

Breakfast Classics Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Prot (g)	Vit D (mcg)	Calc (mg)	Iron (mg)	Pot (mg)
Biscuits and Gravy (470 - 950 Cals)																
Biscuits and Sausage Gravy	1/2 order	470	28	16	0	35	1440	45	1	4	0.99	9	0	71	3	135
Biscuits and Sausage Gravy	1 order	950	56	32	0	75	2870	90	2	9	1.98	17	0	142	5	270
Breakfast Burrito (1170 - 1590 Cals)																
Burrito with Sausage and Homestyle Potatoes	1 entrée	1590	108	56	0	790	1850	106	2.43	10	0	50	3.2	561	10	1820
Burrito with Sausage and Fresh Fruit	1 entrée	1280	86	42	0	730	1830	81	3.75	16	0	47	3.2	552	9	1130
Burrito with Plant Based Sausage and Homestyle Potatoes	1 entrée	1490	97	54	0	740	1470	113	3.78	11	0	42	3.2	650	9	2030
Burrito with Plant Based Sausage and Fresh Fruit	1 entrée	1180	75	40	0	680	1450	88	5.1	17	0	39	3.2	642	8	1330
Burrito with Turkey Sausage and Homestyle Potatoes	1 entrée	1480	96	53	0	785	1620	105	2.43	10	0	48	3.2	542	8	2080
Burrito with Turkey Sausage and Fresh Fruit	1 entrée	1170	74	39	0	725	1600	80	3.75	16	0	45	3.2	534	7	1390
Oatmeal (30 - 560 Cals)																
Oatmeal	1 bowl	560	6	2	0	5	60	112	8.08	59	55.57	13	0.53	144	4	410
Blueberries	2 oz	30	0	0	0	0	0	8	1.36	6	0	0	0	3	0	45
Raisins	2 oz	170	0	0	0	0	15	44	2.83	37	0	1	0	28	1	430
Cinnamon Roll																
Cinnamon Roll	1 cinnamon roll	1020	51	24	0	35	440	128	0	69	37.47	12	0	99	4	220