Southwestern Grilled Turkey

Serving Size: 3ozw
Calories: 180, Calories From Fat: 70, Total Fat: 8g, Sodium: 600mg, Protein: 25g

Sweet Potato, Corn, and Poblano Hash

Serving Size: ½ cup
Calories: 120, Calories From Fat: 20, Total Fat: 3g, Sodium: 160mg, Protein: 2g

Grilled Green Beans

Serving Size: 2.5ozw
Calories: 50, Calories From Fat: 20, Total Fat: 3g, Sodium: 0mg, Protein: 2g
Scrambled Eggs
Serving Size: ½ cup
Calories: 140, Calories From Fat: 80, Total Fat: 9g, Sodium: 310mg, Protein: 12g
Contains: EGG

Bacon
Serving Size: 2 slices
Calories: 90, Calories From Fat: 60, Total Fat: 7g, Sodium: 320mg, Protein: 5g

Turkey Sausage Patty
Serving Size: 1 each
Calories: 70, Calories From Fat: 50, Total Fat: 5g, Sodium: 200mg, Protein: 6g

Crispy Tater Bites
Serving Size: 1 cup
Calories: 140, Calories From Fat: 80, Total Fat: 9g, Sodium: 240mg, Protein: 2g
Contains: GLUTEN, SOY

Pepperoni and Mushroom Breakfast Stromboli
Serving Size: 1 slice
Calories: 330, Calories From Fat: 130, Total Fat: 15g, Sodium: 720mg, Protein: 15g
Contains: GLUTEN, SOY, DAIRY, EGG

French Toast
Serving Size: 1 slice
Calories: 170, Calories From Fat: 40, Total Fat: 4g, Sodium: 280mg, Protein: 8g
Contains: GLUTEN, SOY, DAIRY, EGG

Pancake Syrup
Serving Size: 2 tbsp
Calories: 70, Calories From Fat: 0, Total Fat: 0g, Sodium: 60mg, Protein: 0g
Donut Bites

Serving Size: 1 each
Calories: 220, Calories From Fat: 110, Total Fat: 12g, Sodium: 300mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG

Apple Crumb Cake

Serving Size: 1 each
Calories: 160, Calories From Fat: 40, Total Fat: 5g, Sodium: 170mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG

Carrot Cake Smoothie

Serving Size: 8oz
Calories: 160, Calories From Fat: 120, Total Fat: 14g, Sodium: 110mg, Protein: 5g
Tomato Garden Vegetable

Serving Size: 8ozv
Calories: 110, Calories From Fat: 36, Total Fat: 4g, Sodium: 750mg, Protein: 3g

Lobster Bisque

Serving Size: 8ozv
Calories: 390, Calories From Fat: 315, Total Fat: 35g, Sodium: 990mg, Protein: 5g
Contains: GLUTEN, SOY, FISH, SHELLFISH, DAIRY