

Number	Breakfast	Manufacturer	Serving Size	Calories	Protein	Vitamin A	Vitamin C	Iron	Calcium	Total Fat	Saturated	Carbohydr	Fiber	Cholesterol	Sodium
1060310	Baegler - plain		2.5 oz (1)	190	6g	2%	0%	8%	2%	6g	3g	31g	3g	15mg	230mg
1060309	Bagelers - Cinn Brwn Sugr		2.5 oz (1)	190	6g	0%	0%	6%	2%	4g	2.5g	35g	3g	10mg	220mg
1060357	Cereal Bar, Cheerios	General Mills	37g	150	2	0	0	20%	15%	3.5	0	28	2	0	135mg
1060354	Cereal Bar, Cinnamon Taost Crunc	General Mills	40g	150	2	0	0	20%	15%	3.5g	0	28g	1	0	150mg
1060355	Cereal Bar, Cocoa Puffs	General Mills	40g	150	2	2%	2%	20%	15%	3	0	28	2	0	135mg
1060356	Cereal Bar, Trix	General Mills	40g	150	2	2%	6%	10%	20%	3.5	0	28	2	0	125mg
1060314	Cereal Bars - Apple Cinn.	Bake Crafters	1.3 oz	130	1g	20%	0%	15%	2%	2.5g	0g	25g	0g	0mg	85mg
1060313	Cereal Bars - Strawberry	Bake Crafters	1.3 oz	120	1g	20%	2%	15%	2%	2.5g	0g	24g	0g	0mg	90mg
1060228	Cereal, Cheerios bowl pack	General Mills	19g	70	2g	6%	6%	30	6%	1g		14g	2g		130mg
1060351	Cereal, Cinnamon Toast Crunch, b	General Mills	28g	120	1	8%	8%	20%	8%	3g	0.5	22g	1g		200mg
1060230	Cereal, Cocoa Puffs, bowl pack	General Mills	24g	100	1g	8%	8%	20%	8%	1g	0	21g	1g		135mg
1060352	Cereal, Honey Nut Cheerios, bowl p	General Mills	28g	110	3g	10%	10%	25%	10%	1.5g	0	22	2g	0	190mg
1060353	Cereal, Trix, bowl pack	General Mills	21	80	1	6%	6%	15	6%	10	0	18g	0.88	0	120mg
1060228	Cheerios	General Mills	3/4 cup	70	2g	6%	6%	25%	2%	1g	0g	14g	2g	0mg	170g
1060355	Cocoa Puffs	General Mills	3/4 cup	90	1g	0	8%	20%	8%	1g	0g	21g	1g	0mg	135mg
650345	Crackers - Cinn. Gram Goldfish	Pepperidge Farm	26g	120	1g			4%		4.5g	1g	19g	<1g		105mg
1060233	Frenchtoast Sticks	Farmrich	106g	310	6g	N/A	N/A	N/A	0%	14g	2g	42g	1g	20mg	520mg
1060227	Froot Loops	Kellogg's	21g (3/4 cup)	80	1g	6%	15%	15%	0%	.5g	0g	18g	0g%	0mg	95mg
1060346	Froot Loops 1/3 less sugar	Kellogg's	19g (3/4 cup)	70	1g	4%	15%	15%	0%	.5g	0g	16g	<1g	0mg	105mg
1060229	Frosted Flakes	Kellogg's	28g (3/4 cup)	110	1g	10%	20%	20%	0%	0g	0g	26g	0g	0mg	135mg
1060347	Frosted Flakes 1/3 less sugar	Kellogg's	28g (3/4 cup)	100	1g	10%	10%	25%	0%	0g	0g	25g	<1g	0mg	160mg
1060352	Honey Nut Cheerios	General Mills	1 bowl	110	2g	8%	8%	20%	8%	1.5g	0g	22g	1g	0mg	200mg
1060369	Muffin - Apple Cinnamon	Otis Spunkmeyer	2.25 oz	240	3g	0%	4%	6%	2%	13g	2g	30g	< 1g	40mg	240mg
1060368	Muffin - Wild Blueberry	Otis Spunkmeyer	2.2 oz	230	3g	2%	0%	6%	2%	13g	2.5g	27g	< 1g	45mg	240mg
1060235	Pancakes - Aunt Jemima		34g (1 pancake)	70	6g	N/A	N/A	4%	0%	3.5g	.5g	42g	2g	25mg	590mg
1060235	Pancakes - Aunt Jemima		102g (3 pancakes)	220											
1060317	Poptart - Blueberry	Kellogg's	52g (1 pastry)	200	2g	10%	0	10%	0	5g	1g	37g	1g	0mg	170mg
1060318	Poptart - Strawberry	Kellogg's	52g (1 pastry)	200	2g	10%	0	10%	0	5g	1g	38g	1g	0 mg	170mg
1060367	Rice Krispies	Kellogg's	18 g (3/4 cup)	70	1g	4%	4%	4%	4%	0g	0g%	16g	0g%	0mg	170mg
1060234	Waffle, Belgian Stix	Chef America	31.18 g	70	2g	N/A	N/A	3%	2%	1g	0g	14g	0g	0mg	186mg
1060316	Yogurt, Gogurt	Yoplait	64g (1 tube)	80	2g	0%	0%	0%	10%	2g	1g	13g	0g	5mg	40mg
	Yogurt, Trix	General Mills	113.4g	130	4g	N/A	N/A	N/A	10%	2g	1g	24g	N/A	5mg	55mg