.5 cup	50	0	0	0	-	0	0	14	< 1	12	< 1
Watermelon, Cubed, 1"	0.5 cup	25	0	0	0	-	0	0	6	0	5	0
Cream Cheese, Bulk	1 oz	100	90	10	5	-	30	90	1	0	< 1	2
Lite Cream Cheese, Ind	1 oz	60	40	4.5	2.5	-	15	135	2	0	2	2
Garden Veg Cream Cheese Spread, 1 oz Ind	1 oz	100	90	10	5	-	30	90	1	0	< 1	2
Honey Nut Cream Cheese	1 oz	100	70	8	4.5	0	25	85	5	0	2	2
Onion and Chive Cream Cheese	1 oz	90	80	9	5	0	25	70	1	0	1	2
Veggie Cream Cheese	1 oz	90	70	8	4	0	25	90	3	< 1	1	2
Natural Peanut Butter	2 tbsp	180	140	16	3	0	0	150	6	2	3	8
Unsalted Butter, Solid	2 tbsp	200	210	23	15	1	60	0	0	0	0	0

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 restaurant level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.

A "-" dash indicates that there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from available data, but some are missing.

Trans fats are naturally occurring such as those in animal protein and dairy products not added/artificial trans fats such as those in baked goods and snack foods for which our standard is 0g.

