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NUTRITION MENU



The information in this guide is effective as of May 2017 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by ESHA Food Processor and information provided by our suppliers.

NUTRITION MENU

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BREAKFAST															
Haystacks Granola	129	470	21	13	0.5	35	150	75	6	49	7	10	0	2	15
Regular Granola	76	310	12	1.5	0	0	0	49	4	22	5	0	0	0	15
Strawberry Parfait	365	260	2.5	1.5	0	10	100	30	8	39	7	2	35	20	6
Peach Parfait	356	260	2.5	1.5	0	10	110	54	8	34	7	2	35	20	6
Blueberry Parfait	356	250	2.5	1.5	0	10	100	51	8	33	7	2	35	20	6
Ham & Cheese Biscuit	118	340	19	12	0.5	55	600	36	1	2	8	15	2	15	15
Cheese Biscuit	119	370	21	13	0.5	60	580	36	1	2	9	15	0	20	15
Breakfast sandwich on Biscuit	250	580	36	20	1	280	1490	39	1	3	28	25	6	30	20
Breakfast wrap- Sun Dried	323	620	30	11	0.3	390	1600	56	4	4	33	20	10	25	20
Breakfast wrap- Spinach	323	600	29	11	0.3	390	1670	54	4	4	33	20	10	25	40

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MUFFINS															
Bran Raisin Muffin	148	380	14	2.5	0	60	850	65	12	36	9	6	0	10	25
Bran Raisin Apple Muffin	175	390	14	2.5	0	60	850	69	12	38	9	6	0	10	25
Bran Carrot Raisin Muffin	152	380	14	2.5	0	50	850	66	12	36	9	6	0	10	25
Blueberry Muffin	164	510	22	11	0.5	100	540	77	3	40	8	15	0	8	20
Lemon Raspberry Muffin	169	380	13	2.5	0	60	860	62	4	28	9	6	10	10	15
Butter Muffin	114	360	12	7	0.3	85	500	58	1	25	7	10	0	8	15
Raspberry Muffin	137	370	13	7	0.3	85	500	61	3	26	7	10	10	8	15
Banana Chocolate Chip Muffin	148	450	17	10	0.3	90	510	71	2	35	8	10	2	10	20
Chocolate Chocolate Chip Muffin	131	440	17	10	0.3	90	510	67	3	33	9	10	0	10	20
Chocolate Raspberry Muffin	129	370	13	7	0.3	85	500	62	3	26	8	10	6	8	20
Chocolate Cherry Muffin	121	370	13	7	0.3	85	500	62	3	27	8	10	0	8	20
Banana Blueberry Muffin	145	390	13	7	0.3	85	500	64	2	29	7	10	4	8	15
Peach Muffin	133	370	13	7	0.3	85	500	60	1	27	7	10	2	8	15
Oatmeal Raspberry Chocolate Chip muffin	167	560	25	15	0.5	110	570	78	4	38	9	15	8	10	20
Oatmeal Raspberry Muffin	153	490	21	12	0.5	105	560	69	3	31	8	15	8	8	20
PB & J Muffin	170	560	26	4.5	0	60	720	69	2	41	12	4	0	8	15
Zucchini ChocChip Muffins	126	360	15	4	0	30	430	53	2	27	6	6	8	6	15

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LOW FAT MUFFINS															
Mixed Berry	183	290	3.5	1.5	0	60	850	58	4	23	9	6	8	15	15
Orange Saskatoon	210	320	3.5	1.5	0	60	850	53	6	28	9	4	4	15	20
Lemon Poppy seed	160	300	6	1.5	0	60	860	55	3	21	10	4	4	20	20
Citrus Poppy seed	165	310	6	1.5	0	60	860	56	3	22	10	4	6	20	20
Strawberry Rhubarb	188	280	3.5	1.5	0	60	850	56	3	22	9	6	20	15	15
Apple pie	176	290	3.5	1.5	0	60	850	58	3	24	9	6	0	15	15
Banana Chocolate chip	189	400	10	5	0	65	870	70	3	34	11	6	4	15	20
Banana Blueberry	180	300	3.5	1.5	0	60	850	59	3	25	10	6	4	15	15

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GLUTEN FREE ITEMS															
Mixed Berry Low Fat Muffin	185	300	3	1.5	0	60	860	62	3	23	7	4	8	15	8
Orange Saskatoon Low Fat Muffin	212	330	3	1.5	0	60	860	57	5	28	7	4	4	15	10
Lemon Poppy seed Low Fat Muffin	162	310	5	1.5	0	60	860	59	2	21	8	4	4	20	10
Citrus Poppy seed Low Fat Muffin	167	310	5	1.5	0	60	860	60	2	22	8	4	6	20	10
Strawberry Rhubarb Low Fat Muffin	190	290	3	1.5	0	60	860	61	2	22	7	6	20	15	8
Applepie Low Fat Muffin	178	300	3	1.5	0	60	860	62	2	24	7	6	0	15	6
Banana Chocolate Chip Low Fat Muffin	191	410	9	5	0	65	870	74	2	34	9	6	4	15	10
Banana Blueberry Low Fat Muffin	183	300	3	1.5	0	60	860	64	2	24	7	4	4	15	6
GF Double Chocolate Brownies	85	350	22	13	0.5	100	350	40	3	32	6	15	0	6	10
Gluten Free Pecan Square	134	700	54	23	1.5	100	260	52	5	41	8	30	0	4	15

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BAKED GOODS															
Ginger Molasses Cookies	42	150	4	2.5	0.2	15	180	26	1	12	2	4	0	6	20
Chocolate Chip Cookies	47	210	11	6	0.2	40	210	25	1	15	3	6	0	4	6
Craisin Cookies	43	180	7	4.5	0.2	30	150	26	1	16	2	6	0	2	4
Peanut Butter Cookies	62	290	18	8	0.4	45	330	30	1	17	5	10	0	2	8
Flourless PB Cookies	41	180	12	3	0	0	220	17	1	13	6	0	0	2	4
Peanut Butter & Chocolate Biscotti	84	330	14	4.5	0	40	230	45	2	20	9	2	0	6	15
Toscani Biscotti	62	240	11	5	0.2	40	160	32	1	14	5	6	0	6	10
Gingerbread Biscotti	62	220	7	1	0	35	135	38	2	15	4	2	0	4	15
Skor Brownies	153	670	31	19	1	115	390	91	3	57	9	20	0	10	20
Trail Mix Bar	137	600	27	14	0.5	45	200	85	4	51	7	35	20	8	60
Raspberry Bars	44	160	7	5	0.2	25	70	25	1	19	1	4	0	0	4
Scone	108	390	20	12	1	50	460	49	2	20	5	15	0	6	10
No Rise Cinnamon Buns	104	320	3.5	2	0.1	20	360	70	1	46	4	4	0	2	10
Berry Squares	134	360	16	10	0.5	55	290	52	3	28	4	15	6	2	10
Chocolate Zucchini Cake	59	190	10	3.5	0.2	25	150	25	1	14	3	6	4	2	6
Soft Pretzels	50	180	2.5	1.5	0.1	5	1370	34	1	2	5	2	0	0	15
Chocolate Cinnamon Bread	104	350	20	12	0.5	100	330	47	3	30	5	20	0	4	10

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SOUPS															
Borscht	247	110	0.4	0	0	0	75	23	6	10	3	50	40	6	10
Tomato Basil Bisque	432	170	5	1	0.1	5	1560	28	5	20	6	340	40	10	20
Stuffed Pepper Soup w/Rice	531	360	13	5	0	55	720	39	7	12	23	130	220	10	20
SANDWICHES															
Grilled Ham & Cheese	179	400	22	12	0.2	90	1240	25	2	2	29	8	0	40	15
Ham and Cheddar	191	320	18	6	0.2	60	1440	25	2	3	20	2	2	15	15
Ham and Swiss	204	370	19	8	0	65	1310	27	2	3	24	10	2	30	15
Ham and Jack	195	330	17	6	0	60	1450	25	2	3	21	8	2	20	15
Turkey and Cheddar	191	320	16	5	0.2	50	1230	26	2	2	22	2	2	15	15
Turkey and Swiss	204	370	18	7	0	55	1110	27	2	3	26	10	2	30	15
Turkey and Jack	195	330	16	6	0	50	1240	25	2	2	23	8	2	20	20
Beef and Cheddar	191	430	27	10	0.2	80	790	24	2	2	27	2	2	15	15
Beef and Swiss	204	480	28	12	0	85	660	25	2	3	32	10	2	30	15
Beef and Jack	195	440	26	11	0	75	800	23	2	2	29	8	2	20	15

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HOT BEVERAGE															
Coffee 10 oz	300	0	0.1	0	0	0	5	0	0	0	0.4	0	0	0	0
Latte 12oz (2% milk) Vanilla	320	270	5	3.5	0.2	20	125	47	0	47	9	8	0	30	0
Latte 16oz (2% milk) Vanilla	525	470	8	5	0.3	30	190	88	0	88	13	10	2	45	2
Latte 20oz (2% milk) Vanilla	719	780	9	6	0.4	35	230	161	0	160	15	15	2	50	2
Mocha 12oz (2% milk)	305	230	6	3.5	0.2	20	140	38	1	35	10	8	0	30	10
Mocha 16oz (2% milk)	480	350	9	5	0.3	30	210	57	2	53	14	10	2	45	15
Mocha 20oz (2% milk)	598	440	10	6	0.4	35	260	73	2	68	17	15	2	50	20
Macchiato 12oz (2% milk)	327	280	5	3.5	0.2	20	150	52	0	47	9	8	0	30	0
Macchiato 16oz (2% milk)	566	570	8	5	0.3	30	330	115	0	88	14	10	2	45	2
Macchiato 20oz (2% milk)	739	830	9	6	0.4	35	300	175	0	160	16	15	2	50	2
Hot chocolate 12oz (2% milk)	290	230	6	3.5	0.2	20	135	37	1	35	10	8	0	30	10
Hot chocolate 16oz (2% milk)	435	340	8	5	0.3	30	210	56	2	53	14	10	2	45	15
Hot chocolate 20oz (2% milk)	518	430	10	6	0.4	35	250	72	2	68	17	15	2	50	20