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

O’Brien Potatoes
Serving Size: ½ cup
Calories: 100, Calories From Fat: 10, Total Fat: 1g, Sodium: 110mg, Protein: 2g
Contains: SOY

Breakfast Stromboli with Sausage
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
Caramel Apple Mini Muffins

Serving Size: 1 each
Calories: 90, Calories From Fat: 20, Total Fat: 2g, Sodium: 110mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG

Cherry Cobbler Bread

Serving Size: 1 each
Calories: 290, Calories From Fat: 90, Total Fat: 10g, Sodium: 300mg, 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
Sausage, Egg, and Cheese Croissant
Serving Size: 1 each
Calories: 300, Calories From Fat: 100, Total Fat: 11g, Sodium: 720mg, Protein: 16g
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

Grits

Serving Size: 1 cup
Calories: 120, Calories From Fat: 10, Total Fat: 0g, Sodium: 100mg, 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