

Ham Steak and Eggs 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 |
|---------------------------------------------------------------------------------------|--------------|----------|---------|-------------|---------------|-----------|----------|----------|-----------|-----------|-----------------|----------|-------------|-----------|-----------|----------|
| Ham Steak and Basted Eggs                                                             |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Country Ham Steak and Basted Eggs with Biscuit, Hash Browns                           | 1 platter    | 1840     | 136     | 57          | 1.5           | 620       | 7180     | 99       | 4         | 13        | 10              | 62       | 2           | 15        | 45        | 35       |
| Country Ham Steak and Basted Eggs with English Muffin, Hash Browns                    | 1 platter    | 1520     | 114     | 45          | 1.5           | 620       | 6240     | 69       | 4         | 9         | 8               | 59       | 2           | 10        | 40        | 35       |
| Country Ham Steak and Basted Eggs with Marble Rye Toast, Hash Browns                  | 1 platter    | 1550     | 116     | 45          | 1.5           | 620       | 6320     | 73       | 5         | 9         | 7               | 61       | 2           | 15        | 40        | 35       |
| Country Ham Steak and Basted Eggs with Pancakes, Hash Browns                          | 1 platter    | 1800     | 115     | 50          | 2             | 655       | 6750     | 138      | 3         | 38        | 35              | 60       | 2           | 20        | 45        | 35       |
| Country Ham Steak and Basted Eggs with Sourdough Toast, Hash Browns                   | 1 platter    | 1560     | 115     | 45          | 1.5           | 620       | 6330     | 76       | 4         | 9         | 7               | 59       | 2           | 10        | 35        | 35       |
| Country Ham Steak and Basted Eggs with Wheat Toast, Hash Browns                       | 1 platter    | 1580     | 117     | 45          | 1.5           | 620       | 6270     | 76       | 6         | 11        | 9               | 62       | 2           | 15        | 45        | 35       |
| Country Ham Steak and Basted Eggs with White Toast, Hash Browns                       | 1 platter    | 1560     | 114     | 45          | 1.5           | 620       | 6380     | 78       | 4         | 9         | 7               | 62       | 2           | 10        | 45        | 35       |
| Ham Steak and Egg Whites                                                              |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Country Ham Steak and Egg Whites with Biscuit, Hash Browns                            | 1 platter    | 1860     | 139     | 63          | 2             | 285       | 7330     | 100      | 4         | 14        | 10              | 61       | 0           | 15        | 35        | 35       |
| Country Ham Steak and Egg Whites with English Muffin, Hash Browns                     | 1 platter    | 1550     | 117     | 50          | 2             | 285       | 6380     | 69       | 4         | 10        | 8               | 59       | 0           | 8         | 35        | 35       |
| Country Ham Steak and Egg Whites with Marble Rye Toast, Hash Browns                   | 1 platter    | 1580     | 119     | 50          | 2             | 285       | 6460     | 74       | 5         | 10        | 7               | 60       | 0           | 10        | 30        | 35       |
| Country Ham Steak and Egg Whites with Pancakes, Hash Browns                           | 1 platter    | 1830     | 118     | 55          | 2.5           | 315       | 6900     | 138      | 3         | 38        | 35              | 59       | 0           | 20        | 35        | 35       |
| Country Ham Steak and Egg Whites with Sourdough Toast, Hash Browns                    | 1 platter    | 1590     | 118     | 50          | 2             | 285       | 6480     | 77       | 4         | 10        | 7               | 58       | 0           | 8         | 30        | 35       |
| Country Ham Steak and Egg Whites with Wheat Toast, Hash Browns                        | 1 platter    | 1600     | 120     | 51          | 2             | 285       | 6420     | 76       | 6         | 12        | 9               | 62       | 0           | 10        | 35        | 35       |
| Country Ham Steak and Egg Whites with White Toast, Hash Browns                        | 1 platter    | 1590     | 117     | 50          | 2             | 285       | 6520     | 79       | 4         | 10        | 7               | 61       | 0           | 8         | 35        | 35       |
| Ham Steak and Over Easy, Medium, Hard Eggs                                            |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with Biscuit, Hash Browns          | 1 platter    | 1840     | 136     | 57          | 1.5           | 620       | 7180     | 99       | 4         | 13        | 10              | 62       | 2           | 15        | 45        | 35       |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with English Muffin, Hash Browns   | 1 platter    | 1520     | 114     | 45          | 1.5           | 620       | 6230     | 69       | 4         | 9         | 8               | 59       | 2           | 10        | 40        | 35       |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with Marble Rye Toast, Hash Browns | 1 platter    | 1550     | 116     | 45          | 1.5           | 620       | 6320     | 73       | 5         | 9         | 7               | 61       | 2           | 15        | 40        | 35       |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with Pancakes, Hash Browns         | 1 platter    | 1800     | 115     | 50          | 2             | 655       | 6750     | 138      | 3         | 38        | 35              | 60       | 2           | 20        | 45        | 35       |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with Sourdough Toast, Hash Browns  | 1 platter    | 1560     | 115     | 45          | 1.5           | 620       | 6330     | 76       | 4         | 9         | 7               | 59       | 2           | 10        | 35        | 35       |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with Wheat Toast, Hash Browns      | 1 platter    | 1580     | 117     | 45          | 1.5           | 620       | 6270     | 76       | 6         | 11        | 9               | 62       | 2           | 15        | 45        | 35       |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with White Toast, Hash Browns      | 1 platter    | 1560     | 114     | 45          | 1.5           | 620       | 6380     | 78       | 4         | 9         | 7               | 62       | 2           | 10        | 45        | 35       |
| Ham Steak and Poached Eggs                                                            |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Country Ham Steak and Poached Eggs with Biscuit, Hash Browns                          | 1 platter    | 1800     | 132     | 55          | 1.5           | 610       | 7180     | 99       | 4         | 13        | 10              | 62       | 2           | 15        | 45        | 35       |
| Country Ham Steak and Poached Eggs with English Muffin, Hash Browns                   | 1 platter    | 1480     | 110     | 42          | 1.5           | 610       | 6230     | 69       | 4         | 9         | 8               | 59       | 2           | 10        | 40        | 35       |
| Country Ham Steak and Poached Eggs with Marble Rye Toast, Hash Browns                 | 1 platter    | 1520     | 111     | 43          | 1.5           | 610       | 6320     | 73       | 5         | 9         | 7               | 61       | 2           | 15        | 40        | 35       |
| Country Ham Steak and Poached Eggs with Pancakes, Hash Browns                         | 1 platter    | 1760     | 110     | 47          | 2             | 640       | 6750     | 138      | 3         | 38        | 35              | 60       | 2           | 20        | 45        | 35       |
| Country Ham Steak and Poached Eggs with Sourdough Toast, Hash Browns                  | 1 platter    | 1520     | 111     | 43          | 1.5           | 610       | 6330     | 76       | 4         | 9         | 7               | 59       | 2           | 10        | 35        | 35       |
| Country Ham Steak and Poached Eggs with Wheat Toast, Hash Browns                      | 1 platter    | 1540     | 112     | 43          | 1.5           | 610       | 6270     | 76       | 6         | 11        | 9               | 62       | 2           | 15        | 45        | 35       |
| Country Ham Steak and Poached Eggs with White Toast, Hash Browns                      | 1 platter    | 1530     | 110     | 42          | 1.5           | 610       | 6380     | 78       | 4         | 9         | 7               | 62       | 2           | 10        | 45        | 35       |
| Ham Steak and Scrambled Eggs                                                          |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Country Ham Steak and Scrambled Eggs with Biscuit, Hash Browns                        | 1 platter    | 2020     | 154     | 67          | 2             | 840       | 7370     | 99       | 4         | 13        | 10              | 68       | 3           | 20        | 50        | 35       |
| Country Ham Steak and Scrambled Eggs with English Muffin, Hash Browns                 | 1 platter    | 1700     | 132     | 55          | 2             | 840       | 6420     | 69       | 4         | 9         | 8               | 66       | 3           | 15        | 45        | 35       |
| Country Ham Steak and Scrambled Eggs with Marble Rye Toast, Hash Browns               | 1 platter    | 1740     | 133     | 55          | 2             | 840       | 6500     | 73       | 5         | 9         | 7               | 67       | 3           | 15        | 45        | 35       |
| Country Ham Steak and Scrambled Eggs with Pancakes, Hash Browns                       | 1 platter    | 1990     | 133     | 60          | 2.5           | 870       | 6940     | 138      | 3         | 38        | 35              | 66       | 3           | 25        | 50        | 35       |
| Country Ham Steak and Scrambled Eggs with Sourdough Toast, Hash Browns                | 1 platter    | 1750     | 133     | 55          | 2             | 840       | 6520     | 76       | 4         | 9         | 7               | 65       | 3           | 15        | 40        | 35       |
| Country Ham Steak and Scrambled Eggs with Wheat Toast, Hash Browns                    | 1 platter    | 1760     | 135     | 55          | 2             | 840       | 6460     | 76       | 6         | 11        | 9               | 68       | 3           | 15        | 50        | 40       |
| Country Ham Steak and Scrambled Eggs with White Toast, Hash Browns                    | 1 platter    | 1750     | 132     | 55          | 2             | 840       | 6570     | 78       | 4         | 9         | 7               | 68       | 3           | 15        | 50        | 35       |
| Ham Steak and Sunny Side Up Eggs                                                      |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Country Ham Steak and Sunny Side Up Eggs with Biscuit, Hash Browns                    | 1 platter    | 1840     | 136     | 57          | 1.5           | 620       | 7180     | 99       | 4         | 13        | 10              | 62       | 2           | 15        | 45        | 35       |
| Country Ham Steak and Sunny Side Up Eggs with English Muffin, Hash Browns             | 1 platter    | 1520     | 114     | 45          | 1.5           | 620       | 6230     | 69       | 4         | 9         | 8               | 59       | 2           | 10        | 40        | 35       |
| Country Ham Steak and Sunny Side Up Eggs with Marble Rye Toast, Hash Browns           | 1 platter    | 1550     | 116     | 45          | 1.5           | 620       | 6320     | 73       | 5         | 9         | 7               | 61       | 2           | 15        | 40        | 35       |
| Country Ham Steak and Sunny Side Up Eggs with Pancakes, Hash Browns                   | 1 platter    | 1800     | 115     | 50          | 2             | 655       | 6750     | 138      | 3         | 38        | 35              | 60       | 2           | 20        | 45        | 35       |
| Country Ham Steak and Sunny Side Up Eggs with Sourdough Toast, Hash Browns            | 1 platter    | 1560     | 115     | 45          | 1.5           | 620       | 6330     | 76       | 4         | 9         | 7               | 59       | 2           | 10        | 35        | 35       |
| Country Ham Steak and Sunny Side Up Eggs with Wheat Toast, Hash Browns                | 1 platter    | 1580     | 117     | 45          | 1.5           | 620       | 6270     | 76       | 6         | 11        | 9               | 62       | 2           | 15        | 45        | 35       |
| Country Ham Steak and Sunny Side Up Eggs with White Toast, Hash Browns                | 1 platter    | 1560     | 114     | 45          | 1.5           | 620       | 6380     | 78       | 4         | 9         | 7               | 62       | 2           | 10        | 45        | 35       |
| 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 |
| Ham Steak and Basted Eggs                                                             |              |          |         |             |               |           |          |          |           |           |                 |          |             |           |           |          |
| Country Ham Steak and Basted Eggs with Biscuit, Fruit                                 | 1 platter    | 1500     | 108     | 40          | 0.5           | 550       | 5270     | 78       | 3         | 24        | 10              | 60       | 2           | 15        | 40        | 30       |
| Country Ham Steak and Basted Eggs with English Muffin, Fruit                          | 1 platter    | 1190     | 86      | 27          | 0.5           | 545       | 4320     | 47       | 3         | 20        | 7               | 57       | 2           | 10        | 40        | 25       |
| Country Ham Steak and Basted Eggs with Marble Rye Toast, Fruit                        | 1 platter    | 1220     | 87      | 28          | 0.5           | 545       | 4400     | 52       | 3         | 20        | 7               | 59       | 2           | 15        | 40        | 30       |
| Country Ham Steak and Basted Eggs with Pancakes, Fruit                                | 1 platter    | 1470     | 86      | 32          | 1             | 580       | 4840     | 117      | 2         | 48        | 35              | 58       | 2           | 20        | 40        | 30       |
| Country Ham Steak and Basted Eggs with Sourdough Toast, Fruit                         | 1 platter    | 1230     | 87      | 28          | 0.5           | 545       | 4420     | 55       | 3         | 20        | 6               | 57       | 2           | 10        | 35        | 25       |

Ham Steak and Eggs Breakfast Nutritional Information

|                                                                                    |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
|------------------------------------------------------------------------------------|---------------------|-----------------|----------------|--------------------|----------------------|------------------|-----------------|-----------------|------------------|------------------|------------------------|-----------------|--------------------|------------------|------------------|-----------------|
| Country Ham Steak and Basted Eggs with Wheat Toast, Fruit                          | 1 platter           | 1240            | 88             | 28                 | 0.5                  | 545              | 4360            | 55              | 5                | 22               | 9                      | 60              | 2                  | 10               | 40               | 30              |
| Country Ham Steak and Basted Eggs with White Toast, Fruit                          | 1 platter           | 1230            | 86             | 27                 | 0.5                  | 545              | 4460            | 57              | 3                | 20               | 7                      | 60              | 2                  | 10               | 40               | 30              |
| <b>Ham Steak and Egg Whites</b>                                                    |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Country Ham Steak and Egg Whites with Biscuit, Fruit                               | 1 platter           | 1530            | 111            | 45                 | 1                    | 210              | 5420            | 79              | 3                | 25               | 10                     | 59              | 0                  | 10               | 35               | 30              |
| Country Ham Steak and Egg Whites with English Muffin, Fruit                        | 1 platter           | 1210            | 89             | 33                 | 1                    | 210              | 4470            | 48              | 3                | 21               | 7                      | 57              | 0                  | 8                | 30               | 30              |
| Country Ham Steak and Egg Whites with Marble Rye Toast, Fruit                      | 1 platter           | 1250            | 91             | 33                 | 1                    | 210              | 4550            | 52              | 3                | 21               | 7                      | 58              | 0                  | 10               | 30               | 30              |
| Country Ham Steak and Egg Whites with Pancakes, Fruit                              | 1 platter           | 1500            | 90             | 37                 | 1.5                  | 245              | 4980            | 117             | 2                | 49               | 35                     | 57              | 0                  | 15               | 30               | 30              |
| Country Ham Steak and Egg Whites with Sourdough Toast, Fruit                       | 1 platter           | 1260            | 90             | 33                 | 1                    | 210              | 4570            | 56              | 3                | 21               | 6                      | 56              | 0                  | 8                | 20               | 30              |
| Country Ham Steak and Egg Whites with Wheat Toast, Fruit                           | 1 platter           | 1270            | 92             | 33                 | 1                    | 210              | 4510            | 55              | 5                | 23               | 9                      | 60              | 0                  | 8                | 30               | 30              |
| Country Ham Steak and Egg Whites with White Toast, Fruit                           | 1 platter           | 1260            | 89             | 33                 | 1                    | 210              | 4610            | 58              | 3                | 21               | 7                      | 59              | 0                  | 8                | 30               | 30              |
| <b>Ham Steak and Over Easy, Medium, Hard Eggs</b>                                  |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with Biscuit, Fruit             | 1 platter           | 1500            | 108            | 40                 | 0.5                  | 550              | 5270            | 78              | 3                | 24               | 10                     | 60              | 2                  | 15               | 40               | 30              |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with English Muffin, Fruit      | 1 platter           | 1190            | 86             | 27                 | 0.5                  | 545              | 4320            | 47              | 3                | 20               | 7                      | 57              | 2                  | 10               | 40               | 25              |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with Marble Rye Toast, Fruit    | 1 platter           | 1220            | 87             | 28                 | 0.5                  | 545              | 4400            | 52              | 3                | 20               | 7                      | 59              | 2                  | 15               | 40               | 30              |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with Pancakes, Fruit            | 1 platter           | 1470            | 86             | 32                 | 1                    | 580              | 4840            | 117             | 2                | 48               | 35                     | 58              | 2                  | 20               | 40               | 30              |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with Sourdough Toast, Fruit     | 1 platter           | 1230            | 87             | 28                 | 0.5                  | 545              | 4420            | 55              | 3                | 20               | 6                      | 57              | 2                  | 10               | 35               | 25              |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with Wheat Toast, Fruit         | 1 platter           | 1240            | 88             | 28                 | 0.5                  | 545              | 4360            | 55              | 5                | 22               | 9                      | 60              | 2                  | 10               | 40               | 30              |
| Country Ham Steak and Over Easy, Medium, Hard Eggs with White Toast, Fruit         | 1 platter           | 1230            | 86             | 27                 | 0.5                  | 545              | 4460            | 57              | 3                | 20               | 7                      | 60              | 2                  | 10               | 40               | 30              |
| <b>Ham Steak and Poached Eggs</b>                                                  |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Country Ham Steak and Poached Eggs with Biscuit, Fruit                             | 1 platter           | 1470            | 103            | 37                 | 0                    | 535              | 5270            | 78              | 3                | 24               | 10                     | 60              | 2                  | 15               | 40               | 30              |
| Country Ham Steak and Poached Eggs with English Muffin, Fruit                      | 1 platter           | 1150            | 81             | 25                 | 0                    | 535              | 4320            | 47              | 3                | 20               | 7                      | 57              | 2                  | 10               | 40               | 25              |
| Country Ham Steak and Poached Eggs with Marble Rye Toast, Fruit                    | 1 platter           | 1180            | 83             | 25                 | 0                    | 535              | 4400            | 52              | 3                | 20               | 7                      | 59              | 2                  | 15               | 40               | 30              |
| Country Ham Steak and Poached Eggs with Pancakes, Fruit                            | 1 platter           | 1430            | 82             | 30                 | 1                    | 570              | 4840            | 117             | 2                | 48               | 35                     | 58              | 2                  | 20               | 40               | 30              |
| Country Ham Steak and Poached Eggs with Sourdough Toast, Fruit                     | 1 platter           | 1190            | 83             | 25                 | 0                    | 535              | 4420            | 55              | 3                | 20               | 6                      | 57              | 2                  | 10               | 35               | 25              |
| Country Ham Steak and Poached Eggs with Wheat Toast, Fruit                         | 1 platter           | 1210            | 84             | 25                 | 0                    | 535              | 4360            | 55              | 5                | 22               | 9                      | 60              | 2                  | 10               | 40               | 30              |
| Country Ham Steak and Poached Eggs with White Toast, Fruit                         | 1 platter           | 1190            | 81             | 25                 | 0                    | 535              | 4460            | 57              | 3                | 20               | 7                      | 60              | 2                  | 10               | 40               | 30              |
| <b>Ham Steak and Scrambled Eggs</b>                                                |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Country Ham Steak and Scrambled Eggs with Biscuit, Fruit                           | 1 platter           | 1690            | 126            | 49                 | 1                    | 765              | 5460            | 78              | 3                | 24               | 10                     | 66              | 3                  | 20               | 45               | 30              |
| Country Ham Steak and Scrambled Eggs with English Muffin, Fruit                    | 1 platter           | 1370            | 104            | 37                 | 1                    | 765              | 4510            | 47              | 3                | 20               | 7                      | 64              | 3                  | 15               | 45               | 30              |
| Country Ham Steak and Scrambled Eggs with Marble Rye Toast, Fruit                  | 1 platter           | 1400            | 105            | 37                 | 1                    | 765              | 4590            | 52              | 3                | 20               | 7                      | 65              | 3                  | 15               | 45               | 30              |
| Country Ham Steak and Scrambled Eggs with Pancakes, Fruit                          | 1 platter           | 1650            | 104            | 42                 | 1.5                  | 800              | 5020            | 117             | 2                | 48               | 35                     | 64              | 3                  | 25               | 45               | 30              |
| Country Ham Steak and Scrambled Eggs with Sourdough Toast, Fruit                   | 1 platter           | 1410            | 105            | 37                 | 1                    | 765              | 4610            | 55              | 3                | 20               | 6                      | 63              | 3                  | 15               | 40               | 30              |
| Country Ham Steak and Scrambled Eggs with Wheat Toast, Fruit                       | 1 platter           | 1430            | 106            | 37                 | 1                    | 765              | 4550            | 55              | 5                | 22               | 9                      | 66              | 3                  | 15               | 45               | 30              |
| Country Ham Steak and Scrambled Eggs with White Toast, Fruit                       | 1 platter           | 1420            | 104            | 37                 | 1                    | 765              | 4650            | 57              | 3                | 20               | 7                      | 66              | 3                  | 15               | 45               | 30              |
| <b>Ham Steak and Sunny Side Up Eggs</b>                                            |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Country Ham Steak and Sunny Side Up Eggs with Biscuit, Fruit                       | 1 platter           | 1500            | 108            | 40                 | 0.5                  | 550              | 5270            | 78              | 3                | 24               | 10                     | 60              | 2                  | 15               | 40               | 30              |
| Country Ham Steak and Sunny Side Up Eggs with English Muffin, Fruit                | 1 platter           | 1190            | 86             | 27                 | 0.5                  | 545              | 4320            | 47              | 3                | 20               | 7                      | 57              | 2                  | 10               | 40               | 25              |
| Country Ham Steak and Sunny Side Up Eggs with Marble Rye Toast, Fruit              | 1 platter           | 1220            | 87             | 28                 | 0.5                  | 545              | 4400            | 52              | 3                | 20               | 7                      | 59              | 2                  | 15               | 40               | 30              |
| Country Ham Steak and Sunny Side Up Eggs with Pancakes, Fruit                      | 1 platter           | 1470            | 86             | 32                 | 1                    | 580              | 4840            | 117             | 2                | 48               | 35                     | 58              | 2                  | 20               | 40               | 30              |
| Country Ham Steak and Sunny Side Up Eggs with Sourdough Toast, Fruit               | 1 platter           | 1230            | 87             | 28                 | 0.5                  | 545              | 4420            | 55              | 3                | 20               | 6                      | 57              | 2                  | 10               | 35               | 25              |
| Country Ham Steak and Sunny Side Up Eggs with Wheat Toast, Fruit                   | 1 platter           | 1240            | 88             | 28                 | 0.5                  | 545              | 4360            | 55              | 5                | 22               | 9                      | 60              | 2                  | 10               | 40               | 30              |
| Country Ham Steak and Sunny Side Up Eggs with White Toast, Fruit                   | 1 platter           | 1230            | 86             | 27                 | 0.5                  | 545              | 4460            | 57              | 3                | 20               | 7                      | 60              | 2                  | 10               | 40               | 30              |
| <b>Item Name</b>                                                                   | <b>Serving Size</b> | <b>Calories</b> | <b>Fat (g)</b> | <b>Sat Fat (g)</b> | <b>Trans Fat (g)</b> | <b>Chol (mg)</b> | <b>Sod (mg)</b> | <b>Carb (g)</b> | <b>Fiber (g)</b> | <b>Sugar (g)</b> | <b>Added Sugar (g)</b> | <b>Prot (g)</b> | <b>Vit D (mcg)</b> | <b>Calc % DV</b> | <b>Iron % DV</b> | <b>Pot % DV</b> |
| <b>Ham Steak and Poached Eggs, Half Order</b>                                      |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Half Order Country Ham Steak and Poached Eggs with Biscuit, Hash Browns            | 1 platter           | 1100            | 80             | 36                 | 1.5                  | 340              | 4550            | 68              | 4                | 7                | 5                      | 32              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Poached Eggs with English Muffin, Hash Browns     | 1 platter           | 940             | 69             | 30                 | 1.5                  | 340              | 4080            | 52              | 4                | 5                | 4                      | 31              | 1                  | 6                | 20               | 25              |
| Half Order Country Ham Steak and Poached Eggs with Marble Rye Toast, Hash Browns   | 1 platter           | 950             | 70             | 30                 | 1.5                  | 340              | 4120            | 55              | 4                | 5                | 4                      | 32              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Poached Eggs with Pancakes, Hash Browns           | 1 platter           | 1080            | 69             | 32                 | 1.5                  | 355              | 4340            | 87              | 3                | 20               | 17                     | 31              | 1                  | 10               | 20               | 25              |
| Half Order Country Ham Steak and Poached Eggs with Sourdough Toast, Hash Browns    | 1 platter           | 960             | 70             | 30                 | 1.5                  | 340              | 4130            | 56              | 4                | 6                | 3                      | 31              | 1                  | 6                | 20               | 25              |
| Half Order Country Ham Steak and Poached Eggs with Wheat Toast, Hash Browns        | 1 platter           | 970             | 70             | 30                 | 1.5                  | 340              | 4100            | 56              | 5                | 6                | 5                      | 33              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Poached Eggs with White Toast, Hash Browns        | 1 platter           | 960             | 69             | 30                 | 1.5                  | 340              | 4150            | 57              | 4                | 5                | 3                      | 32              | 1                  | 6                | 20               | 25              |
| <b>Ham Steak and Scrambled Eggs, Half Order</b>                                    |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Half Order Country Ham Steak and Scrambled Eggs with Biscuit, Hash Browns          | 1 platter           | 1270            | 96             | 45                 | 2                    | 555              | 4700            | 68              | 4                | 7                | 5                      | 38              | 2                  | 10               | 30               | 25              |
| Half Order Country Ham Steak and Scrambled Eggs with English Muffin, Hash Browns   | 1 platter           | 1110            | 85             | 39                 | 2                    | 555              | 4230            | 52              | 4                | 5                | 4                      | 37              | 2                  | 8                | 30               | 25              |
| Half Order Country Ham Steak and Scrambled Eggs with Marble Rye Toast, Hash Browns | 1 platter           | 1130            | 86             | 39                 | 2                    | 555              | 4270            | 55              | 4                | 5                | 4                      | 38              | 2                  | 10               | 30               | 25              |
| Half Order Country Ham Steak and Scrambled Eggs with Pancakes, Hash Browns         | 1 platter           | 1250            | 86             | 41                 | 2                    | 570              | 4490            | 87              | 3                | 20               | 17                     | 37              | 2                  | 15               | 30               | 25              |

Ham Steak and Eggs Breakfast Nutritional Information

|                                                                                                  |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
|--------------------------------------------------------------------------------------------------|---------------------|-----------------|----------------|--------------------|----------------------|------------------|-----------------|-----------------|------------------|------------------|------------------------|-----------------|--------------------|------------------|------------------|-----------------|
| Half Order Country Ham Steak and Scrambled Eggs with Sourdough Toast, Hash Browns                | 1 platter           | 1130            | 86             | 39                 | 2                    | 555              | 4280            | 56              | 4                | 6                | 3                      | 37              | 2                  | 10               | 30               | 25              |
| Half Order Country Ham Steak and Scrambled Eggs with Wheat Toast, Hash Browns                    | 1 platter           | 1140            | 87             | 39                 | 2                    | 555              | 4250            | 56              | 5                | 6                | 5                      | 39              | 2                  | 10               | 30               | 25              |
| Half Order Country Ham Steak and Scrambled Eggs with White Toast, Hash Browns                    | 1 platter           | 1130            | 85             | 39                 | 2                    | 555              | 4300            | 57              | 4                | 5                | 3                      | 38              | 2                  | 8                | 30               | 25              |
| <b>Ham Steak and Sunny Side Up Eggs, Half Order</b>                                              |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Half Order Country Ham Steak and Sunny Side Up Eggs with Biscuit, Hash Browns                    | 1 platter           | 1120            | 82             | 38                 | 1.5                  | 345              | 4550            | 68              | 4                | 7                | 5                      | 32              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Sunny Side Up Eggs with English Muffin, Hash Browns             | 1 platter           | 960             | 71             | 31                 | 1.5                  | 345              | 4080            | 52              | 4                | 5                | 4                      | 31              | 1                  | 6                | 20               | 25              |
| Half Order Country Ham Steak and Sunny Side Up Eggs with Marble Rye Toast, Hash Browns           | 1 platter           | 970             | 72             | 32                 | 1.5                  | 345              | 4120            | 55              | 4                | 5                | 4                      | 32              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Sunny Side Up Eggs with Pancakes, Hash Browns                   | 1 platter           | 1100            | 71             | 34                 | 1.5                  | 365              | 4340            | 87              | 3                | 20               | 17                     | 31              | 1                  | 10               | 20               | 25              |
| Half Order Country Ham Steak and Sunny Side Up Eggs with Sourdough Toast, Hash Browns            | 1 platter           | 980             | 72             | 31                 | 1.5                  | 345              | 4130            | 56              | 4                | 6                | 3                      | 31              | 1                  | 6                | 20               | 25              |
| Half Order Country Ham Steak and Sunny Side Up Eggs with Wheat Toast, Hash Browns                | 1 platter           | 990             | 72             | 32                 | 1.5                  | 345              | 4100            | 56              | 5                | 6                | 5                      | 33              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Sunny Side Up Eggs with White Toast, Hash Browns                | 1 platter           | 980             | 71             | 31                 | 1.5                  | 345              | 4150            | 57              | 4                | 5                | 3                      | 32              | 1                  | 6                | 20               | 25              |
| <b>Ham Steak and Egg Whites, Half Order</b>                                                      |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Half Order Country Ham Steak and Egg Whites with Biscuit, Hash Browns                            | 1 platter           | 1160            | 87             | 42                 | 2                    | 185              | 4680            | 68              | 4                | 8                | 5                      | 34              | 0                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Egg Whites with English Muffin, Hash Browns                     | 1 platter           | 1120            | 83             | 37                 | 2                    | 185              | 4350            | 65              | 4                | 6                | 4                      | 35              | 0                  | 6                | 20               | 25              |
| Half Order Country Ham Steak and Egg Whites with Marble Rye Toast, Hash Browns                   | 1 platter           | 1020            | 76             | 36                 | 2                    | 185              | 4240            | 55              | 4                | 6                | 4                      | 33              | 0                  | 6                | 15               | 25              |
| Half Order Country Ham Steak and Egg Whites with Pancakes, Hash Browns                           | 1 platter           | 1410            | 84             | 42                 | 2.5                  | 220              | 4870            | 134             | 3                | 35               | 32                     | 35              | 0                  | 15               | 20               | 25              |
| Half Order Country Ham Steak and Egg Whites with Sourdough Toast, Hash Browns                    | 1 platter           | 1030            | 76             | 36                 | 2                    | 185              | 4250            | 57              | 4                | 6                | 3                      | 32              | 0                  | 6                | 15               | 25              |
| Half Order Country Ham Steak and Egg Whites with Wheat Toast, Hash Browns                        | 1 platter           | 1030            | 77             | 36                 | 2                    | 185              | 4220            | 57              | 5                | 7                | 5                      | 34              | 0                  | 6                | 15               | 25              |
| Half Order Country Ham Steak and Egg Whites with White Toast, Hash Browns                        | 1 platter           | 1030            | 76             | 36                 | 2                    | 185              | 4270            | 58              | 4                | 6                | 3                      | 34              | 0                  | 4                | 15               | 25              |
| <b>Ham Steak and Basted Eggs, Half Order</b>                                                     |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Half Order Country Ham Steak and Basted Eggs with Biscuit, Hash Browns                           | 1 platter           | 1120            | 82             | 38                 | 1.5                  | 345              | 4550            | 68              | 4                | 7                | 5                      | 32              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Basted Eggs with English Muffin, Hash Browns                    | 1 platter           | 960             | 71             | 31                 | 1.5                  | 345              | 4080            | 52              | 4                | 5                | 4                      | 31              | 1                  | 6                | 20               | 25              |
| Half Order Country Ham Steak and Basted Eggs with Marble Rye Toast, Hash Browns                  | 1 platter           | 970             | 72             | 32                 | 1.5                  | 345              | 4120            | 55              | 4                | 5                | 4                      | 32              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Basted Eggs with Pancakes, Hash Browns                          | 1 platter           | 1100            | 71             | 34                 | 1.5                  | 365              | 4340            | 87              | 3                | 20               | 17                     | 31              | 1                  | 10               | 20               | 25              |
| Half Order Country Ham Steak and Basted Eggs with Sourdough Toast, Hash Browns                   | 1 platter           | 980             | 72             | 31                 | 1.5                  | 345              | 4130            | 56              | 4                | 6                | 3                      | 31              | 1                  | 6                | 20               | 25              |
| Half Order Country Ham Steak and Basted Eggs with Wheat Toast, Hash Browns                       | 1 platter           | 990             | 72             | 32                 | 1.5                  | 345              | 4100            | 56              | 5                | 6                | 5                      | 33              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Basted Eggs with White Toast, Hash Browns                       | 1 platter           | 980             | 71             | 31                 | 1.5                  | 345              | 4150            | 57              | 4                | 5                | 3                      | 32              | 1                  | 6                | 20               | 25              |
| <b>Ham Steak and Over Easy, Medium, Hard Eggs, Half Order</b>                                    |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with Biscuit, Hash Browns          | 1 platter           | 1120            | 82             | 38                 | 1.5                  | 345              | 4550            | 68              | 4                | 7                | 5                      | 32              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with English Muffin, Hash Browns   | 1 platter           | 960             | 71             | 31                 | 1.5                  | 345              | 4080            | 52              | 4                | 5                | 4                      | 31              | 1                  | 6                | 20               | 25              |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with Marble Rye Toast, Hash Browns | 1 platter           | 970             | 72             | 32                 | 1.5                  | 345              | 4120            | 55              | 4                | 5                | 4                      | 32              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with Pancakes, Hash Browns         | 1 platter           | 1100            | 71             | 34                 | 1.5                  | 365              | 4340            | 87              | 3                | 20               | 17                     | 31              | 1                  | 10               | 20               | 25              |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with Sourdough Toast, Hash Browns  | 1 platter           | 980             | 72             | 31                 | 1.5                  | 345              | 4130            | 56              | 4                | 6                | 3                      | 31              | 1                  | 6                | 20               | 25              |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with Wheat Toast, Hash Browns      | 1 platter           | 990             | 72             | 32                 | 1.5                  | 345              | 4100            | 56              | 5                | 6                | 5                      | 33              | 1                  | 8                | 20               | 25              |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with White Toast, Hash Browns      | 1 platter           | 980             | 71             | 31                 | 1.5                  | 345              | 4150            | 57              | 4                | 5                | 3                      | 32              | 1                  | 6                | 20               | 25              |
| <b>Item Name</b>                                                                                 | <b>Serving Size</b> | <b>Calories</b> | <b>Fat (g)</b> | <b>Sat Fat (g)</b> | <b>Trans Fat (g)</b> | <b>Chol (mg)</b> | <b>Sod (mg)</b> | <b>Carb (g)</b> | <b>Fiber (g)</b> | <b>Sugar (g)</b> | <b>Added Sugar (g)</b> | <b>Prot (g)</b> | <b>Vit D (mcg)</b> | <b>Calc % DV</b> | <b>Iron % DV</b> | <b>Pot % DV</b> |
| <b>Ham Steak and Basted Eggs</b>                                                                 |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Half Order Country Ham Steak and Basted Eggs with Biscuit, Fruit                                 | 1 platter           | 780             | 54             | 20                 | 0                    | 275              | 2640            | 47              | 2                | 18               | 5                      | 30              | 1                  | 8                | 20               | 15              |
| Half Order Country Ham Steak and Basted Eggs with English Muffin, Fruit                          | 1 platter           | 620             | 43             | 14                 | 0                    | 275              | 2170            | 31              | 2                | 16               | 4                      | 29              | 1                  | 6                | 20               | 15              |
| Half Order Country Ham Steak and Basted Eggs with Marble Rye Toast, Fruit                        | 1 platter           | 640             | 44             | 14                 | 0                    | 275              | 2210            | 33              | 2                | 16               | 3                      | 30              | 1                  | 8                | 20               | 15              |
| Half Order Country Ham Steak and Basted Eggs with Pancakes, Fruit                                | 1 platter           | 760             | 43             | 16                 | 0.5                  | 290              | 2420            | 66              | 2                | 30               | 17                     | 29              | 1                  | 10               | 20               | 15              |
| Half Order Country Ham Steak and Basted Eggs with Sourdough Toast, Fruit                         | 1 platter           | 640             | 44             | 14                 | 0                    | 275              | 2220            | 35              | 2                | 16               | 3                      | 29              | 1                  | 6                | 15               | 15              |
| Half Order Country Ham Steak and Basted Eggs with Wheat Toast, Fruit                             | 1 platter           | 650             | 44             | 14                 | 0                    | 275              | 2190            | 35              | 3                | 17               | 5                      | 31              | 1                  | 6                | 20               | 20              |
| Half Order Country Ham Steak and Basted Eggs with White Toast, Fruit                             | 1 platter           | 650             | 43             | 14                 | 0                    | 275              | 2240            | 36              | 2                | 16               | 3                      | 30              | 1                  | 6                | 20               | 15              |
| <b>Ham Steak and Egg Whites</b>                                                                  |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Half Order Country Ham Steak and Egg Whites with Biscuit, Fruit                                  | 1 platter           | 830             | 58             | 24                 | 0.5                  | 115              | 2760            | 47              | 2                | 19               | 5                      | 32              | 0                  | 6                | 15               | 20              |
| Half Order Country Ham Steak and Egg Whites with English Muffin, Fruit                           | 1 platter           | 790             | 55             | 20                 | 0.5                  | 115              | 2440            | 44              | 3                | 17               | 4                      | 33              | 0                  | 4                | 20               | 20              |
| Half Order Country Ham Steak and Egg Whites with Marble Rye Toast, Fruit                         | 1 platter           | 690             | 48             | 18                 | 0.5                  | 115              | 2330            | 34              | 2                | 17               | 3                      | 31              | 0                  | 6                | 15               | 20              |
| Half Order Country Ham Steak and Egg Whites with Pancakes, Fruit                                 | 1 platter           | 1070            | 55             | 24                 | 1                    | 145              | 2960            | 113             | 2                | 46               | 31                     | 33              | 0                  | 15               | 20               | 20              |
| Half Order Country Ham Steak and Egg Whites with Sourdough Toast, Fruit                          | 1 platter           | 690             | 48             | 18                 | 0.5                  | 115              | 2340            | 36              | 2                | 17               | 3                      | 30              | 0                  | 4                | 10               | 15              |
| Half Order Country Ham Steak and Egg Whites with Wheat Toast, Fruit                              | 1 platter           | 700             | 49             | 18                 | 0.5                  | 115              | 2310            | 35              | 3                | 18               | 5                      | 32              | 0                  | 6                | 15               | 20              |
| Half Order Country Ham Steak and Egg Whites with White Toast, Fruit                              | 1 platter           | 690             | 47             | 18                 | 0.5                  | 115              | 2360            | 37              | 2                | 17               | 3                      | 32              | 0                  | 4                | 15               | 20              |
| <b>Ham Steak and Over Easy, Medium, Hard Eggs</b>                                                |                     |                 |                |                    |                      |                  |                 |                 |                  |                  |                        |                 |                    |                  |                  |                 |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with Biscuit, Fruit                | 1 platter           | 780             | 54             | 20                 | 0                    | 275              | 2640            | 47              | 2                | 18               | 5                      | 30              | 1                  | 8                | 20               | 15              |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with English Muffin, Fruit         | 1 platter           | 620             | 43             | 14                 | 0                    | 275              | 2170            | 31              | 2                | 16               | 4                      | 29              | 1                  | 6                | 20               | 15              |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with Marble Rye Toast, Fruit       | 1 platter           | 640             | 44             | 14                 | 0                    | 275              | 2210            | 33              | 2                | 16               | 3                      | 30              | 1                  | 8                | 20               | 15              |

Ham Steak and Eggs Breakfast Nutritional Information

|                                                                                           |           |     |    |    |     |     |      |    |   |    |    |    |   |    |    |    |
|-------------------------------------------------------------------------------------------|-----------|-----|----|----|-----|-----|------|----|---|----|----|----|---|----|----|----|
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with Pancakes, Fruit        | 1 platter | 760 | 43 | 16 | 0.5 | 290 | 2420 | 66 | 2 | 30 | 17 | 29 | 1 | 10 | 20 | 15 |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with Sourdough Toast, Fruit | 1 platter | 640 | 44 | 14 | 0   | 275 | 2220 | 35 | 2 | 16 | 3  | 29 | 1 | 6  | 15 | 15 |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with Wheat Toast, Fruit     | 1 platter | 650 | 44 | 14 | 0   | 275 | 2190 | 35 | 3 | 17 | 5  | 31 | 1 | 6  | 20 | 20 |
| Half Order Country Ham Steak and Over Easy, Medium, Hard Eggs with White Toast, Fruit     | 1 platter | 650 | 43 | 14 | 0   | 275 | 2240 | 36 | 2 | 16 | 3  | 30 | 1 | 6  | 20 | 15 |
| <b>Ham Steak and Poached Eggs</b>                                                         |           |     |    |    |     |     |      |    |   |    |    |    |   |    |    |    |
| Half Order Country Ham Steak and Poached Eggs with Biscuit, Fruit                         | 1 platter | 760 | 52 | 19 | 0   | 270 | 2640 | 47 | 2 | 18 | 5  | 30 | 1 | 8  | 20 | 15 |
| Half Order Country Ham Steak and Poached Eggs with English Muffin, Fruit                  | 1 platter | 600 | 41 | 12 | 0   | 270 | 2170 | 31 | 2 | 16 | 4  | 29 | 1 | 6  | 20 | 15 |
| Half Order Country Ham Steak and Poached Eggs with Marble Rye Toast, Fruit                | 1 platter | 620 | 42 | 13 | 0   | 270 | 2210 | 33 | 2 | 16 | 3  | 30 | 1 | 8  | 20 | 15 |
| Half Order Country Ham Steak and Poached Eggs with Pancakes, Fruit                        | 1 platter | 750 | 41 | 15 | 0   | 285 | 2420 | 66 | 2 | 30 | 17 | 29 | 1 | 10 | 20 | 15 |
| Half Order Country Ham Steak and Poached Eggs with Sourdough Toast, Fruit                 | 1 platter | 630 | 42 | 12 | 0   | 270 | 2220 | 35 | 2 | 16 | 3  | 29 | 1 | 6  | 15 | 15 |
| Half Order Country Ham Steak and Poached Eggs with Wheat Toast, Fruit                     | 1 platter | 630 | 42 | 13 | 0   | 270 | 2190 | 35 | 3 | 17 | 5  | 31 | 1 | 6  | 20 | 20 |
| Half Order Country Ham Steak and Poached Eggs, White Toast, Fruit                         | 1 platter | 630 | 41 | 12 | 0   | 270 | 2240 | 36 | 2 | 16 | 3  | 30 | 1 | 6  | 20 | 15 |
| <b>Ham Steak and Scrambled Eggs</b>                                                       |           |     |    |    |     |     |      |    |   |    |    |    |   |    |    |    |
| Half Order Country Ham Steak and Scrambled Eggs with Biscuit, Fruit                       | 1 platter | 930 | 68 | 27 | 0.5 | 485 | 2790 | 47 | 2 | 18 | 5  | 36 | 2 | 10 | 30 | 20 |
| Half Order Country Ham Steak and Scrambled Eggs with English Muffin, Fruit                | 1 platter | 770 | 57 | 21 | 0.5 | 485 | 2320 | 31 | 2 | 16 | 4  | 35 | 2 | 8  | 30 | 20 |
| Half Order Country Ham Steak and Scrambled Eggs with Marble Rye Toast, Fruit              | 1 platter | 790 | 58 | 21 | 0.5 | 485 | 2360 | 33 | 2 | 16 | 3  | 36 | 2 | 10 | 30 | 20 |
| Half Order Country Ham Steak and Scrambled Eggs with Pancakes, Fruit                      | 1 platter | 920 | 58 | 24 | 1   | 500 | 2570 | 66 | 2 | 30 | 17 | 35 | 2 | 15 | 30 | 20 |
| Half Order Country Ham Steak and Scrambled Eggs with Sourdough Toast, Fruit               | 1 platter | 800 | 58 | 21 | 0.5 | 485 | 2360 | 35 | 2 | 16 | 3  | 35 | 2 | 8  | 20 | 20 |
| Half Order Country Ham Steak and Scrambled Eggs with Wheat Toast, Fruit                   | 1 platter | 800 | 59 | 21 | 0.5 | 485 | 2330 | 35 | 3 | 17 | 5  | 37 | 2 | 8  | 30 | 20 |
| Half Order Country Ham Steak and Scrambled Eggs with White Toast, Fruit                   | 1 platter | 800 | 57 | 21 | 0.5 | 485 | 2390 | 36 | 2 | 16 | 3  | 36 | 2 | 8  | 30 | 20 |
| <b>Ham Steak and Sunny Side Up Eggs</b>                                                   |           |     |    |    |     |     |      |    |   |    |    |    |   |    |    |    |
| Half Order Country Ham Steak and Sunny Side Up Eggs with Biscuit, Fruit                   | 1 platter | 780 | 54 | 20 | 0   | 275 | 2640 | 47 | 2 | 18 | 5  | 30 | 1 | 8  | 20 | 15 |
| Half Order Country Ham Steak and Sunny Side Up Eggs with English Muffin, Fruit            | 1 platter | 620 | 43 | 14 | 0   | 275 | 2170 | 31 | 2 | 16 | 4  | 29 | 1 | 6  | 20 | 15 |
| Half Order Country Ham Steak and Sunny Side Up Eggs with Marble Rye Toast, Fruit          | 1 platter | 640 | 44 | 14 | 0   | 275 | 2210 | 33 | 2 | 16 | 3  | 30 | 1 | 8  | 20 | 15 |
| Half Order Country Ham Steak and Sunny Side Up Eggs with Pancakes, Fruit                  | 1 platter | 760 | 43 | 16 | 0.5 | 290 | 2420 | 66 | 2 | 30 | 17 | 29 | 1 | 10 | 20 | 15 |
| Half Order Country Ham Steak and Sunny Side Up Eggs with Sourdough Toast, Fruit           | 1 platter | 640 | 44 | 14 | 0   | 275 | 2220 | 35 | 2 | 16 | 3  | 29 | 1 | 6  | 15 | 15 |
| Half Order Country Ham Steak and Sunny Side Up Eggs with Wheat Toast, Fruit               | 1 platter | 650 | 44 | 14 | 0   | 275 | 2190 | 35 | 3 | 17 | 5  | 31 | 1 | 6  | 20 | 20 |
| Half Order Country Ham Steak and Sunny Side Up Eggs with White Toast, Fruit               | 1 platter | 650 | 43 | 14 | 0   | 275 | 2240 | 36 | 2 | 16 | 3  | 30 | 1 | 6  | 20 | 15 |