



# FIND YOUR FOOD FACTS

## BREAKFAST

Nutritional values listed below are to be used as guidelines only to help make better choices.

03/23/2011

### GRILLED TO ORDER

	CALORIES	FAT (G)	SAT FAT (G)	PROTEIN (G)	CARBS (G)	FIBER (G)	SOD (MG)
One Egg, large	71	5	2	7	1	0	70
Egg Beaters, equivalent to one egg	32	0	0	6	2	0	83
Cheese Omelet	354	33	11	31	1	0	530
Ham and Cheese Omelet	494	37	16	51	2	0	1550
Pancake, 1	175	7	1	5	22	1	402
French Toast, 1	149	7	2	5	16	2	311
Waffle, 1 large	360	15	2	5	44	1	600
Breakfast on Bun	565	35	11	31	22	1	1556
Breakfast on English Muffin	562	35	11	31	26	1	1715
Breakfast on Bagel	687	35	11	36	48	2	1790
Breakfast on Croissant	673	51	18	34	26	2	1739
Double Egg Sandwich	606	45	15	38	26	1	1585
Breakfast Burrito with Sausage	714	52	19	38	41	2	1092
Bacon, 1 slice	120	10	4	7	0	0	540
Chicken Apple Link, 2	110	8	4	7	3	0	340
Pork Sausage Link, 2	165	15	5	7	1	0	380
Turkey Sausage Patty, 1	79	6	2	6	0	0	220
Hash Browns, ¼ cup	184	12	2	4	20	1	300
Country Potatoes, ¼ cup	90	2	1	2	17	2	115

### BREADS & SPREADS

Challah Egg Bread, 1 slice	130	3	1	4	23	1	197
Buttermilk, 1 slice	100	1	0	3	19	1	180
Sourdough, 1 slice	90	1	0	3	16	1	140
Seven Grain, 1 slice	100	1	0	3	20	2	180
Whole Wheat, 1 slice	90	1	0	4	18	3	190
Dark Rye, 1 slice	80	1	0	3	14	1	210
Rye, 1 slice	90	1	0	3	16	1	240
Bagel, plain, 3.5 - 4 inch dia.	289	2	0	12	56	2.5	561
Bagel, cinnamon raisin, 3.5 - 4 inch dia.	287	2	0	10	58	2.5	455
Bagel, onion/sesame, 3.5 - 4 inch dia.	289	2	0	11.5	56	3	555
English Muffin	130	1	0	4	25	1	200
Cinnamon Raisin	90	2	0	2	17	2	115
Peanut Butter, smooth, 2 tbsp.	188	14	3	8	6	2	132
Cream Cheese, regular, 2 tbsp.	100	10	6	2	2	0	93
Honey, 1 tbsp.	60	0	0	2	12	0	0
Blueberry Muffin, medium 4.3 ounces	360	11	6	6	59	2	390
Cream cheese, light, 2 tbsp.	60	4.5	3	6	3	0	141
Herb Cream Cheese, 2 tbsp.	99	10	6	2	3	0	93
Peach Yogurt, 1 cup	240	3	2	9	46	0	130
Vanilla Yogurt, 1 cup	208	3	2	11	34	0	162
Strawberry Yogurt, 1 cup	240	3	2	10	43	0	129
Cottage Cheese, low fat, ½ cup	102	2	1	16	4	0	460
Plain Yogurt, nonfat 1 cup	140	2	0	12	19	0	190

### CEREAL BAR

Oatmeal, regular, 1 cup	166	3.5	5	6	28	4	15
Steel Cut Oats, ½ cup	160	1	5	5	30	3	15
Cream of Wheat, 1 cup	126	.5	0	4	27	1	15
Walnuts, 14 halves	185	18.5	1.5	4	4	2	1
Raisins, 2 tbsp.	85	0	0	1	22	1	3
Fruit Bar, ½ cup	40	0	0	1	10	1	10
Granola, ¼ cup	149	7	1	3	16	3	3