

Date		Total Calories	Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (Mg)	Carbs (G)	Sugar (G)	Sodium (Mg)	Fiber (G)	Protein (G)	Base Serving Size Amount
5/1/25	Cinnamon Pop Tarts	170	3g	1g	0g	0mg	37g	15g	120mg	3g	2g	1 each
5/2/25	Double Chocolate Oatmeal Bar	150	5g	1.0g	0g	0mg	24g	9g	110mg	3g	2g	1 each
5/5/25	French Toast Graham Crackers	130	4.5g	1.0g	0g	0mg	21g	8g	140mg	2g	2g	1 each
5/6/25	Chocolate Chip Loaf Bread,	160	4.5g	1.0g	0g	0mg	26g	14g	105mg	1g	3g	1 each
5/7/25	Blueberry Lemon Bites	120	3.5g	0.5g	0g	0mg	21g	8g	60mg	2g	2g	1 each
5/8/25	Apple Cinnamon Cheerios	110	2.0g	0g	0g	0mg	23g	9g	115mg	2g	2g	1 each
5/9/25	Chefs Choice											
5/12/25	WG Fudge Pop tart	170	3g	1g	0g	0mg	36g	15g	120mg	3g	2g	1 each
5/13/25	Super Donut	150	5g	1.5g	0g	0mg	23g	12g	190mg	1g	4g	1 each
5/14/25	WG Banana Muffin	180	7g	1.5g	0g	10mg	28g	15g	100mg	1g	2g	1 each
5/15/25	Campfire Smore Bar	150	5g	1.5g	0g	0mg	24g	9g	50mg	1g	2g	1 each
5/16/25	Graham Crackers	130	4.5g	1.0g	0g	0mg	21g	8g	140mg	2g	2g	1 each
5/19/25	Chocolate Oatmeal Bar	140	4.5g	1g	0g	5mg	23g	9g	75mg	1g	2g	1 each
5/20/25	Chocolate Muffins	200	8g	1.5g	0g	10mg	29g	28g	125mg	2g	3g	1 each
5/21/25	Lucky Charms Cereal,	110	1.0g	0g	0g	0mg	23g	9g	170mg	2g	2g	1 each
5/22/25	Baked Birthday Cake Bar	150	5g	1.5g	0g	0mg	24g	9g	45mg	2g	2g	1 each
5/23/25	Chefs Choice											
5/27/25	Graham Crackers	130	4.5g	1.0g	0g	0mg	21g	8g	140mg	2g	2g	1 each
5/28/25	Honey Buns	240	11g	4.5g	0g	0g	34g	10g	270mg	0g	5g	1 each
5/29/25	Ultimate Breakfast Round	270	8g	3.0g	0g	5mg	44g	19g	180mg	5g	5g	1 each
5/30/25	WG Trix Cereal Bowl	110	1.5g	0g	0g	0mg	23g	6g	160mg	1g	2g	1 each