

Menu Item	Serving Size	Calories	Calories From Fat		Sat Trans		Cholesterol	Protein	Carbohydrate	Total Sugars	Fiber	Sodium
			Fat	Fat	Fat	Fat						
Bacon	8g (1 slice)	40	30	3.5g	1g	0g	10mg	3g	0g	0g	0g	180mg
Brown Sugar	9g (1 Tbsp)	35	0	0g	0g	0g	0mg	0g	9g	9g	0g	5mg
Butter, melted	56g (2 fl. oz. ladle)	420	410	46g	29g	0g	330mg	<1g	0g	0g	0g	370mg
Cinnamon Granola Cereal	55g (3/4 cup)	220	40	4.5g	0.5g	0g	0mg	5g	43g	15g	3g	30mg
Crisp Rice Cereal	33g (1 1/4 cup)	130	0	0g	0g	0g	0mg	2g	29g	3g	0g	300mg
Diced Bacon	46g (1 tong)	240	170	19g	6g	0g	50mg	17g	0g	0g	0g	1060mg
Diced Ham	28g (1 tong)	35	10	1g	0.5g	0g	15mg	5g	0g	0g	0g	330mg
French Toast	85g (1 slice)	220	80	9g	2g	0g	105mg	8g	29g	12g	1g	270mg
Frosted Fruit Flavored Cereal	32g (1 cup)	130	10	1g	0g	0g	0mg	2g	28g	15g	1g	150mg
Grits	121g (4 fl. oz. ladle)	60	0	0g	0g	0g	0mg	1g	13g	0g	0g	125mg
Hashbrown Patties	50g (1 piece)	110	60	7g	1.5g	0g	0mg	1g	13g	0g	2g	220mg
Hollandaise Sauce	50g (2 fl. oz. ladle)	140	120	13g	3g	3g	2mg	1g	4g	2g	0g	260mg
Maple Flavored Syrup	68g (2 fl. oz. ladle)	180	0	0g	0g	0g	0mg	0g	47g	46g	0g	40mg
Margarine, melted	56g (2 fl. oz. ladle)	410	410	45g	9g	12g	0mg	0g	0g	0g	0g	440mg
Oatmeal	117g (4 fl. oz. ladle)	60	10	1.5g	0g	0g	0mg	2g	12g	0g	2g	110mg
Omelet-plain	88g (1 omelet)	140	100	11g	3g	0g	360mg	10g	2g	0g	0g	150mg
Pancakes, Blueberry	60g (1 pancake)	110	20	2g	0.5g	0g	5mg	3g	19g	4g	0g	370mg
Pancakes, Buttermilk	60g (1 pancake)	110	20	2g	0.5g	0g	5mg	3g	19g	4g	0g	380mg
Pancakes, Chocolate Chip	60g (1 pancake)	120	30	3g	1g	0g	5mg	3g	19g	4g	0g	380mg
Peach Topping	42g (2 fl. oz. ladle)	45	0	0g	0g	0g	0mg	0g	11g	4g	0g	15mg
Poached Eggs	50g (1 item)	70	50	5g	1.5g	0g	210mg	6g	0g	0g	0g	150mg
Potatoes O' Brien	110g (1 spoon)	150	50	6g	1g	0g	0mg	2g	25g	2g	2g	270mg
Sausage Gravy	55g (2 fl. oz)	40	20	2g	0.5g	0g	0mg	0g	5g	0g	0g	250mg

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			Fat	Fat	Fat	Fat				Sugars	Sugars		
Sausage Links	21g (1 link)	100	90	10g	3.5g	0g	25mg	3g	0g	0g	0g	0g	190mg
Sautéed Onions	28g (1 spoon)	15	5	0.5g	0g	0g	0mg	0g	3g	1g	0g	0g	15mg
Sautéed Bell Peppers	28g (1 spoon)	15	10	1g	0g	0g	0mg	0g	2g	1g	0g	0g	15mg
Scrambled Eggs	62g (1 spoon)	120	10	10g	2.5g	0g	240mg	7g	0g	0g	0g	0g	100mg
Sliced Ham	43g (1 slice)	80	40	4.5g	2.5g	0g	25mg	7g	<1g	<1g	0g	0g	660mg
Strawberry Topping	42g (2 fl. oz. ladle)	60	0	0g	0g	0g	0mg	0g	16g	15g	<1g	<1g	10mg
Toasted Oat Cereal	30g (1 cup)	120	20	2g	0g	0g	0mg	4g	22g	1g	3g	3g	280mg
Waffles	41g (1 waffle)	120	50	6g	3g	0g	50mg	2g	15g	1g	<1g	<1g	180mg