

Breakfast grill



Item Name	Portion Size	Weight (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Breakfast - Breakfast - A La Carte													
Applewood Bacon	1 slice	0.4oz	50	4	1.5	0	0	0	-	10	4	0	190
baked tater tots	1 cup	3oz	180	10	1.5	0	22	0	0	0	1	1	500
biscuits with sausage gravy	1 serving(s)	14.45oz	780	39	18	0+	84	12	2+	40	16	1	2090
brussels style waffle	1 serving(s)	6.5oz	440	24	14	0+	49	5	0+	65	9	1	400
butter milk biscuit	1 each	2.28oz	210	9	5	0+	25	2	1+	5	4	less than 1	430
butter milk pancakes	1 each	3.76oz	170	1.5	0	0	33	7	0+	0	4	1	490
cage free egg whites your way	1 each	1.32oz	60	4.5	0	0+	0	0	-	0	4	0	55
cage free egg your way	1 each	1.73oz	100	9	1.5	0	0	0	-	165	6	0	180
cut fruit	1 cup	6oz	70	0	0	0	18	14	-	0	1	2	10
french toast	2 slice	5.97oz	370	19	10	0+	38	6	-	195	13	3	420
fried tater tots	1 cup	3.5oz	320	25	2.5	0	22	0	0+	0	1	1	500
hash browns	1 cup	4.94oz	190	10	5	0+	21	1	0+	20	3	3	160
home fries	1 cup	21.57oz	320	11	6	0+	52	5+	0+	25	6	6	1040
multigrain pancakes	1 each	4.13oz	200	3.5	0	0	37	7	0+	0	6	5	360
multigrain waffles	1 each	9.2oz	450	7	1	0	82	14	0+	0	12	10	810
Pork Sausage Link	1 each	1.5oz	200	20	7	0	1	less than 1	-	35	5	0	260
Pork Sausage Patty	1 each	1.5oz	180	17	6	0	less than 1 gram	0	0	25	5	0	320
sausage link	1 each	0.75oz	100	10	3.5	0	less than 1 gram	0	0	15	2	0	125
scrambled egg whites	1/2 cup	4.45oz	100	4.5	0	0+	less than 1 gram	less than 1 gram	-	0	13	0	200
scrambled eggs	2 each	3.77oz	200	16	3.5	0	less than 1 gram	0	-	370	13	0	140
shredded hash browns	1 cup	5.3oz	310	21	1.5	0	26	0	0+	0	3	3	0
sweet potato tots	1 cup	4.31oz	250	14	1	0	31	11	-	0	2	3	300
Turkey Sausage Link	1 each	1oz	50	3.5	1	0	0	0	0	20	4	0	180
Turkey Sausage Patty	1 each	1.41oz	70	5	1.5	0	0	0	0	30	7	0	260
Turkey Sausage Patty	1 each	1.29oz	60	3.5	1	0	0	0	0	30	7	0	240

2000 calories a day is used for general nutrition advice, but calorie needs vary.

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Breakfast - Breakfast - Condiments													
Apple Jelly	1 tbsp	0.77oz	60	0	0	-	15	11	-	0	0	0	5
blueberry cream cheese	1 tbsp	1oz	80	7	4	0+	5	5	0+	20	1	0	60
Butter, Salted, Whipped	1 each	0.35oz	70	8	4.5	0	0	0	-	25	0	0	60
Cream Cheese, 1 oz	1 each	1oz	100	10	6	0	2	1	-	30	2	0	90
Cream Cheese, Fat Free, .75 oz	1 each	0.75oz	20	0	0	-	2	1	-	less than 5 milligrams	3	0	150
Cream Cheese, Light, 1 oz	1 each	1oz	60	4.5	3	-	2	less than 1	-	15	2	0	90
Cream Cheese, Neufchatel, 1 oz	1 each	1oz	70	6	3.5	-	1	less than 1	-	20	3	0	95
Cream Cheese, Strawberry Spread, 1 oz	1 each	1oz	80	8	5	-	less than 1 gram	less than 1 gram	-	25	2	0	125
Creamy Peanut Butter	1 tbsp	0.57oz	100	8	1.5	0	4	2	-	0	4	less than 1	70
Fat Free Cream Cheese	1 tbsp	0.51oz	15	0	0	-	1	less than 1	-	0	2	0	100
Grape Jelly	1 tbsp	0.74oz	60	0	0	-	15	11	-	0	0	0	5
Honey	2 tbsp	1.49oz	130	0	0	-	35	35	-	0	0	0	0
Jelly, Assorted	1 each	0.5oz	40	0	0	-	10	7	-	0	0	0	0
Jelly, Strawberry, Sugar Free	1 each	0.39oz	15	0	0	-	3	0	-	0	0	0	0
Maple Syrup	2 tbsp	1.42oz	100	0	0	-	27	24	-	0	0	0	0
Mild Picante Salsa	2 tbsp	1.14oz	10	0	0	-	2	1	-	0	0	less than 1	230
Nutella	1 tbsp	0.65oz	100	6	5	-	12	10	-	0	1	less than 1	10
Orange Marmalade	1 tbsp	0.73oz	50	0	0	-	14	12	-	0	0	0	10
Peanut Butter, .75 oz, Jif	1 each	0.75oz	130	11	2	0	5	2	-	0	5	1	90
strawberry cream cheese	1 tbsp	0.58oz	60	5	3	0+	2	2	-	15	less than 1 gram	0	45
Strawberry Jelly Preserves	1 tbsp	0.71oz	60	0	0	-	14	10	-	0	0	0	5
Syrup	2 tbsp	1.38oz	90	0	0	-	24	8	-	0	0	0	30
Unsalted Butter	1 tbsp	0.5oz	100	12	7	-	0	0	-	30	0	0	0
Whipped Topping	1 tbsp	0.14oz	10	1	0.5	-	0	0	-	less than 5 milligrams	0	0	0

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Breakfast fruit



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Breakfast - Fruit - Cut													
Blackberries	1/4 cup	1.27oz	15	0	0	0	3	2	-	0	less than 1 gram	2	0
Blueberries	1/2 cup	2.48oz	40	0	0	0	10	7	-	0	less than 1 gram	2	0
Cubed Cantaloupe	1/2 cup	2.82oz	25	0	0	0	7	6	-	0	less than 1 gram	less than 1 gram	15
Cubed Honeydew	1/2 cup	3oz	30	0	0	0	8	7	-	0	0	less than 1	15
Cubed Pineapple	1/2 cup	2.91oz	40	0	0	0	11	8	-	0	0	1	0
Cubed Watermelon	1/2 cup	2.08oz	20	0	0	0	4	4	-	0	0	0	0
Diced Apples	1/2 cup	2.2oz	30	0	0	0	9	6	-	0	0	1	0
Diced Bartlett Pear	1/2 cup	2.61oz	40	0	0	0	11	7	-	0	0	2	0
Grapefruit Sections	1/2 cup	3.75oz	35	0	0	0	9	8	-	0	less than 1 gram	1	0
Green Seedless Grapes	1/2 cup	2.82oz	60	0	0	0	14	12	-	0	less than 1 gram	less than 1 gram	0
Mandarin Orange Sections	1/2 cup	4.22oz	45	0	0	0	11	11	-	0	less than 1 gram	less than 1 gram	5
Mango	1/2 cup	2.91oz	50	0	0	0	12	11	-	0	less than 1 gram	1	0
Oranges	1/2 cup	3oz	40	0	0	0	10	8	-	0	less than 1 gram	2	0
Pomegranate Seeds	1 tbsp	0.38oz	10	0	0	0	2	1	-	0	0	0	0
Raspberries	1/2 cup	2.17oz	30	0	0	0	7	3	-	0	less than 1 gram	4	0
Red Seedless Grapes	1/2 cup	2.77oz	50	0	0	0	14	12	-	0	less than 1 gram	less than 1 gram	0
Sliced Banana	1/2 cup	2.08oz	50	0	0	0	13	7	-	0	less than 1 gram	2	0
Sliced Peaches	1/2 cup	2.72oz	30	0	0	0	7	6	-	0	less than 1 gram	1	0
Sliced Peaches	1/2 cup	3.28oz	35	0	0	0	9	8	-	0	less than 1 gram	1	0
Strawberries	1/2 cup	2.68oz	25	0	0	0	6	4	-	0	less than 1 gram	2	0

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Breakfast grab & go



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Breakfast - Grab & Go													
bacon & egg biscuit	1 sandwich	4.58oz	380	22	8	0	26	2	1+	180	16	less than 1 gram	920
bacon egg & cheese biscuit	1 sandwich	5.08oz	430	27	10	0	26	2	1+	195	18	less than 1 gram	1160
bacon egg and cheese burrito	1 each	12.85oz	810	42	16	0+	64	14	1+	460	46	3	1620
bacon egg and cheese english muffin	1 sandwich	4.87oz	370	21	7	0	26	2	-	195	19	2	850
chicken biscuit	1 sandwich	5.85oz	430	21	6	0	40	4	1+	35	18	less than 1 gram	1050
egg and cheese biscuit	1 sandwich	4.43oz	350	20	8	0	26	2	1+	180	12	less than 1 gram	840
egg and cheese english muffin	1 sandwich	4.21oz	280	14	4.5	0	26	2	-	180	13	2	540
ham and egg biscuit	1 sandwich	5.79oz	380	20	6	0+	27	3	1+	195	18	1	930
ham egg & cheese wheat muffin	1 sandwich	6.34oz	390	22	6	0+	26	5	-	215	24	4	840
ham egg and cheese biscuit	1 sandwich	6.31oz	430	25	9	0+	28	3	1+	210	21	1	1280
ham egg and cheese english muffin	1 sandwich	6oz	330	14	4.5	0+	28	3	0+	210	22	3	970
ham, egg and cheese burrito	1 each	13.32oz	790	45	15	0+	57	5	1+	510	39	3	2120
sausage & egg biscuit	1 sandwich	5.43oz	470	33	12	0	26	2	1+	190	14	less than 1 gram	920
sausage egg and cheese biscuit	1 sandwich	5.91oz	520	37	14	0	27	2	1+	205	17	less than 1 gram	1050
sausage egg and cheese burrito	1 each	9.27oz	730	53	20	0+	34	7	less than 1	275	30	1	1220
sausage egg and cheese english muffin	1 sandwich	5.71oz	460	31	11	0	27	2	0+	205	18	2	860
vegetable breakfast burrito	1 sandwich	10.42oz	630	33	14	0+	62	4	1+	235	23	4	950

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Breakfast omelet bar



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Breakfast - Omelet Bar													
Diced Onions	1/4 cup	1.41oz	15	0	0	0	4	2	-	0	0	less than 1	0
Baby Spinach	1/2 cup	0.53oz	0	0	0	0	less than 1 gram	0	-	0	0	0	10
Chopped Green Onions	1 tbsp	0.22oz	0	0	0	0	0	0	-	0	0	0	0
Chopped Jalapeno Peppers	1 tbsp	0.26oz	0	0	0	0	0	0	-	0	0	0	0
Chorizo Sausage	1 ounce	1oz	60	5	1.5	0	less than 1 gram	0	-	10	3	0	150
Diced Bacon	2 tbsp	0.66oz	90	7	2	0	0	0	-	20	6	0	310
Diced Black Forest Ham	2 tbsp	0.75oz	35	2	0	-	less than 1 gram	0	-	10	4	0	170
Diced Ham	2 tbsp	0.62oz	20	0.5	0	0	1	0	-	10	3	0	220
Diced Red Bell Peppers	1/4 cup	1.31oz	10	0	0	0	2	2	-	0	0	less than 1	0
Diced Tomatoes	1/4 cup	1.59oz	10	0	0	0	2	1	-	0	0	less than 1	0
Diced Turkey Breast	2 tbsp	0.71oz	25	1	0	0	0	0	0	15	3	0	160
egg white omelet	1 each	3.99oz	170	14	1	0+	less than 1 gram	less than 1 gram	-	0	11	0	280
Italian Sausage Crumbles	2 tbsp	0.36oz	35	2.5	1	0	0	0	-	10	2	0	85
Pork Sausage Patty	1 ounce	1oz	120	11	4	0	less than 1 gram	0	0	15	3	0	210
Shredded Cheddar Cheese	2 tbsp	0.5oz	60	4.5	2.5	-	0	0	-	15	3	0	90
Shredded Mozzarella Cheese	2 tbsp	0.5oz	40	3	1.5	0	less than 1 gram	0	-	10	3	0	95
Shredded Parmesan Cheese	2 tbsp	0.35oz	40	2.5	1.5	-	0	0	-	5	4	0	170
Sliced Green Bell Pepper	1/4 cup	0.81oz	0	0	0	0	1	less than 1	-	0	0	0	0
Sliced Jalapeno Pepper	1 tbsp	0.53oz	0	0	0	0	less than 1 gram	0	-	0	0	0	250
Sliced Mushrooms	1/4 cup	0.62oz	0	0	0	0	less than 1 gram	0	-	0	less than 1 gram	0	0
three egg omelet	1 each	5.15oz	310	26	5	0	1	0	-	490	17	0	300
Turkey Sausage Link	1 ounce	1oz	50	3.5	1	0	0	0	0	20	4	0	180
two egg omelet	1 each	3.48oz	220	19	3.5	0	less than 1 gram	0	-	325	11	0	240

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