

**Food Menu Report: Bakery Cupcakes**

Item Name	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Gourmet Cupcakes										
Cupcake, Gourmet, Chocolate Addiction, Mini	210	11	5	0	20	180	29	2	23	2
Cupcake, Gourmet, Chocolate Addiction, Regular	490	25	12	0	60	480	69	3	56	4
Cupcake, Gourmet, Confetti Birthday, Mini	150	6	2.5	0	20	150	20	0	15	1
Cupcake, Gourmet, Confetti Birthday, Regular	400	16	7	0	55	420	57	0	43	3
Cupcake, Gourmet, Mocha Espresso, Mini	170	9	4	0	20	160	23	1	18	2
Cupcake, Gourmet, Mocha Espresso, Regular	400	20	9	0	55	440	57	3	44	4
Cupcake, Gourmet, Peanut Butter, Mini	250	14	4.5	0	25	200	28	1	22	4
Cupcake, Gourmet, Peanut Butter, Regular	520	27	10	0	60	490	66	2	52	6
Cupcake, Gourmet, Raspberry Laced Vanilla, Mini	190	8	4	0	25	170	26	0	20	2
Cupcake, Gourmet, Raspberry Laced Vanilla, Regular	440	19	8	0	60	450	64	0	49	3
Cupcake, Gourmet, Red Velvet, Mini	130	6	2.5	0	20	160	19	0	15	1
Cupcake, Gourmet, Red Velvet, Regular	380	17	7	0	55	420	53	1	42	3
Cupcake, Gourmet, Salted Turtle, Mini	170	11	2.5	0.5	20	210	19	1	15	2
Cupcake, Gourmet, Salted Turtle, Regular	410	22	7	1	55	570	53	2	41	4
Cupcake, Gourmet, White Almond Wedding, Mini	140	7	2.5	0	25	160	19	0	14	2
Cupcake, Gourmet, White Almond Wedding, Regular	380	17	7	0	60	430	52	0	40	3
Cupcakes										
Apple Cupcake	130	4.5	1	0	10	230	20	1	12	2
Apple Cupcake, White Icing	290	14	4.5	0	10	280	38	1	30	2
Carrot Cupcake	240	14	2.5	0	40	270	27	1	16	3
Carrot Cupcake, Cream Cheese Icing	380	21	5	2	45	300	45	1	33	4
Chocolate Cupcake	110	4	1	0	10	210	16	0	10	2
Chocolate Cupcake, Aruba Blue Icing	250	11	3.5	0	10	230	35	0	28	2
Chocolate Cupcake, Blue Icing	250	11	4.5	0	10	230	35	0	28	2
Chocolate Cupcake, Brilliant Blue Icing	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, Brilliant Green Icing	250	11	4.5	0	10	230	35	0	28	2
Chocolate Cupcake, Brilliant Pink Icing	250	11	4.5	0	10	230	35	0	28	2
Chocolate Cupcake, Chocolate Icing	250	12	4	0	10	240	34	1	25	2
Chocolate Cupcake, Gold Icing	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, Green Icing	250	11	3.5	0	10	230	35	0	28	2

Chocolate Cupcake, Orange Icing	250	11	3.5	0	10	230	35	0	28	2
Chocolate Cupcake, Patriotic Blue Icing	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, Pink Icing	250	11	3.5	0	10	230	35	0	28	2
Chocolate Cupcake, Purple Icing	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, Radiant Orchid Icing	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, Red Icing	250	11	3.5	0	10	230	35	0	28	2
Chocolate Cupcake, Royal Blue Icing	250	11	3.5	0	10	230	35	0	28	2
Chocolate Cupcake, Snapdragon Red Icing	250	11	3.5	0	10	230	35	0	27	2
Chocolate Cupcake, White Icing	270	14	4.5	0	10	260	35	0	28	2
Chocolate Cupcake, Yellow Icing	250	11	4.5	0	10	230	35	0	28	2
Confetti Cupcake	120	4.5	1	0	10	210	19	1	11	2
Confetti Cupcake, Aruba Blue Icing	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Blue Icing	260	11	4.5	0	10	230	38	1	29	2
Confetti Cupcake, Brilliant Blue Icing	260	11	3.5	0	10	230	38	1	28	2
Confetti Cupcake, Brilliant Green Icing	260	11	4.5	0	10	230	38	1	29	2
Confetti Cupcake, Brilliant Pink Icing	260	11	4	0	10	230	38	1	29	2
Confetti Cupcake, Chocolate Icing	260	12	4	0	10	240	36	1	26	2
Confetti Cupcake, Gold Icing	260	11	3.5	0	10	230	38	1	28	2
Confetti Cupcake, Green Icing	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Orange Icing	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Patriotic Blue Icing	260	11	3.5	0	10	230	38	1	28	2
Confetti Cupcake, Pink Icing	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Purple Icing	260	11	3.5	0	10	230	38	1	28	2
Confetti Cupcake, Radiant Orchid Icing	260	11	3.5	0	10	230	38	1	28	2
Confetti Cupcake, Red Icing	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Royal Blue Icing	260	11	3.5	0	10	230	38	1	29	2
Confetti Cupcake, Snapdragon Red Icing	260	11	3.5	0	10	230	37	1	28	2
Confetti Cupcake, White Icing	280	14	4.5	0	10	260	37	1	29	2
Confetti Cupcake, Yellow Icing	260	11	4	0	10	230	38	1	29	2
Lemon Cupcake	110	4.5	1	0	10	200	17	1	10	2
Lemon Cupcake, White Icing	270	14	4.5	0	10	250	36	1	28	2
Lemon Cupcake, Yellow Icing	250	11	4	0	10	220	36	1	28	2
Pumpkin Cupcake	120	4.5	1	0	10	220	18	1	10	2
Pumpkin Cupcake, Cream Cheese Icing	260	11	3.5	1.5	15	250	36	1	27	3

Raspberry Cupcake	120	4.5	1	0	10	210	19	1	12	2
Raspberry Cupcake, Aruba Blue Icing	260	11	3.5	0	10	220	38	1	30	2
Raspberry Cupcake, Blue Icing	260	11	4.5	0	10	220	38	1	29	2
Raspberry Cupcake, Brilliant Blue Icing	260	11	3.5	0	10	220	38	1	29	2
Raspberry Cupcake, Brilliant Green Icing	260	11	4.5	0	10	220	38	1	29	2
Raspberry Cupcake, Brilliant Pink Icing	260	11	4	0	10	220	38	1	29	2
Raspberry Cupcake, Chocolate Icing	260	12	4	0	10	240	36	1	27	2
Raspberry Cupcake, Gold Icing	260	11	3.5	0	10	220	38	1	29	2
Raspberry Cupcake, Green Icing	260	11	3.5	0	10	220	38	1	30	2
Raspberry Cupcake, Orange Icing	260	11	3.5	0	10	230	38	1	30	2
Raspberry Cupcake, Patriotic Blue Icing	260	11	3.5	0	10	220	38	1	29	2
Yellow Cupcake	110	4.5	1	0	15	210	17	0	10	2
Yellow Cupcake, Aruba Blue Icing	250	11	3.5	0	15	220	36	0	28	2
Yellow Cupcake, Blue Icing	250	11	4.5	0	15	220	36	0	28	2
Yellow Cupcake, Brilliant Blue Icing	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, Brilliant Green Icing	250	11	4.5	0	15	220	36	0	28	2
Yellow Cupcake, Brilliant Pink Icing	250	11	4	0	15	220	36	0	28	2
Yellow Cupcake, Chocolate Icing	250	12	4	0	15	240	34	1	25	2
Yellow Cupcake, Gold Icing	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, Green Icing	250	11	3.5	0	15	220	36	0	28	2
Yellow Cupcake, Orange Icing	250	11	3.5	0	15	230	36	0	28	2
Yellow Cupcake, Patriotic Blue Icing	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, Pink Icing	250	11	3.5	0	15	220	36	0	28	2
Yellow Cupcake, Purple Icing	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, Radiant Orchid Icing	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, Red Icing	250	11	3.5	0	15	220	36	0	28	2
Yellow Cupcake, Royal Blue Icing	250	11	3.5	0	15	220	36	0	28	2
Yellow Cupcake, Snapdragon Red Icing	250	11	3.5	0	15	220	36	0	27	2
Yellow Cupcake, White Icing	270	14	4.5	0	15	250	35	0	28	2
Yellow Cupcake, Yellow Icing	250	11	4	0	15	220	36	0	28	2
White Cupcake	110	4	1	0	10	210	17	0	10	2
White Cupcake, Aruba Blue Icing	250	11	3.5	0	10	220	36	0	28	2
White Cupcake, Blue Icing	250	11	4.5	0	10	220	36	0	28	2
White Cupcake, Brilliant Blue Icing	250	11	3.5	0	10	220	36	0	27	2

White Cupcake, Brilliant Green Icing	250	11	4.5	0	10	220	36	0	28	2
White Cupcake, Brilliant Pink Icing	250	11	4	0	10	220	36	0	28	2
White Cupcake, Chocolate Icing	250	12	4	0	10	230	34	1	25	2
White Cupcake, Gold Icing	250	11	3.5	0	10	220	36	0	27	2
White Cupcake, Green Icing	250	11	3.5	0	10	220	36	0	28	2
White Cupcake, Orange Icing	250	11	3.5	0	10	230	36	0	28	2
White Cupcake, Patriotic Blue Icing	250	11	3.5	0	10	220	36	0	27	2
White Cupcake, Pink Icing	250	11	3.5	0	10	220	36	0	28	2
White Cupcake, Purple Icing,	250	11	3.5	0	10	220	36	0	27	2
White Cupcake, Radiant Orchid Icing	250	11	3.5	0	10	220	36	0	27	2
White Cupcake, Red Icing	250	11	3.5	0	10	220	36	0	28	2
White Cupcake, Royal Blue Icing	250	11	3.5	0	10	220	36	0	28	2
White Cupcake, Snapdragon Red Icing	250	11	3.5	0	10	220	36	0	27	2
White Cupcake, White Icing	270	14	4.5	0	10	250	35	0	28	2
White Cupcake, Yellow Icing	250	11	4	0	10	220	36	0	28	2
Yellow Cupcake, White Icing	270	14	4.5	0	15	250	35	0	28	2

**Food Menu Report: Bakery Muffins**

Item Name	Quantity	Measure	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Muffins												
Muffin, Jumbo, Apple Spice	1	Serving	690	34	9	0	90	560	86	2	41	8
Muffin, Jumbo, Banana Nut	1	Serving	760	48	8	0	75	480	70	2	37	10
Muffin, Jumbo, Blueberry, Streusel	1	Serving	680	34	8	0	75	560	84	0	41	8
Muffin, Jumbo, Blueberry, Sugar	1	Serving	650	27	4.5	0	75	480	94	0	61	6
Muffin, Jumbo, Butter Rum	1	Serving	600	30	8	0	75	480	72	0	42	6
Muffin, Jumbo, Carrot	1	Serving	580	30	6	0	75	560	75	4	37	6
Muffin, Jumbo, Cherry Almond	1	Serving	680	39	6	0	90	450	75	3	40	12
Muffin, Jumbo, Cherry	1	Serving	420	23	3.5	0.5	95	350	49	1	29	5
Muffin, Jumbo, Chocolate Chip	1	Serving	670	35	12	0	75	480	90	5	55	7
Muffin, Jumbo, Cinnamon Chip	1	Serving	540	27	8	0	75	480	69	0	39	6
Muffin, Jumbo, Cornbread	1	Serving	540	30	6	0	75	510	63	0	24	6
Muffin, Jumbo, Cranberry Nut	1	Serving	460	26	4	0	95	360	53	3	30	6
Muffin, Jumbo, Cranberry Orange	1	Serving	630	27	6	0	75	540	86	2	54	6
Muffin, Jumbo, Cream Cheese	1	Serving	470	25	4.5	0.5	100	400	58	1	35	6
Muffin, Jumbo, Double Dutch Chocolate	1	Serving	700	38	12	0	75	540	84	5	55	7
Muffin, Jumbo, Ginger Bread	1	Serving	600	30	6	0	90	510	75	0	39	6
Muffin, Jumbo, Lemon Blueberry	1	Serving	510	27	4.5	0	105	480	66	3	33	6
Muffin, Jumbo, Lemon Poppy Seed	1	Serving	680	30	6	0	90	510	97	0	64	6
Muffin, Jumbo, Low-Fat Bran	1	Serving	390	6	0	0	0	630	78	3	36	9
Muffin, Jumbo, Mocha Chip	1	Serving	600	30	8	0	75	480	72	3	39	6
Muffin, Jumbo, Orange Pineapple	1	Serving	540	27	4.5	0	75	540	66	0	36	6
Muffin, Jumbo, Orange	1	Serving	450	23	3.5	0.5	95	350	50	1	30	5
Muffin, Jumbo, Pina Colada	1	Serving	570	33	11	0	--	450	63	0	33	6
Muffin, Jumbo, Pistachio	1	Serving	710	33	6	0	90	510	98	0	64	6
Muffin, Jumbo, Pumpkin	1	Serving	540	27	6	0	75	480	66	3	33	6