



Hot Breakfast Sensations

Breakfast Favorites

	SERVING SIZE g	CALORIES	CALORIES FROM FAT	TOTAL FAT g	SATURATED FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBOHYDRATES g	DIETARY FIBER g	SUGARS g	PROTEIN g	% of daily value VIT. A	% of daily value VIT. C	% of daily value CALCIUM	% of daily value % IRON
Biscuit	62	230	110	12	3	3	?	600	27	1	1	4	0	4	6	15
Sausage Patty	33	110	80	9	3.5	0	30	240	0	0	0	7	0	2	0	4
Bacon, 2 strips	15	80	60	7	3	0	15	260	0	0	0	4	0	0	0	2
Ham, 1 slice	28	40	15	1.5	.5	0	15	350	0	0	0	3	0	0	0	2
Biscuits and Gravy	295	780	320	35	10	8	15	1980	102	3	7	13	0	20	15	30
Buttermilk Pancakes (includes syrup & 1 butter packet)	198	530	200	22	3	5	20	860	80	1	35	6	2	0	6	8
Cinnamon Roll w/ glaze	170	630	240	26	6	7	10	530	89	<1	38	8	10	0	4	4
Hashbrown Patty	62	160	100	11	2.5	2.5	0	220	15	2	0	2	0	10	2	2
Ultimate Hash Browns Platter w/ sausage	431	810	500	55	20	6	360	1700	41	5	5	36	40	70	30	25
Ultimate Hash Browns Platter w/ ham	422	650	360	40	14	4	330	1930	41	5	5	26	40	70	30	15
Ultimate Hash Browns Platter w/ bacon	384	700	420	47	16	6	315	1520	40	5	4	27	40	70	30	20
Sausage & Egg Biscuit Sandwich (no cheese)	152	400	220	24	8	3	165	990	29	1	3	16	4	6	10	20
Ham & Egg Biscuit Sandwich (no cheese)	147	320	150	17	5	3	150	1100	29	1	3	12	4	4	10	15
Bacon & Egg Biscuit Sandwich (no cheese)	131	360	190	21	6	3	145	960	29	1	2	13	4	4	10	20
American Cheese, 1 slice	14	50	40	4.5	2.5	0	15	260	0	0	0	3	4	0	8	0



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