Kielbasa Kebobs

Serving Size: 1 skewer
Calories: 140, Calories From Fat: 100, Total Fat: 11g, Sodium: 310mg, Protein: 4g

Rice Pilaf

Serving Size: ½ cup
Calories: 110, Calories From Fat: 10, Total Fat: 2g, Sodium: 95mg, Protein: 3g

Roasted Vegetables

Serving Size: ½ cup
Calories: 50, Calories From Fat: 20, Total Fat: 3g, Sodium: 70mg, Protein: 1g
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

O’Brien Potatoes
Serving Size: ½ cup
Calories: 150, Calories From Fat: 60, Total Fat: 7g, Sodium: 150mg, Protein: 2g
Contains: SOY, DAIRY

Bacon Breakfast Pizza
Serving Size: 1 slice
Calories: 410, Calories From Fat: 200, Total Fat: 23g, Sodium: 760mg, Protein: 18g
Contains: GLUTEN, SOY, DAIRY, EGG

Chocolate Chip Pancakes
Serving Size: 1 each
Calories: 160, Calories From Fat: 50, Total Fat: 5g, Sodium: 90mg, Protein: 4g
Contains: GLUTEN, SOY, DAIRY, EGG
Cherry Crumb Cupcakes

Serving Size: 1 each
Calories: 150, Calories From Fat: 40, Total Fat: 4g, Sodium: 160mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG

Banana Nut Mini Muffins

Serving Size: 1 each
Calories: 80, Calories From Fat: 25, Total Fat: 3g, Sodium: 85mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG, TREE NUTS

Pineapple Mint Smoothie

Serving Size: 8oz
Calories: 140, Calories From Fat: 0, Total Fat: 1g, Sodium: 20mg, Protein: 2g
Contains: DAIRY
Turkey Breast
Serving Size: 3oz
Calories: 530, Calories From Fat: 270, Total Fat: 30g, Sodium: 850mg, Protein: 31g
Contains: GLUTEN, SOY, EGG

Corned Beef
Serving Size: 3oz
Calories: 530, Calories From Fat: 270, Total Fat: 30g, Sodium: 850mg, Protein: 31g
Contains: GLUTEN, SOY, EGG

Pastrami
Serving Size: 3oz
Calories: 530, Calories From Fat: 270, Total Fat: 30g, Sodium: 850mg, Protein: 31g
Contains: GLUTEN, SOY, EGG

Tuna Salad
Serving Size: 4oz
Calories: 530, Calories From Fat: 270, Total Fat: 30g, Sodium: 850mg, Protein: 31g
Contains: SOY, EGG, FISH

Egg Salad
Serving Size: 3oz
Calories: 530, Calories From Fat: 270, Total Fat: 30g, Sodium: 850mg, Protein: 31g
Contains: SOY, EGG

Hummus
Serving Size: ½ cup
Calories: 530, Calories From Fat: 270, Total Fat: 30g, Sodium: 850mg, Protein: 31g
Contains: SOY

Grilled Vegetables
Serving Size: ½ cup
Calories: 530, Calories From Fat: 270, Total Fat: 30g, Sodium: 850mg, Protein: 31g
Contains: 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