



	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Mega Muffins											
Blueberry Muffin	625	160	19	8	0	32	840	109	57	1	6
Banana Chocolate Chip Muffin	390	100	12	5	0	32	840	68	36	2	8
Regular Muffins											
Blueberry	390	100	12	5	0	20	525	68	36	<1 g	4
Banana Chocolate Chip	470	145	17	8	0	20	525	79	45	<1 g	5
GF Regular Blueberry Muffin (G)	400	120	13	5	0	100	315	68	40	2	3
Bread Slices											
Banana Bread (1 Slice=.5 oz)	450	150	63	23	0	32	3230	340	166	2	34
Pumpkin Bread (1 Slice=.5 oz)	350	45	5	3	0	15	300	70	69	0	5
Scones											
Blueberry Streussel	350	100	13	5	0	0	800	55	15	0	5
Cinnamon Streussel	330	100	13	5	0	0	800	55	15	0	5
Raspberry Chocolate Chip	500	175	20	5	0	0	900	70	30	0	10
Pastries											
Cinnamon Roll (4 oz)	505	110	12	5	0	17	430	90	37	2	9
Apple Cinnamon Roll (6 oz)	680	260	28	14	0	76	540	100	50	2	10
Raised Donut	200	100	11	3	0	4	260	21	7	0	2
Bars											
Peanut Butter Rice Krispy Bar (7 oz)	1750	765	86	13	1	60	970	244	148	10	16
Caramel Oatmeal Bars (3.5 oz)	200	80	9	2	0	0	180	28	17	1	2
Cookies											
Chocolate Chip Cookie	520	240	28	3	0	40	220	68	44	3	4
M & M Cookie	530	225	25	3	0	40	250	80	45	3	4
Double Chocolate Cookie	500	220	24	6	0	20	320	68	42	3	6
Peanut Butter Cookie	520	240	28	6	0	40	380	60	40	3	8
Monster Cookie	1500	75	15	0	60	165	1798	266	68	18	45
Balance Cookie	400	60	6	0	0	0	280	76	36	4	8
Bagels/Spreads											
Plain	300	0	0	0	0	0	530	60	7	4	12
Blueberry	310	0	0	0	0	0	500	63	14	4	11
Cinnamon Sugar	320	0	0	0	0	0	480	65	10	4	11
Plain Cream Cheese (2 oz)	170	15	9	0	60	165	8	2	1	2	3

2,000 calories a day is used for general nutrition advice, but individual calorie needs vary

V - Vegetarian | VG - Vegan | G - No Gluten Added

Last Updated 3/20/17