

Bright, Good, and Super Start Breakfast Nutrition Information

Half Order Bright Start Items	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
Choice of Eggs																
Basted Eggs	1 egg	90	7	3	0	190	70	0	0	0	0	6	1	2	6	2
Over Easy Eggs	1 egg	90	7	3	0	190	70	0	0	0	0	6	1	2	6	2
Over Hard Eggs	1 egg	90	7	3	0	190	70	0	0	0	0	6	1	2	6	2
Over Medium Eggs	1 egg	90	7	3	0	190	70	0	0	0	0	6	1	2	6	2
Poached Eggs	1 egg	70	5	1.5	0	185	70	0	0	0	0	6	1	2	6	2
Scrambled Egg Whites	2 eggs	140	12	7	0	30	190	0	0	0	0	7	0	0	0	2
Scrambled Eggs	2 eggs	240	21	10	0	400	220	0	0	0	0	12	2	4	10	2
Sunny Side Up Eggs	1 egg	90	7	3	0	190	70	0	0	0	0	6	1	2	6	2
Choice of Meat																
Sausage Patty	1 slice	70	6	2	0	15	230	1	0	1	1	5	8	0	0	2
Bacon Slices	3 oz	180	14	4.5	0	40	970	2	0	2	2	10	0	2	6	4
Turkey Sausage	1 patty	100	7	2.5	0	0	310	4	1	0	0	6	0	6	6	4
Sausage Links	1 link	190	18	6	0	35	330	1	0	0	0	5	1	0	0	2
Impossible Sausage	1 patty	260	22	7	0	65	780	0	--	0	--	16	--	2	10	--
Ham Steak	1 patty	70	4	1.5	0	35	290	1	0	1	0	8	--	2	--	2
Choice of Toast																
Biscuit with Butter	1/2 biscuit	280	18	8	0	0	630	27	1	3	2	3	0	2	6	2
English Muffin with Butter	1/2 English muffin	120	7	1.5	0	0	150	12	1	1	1	2	0	0	6	0
Marble Rye Toast with Butter	1 slice	140	8	1.5	0	0	190	14	1	0	0	3	0	2	6	0
Sourdough Toast with Butter	1 slice	140	8	1.5	0	0	200	16	1	1	0	2	0	0	6	0
Wheat Toast with Butter	1 slice	150	9	1.5	0	0	170	16	1	2	1	3	0	0	6	2
White Toast with Butter	1 slice	140	7	1.5	0	0	220	17	0	1	0	3	0	0	6	0
Sweet Cream Pancakes	1 pancake	260	8	4	0	15	410	47	0	15	14	2	0	6	6	0
Bright Start and Good Start Items																
Choice of Eggs																
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
Scrambled Egg Whites	2 egg whites	200	17	11	0.5	45	290	1	0	1	0	11	0	0	0	4
Scrambled Eggs	3 eggs	360	32	15	0.5	600	330	0	0	0	0	18	3	6	15	4
Sunny Side Up Eggs	2 eggs	180	14	6	0	380	140	0	0	0	0	12	2	4	10	2
Choice of Meat																
Sausage Patty	2 patties	520	44	14	0	130	1560	0	--	0	--	33	--	4	20	--
Bacon Slices	2 slices	140	12	4	0	30	460	2	0	2	2	10	16	0	6	4
Turkey Sausage	2 patties	140	8	3	0	70	590	2	0	1	0	16	--	4	--	4
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
Ham Steak	6 oz	350	28	9	0	85	1930	4	0	3	3	20	0	2	6	8
Choice of Toast																
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
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

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Wheat Toast with Butter	2 slices	300	17	3.5	0	0	340	31	3	3	3	7	0	2	10	2
White Toast with Butter	2 slices	290	14	3	0	0	450	34	1	1	0	6	0	0	10	2
Sweet Cream Pancakes	2 pancakes	520	15	8	0.5	35	820	93	0	30	28	4	0	10	10	2
Choice of Side																
Hash Browns	6 oz	390	28	18	1	75	1930	36	3	2	0	3	0	2	6	15
Fresh Fruit	1 cup	60	0	0	0	0	10	15	2	12	0	1	0	2	0	6
Super Start Items	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
Choice of Eggs																
Basted Eggs	3 eggs	270	21	9	0	570	210	0	0	0	0	18	3	6	15	4
Over Easy Eggs	3 eggs	270	21	9	0	570	210	0	0	0	0	18	3	6	15	4
Over Hard Eggs	3 eggs	270	21	9	0	570	210	0	0	0	0	18	3	6	15	4
Over Medium Eggs	3 eggs	270	21	9	0	570	210	0	0	0	0	18	3	6	15	4
Poached Eggs	3 eggs	210	15	4.5	0	555	210	0	0	0	0	18	3	6	15	4
Scrambled Egg Whites	2 egg whites	200	17	11	0.5	45	290	1	0	1	0	11	0	0	0	4
Scrambled Eggs	3 eggs	360	32	15	0.5	600	330	0	0	0	0	18	3	6	15	4
Sunny Side Up Eggs	3 eggs	270	21	9	0	570	210	0	0	0	0	18	3	6	15	4
Choice of Meat																
Sausage Patty	3 patties	790	65	21	0	190	2340	0	--	0	--	49	--	6	40	--
Bacon Slices	3 slices	210	18	6	0	45	690	3	0	3	3	15	23	2	6	6
Turkey Sausage	3 patties	210	12	4.5	0	105	880	3	0	2	0	24	--	6	--	6
Sausage Links	3 links	560	55	19	0	100	1000	2	0	1	1	16	2	2	6	6
Impossible Sausage	3 patties	300	21	8	0	0	930	12	3	0	0	18	0	15	20	10
Ham Steak	9 oz	530	43	14	0	125	2900	6	0	5	5	30	0	4	10	15
Choice of Toast																
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
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
Wheat Toast with Butter	2 slices	300	17	3.5	0	0	340	31	3	3	3	7	0	2	10	2
White Toast with Butter	2 slices	290	14	3	0	0	450	34	1	1	0	6	0	0	10	2
Sweet Cream Pancakes	2 pancakes	520	15	8	0.5	35	820	93	0	30	28	4	0	10	10	2
Choice of Side																
Hash Browns	6 oz	390	28	18	1	75	1930	36	3	2	0	3	0	2	6	15
Fresh Fruit	1 cup	60	0	0	0	0	10	15	2	12	0	1	0	2	0	6