

a la Carte Breakfast Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Prot (g)	Vit D (mcg)	Calc % DV	Iron % DV	Pot % DV
a la Carte Items																
Biscuits and Sausage Gravy	1 biscuit + gravy	560	30	16	0	30	1680	64	1	7	4	10	0	8	15	4
Cinnamon Roll	1 cinnamon roll	1210	65	30	0.5	45	560	145	4	87	85	12	0	8	20	6
Croissant	1 croissant	340	18	11	0	55	350	37	1	4	4	6	0	2	10	2
Fresh Fruit	1 cup	60	0	0	0	0	10	15	2	12	0	1	0	2	0	6
Hash Browns	6 oz	390	28	18	1	75	1930	36	3	2	0	3	0	2	6	15
Oatmeal	1 platter	730	6	2	0	5	75	156	11	96	56	14	1	15	30	20
Sweet Cream Pancake	1 pancake	730	18	8	0.5	35	1510	134	0	40	38	8	0	20	20	4
Egg Options																
Scrambled Eggs	3 eggs	360	32	15	0.5	600	330	0	0	0	0	18	3	6	15	4
Scrambled Egg Whites	2 egg whites	100	9	5	0	20	140	0	0	0	0	6	0	0	0	2
Basted Eggs	2 eggs	180	14	6	0	380	140	0	0	0	0	12	2	4	10	2
Over Easy Eggs	2 eggs	180	14	6	0	380	140	0	0	0	0	12	2	4	10	2
Over Hard Eggs	2 eggs	180	14	6	0	380	140	0	0	0	0	12	2	4	10	2
Over Medium Eggs	2 eggs	180	14	6	0	380	140	0	0	0	0	12	2	4	10	2
Poached Eggs	2 eggs	140	10	3	0	370	140	0	0	0	0	12	2	4	10	2
Sunny Side Up Eggs	2 eggs	180	14	6	0	380	140	0	0	0	0	12	2	4	10	2
Meat Options																
Bacon Slices	2 slices	140	12	4	0	30	460	2	0	2	2	10	16	0	6	4
Ham Steak	6 oz	350	28	9	0	85	1930	4	0	3	3	20	0	2	6	8
Sausage Patty	2 patties	520	44	14	0	130	1560	0	--	0	--	33	--	4	20	--
Sausage Links	2 links	370	36	13	0	65	670	1	0	1	1	11	2	2	6	4
Impossible Sausage	2 patties	200	14	5	0	0	620	8	2	0	0	12	0	10	15	8
Turkey Sausage	2 patties	140	8	3	0	70	590	2	0	1	0	16	--	4	--	4
Toast Options																
Biscuit with Butter	1 biscuit	560	36	15	0	0	1250	55	1	5	4	6	0	6	15	2
English Muffin with Butter	1 English muffin	240	15	3	0	0	310	24	1	1	1	4	0	0	10	0
Wheat Toast with Butter	2 slices	300	17	3.5	0	0	340	31	3	3	3	7	0	2	10	2
Marble Rye Toast with Butter	2 slices	270	16	3.5	0	0	390	28	2	1	0	5	0	4	10	2
Sourdough Toast with Butter	2 slices	280	16	3	0	0	400	32	1	1	0	3	0	2	6	0
White Toast with Butter	2 slices	290	14	3	0	0	450	34	1	1	0	6	0	0	10	2