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

Crispy Tater Puffs
Serving Size: 1 cup
Calories: 140, Calories From Fat: 80, Total Fat: 9g, Sodium: 240mg, Protein: 2g
Contains: GLUTEN, SOY

Bacon, Cheddar, and Egg Stromboli
Serving Size: 1 slice
Calories: 360, Calories From Fat: 160, Total Fat: 18g, Sodium: 760mg, Protein: 20g
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
Blueberry Mini Muffin

Serving Size: 1 each
Calories: 80, Calories From Fat: 20, Total Fat: 2g, Sodium: 110mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG

Iced Cinnamon Roll

Serving Size: 1 each
Calories: 220, Calories From Fat: 90, Total Fat: 10g, Sodium: 250mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG

Killer Kale Smoothie

Serving Size: 6oz
Calories: 60, Calories From Fat: 20, Total Fat: 2g, Sodium: 20mg, Protein: 2g
Contains: DAIRY, TREE NUTS
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