

Customer Product List  
 September, 2017  
 Gordon Food Service®

BREAKFAST CHO LIST

Product Description	Serving Size	Calories	Carbohydrates (gm)	Fat (gm)	Saturated Fat (gm)
BAGEL MINI STRAWB CRM CHS	1 EACH	240	41	6	2.5
BAGEL WHT WGRAIN	1 EACH	140	28	1	0
BAGEL CINNAMON RAISIN WG	1EACH	170	34	1	0
NUTRIGRAINBAR BLUEB WGRAIN	1 EACH	160	30	4	0.5
BAR BTRSCOTCH OATMEAL	1 EACH	150	24	5	1
BAR CEREAL CHEERIO	1 EACH	150	30	3.5	0.5
BAR CEREAL COCOA RICE KRISPY	1 EACH	150	27	4.5	1
BAR CEREAL RICE KRISPIE MXD BRY	1 EACH	140	27	3	0.5
BAR DBL CHOC OATMEAL	1 EACH	150	24	5	1
NUTRIGRAIN BAR STRAWB	1 EACH	160	30	4	0.5
BITE BACK PACKER SMORES	1 PACKAGE	150	24	6	1.5
BREAD BANANA	1 EACH	280	44	10	2
BREAD WILD BERRY	1 PIECE	270	43	9	2
BREAKFAST EGG, BACON&CHZ BREADSTICK BKFST	1 EACH	160	17	6	2.5
BUN CINNAMON - SUPER BAKERY	1 EACH	240	38	8	2
CEREAL APPL JK R/S BKFST KIT	1 PACKAGE	270	58	4	1.5
CEREAL CINN TOAST R/S BOWL	1 EACH	110	22	3	0.5
CEREAL CINN TST RS BKFST KIT	1 EACH	60	15	0	0
CEREAL COCO PUFFS BKFST KIT	1 CUP	110	25	1.5	0
CEREAL COCOA PUFFS WGRAIN R/S	1 EACH	110	25	1.5	0
CEREAL KIT CHEERIOS MULTIGR	1 PACKAGE	260	52	4.5	1
CEREAL KIT FROOT LOOP JMP STRT	1 EACH	60	15	0	0
CEREAL KIT FRSTD FLKS JMPSTRT RS	1 PACKAGE	250	56	2.5	0
CEREAL LUCKY CHARMS BKFST KIT	1 EACH	60	15	0	0
CEREAL LUCKY CHARMS WGRAIN BOWL	1 PACKAGE	110	23	1	0
CEREAL TRIX RS BKFST KIT	1 EACH	270	56	4.5	1
CROISSANT SLCD WGRAIN	1 EACH	220	30	9	3.5
DONUT CHOC MINI IW	1 PACKAGE	320	41	15	7

DONUT PWDRD MINI IW	1 PACKAGE	270	41	11	3
DOUGH ROLL CINN -FRESH BAKED	1 EACH	170	31	3	0.5
FRENCH TST MINI CHOC CHIP	1 PACKAGE	210	35	6	1.5
FRENCH TST MINI ORIG	1 PACKAGE	210	37	5	1.5
GRANOLA BAG	1 PACKAGE	120	20	3.5	0
JUICE APPLE 100% FRSH	1 EACH	50	13	0	0
JUICE BOX APPL 100%	1 EACH	60	14	0	0
JUICE BOX MXD BRY 100%	1 EACH	60	15	0	N/A
JUICE BOX ORNG TANGR 100%	1 EACH	60	15	0	0
JUICE BOX VERY BERRY	1 EACH	60	17	0	0
JUICE FRUITABLES PLUS PNCH	1 EACH	60	14	0	N/A
JUICE FRUITABLES PLUS TROPICAL PUNCH	1 EACH	60	14	0	N/A
JUICE GRP 100% FRSH	1 EACH	80	19	0	0
JUICE ORNG 100% FRSH	1 EACH	60	14	0	0
MUFFIN BAN WGRAIN	1 EACH	190	31	6	2
PANCAKE MINI BLUEBERRY	1 PACKAGE	210	35	6	1
PANCAKE MINI MAPL - EGGO	1 PACKAGE	210	35	6	1
PANCAKE WRAP W/SAUAGE MAPLE	1 EACH	240	18	15	4.5
PANCAKE WRAP W/SAUSAGE, BLUEBERRY	1EACH	240	18	15	4.5
PASTRY POP-TART WGRAIN CINN	1 PACKAGE	370	75	5	2
PASTRY POP-TART WGRAIN FUDG	1 PACKAGE	360	76	6	2
PASTRY POP-TART WGRAIN STRAWB	1 PACKAGE	360	75	4.5	2
PIZZA BKFST EGG&BCN WGRAIN	1 EACH	210	23	8	3.5
PIZZA BKFST SAUS&GRVY WGRAIN	1 EACH	210	26	8	3
ROLL MINI CINNIS IW	1 PACKAGE	240	39	7	1.5
SAND PB&J GRP WGRAIN , SMALL JAMWICH	1 EACH	300	34	16	2.5
SAND SOY BTR & JAM WGRAIN SMALL	1 EACH	290	28	16	3
SAND UNCRUST PB&J STRAWB SMALL	1 EACH	320	32	17	3.5
CRUNCHMAINIACINNAMANIA	1 PACKAGE	220	37	7	2
WAFFLE DUTCH WGRAIN	1 EACH	300	43	13	3
WAFFLE MINI CINN	1 PACKAGE	200	35	5	1.5
WAFFLE MINI MAPL	1 PACKAGE	200	35	5	1.5