

Bakery Cookies Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Cookies (160 - 210 Cals)											
Chocolate Chip Cookies	1 cookie	190	9	3.5	0	15	160	27	1	17	3
English Toffee Cookies	1 cookie	200	19	5	0	10	115	25	1	16	1
Homestyle Brownie Cookies	1 cookie	170	6	2.5	0	10	65	27	2	19	2
M&M Cookies	1 cookie	160	7	3	0	10	120	22	0	15	2
Molasses Cookies	1 cookie	170	5	2	0	20	130	28	0	16	2
Monste Cookies	1 cookie	190	9	3	0	15	200	25	2	17	4
Oatmeal Chocolate Chip Cookies	1 cookie	180	8	3.5	0	10	180	26	1	14	3
Oatmeal Cookies	1 cookie	180	7	2.5	0	15	210	25	1	13	3
Oatmeal Raisin Cookies	1 cookie	170	7	2.5	0	15	180	26	1	15	3
Peanut Butter Chocolate Chip Cookies	1 cookie	200	11	3.5	0	10	210	22	1	15	4
Peanut Butter Cookies	1 cookie	200	11	3	0	10	230	22	1	14	4
Snicker Doodle Cookies	1 cookie	190	8	3	0	20	130	25	0	12	2
Sugar Cookies	1 cookie	210	12	4.5	0	10	140	24	0	12	1
Lunchpail Cookies (70 - 80 Cals)											
Mini Chocolate Chip Cookies	1 cookie	70	3.5	1.5	0	5	60	10	0	7	1
Mini English Toffee Cookies	1 cookie	80	7	2	0	5	45	10	0	6	1
Mini Homestyle Brownie Cookies	1 cookie	70	2.5	1	0	5	25	11	1	7	1
Mini M&M Cookies	1 cookie	70	3	1.5	0	5	55	10	0	7	1
Mini Oatmeal Raisin Cookies	1 cookie	70	2.5	1	0	5	70	10	0	6	1
Mini Peanut Butter Cookies	1 cookie	80	4.5	1	0	5	90	8	0	5	2
Mini Sugar Cookies	1 cookie	80	4.5	2	0	5	55	9	0	5	1
Crispy Cookies (130 - 170 Cals)											
Crispy Almond Cookies	1 cookie	170	10	3	0	0	230	18	1	10	2
Crispy Chocolate Chip Cookies	1 cookie	140	6	2.5	0	0	220	19	1	10	2
Crispy M&M Cookies	1 cookie	130	6	2	0	0	200	18	0	9	1
Crispy Peanut Butter Cookies	1 cookie	150	7	2	0	0	190	18	1	10	3
Crispy Sugar Cookies	1 cookie	130	6	2	0	0	160	18	0	9	1
Cut-Out Cookies (160 - 640 Cals)											
3" Cut-Out Cookies	1 cookie	170	10	4	0	10	125	17	0	7	1
5" Cut-Out Cookies	1 cookie	570	35	13	0	40	420	57	1	23	5
6" Heart Cut-Out Cookies	1 cookie	570	35	13	0	40	420	57	1	23	5
7" Cut-Out Cookies	1 cookie	640	39	14	0	45	470	64	1	26	5

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Bell Cut-Out Cookies	1 cookie	170	10	4	0	10	125	17	0	7	1
Chick Cut-Out Cookies	1 cookie	160	9	3.5	0	10	115	16	0	6	1
Egg Cut-Out Cookies	1 cookie	170	10	4	0	10	125	17	0	7	1
Heart Cut-Out Cookies	1 cookie	170	10	4	0	10	125	17	0	7	1
Rabbit Cut-Out Cookies	1 cookie	170	10	4	0	10	125	17	0	7	1
Shamrock Cut-Out Cookies	1 cookie	170	10	4	0	10	125	17	0	7	1
Star Cut-Out Cookies	1 cookie	170	10	4	0	10	125	17	0	7	1
Tree Cut-Out Cookies	1 cookie	170	10	4	0	10	125	17	0	7	1
Turkey Cut-Out Cookies	1 cookie	170	10	4	0	10	125	17	0	7	1
Specialty Cookies (90 - 1870 Cals)											
12" Chocolate Chip Dessert Cookie	1 cookie	190	9	3.5	0	15	160	27	1	17	3
12" Sugar Dessert Cookie	1 cookie	1870	114	42	0	135	1390	187	4	75	15
Spritz Butter Cookies	1 cookie	90	5	2.5	0	10	90	11	0	5	1
Thumbprint Cookies	1 cookie	130	9	3	0	0	85	10	0	3	1

Bakery Scones Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Apple Cinnamon Scones	1 scone	410	20	10	0	10	320	52	1	26	4
Blueberry Scones	1 scone	440	22	11	0	10	330	55	1	27	6
Brown Sugar Cinnamon Scones	1 scone	440	20	11	0	10	270	60	1	32	4
Chocolate Chunk Scones	1 scone	450	22	11	0	10	300	56	2	29	5
Cranberry Orange Scones	1 scone	380	19	9	0	10	310	48	2	20	5
Raspberry White Chocolate Scones	1 scone	440	22	11	0	10	330	55	1	27	6