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

Turkey Sausage & Egg Pizza
Serving Size: 1 slice
Calories: 380, Calories From Fat: 180, Total Fat: 20g, Sodium: 820mg, Protein: 18g
Contains: GLUTEN, SOY, DAIRY, EGG

Chocolate Chip Buttermilk Pancakes
Serving Size: 2 each
Calories: 280, Calories From Fat: 70, Total Fat: 8g, 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
Lemon Poppy Mini Muffins
Serving Size: 1 each
Calories: 110, Calories From Fat: 30, Total Fat: 3g, Sodium: 140mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG

Blueberry Crumb Cupcakes
Serving Size: 1 each
Calories: 160, Calories From Fat: 40, Total Fat: 5g, Sodium: 170mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG

Pineapple Mint Smoothie
Serving Size: 8oz
Calories: 140, Calories From Fat: 0, Total Fat: 1g, Sodium: 20mg, Protein: 2g
Contains: DAIRY
Oatmeal
Serving Size: 1 cup
Calories: 150, Calories From Fat: 30, Total Fat: 3g, Sodium: 10mg, Protein: 5g

Cream of Wheat
Serving Size: 1 cup
Calories: 100, Calories From Fat: 10, Total Fat: 0g, Sodium: 20mg, Protein: 3g
Contains: GLUTEN

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
Bacon, Egg, and Cheese Muffin
Serving Size: 1 each
Calories: 310, Calories From Fat: 140, Total Fat: 16g, Sodium: 670mg, Protein: 18g
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