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

Sausage, Onion, and Tomato Stromboli
Serving Size: 1 slice
Calories: 380, Calories From Fat: 180, Total Fat: 20g, Sodium: 740mg, Protein: 18g
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
Lemon Poppy Mini Muffin

Serving Size: 1 each
Calories: 110, Calories From Fat: 30, Total Fat: 3g, Sodium: 140mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG

Chocolate Chip Crumb Cupcakes

Serving Size: 1 each
Calories: 190, Calories From Fat: 60, Total Fat: 7g, Sodium: 190mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG

Banana Bread Smoothie

Serving Size: 6oz
Calories: 20, Calories From Fat: 10, Total Fat: 1g, Sodium: 0mg, Protein: 0g
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
Sausage, Egg, and Cheese Muffin  
**Serving Size:** 1 each  
**Calories:** 470, **Calories From Fat:** 290, **Total Fat:** 32g, **Sodium:** 780mg, **Protein:** 19g  
**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