

BREAKFAST

Please add any additional items where appropriate

BREAKFAST GRILL	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Breakfast	3 strips	240	21	75	0	45	750	0	0	12
Canadian Bacon	2 slices	70	3	1	0	30	580	1	0	10
Egg	1 each	90	5	2	0	270	80	1	0	8
Egg Beaters	½ cup	60	0	0	0	0	250	2	0	12
Egg & Cheese (croissant)	1 each	520	32	17	0	295	1060	41	2	17
Egg & cheese (english muffin)	1 each	310	15	7	0	240	690	28	2	14
Egg White	½ cup	60	0	0	0	0	200	1	0	13
Sausage Links	2 links	150	11	3	0	55	310	0	0	11
Sausage Patty	1 patty	150	11	3	0	55	310	0	0	11

BREAKFAST BAR	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
1% cottage cheese	4 oz.	80	1	0.5	0	5	460	03	0	14
Plain oatmeal	4 oz	80	1.5	0	0	0	55	13	2	3
Granola	2/3 cup	220	3	1	0	0	140	44	4	5
Plain lowfat yogurt	4 oz	80	1.5	1.5	0	10	85	8	0	6
Yogurt parfait	8 oz	370	4.5	2	0	5	220	30	5	10

SPREADS & TOPPINGS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Butter	1 tbsp	100	11	7	0	30	0	0	0	0
Cream cheese	1 tbsp	50	5	3	0	15	45	0	0	1
Jelly	1 tbsp	60	0	0	0	0	5	15	0	0
Raisins	1 tbsp	30	0	0	0	0	0	8	1	0
Walnuts	1 tbsp	50	5	0	0	0	0	1	0	1

MUFFINS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Blueberry Muffin	1 each	380	20	3	0	80	300	47	0.05	12
Low Fat Blueberry	1 each	285	5	0.5	0	0	430	64	0.05	10

BREADS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bagel	1 each	300	2	0	0	0	510	61	3	11
English Muffin	1 each	130	1	0	0	0	260	26	2	4
Marble Rye	2 slices	200	3	0	0	0	440	38	4	6
Multigrain	2 slices	200	3	0	0	0	320	36	2	6
Rye	2 slices	180	2	0	0	0	420	31	4	6
Sourdough	2 slices	200	2	0	0	0	220	38	1	6
Wheat & Honey	2 slices	180	1	0	0	0	340	34	2	6
Wheat	2 slices	180	2	0	0	0	360	34	4	6
White	2 slices	200	2	0	0	0	420	38	1	6