Scrambled Eggs
Serving Size: ½ cup
Calories: 140, Calories From Fat: 80, Total Fat: 9g, Sodium: 310mg, Protein: 12g
Contains: EGG

Turkey Bacon
Serving Size: 2 slices
Calories: 60, Calories From Fat: 40, Total Fat: 4g, Sodium: 230mg, Protein: 6g

Pork Sausage Patty
Serving Size: 1 each
Calories: 200, Calories From Fat: 190, Total Fat: 20g, Sodium: 250mg, Protein: 5g

Hash Brown Potatoes
Serving Size: ½ cup
Calories: 130, Calories From Fat: 40, Total Fat: 5g, Sodium: 140mg, Protein: 2g
Contains: SOY

Bacon and Egg Pizza
Serving Size: 1 slice
Calories: 380, Calories From Fat: 180, Total Fat: 20g, Sodium: 820mg, Protein: 17g
Contains: GLUTEN, SOY, DAIRY, EGG

Buttermilk Pancakes
Serving Size: 1 each
Calories: 100, Calories From Fat: 20, Total Fat: 2g, Sodium: 220mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG

Pancake Syrup
Serving Size: 2 tbsp
Calories: 70, Calories From Fat: 0, Total Fat: 0g, Sodium: 60mg, Protein: 0g
Banana Berry Mini Muffins
Serving Size: 1 each
Calories: 100, Calories From Fat: 20, Total Fat: 2g, Sodium: 100mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG

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

Belgian Waffles
Serving Size: 1 each
Calories: 260, Calories From Fat: 30, Total Fat: 3g, Sodium: 790mg, Protein: 5g
Contains: GLUTEN, SOY, DAIRY, EGG
Sausage, Egg, and Cheese Muffin
Serving Size: 1 each
Calories: 470, Calories From Fat: 290, Total Fat: 32g, Sodium: 780mg, Protein: 19g
Contains: GLUTEN, SOY, DAIRY, EGG

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

Serving Size: 1 cup
Calories: 150, Calories From Fat: 30, Total Fat: 3g, Sodium: 10mg, Protein: 5g

Cream of Rice

Serving Size: 1 cup
Calories: 170, Calories From Fat: 10, Total Fat: 0g, Sodium: 10mg, Protein: 3g

Plain Nonfat Yogurt

Serving Size: 1 cup
Calories: 120, Calories From Fat: 0, Total Fat: 0g, Sodium: 180mg, Protein: 8g
Contains: DAIRY

Vanilla Yogurt

Serving Size: 1 cup
Calories: 180, Calories From Fat: 0, Total Fat: 0g, Sodium: 150mg, Protein: 20g
Contains: DAIRY