

NY Bagel

Item	Serving Size	Cal	Cal from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vegetarian (V)/Vegan(Vg)	Allergens
Bagels														
Sesame	4oz	330	40	4.5	0.5	0	0	460	63	4	3	9	V	wheat, milk, sesame seeds
Poppyseed	4oz	330	35	4	0.5	0	0	460	63	4	3	10	V	wheat, milk, poppy seeds
Everything	4oz	340	35	4	0.5	0	0	460	63	3	3	9	V	wheat, milk, sesame seeds, poppy seeds
Onion	4oz	290	10	1	0	0	0	450	62	2	3	8	V	wheat, milk
Cinnamon Raisin	4oz	320	10	1	0	0	0	450	68	3	9	8	V	wheat, milk
Blueberry	4oz	340	10	1	0	0	0	460	74	2	10	9	V	wheat, milk
Whole Wheat	4oz	310	10	1	0	0	0	447	64	3	2	9	V	wheat, milk
Plain	4oz	290	10	1	0	0	0	450	61	2	3	8	V	wheat, milk
Egg	4oz	290	10	1	0	0	0	450	61	2	3	8	V	wheat, milk, poppy seeds
Spinach	4oz	290	10	1	0	0	0	460	61	2	3	8	V	wheat, milk
Pumpkin	4oz	310	10	1	0	0	0	460	67	3	7	8	V	wheat, milk
Multigrain	4oz	310	10	1	0	0	0	450	65	3	3	9	V	wheat, milk
Garlic	4oz	300	10	1	0	0	0	450	61	2	3	8	V	wheat, milk
Condiments/Spreads														
Cream cheese-plain	2 tbsp	100	90	10	6	0	30	110	1	0	1	2	V	milk
Cream cheese-plain light	2 tbsp	70	50	6	4	0	20	120	0	0	0	2	V	milk
Cream cheese-scallion	2 tbsp	70	60	7	4	0	30	100	2	0	1	2	V	milk
Cream cheese-scallion light	2 tbsp	60	50	5	3.5	0	20	100	1	0	1	2		milk
Cream cheese-Veggie	2 tbsp	80	60	7	4.5	0	35	90	1	0	Less than 1g	1	V	milk
Cream cheese-Veggie light	2 tbsp	50	30	3.5	2	0	15	100	2	0	2	1	V	milk
Cream cheese-Strawberry	2 tbsp	90	65	7	4	0	20	80	6	0	6	1	V	milk
Peanut butter	2 tbsp	180	140	15	3	0	0	90	9	2	3	7	Vg	peanuts, may contain tree nuts,milk, soy, egg and wheat
Strawberry jelly	2 tbsp	100	0	0	0	0	0	0	13	0	10	0	Vg	
Grape Jelly	2 tbsp	50	0	0	0	0	0	0	13	0	12	0	Vg	
Butter PC	1 item	35	35	4	2.5	0	10	30	0	0	0	0	V	milk
Oatmeal/Yogurt Bar														
Steel-cut Oats	8oz cup	300	45	5	1	0	0	0	54	8	2	10	Vg	wheat
Plain Greek Yogurt-Chobani	6oz	105	0	0	0	0	0	80	7	0	7	17	V	milk
Vanilla Greek Yogurt	6oz	135	0	0	0	0	0	75	17	0	17	16	V	milk
Almonds, sliced	1tbsp	35	25	3	0	0	0	0	1	0	0	1	Vg	Nuts. Processed with eggs, milk, peanuts, soy, wheat

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Walnuts	1tbsp	45	40	4.5	0.5	0	0	0	1	0	0	1	Vg	Nuts. Processed with eggs, milk, peanuts, soy, wheat
Pecans	1tbsp	50	45	5	0	0	0	0	1	1	0	1	Vg	Nuts. Processed with eggs, milk, peanuts, soy, wheat
Dried Cranberries-ocean spray	1tbsp	25	0	0	0	0	0	0	7	0	7	0	Vg	Sunflower oil
Brown Sugar-Domino	1tbsp	55	0	0	0	0	0	0	15	0	15	0	Vg	
Chocolate chips	2 tbsp	70	35	4	2.5	0	0	0	9	Less than 1g	8	0		
Granola	2oz	230	30	3	1	0	0	140	48	4	17	5	V	milk, tree nuts, wheat
Strawberries	2oz	15	0	0	0	0	0	0	3	0	3	0	Vg	
Blueberries	2oz	30	0	0	0	0	0	0	8	1	6	0	Vg	
Honey	1tbsp	60	0	0	0	0	0	0	17	0	16	0	V	