



Name	Item #	Item Weight	Serving Size	Grain/Bread Equiv	Total Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit A (µgRE)	Vit C (%DV)	Vit C (mg)	Calcium (%DV)	Calcium (mg)	Iron (%DV)	Iron (mg)
<b>Aunt Jemima® Breakfast Favorites</b>																							
Jumbo Square Waffles	43573	1.27oz.	2 waffles	2.25	190	50	6	1	0	<5	530	31	1	4	4	0%	0	0%	0	35%	350	50%	9
Original Square Waffles	43575	0.87oz.	3 waffles	2.25	200	50	6	1	0	<5	560	32	1	4	4	0%	0	0%	0	40%	400	50%	9
Original Round Waffles	43580	1.25oz.	2 waffles	2.25	180	45	5	1	0	<5	520	30	1	4	4	0%	0	0%	0	35%	350	50%	9
Thin French Toast	05870	1.50oz.	3 slices	2.25	230	45	5	1.5	0	85	370	40	1	7	9	2%	10	0%	0	15%	150	10%	1.8
Thick French Toast	43560	2.38oz.	2 slices	3	260	40	4.5	1.5	0	75	440	47	2	8	10	2%	10	0%	0	15%	150	15%	2.7
Cinnamon Thin French Toast	05880	1.50oz.	3 slices	2.25	230	40	4.5	1	0	85	390	39	1	7	8	2%	10	0%	0	10%	100	15%	2.7
Cinnamon Thick French Toast	43584	2.38oz.	2 slices	3	260	40	4.5	1	0	75	460	46	1	8	9	2%	10	0%	0	15%	150	15%	2.7
Original French Toast Sticks	43585	0.85oz.	4 sticks	2	310	110	12	3	0	0	410	45	<1	14	5	0%	0	0%	0	6%	60	10%	1.8
Original Buttermilk Pancakes	43571	1.20oz.	3 pancakes	3.25	220	35	4	0.5	0	25	470	39	2	7	6	0%	0	0%	0	4%	40	10%	1.8
Silver Dollar Pancakes	43578	0.60oz.	6 pancakes	3.25	220	35	4	0.5	0	20	450	40	2	9	6	0%	0	0%	0	4%	40	10%	1.8
Pancakes (whole grain)	43582	1.14oz.	3 pancakes	3	240	50	6	1	0	10	390	41	3	10	5	0%	0	0%	0	4%	40	8%	1.44
French Toast (whole grain)	43583	2.38oz.	2 slices	2.5	250	45	5	1.5	0	75	420	43	4	10	11	2%	10	0%	0	5%	50	15%	2.5
French Toast Sticks (whole grain)	43586	0.85oz.	4 sticks	2	300	120	13	3	0	0	400	43	3	15	6	0%	0	0%	0	6%	60	8%	1.44
<b>Mrs. Butterworth's® Breakfast Selections</b>																							
Jumbo Square Waffles	46001	1.27oz.	2 waffles	2.25	190	50	6	1	0	<5	530	31	1	4	4	0%	0	0%	0	8%	80	45%	8.1
Regular Square Waffles	46009	0.87oz.	3 waffles	2.25	200	50	6	1	0	<5	560	33	1	4	4	0%	0	0%	0	10%	100	50%	9
Original French Toast Sticks	46002	0.85oz.	4 sticks	2	300	110	12	3	0	0	400	41	1	10	5	0%	0	0%	0	6%	60	10%	1.8
Original Thin French Toast	46003	1.50oz.	3 slices	2.25	230	40	4.5	1	0	65	370	40	1	7	8	2%	10	0%	0	15%	150	10%	1.8
Original Pancakes	46004	1.20oz.	3 pancakes	3.25	220	35	4	0.5	0	25	470	39	2	7	6	0%	0	0%	0	4%	40	10%	1.8
<b>Lender's® Bagels &amp; Bagelettes</b>																							
Plain Bagelettes	00046	0.90oz.	2 bagelettes	2	130	10	1	0	0	0	220	25	<1	2	5	0%	0	0%	0	2%	20	8%	1.44
Traditional Blueberry	00062	2.00oz.	1 bagel	2.25	170	10	1	0	0	0	260	35	1	6	6	0%	0	0%	0	2%	20	4%	0.72
Traditional 100% Whole Wheat	00018	2.00oz.	1 bagel	2.25	150	10	1	0	0	0	300	30	4	5	8	0%	0	0%	0	2%	20	10%	1.8
Traditional Plain	00027	2.30oz.	1 bagel	2.5	170	10	1	0	0	0	280	32	1	2	6	0%	0	0%	0	4%	40	10%	1.8
Traditional Cinn-Raisin	00069	2.30oz.	1 bagel	2.5	180	15	1.5	0	0	0	250	36	2	8	6	0%	0	0%	0	4%	40	10%	1.8
Traditional Plain	00311	3.00oz.	1 bagel	3.25	230	10	1	0	0	0	490	47	1	3	8	0%	0	0%	0	0%	0	15%	2.7
Traditional Cinn-Raisin	00323	3.00oz.	1 bagel	3.25	230	15	1.5	0	0	0	330	47	2	10	8	0%	0	0%	0	6%	60	15%	2.7
Traditional Plain	00211	3.30oz.	1 bagel	3.5	230	20	2	0	0	0	380	44	2	3	8	0%	0	0%	0	4%	40	4%	0.72
Traditional 100% Whole Wheat	00218	3.30oz.	1 bagel	3.5	210	15	1.5	0	0	0	420	41	6	6	10	0%	0	0%	0	4%	40	15%	2.7
Traditional Plain (unsliced)	00441	4.00oz.	1 bagel	4.5	290	20	2	0	0	0	480	56	2	3	11	0%	0	0%	0	6%	60	20%	3.6
Traditional Plain (sliced)	00451	4.00oz.	1 bagel	4.5	290	20	2	0	0	0	480	56	2	3	11	0%	0	0%	0	6%	60	20%	3.6
Plain Bagel Shoppe	00391	3.00oz.	1 bagel	3.25	220	15	1.5	0	0	0	390	44	1	5	8	0%	0	0%	0	8%	80	15%	2.7
Plain Bagel Shoppe	00411	4.00oz.	1 bagel	4.5	300	10	1	0	0	0	360	62	4	7	10	0%	0	0%	0	8%	80	20%	3.6
Onion Bagel Shoppe	00413	4.00oz.	1 bagel	4.5	290	10	1	0	0	0	500	60	4	6	10	0%	0	2%	1.2	8%	80	20%	3.6
Blueberry Bagel Shoppe	00414	4.00oz.	1 bagel	4.5	300	10	1	0	0	0	490	63	3	11	9	0%	0	0%	0	6%	60	20%	3.6
Cinn-Raisin Bagel Shoppe	00416	4.00oz.	1 bagel	4.5	300	10	1	0	0	0	460	64	4	14	10	0%	0	0%	0	10%	100	20%	3.6
Poppy Seed Bagel Shoppe	00417	4.00oz.	1 bagel	4.5	290	10	1	0	0	0	340	60	4	7	10	0%	0	0%	0	8%	80	20%	3.6
Sesame Seed Bagel Shoppe	00418	4.00oz.	1 bagel	4.5	290	15	1.5	0	0	0	340	60	4	7	10	0%	0	0%	0	6%	60	20%	3.6
Wheat Bagel Shoppe	00713	4.00oz.	1 bagel	4.5	300	10	1	0	0	0	480	63	6	12	11	0%	0	0%	0	6%	60	20%	3.6
Variety Pack Bagel Shoppe	00726	4.00oz.	1 bagel	4.5	300	10	1	0	0	0	360	62	4	7	10	0%	0	0%	0	8%	80	20%	3.6
Plain		4.00oz.	1 bagel	4.5	300	10	1	0	0	0	460	64	4	14	10	0%	0	0%	0	10%	100	20%	3.6
Cinn-Raisin		4.00oz.	1 bagel	4.5	300	10	1	0	0	0	490	63	3	11	9	0%	0	0%	0	6%	60	20%	3.6
Blueberry		4.00oz.	1 bagel	4.5	300	10	1	0	0	0	490	63	3	11	9	0%	0	0%	0	6%	60	20%	3.6
Plain Soft Bagel	00202	2.50oz.	1 bagel	2.75	210	25	3	0	0	0	310	39	1	4	6	0%	0	0%	0	4%	40	4%	0.72
Plain Individually Wrapped	00072	2.00oz.	1 bagel	2.25	150	10	1	0	0	0	250	28	<1	2	5	0%	0	0%	0	2%	20	10%	1.8

# Nutritional Information

Name	Item #	Item Weight	Serving Size	Grain/ Bread Equiv	Total Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit A (µgRE)	Vit C (%DV)	Vit C (mg)	Calcium (%DV)	Calcium (mg)	Iron (%DV)	Iron (mg)
<b>Syrups</b>																							
Mrs. Butterworth's Original	39716	1 gallon	1/4 cup	N/A	220	-	0	0	-	-	130	55	-	38	0	-	-	-	-	-	-	-	-
Mrs. Butterworth's Original	79224	12oz.	1/4 cup	N/A	220	-	0	0	-	-	130	55	-	38	0	-	-	-	-	-	-	-	-
Log Cabin Original	34901	1 gallon	1/4 cup	N/A	210	-	0	0	-	-	105	52	-	33	0	-	-	-	-	-	-	-	-
Log Cabin Original	00110	12oz.	1/4 cup	N/A	210	-	0	0	-	-	105	52	-	33	0	-	-	-	-	-	-	-	-
Log Cabin Sugar Free	00120	12oz.	1/4 cup	N/A	35	-	0	0	-	-	100	12	-	12	0	-	-	-	-	-	-	-	-
Wigwam Table Syrup	84914	1 gallon	1/4 cup	N/A	220	-	0	0	-	-	60	55	-	33	0	-	-	-	-	-	-	-	-



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