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 Links
Serving Size: 2 each
Calories: 100, Calories From Fat: 60, Total Fat: 7g, Sodium: 330mg, Protein: 9g

Herbed Roasted Red Potatoes
Serving Size: ½ cup
Calories: 100, Calories From Fat: 10, Total Fat: 1g, Sodium: 110mg, Protein: 2g

Mediterranean Vegetable 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
Peach Almond Crumb Cake

Serving Size: 1 piece
Calories: 320, Calories From Fat: 100, Total Fat: 11g, Sodium: 390mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG, TREE NUTS

Powdered Sugar Donut

Serving Size: 1 each
Calories: 280, Calories From Fat: 150, Total Fat: 17g, Sodium: 260mg, Protein: 4g
Contains: GLUTEN, SOY, DAIRY, EGG

Strawberry Banana Smoothie

Serving Size: 8oz
Calories: 130, Calories From Fat: 0, Total Fat: 1g, Sodium: 20mg, Protein: 2g
Contains: DAIRY
Egg and Cheese Croissant
Serving Size: 1 each
Calories: 360, Calories From Fat: 200, Total Fat: 22g, Sodium: 480mg, Protein: 13g
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