

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
BISCUIT	1.000 Serving (1 biscuit)	64.000	210.000	10.000	370.000	26.000	2.000	4.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
BREAKFAST KOLACHE	1.000 Serving (1 kolache)	57.000	170.000	4.000	290.000	28.000	3.000	5.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
BREAKFAST KOLACHE, IW (BREAKFAST IN A BAG)	1.000 Serving (1 kolache)	57.000	170.000	4.000	290.000	28.000	3.000	5.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
BREAKFAST PIZZA	1.000 Serving (1 pizza)	94.000	210.000	7.000	480.000	26.000	2.000	9.000	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
BREAKFAST SANDWICH W/ CANADIAN BACON	1.000 Serving (1 sandwich)	150.029	327.124	13.741	830.391	28.099	3.000	20.814	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
BREAKFAST SANDWICH W/ HAM	1.000 Serving (1 sandwich)	135.287	295.756	12.367	825.200	28.859	3.000	16.931	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
BREAKFAST SANDWICH W/ SAUSAGE	1.000 Serving (1 sandwich)	142.374	341.973	16.730	745.081	28.598	3.499	18.803	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork, Corn (veg/meal/starch/flour/oil/fiber/pr
BREAKFAST TACO W/ BACON	1.000 Serving (1 taco)	68.740	187.579	9.416	425.313	16.315	2.000	10.608	Dairy, Eggs, Soy, Wheat
BREAKFAST TACO W/ HAM	1.000 Serving (1 taco)	83.345	182.833	8.320	434.631	16.521	2.000	10.900	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
BREAKFAST TACO W/ SAUSAGE	1.000 Serving (1 taco)	76.268	191.485	9.757	284.119	16.080	2.256	10.217	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork
CEREAL - APPLE CINNAMON CHEERIOS	1.000 Bowl Pack	28.000	110.000	1.500	110.000	23.000	2.000	2.000	Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
CEREAL - APPLE JACKS	1.000 Bowl Pack	28.000	110.000	1.000	160.000	24.000	3.000	2.000	Soy, Wheat, Oats, Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
CEREAL - CHEERIOS	1.000 Bowl Pack	28.000	100.000	2.000	140.000	20.000	3.000	3.000	Wheat, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
CEREAL - CINNAMON TOAST CRUNCH	1.000 Bowl Pack	28.000	110.000	3.000	160.000	22.000	3.000	1.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CEREAL - COCOA PUFFS	1.000 Bowl Pack	30.000	110.000	1.500	160.000	25.000	2.000	2.000	Dairy, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
CEREAL - FROOT LOOPS	1.000 Bowl Pack	28.000	110.000	1.000	170.000	24.000	3.000	2.000	Soy, Wheat, Oats, Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
CEREAL - FROSTED FLAKES	1.000 Bowl Pack	28.000	100.000	.000	160.000	24.000	2.000	2.000	Soy, Wheat, Corn (veg/meal/starch/flour/oil/fiber/pr
CEREAL - FROSTED MINI WHEATS	1.000 Bowl Pack	28.000	100.000	.000	.000	24.000	3.000	3.000	Wheat
CEREAL - FROSTED MINI WHEATS, CHOCOLATE	1.000 Bowl Pack	28.000	100.000	.000	105.000	23.000	3.000	3.000	Dairy, Soy, Wheat
CEREAL - FRUITY CHEERIOS	1.000 Bowl Pack	31.000	120.000	1.500	150.000	26.000	2.000	2.000	Wheat, Corn Sweetener (syrup, md, sugar, dextr), Oats, Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
CEREAL - GOLDEN GRAHAMS	1.000 Bowl Pack	28.000	110.000	1.000	260.000	23.000	1.000	1.000	Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
CEREAL - HONEY NUT CHEERIOS	1.000 Bowl Pack	28.000	110.000	1.500	160.000	22.000	2.000	2.000	Tree Nuts, Wheat, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
CEREAL - HONEY NUT CHEX	1.000 Bowl Pack	31.000	120.000	1.000	190.000	27.000	1.000	2.000	Tree Nuts, Corn (veg/meal/starch/flour/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CEREAL - RAISIN BRAN	1.000 Bowl Pack	35.000	110.000	.500	150.000	27.000	4.000	3.000	Wheat
CEREAL - RICE CHEX	1.000 Bowl Pack	28.000	100.000	.500	250.000	24.000	1.000	2.000	
CEREAL - TOTAL RAISIN BRAN	1.000 Bowl Pack	33.000	100.000	.500	140.000	25.000	3.000	2.000	Dairy, Tree Nuts, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
CEREAL - TRIX	1.000 Bowl Pack	28.000	110.000	1.000	140.000	24.000	1.000	1.000	Corn Sweetner (syrup, md, sugar, dextr), Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
CHEESY BREAKFAST STICK	1.000 Serving (1 stick)	64.000	160.000	6.000	250.000	17.000	2.000	10.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
CHIA OATMEAL STRAWBERRY BAR	1.000 Package	71.000	200.000	6.000	200.000	39.000	6.000	7.000	Dairy, Eggs, Wheat, Potato, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
CHICKEN BISCUIT	1.000 Serving (1 biscuit & patty)	92.494	296.274	14.060	567.921	31.582	3.015	10.597	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
CHICKEN BISCUIT, IW (BREAKFAST IN A BAG)	1.000 Serving	98.000	280.000	4.500	640.000	32.000	3.000	12.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
CINNAMON APPLE CHEWIE BAR	1.000 Serving (1bar)	79.400	299.500	10.100	226.000	50.800	5.500	4.800	Dairy, Eggs, Soy, Wheat, Carrots, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
CINNAMON ROLL, IW (BREAKFAST IN A BAG)	1.000 Roll	82.000	230.000	7.000	250.000	37.000	2.000	5.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
CINNAMON SWIRL	1.000 Roll	68.200	180.000	1.000	140.000	37.000	3.090	5.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Sesame, Corn (veg/meal/starch/flour/oil/fiber/pr
CINNAMON TOAST	1.000 Slice	44.697	120.391	.931	107.289	27.841	1.863	3.726	Dairy, Soy, Wheat
COFFEE CAKE	1.000 Serving (1 square)	79.923	344.348	17.251	355.030	43.644	1.786	4.047	Dairy, Eggs, Soy, Wheat
COFFEE CAKE MUFFINS	1.000 Serving (1 muffin)	74.550	240.622	6.210	287.764	43.715	2.346	3.531	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
ENGLISH MUFFIN - CANADIAN BACON	1.000 Serving (1 sandwich)	133.483	285.124	11.491	664.390	28.099	3.000	17.814	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
ENGLISH MUFFIN - SAUSAGE	1.000 Serving (1 sandwich)	147.374	334.973	16.230	709.080	28.598	3.499	19.803	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork, Corn (veg/meal/starch/flour/oil/fiber/pr
FRENCH TOAST STICKS	1.000 Serving (Elem & HS. 2 sticks)	48.195	150.609	6.527	190.772	21.588	1.004	3.012	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
FRUIT & YOGURT PARFAIT	1.000 Serving (1 parfait)	342.300	456.047	5.444	281.764	90.220	6.385	14.888	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
FRUIT MUFFIN - APPLE	1.000 Serving (1 muffin)	81.330	206.099	3.789	242.163	40.157	2.709	3.780	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
FRUIT MUFFIN - BANANA	1.000 Serving (1 muffin)	118.949	225.181	3.867	241.349	45.112	3.209	4.069	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
FRUIT MUFFIN - BLUEBERRIES	1.000 Serving (1 muffin)	78.242	204.794	3.780	240.696	39.699	2.977	3.780	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
FRUIT MUFFIN - CHERRIES	1.000 Serving (1 muffin)	79.691	210.711	3.780	240.240	41.414	2.596	3.932	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
FRUIT MUFFIN - MIXED FRUIT	1.000 Serving (1 muffin)	81.277	208.717	3.788	240.952	40.920	2.650	3.830	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
FRUIT MUFFIN - PINEAPPLE	1.000 Serving (1 muffin)	82.176	209.731	3.791	240.376	41.188	2.628	3.837	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
FRUIT MUFFIN - STRAWBERRY	1.000 Serving (1 muffin)	78.242	204.860	3.780	240.566	39.842	2.585	3.780	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
GINGERBREAD PEOPLE	1.000 Serving (1 Gingerbread man)	43.000	140.000	3.000	90.000	28.000	2.000	3.000	Wheat, Potato
GLAZED DONUT	1.000 Serving (1 donut)	96.920	368.225	16.000	300.596	52.628	2.810	5.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
GLUTEN FREE BISCUITS	1.000 Serving (1 biscuit)	192.561	666.769	35.865	1,492.658	69.586	3.313	9.941	Soy, Corn (veg/meal/starch/flour/oil/fiber/pr
GLUTEN FREE BREAKFAST SANDWICH W/ HAM	1.000 Serving (1 sandwich)	152.287	299.882	11.697	805.345	36.796	2.000	12.743	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato
GLUTEN FREE BREAKFAST SANDWICH W/ SAUSAGE	1.000 Serving (1 sandwich)	159.049	345.393	16.027	723.747	36.460	2.494	14.584	Dairy, Eggs, Soy, Corn Sweetner (syrup, md, sugar, dextr), Potato, Pork
GLUTEN FREE BUTTERY TOAST	1.000 Slice	34.270	90.000	2.000	135.000	17.000	1.000	1.000	Dairy, Eggs, Soy, Potato
GLUTEN FREE CINNAMON TOAST	1.000 Slice	49.665	138.506	2.000	135.125	29.531	1.000	1.000	Dairy, Eggs, Soy, Potato
GLUTEN FREE SAUSAGE BISCUIT	1.000 Serving (1 biscuit & patty)	200.638	751.617	42.354	1,667.346	70.085	3.812	15.930	Soy, Corn Sweetner (syrup, md, sugar, dextr), Pork, Corn (veg/meal/starch/flour/oil/fiber/pr
GOOD MORNING MUFFIN, IW (BREAKFAST IN A BAG)	1.000 Serving (1 muffin)	113.000	350.001	11.001	240.000	58.000	4.000	5.000	Eggs, Soy, Wheat, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
GOODY RING DONUT, IW (BREAKFAST IN A BAG)	1.000 Each (donut)	71.000	230.000	11.000	260.000	29.000	2.000	5.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
GRAHAMS - CINNAMON	1.000 Package	28.000	112.000	3.000	140.000	20.000	1.000	1.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
GRAHAMS - GOLDFISH, CHOCOLATE	1.000 Package	25.515	110.000	3.500	120.000	19.000	1.000	2.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
GRAHAMS - GOLDFISH, CINNAMON	1.000 Package	25.515	120.000	4.000	110.000	19.000	1.000	1.000	Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
GRAHAMS, BEAR - APPLE CINNAMON	1.000 Package	28.000	115.000	3.500	100.000	20.000	2.000	1.000	Soy, Wheat
HOMEMADE CINNAMON ROLLS W/ ICING	1.000 Serving (1 roll)	194.520	603.271	10.095	584.826	119.236	5.469	11.110	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
JELLY, ASSORTED FLAVORS	1.000 Package	14.175	34.999	.000	.000	9.000	.000	.000	Corn Sweetner (syrup, md, sugar, dextr)
JELLY, GRAPE	1.000 Package	14.000	35.400	.000	8.100	8.900	.000	.000	Corn Sweetner (syrup, md, sugar, dextr)
JUICE, APPLE	1.000 Serving	123.770	60.000	.000	15.000	14.000	.000	.000	
JUICE, APPLE CHERRY	1.000 Serving	123.920	60.000	.000	15.001	14.000	.000	.000	
JUICE, FRUIT BLEND	1.000 Serving	118.000	59.999	.000	10.000	14.000	.000	.000	Orange
JUICE, GRAPE	1.000 Serving	126.030	80.000	.000	15.000	18.000	.000	.999	
JUICE, ORANGE	1.000 Serving	123.920	50.000	.000	15.001	12.000	.000	1.000	Orange
JUICE, PINEAPPLE ORANGE	1.000 Serving	123.920	60.000	.000	19.999	13.000	.000	1.000	Orange
MILK, 1%, WHITE, 1/2 PINT	1.000 Serving (1 carton)	240.000	109.999	2.501	130.001	13.001	.000	7.999	Dairy
MILK, SKIM, CHOCOLATE, 1/2 PINT	1.000 Serving (1 carton)	240.000	130.001	.000	199.999	24.000	.000	7.999	Dairy, Corn (veg/meal/starch/flour/oil/fiber/pr
MILK, SKIM, STRAWBERRY, 1/2 PINT	1.000 Serving (1 carton)	240.000	130.001	.000	124.999	22.999	.000	7.999	Dairy, Red Dye, Food Dyes (yellow, blue)
MILK, SKIM, WHITE, 1/2 PINT	1.000 Serving (1 carton)	240.000	90.000	.000	130.001	13.001	.000	7.999	Dairy
MINI CINNI ROLLS	1.000 Package (1 cinni roll)	65.000	240.000	7.000	300.000	40.000	2.000	5.000	Dairy, Soy, Wheat, Corn (veg/meal/starch/flour/oil/fiber/pr
MINI FRENCH TOAST STICKS - CHOCOLATE CHIP	1.000 Package	86.000	210.000	6.000	270.000	36.000	4.000	5.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr)
MINI FRENCH TOAST STICKS - TRIPLE BERRY	1.000 Package	75.000	190.000	5.000	360.000	32.000	2.000	3.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
MINI PANCAKES - BLUEBERRY	1.000 Package	86.000	210.000	6.000	310.000	35.000	4.000	4.000	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Red Dye, Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)
MINI PANCAKES - MAPLE	1.000 Package	86.000	210.000	6.000	320.000	35.000	4.000	4.000	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
MINI WAFFLES - CINNAMON	1.000 Package	75.000	210.000	5.000	270.000	35.000	4.000	5.000	Dairy, Eggs, Soy, Wheat
MINI WAFFLES - MAPLE	1.000 Package	75.000	200.000	5.000	220.000	35.000	4.000	4.000	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr
MUFFIN - BLUEBERRY, IW	1.000 Serving (1 muffin)	113.000	350.001	11.001	240.000	58.000	4.000	5.000	Eggs, Soy, Wheat, Oats, Corn (veg/meal/starch/flour/oil/fiber/pr
MUFFIN TOP - CHOCOLATE CHIP	1.000 Serving (1 muffin top)	91.000	280.000	9.000	220.000	47.000	3.000	4.000	Dairy, Eggs, Soy, Wheat, Potato, Corn (veg/meal/starch/flour/oil/fiber/pr
PANCAKE SAUSAGE WRAP	1.000 Each	80.000	190.000	8.000	300.000	20.000	4.000	9.000	Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr), Pork, Corn (veg/meal/starch/flour/oil/fiber/pr
PANCAKES	1.000 Serving (2 pancakes)	66.000	163.299	4.083	265.361	27.897	2.041	3.402	Dairy, Eggs, Soy, Wheat, Corn Sweetener (syrup, md, sugar, dextr)

Menu Item	Serving Size	Weight (grams)	Calories	Fat (grams)	Sodium (mg)	Carb (grams)	Fiber (grams)	Protein (grams)	Allergens
PIG IN A PANCAKE	1.000 Each	80.000	190.000	8.000	300.000	20.000	4.000	9.000	Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork, Corn (veg/meal/starch/flour/oil/fiber/pr
PIZZA STICK	1.000 Serving (1 stick)	87.000	210.000	6.000	390.000	27.000	3.000	12.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Tomato, Corn (veg/meal/starch/flour/oil/fiber/pr
SAUSAGE BISCUIT	1.000 Serving (1 biscuit & patty)	87.505	294.850	16.489	544.693	26.499	2.499	9.989	Dairy, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Pork
STRING CHEESE	1.000 Serving (1 stick)	28.000	79.012	5.926	207.407	.988	.000	6.913	Dairy
SYRUP - BULK	1.000 Tablespoon	15.041	60.163	.000	12.534	15.291	.000	.000	Corn Sweetner (syrup, md, sugar, dextr)
SYRUP - PORTION PACK	1.000 Pouch	42.525	123.106	.000	1.208	31.277	.000	.004	Corn Sweetner (syrup, md, sugar, dextr)
TEXAS GINGERBREAD	1.000 Serving (1 TX Gingerbread)	64.000	200.000	3.500	170.000	41.000	3.000	4.000	Wheat, Potato
TOAST	1.000 Slice	24.225	55.889	.931	107.120	11.178	1.863	3.726	Dairy, Soy, Wheat
WAFFLES	1.000 Serving (2 waffle)	72.000	190.000	6.000	530.000	31.000	1.000	4.000	Dairy, Eggs, Soy, Wheat, Corn Sweetner (syrup, md, sugar, dextr), Corn (veg/meal/starch/flour/oil/fiber/pr, Food Dyes (yellow, blue)