

Morning Melt Breakfast Sandwich 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
Morning Melt with Biscuit																
Morning Melt with Basted Egg, Bacon, Fruit	1 platter	830	51	23	0	410	1940	72	3	19	5	26	10	20	30	15
Morning Melt with Basted Egg, Bacon, Hash Browns	1 platter	1170	79	41	1.5	480	3850	93	4	8	5	28	10	20	35	20
Morning Melt with Basted Egg, Sausage Patty, Fruit	1 platter	1030	67	28	0	460	2490	71	3	18	4	37	2	20	40	10
Morning Melt with Basted Egg, Sausage Patty, Hash Browns	1 platter	1360	95	46	1.5	530	4400	92	4	8	4	39	2	20	45	20
Morning Melt with Egg Whites, Bacon, Fruit	1 platter	880	56	28	0.5	250	2060	73	3	20	5	27	9	15	20	15
Morning Melt with Egg Whites, Bacon, Hash Browns	1 platter	1220	84	45	2	320	3970	94	4	9	5	29	9	15	30	20
Morning Melt with Egg Whites, Sausage Patty, Fruit	1 platter	1070	72	33	1	300	2610	72	3	19	4	39	1	20	35	15
Morning Melt with Egg Whites, Sausage Patty, Hash Browns	1 platter	1410	100	50	2	370	4520	93	4	8	4	41	1	20	40	20
Morning Melt with Over Easy, Medium, Hard Egg, Bacon, Fruit	1 platter	830	51	23	0	410	1940	72	3	19	5	26	10	20	30	15
Morning Melt with Over Easy, Medium, Hard Egg, Bacon, Hash Browns	1 platter	1170	79	41	1.5	480	3850	93	4	8	5	28	10	20	35	20
Morning Melt with Over Easy, Medium, Hard Egg, Sausage Patty, Fruit	1 platter	1030	67	28	0	460	2490	71	3	18	4	37	2	20	40	10
Morning Melt with Over Easy, Medium, Hard Egg, Sausage Patty, Hash Browns	1 platter	1360	95	46	1.5	530	4400	92	4	8	4	39	2	20	45	20
Morning Melt with Poached Egg, Bacon, Fruit	1 platter	820	49	22	0	405	1940	72	3	19	5	26	10	20	30	15
Morning Melt with Poached Egg, Bacon, Hash Browns	1 platter	1150	77	40	1.5	475	3850	93	4	8	5	28	10	20	35	20
Morning Melt with Poached Egg, Sausage Patty, Fruit	1 platter	1010	65	27	0	455	2490	71	3	18	4	37	2	20	40	10
Morning Melt with Poached Egg, Sausage Patty, Hash Browns	1 platter	1340	93	45	1.5	525	4400	92	4	8	4	39	2	20	45	20
Morning Melt with Scrambled Eggs, Bacon, Fruit	1 platter	990	66	31	0.5	620	2090	72	3	19	5	32	11	20	35	15
Morning Melt with Scrambled Eggs, Bacon, Hash Browns	1 platter	1320	94	48	2	690	4000	93	4	8	5	34	11	20	40	20
Morning Melt with Scrambled Eggs, Sausage Patty, Fruit	1 platter	1180	81	36	1	670	2640	71	3	18	4	43	3	20	45	15
Morning Melt with Scrambled Eggs, Sausage Patty, Hash Browns	1 platter	1510	110	53	2	740	4550	92	4	8	4	45	3	25	50	20
Morning Melt with Sunny Side Up Egg, Bacon, Fruit	1 platter	830	51	23	0	410	1940	72	3	19	5	26	10	20	30	15
Morning Melt with Sunny Side Up Egg, Bacon, Hash Browns	1 platter	1170	79	41	1.5	480	3850	93	4	8	5	28	10	20	35	20
Morning Melt with Sunny Side Up Egg, Sausage Patty, Fruit	1 platter	1030	67	28	0	460	2490	71	3	18	4	37	2	20	40	10
Morning Melt with Sunny Side Up Egg, Sausage Patty, Hash Browns	1 platter	1360	95	46	1.5	530	4400	92	4	8	4	39	2	20	45	20
Morning Melt with English Muffin																
Morning Melt with Basted Egg, Bacon, Fruit	1 platter	410	20	8	0	225	900	42	3	15	2	18	9	10	20	10
Morning Melt with Basted Egg, Bacon, Hash Browns	1 platter	740	48	26	1.5	295	2820	63	4	4	2	20	9	10	20	20
Morning Melt with Basted Egg, Sausage Patty, Fruit	1 platter	600	36	13	0	270	1450	41	3	14	1	29	1	15	35	10
Morning Melt with Basted Egg, Sausage Patty, Hash Browns	1 platter	930	64	31	1.5	345	3370	62	4	4	1	31	1	15	35	15
Morning Melt with Egg Whites, Bacon, Fruit	1 platter	450	24	13	0.5	65	1020	42	3	16	2	19	8	10	15	10
Morning Melt with Egg Whites, Bacon, Hash Browns	1 platter	790	52	30	2	135	2940	63	4	5	2	21	8	10	15	20
Morning Melt with Egg Whites, Sausage Patty, Fruit	1 platter	650	40	18	1	110	1570	41	3	15	1	30	0	10	30	10
Morning Melt with Egg Whites, Sausage Patty, Hash Browns	1 platter	980	68	35	2	185	3490	62	4	4	1	32	0	10	30	15
Morning Melt with Over Easy, Medium, Hard Egg, Bacon, Fruit	1 platter	410	20	8	0	225	900	42	3	15	2	18	9	10	20	10
Morning Melt with Over Easy, Medium, Hard Egg, Bacon, Hash Browns	1 platter	740	48	26	1.5	295	2820	63	4	4	2	20	9	10	20	20
Morning Melt with Over Easy, Medium, Hard Egg, Sausage Patty, Fruit	1 platter	600	36	13	0	270	1450	41	3	14	1	29	1	15	35	10
Morning Melt with Over Easy, Medium, Hard Egg, Sausage Patty, Hash Browns	1 platter	930	64	31	1.5	345	3370	62	4	4	1	31	1	15	35	15
Morning Melt with Poached Egg, Bacon, Fruit	1 platter	390	18	7	0	220	900	42	3	15	2	17	9	10	20	10
Morning Melt with Poached Egg, Bacon, Hash Browns	1 platter	720	46	25	1.5	290	2820	63	4	4	2	20	9	10	20	20
Morning Melt with Poached Egg, Sausage Patty, Fruit	1 platter	580	33	12	0	265	1450	41	3	14	1	29	1	15	35	10
Morning Melt with Poached Egg, Sausage Patty, Hash Browns	1 platter	910	61	30	1.5	340	3370	62	4	4	1	31	1	15	35	15
Morning Melt with Sunny Side Up Egg, Bacon, Fruit	1 platter	410	20	8	0	225	900	42	3	15	2	18	9	10	20	10
Morning Melt with Sunny Side Up Egg, Bacon, Hash Browns	1 platter	740	48	26	1.5	295	2820	63	4	4	2	20	9	10	20	20
Morning Melt with Sunny Side Up Egg, Sausage Patty, Fruit	1 platter	600	36	13	0	270	1450	41	3	14	1	29	1	15	35	10
Morning Melt with Sunny Side Up Egg, Sausage Patty, Hash Browns	1 platter	930	64	31	1.5	345	3370	62	4	4	1	31	1	15	35	15
Morning Melt with Scrambled Eggs, Bacon, Fruit	1 platter	560	34	16	0.5	435	1050	42	3	15	2	24	10	15	30	10
Morning Melt with Scrambled Eggs, Bacon, Hash Browns	1 platter	890	62	33	2	505	2970	63	4	4	2	26	10	15	30	20
Morning Melt with Scrambled Eggs, Sausage Patty, Fruit	1 platter	750	50	21	1	480	1600	41	3	14	1	35	2	15	40	10
Morning Melt with Scrambled Eggs, Sausage Patty, Hash Browns	1 platter	1080	78	38	2	555	3510	62	4	4	1	37	2	15	40	15