

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
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Breads

Biscuit	227	10	2	4	30	656	1	1
Blueberry Bagel	264	1	0	10	53	427	2	0
Cinnamon & Raisin Bagel	180	2	0	5	36	289	2	0
Plain Bagel	179	1	0	7	35	396	2	0
Wheat Bagel	190	1	0	8	40	419	3	0

Breakfast Meat

Andouille Sausage	230	20	7	10	2	630	0	40
Bacon Slices,2	70	6	2	4	0	194	0	13
Sausage Links, 2	164	13	5	9	2	633	0	29
Sausage Patties, 2	183	15	5	10	2	643	0	42
Sliced Ham, 1 slice	125	6	2	13	5	824	<1	44

Breakfast Sandwiches

Bacon & Egg Croissant	344	23	5	12	22	538	0	175
Bacon, Egg & Cheese Muffin	370	18	4	19	33	842	2	180
Biscuit	443	27	7	17	33	1195	1	182
Croissant	391	27	7	14	23	676	0	23
Pocket	260	11	4	11	28	570	3	60
Quesadilla	303	17	7	14	23	486	1	164
Breakfast Pizza, slice	343	20	7	14	27	764	2	146
Egg & Cheese Croissant	359	24	6	12	23	536	0	178
Muffin	306	13	4	14	33	567	2	167
Sourdough	394	15	5	16	48	800	3	168
Ham, Egg & Cheese Muffin	345	15	5	18	34	887	2	183
Texas Toast	619	39	10	21	46	1527	1	183
Sausage & Egg Biscuit	426	27	6	15	31	990	1	183
Sausage Gravy & Biscuit	281	15	3	7	31	809	1	12
Sausage, Egg & Cheese Biscuit	473	30	8	18	32	1126	1	192

Cereal, 1 cup

Apple Jacks	127	<1	0	2	29	148	1	0
Cheerios	84	1	<1	2	17	217	3	0
Cinnamon Toast Crunch	166	4	1	2	32	280	1	0
Count Chocula	117	1	0	1	26	209	2	0
Cp'n Crunch Berry	140	2	<1	2	30	256	1	0
Cream of Wheat (instant, cooked)	154	<1	0	4	32	7	0	0
Crispix	108	<1	0	2	24	240	3	0
Frosted Flakes	158	0	0	2	38	264	1	0
Frosted Mini Wheats	173	1	<1	5	36	2	3	0
Fruit Loops	125	1	<1	2	27	150	1	0
Fruity Pebbles	130	2	1	1	28	178	0	0
Granola	206	2	1	5	42	139	3	0
Honey Nut Cheerios	126	1	<1	3	25	285	6	0
Kix	72	<1	0	1	16	167	1	0
Life	167	2	0.5	3	35	240	2	0
Lucky Charms	124	1	<1	2	27	217	1	0
Raisin Bran	186	1	0	4	40	354	7	0
Reese's Puffs	172	4	1	3	31	236	0	0
Rice Krispies	98	<1	0	2	22	279	0	0

Casseroles

Country Club	307	22	10	19	9	567	0	133
Hash Brown	219	17	10	6	10	482	<1	35
Mexican Sausage	372	18	7	25	28	1246	5	64
Sante Fe Skillet	218	20	5	4	7	662	1	48

Eggs

Broccoli Cheese Quiche	506	35	15	16	31	818	2	149
Cheese Quiche	544	39	18	19	29	762	0	169
Cheesy Scrambled	132	9	3	11	2	253	0	293
Grilled Eggs, 2	199	15	4	14	1	311	0	469
Ham Quiche	455	30	12	17	29	972	0	139
Hard Cooked , 2	156	11	3	13	1	125	0	428
Mexican Scrambled	129	8	3	11	3	250	0	274
Omelet *varies	171	13	5	12	1	261	0	215
Quiche Lorraine	437	28	9	15	30	989	2	128
Scrambled, 4oz	133	8	2	12	2	264	0	345
Spnach Quiche	429	29	12	14	28	873	1	146
Western Scrambled	146	9	3	13	3	318	0	317

French Toast

French Toast, 2 slices	339	17	3	13	35	469	1	229
French Toast Sticks, 3	293	11	2	6	43	487	2	0
Texas Toast, 2 slices	434	11	2	20	63	957	1	360
Wheat, 2 slices	250	6	2	13	36	474	4	193

Pancakes

Pancakes, 2	112	2	0.5	3	20	349	1	7
Apple, 2	99	1	0	2	20	266	1	5
Blueberry, 2	121	2	<1	3	24	349	2	7
Chocolate Chip, 2	292	8	3	5	50	712	1	14
Cream Cheese, 2	165	7	4	4	21	397	1	25
Strawberry, 2	117	1	0	3	24	349	1	7

Potatoes

American Fries, 4oz	106	4	1	2	16	264	2	0
Cheesy Hash Browns	21	1	0	0.5	3	105	0	1
Chunky Fried, 3oz	93	5	1	2	10	186	2	0
Hash Brown Patty, 1	139	7	3	2	17	22	1	0
Hash Browns, 3oz	200	18	3	1	8	530	84	0
O'Brien Potatoes	83	4	1	1	10	236	2	1
Potato Triangles, 2	185	9	4	3	23	29	2	0

Waffles

Belgian Waffle, 1	317	5	1	6	62	1086	4	12
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Syrups & Toppings

Apple Syrup, 2 oz	103	2	0.5	0	21	51	<1	0
Blueberry Syrup, 2oz	54	0	0	0	14	1	1	0
Cinnamon Sugar, 1T	53	0	0	0	14	1	4	0
Grape Jelly, 1T	35	0	0	0	9	4	0	0
Maple Syrup, 2 oz	186	0	0	0	48	6	0	0
Margarine, 1T	102	11	2	0	0	134	0	0
Peanut Butter (creamy), 2T	192	15	3	8	6	151	2	0
Peanut Butter (crunchy), 2T	199	17	3	7	5	162	3	0
Powered Sugar, 1T	37	0	0	0	9	0	28	0
Strawberry Jam, 1T	36	0	0	0	10	6	0	0
Strawberry Syrup, 2oz	103	0	0	0	27	16	0	0

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