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 Links
Serving Size: 2 each
Calories: 270, Calories From Fat: 240, Total Fat: 26g, Sodium: 350mg, Protein: 6g

Crispy Tater Puffs
Serving Size: ½ cup
Calories: 140, Calories From Fat: 80, Total Fat: 9g, Sodium: 240mg, Protein: 2g
Contains: GLUTEN, SOY

Southwest Egg and Ham Pizza
Serving Size: 1 slice
Calories: 390, Calories From Fat: 180, Total Fat: 20g, Sodium: 870mg, Protein: 19g
Contains: GLUTEN, SOY, DAIRY, EGG

Blueberry Buttermilk Pancakes
Serving Size: 2 each
Calories: 230, Calories From Fat: 40, Total Fat: 4g, Sodium: 480mg, Protein: 6g
Contains: GLUTEN, SOY, DAIRY, EGG

Pancake Syrup
Serving Size: 2 tbsp
Calories: 70, Calories From Fat: 0, Total Fat: 0g, Sodium: 60mg, Protein: 0g
Carrot Raisin Mini Muffins

Serving Size: 1 each
Calories: 100, Calories From Fat: 20, Total Fat: 3g, Sodium: 120mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG

Iced Cinnamon Rolls

Serving Size: 1 each
Calories: 220, Calories From Fat: 90, Total Fat: 10g, Sodium: 250mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG

Blueberry Banana Smoothie

Serving Size: 8oz
Calories: 140, Calories From Fat: 10, Total Fat: 1g, Sodium: 20mg, Protein: 2g
Contains: DAIRY
Farro Bowls
Hearty breakfast bowl with farro, yogurt, egg, avocado, tomatoes, extra-virgin olive oil, and citrus vinaigrette

Serving Size: 1 bowl
Calories: 710, Calories From Fat: 400, Total Fat: 44g, Sodium: 270mg, Protein: 23g
Contains: GLUTEN, SOY, DAIRY, EGG