



Category	Product	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugar (g)	Protein
Bakery	Almond Croissant	420	25	11	0.5	60	370	40	1	14	9
Bakery	Banana Nut Bread	410	20	3	0	65	320	50	2	28	6
Bakery	Birthday Cake Pop	160	8	4.5	0	10	95	21	0	16	2
Bakery	Blueberry Yogurt Muffin	320	14	2.5	0	45	240	49	2	20	5
Bakery	Butter Croissant	250	14	8	0	45	300	26	1	4	5
Bakery	Cheese Danish	290	14	9	0.5	45	400	33	1	11	7
Bakery	Chocolate Cake Pop	150	8	5	0	10	60	21	1	16	2
Bakery	Chocolate Chip Cookie	360	18	11	0.5	60	220	47	2	31	6
Bakery	Chocolate Croissant	300	18	10	0	50	300	34	2	11	5
Bakery	Classic Coffee Cake	330	15	8	0.5	70	270	43	1	21	4
Bakery	Cookies and Cream Cake Pop	140	7	4	0	10	70	20	0	15	1
Bakery	Corn Bread	430	22	4	0	80	53	1	23	0	6
Bakery	Double Chocolate Brownie	480	28	9	0	75	220	55	3	37	6
Bakery	Earth Day Cake Pop	150	7	4.5	0	10	75	22	1	17	2
Bakery	Everything Bagel	290	3	1	0	0	530	57	3	5	10
Bakery	Fox Cake Pop	140	7	4	0	10	105	19	0	25	2
Bakery	Frosted Snowman Cookie	390	21	13	0	30	135	47	1	25	3
Bakery	Guava Coconut Panetela	190	2	1.5	0	85	41	1	26	0	2
Bakery	Ham and Swiss Croissant	320	17	9	0.5	65	490	28	1	5	14
Bakery	Iced Lemon Loaf	450	19	9	0.5	100	300	63	1	40	6
Bakery	Marshmallow Dream Bar	230	5	3.5	0	15	220	44	0	24	1
Bakery	Old Fashioned Glazed Doughnut	480	27	13	0	20	410	56	1	30	5
Bakery	Owl Cake Pop	160	8	4.5	0	10	115	22	0	17	2
Bakery	Plain Bagel	280	1.5	0	0	0	620	56	2	2	9
Bakery	Pumpkin Bread	390	14	2.5	0	45	470	59	2	38	6
Bakery	Pumpkin Cream Cheese Muffin	350	14	4	0	55	430	53	1	34	5
Bakery	Pumpkin Scone	500	23	14	0.5	70	450	70	1	46	4
Bakery	Quesito de Crema	320	19	10	0	37	34	0.3	25	0	4
Bakery	Quesito de Nutella	280	19	7	0	15	22	1	8	0	4
Bakery	Red Velvet Loaf Cake	410	16	8	0.5	90	450	60	1	38	5
Bakery	Reindeer Cake Pop	140	7	3.5	0	10	100	19	0	14	1
Bakery	Sugar Plum Danish	330	15	9	0	70	390	42	1	16	7
Bakery	Unicorn Cake Pop	150	7	4	0	10	95	20	0	14	1
Breakfast	Bacon & Gruyere Sous Vide Egg Bites	300	20	12	0	215	680	9	0	2	19
Breakfast	Bacon Gouda Breakfast Sandwich	360	18	7	0	155	720	35	1	2	19
Breakfast	Brown Sugar	50	0	0	0	0	5	13	0	12	0
Breakfast	Chicken, Maple Butter & Egg Sandwich	420	20	7	0	160	1150	42	1	8	17
Breakfast	Classic Oatmeal	160 - 410									
Breakfast	Double Smoked Bacon Breakfast Sandwich (FALL FY23)	500	27	13	0	225	960	43	2	8	21
Breakfast	Dried Fruit	100	0	0	0	0	0	24	2	22	1
Breakfast	Fruit, Nut & Seed Medley	70	3	1	0	0	0	8	1	5	2
Breakfast	Ham & Cheese Mayorca	420	25	12	0	20	42	1	12	0	7
Breakfast	Impossible Sausage, Egg, and Cheddar Sandwich	420	22	8	0	190	790	36	3	4	21
Breakfast	Kale and Mushroom Sous Vide Egg Bites	230	14	9	0	180	340	11	2	1	15
Breakfast	Nut Medley	100	9	1	0	0	0	2	1	1	2
Breakfast	Reduced Fat Turkey Bacon (Update Sodium for Winter FY22)	230	5	2.5	0	20	560	28	3	2	17
Breakfast	Sausage, Egg & Cheddar Classic Breakfast Sandwich	480	29	10	0	165	890	34	1	2	18
Breakfast	Spinach, Feta & Cage Free Egg White Breakfast Wrap	290	8	3.5	0	20	840	34	3	5	20
Breakfast	Turkey Croissant	545	36	14	0	93	32	1	0	0	31
Lunch	Chicken & Double Smoked Bacon Panini - Frozen	600	25	8	0	105	1460	65	3	12	29
Lunch	Ciabatta Club	495	20	8	0	54	44	0	3	0	25
Lunch	Crispy Grilled Cheese	520	27	16	1	70	1040	47	4	1	21
Lunch	Crispy Grilled Cheese	520	7	16	1	70	1050	48	3	1	21
Lunch	Guavate Special Sandwich	395	11	5	0	83	55	6	11	0	23
Lunch	Ham & Swiss Panini - Fresh/Frozen	480	23	10	0	80	1210	41	2	2	24
Lunch	Roasted Tomato & Mozzarella Panini - Frozen (Winter FY22)	380	14	5	0	25	770	48	2	2	18