

Holiday Brunch Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)	Vit D (mcg)	Calc % DV	Iron % DV	Pot % DV
<b>Brunch</b>																
Orange Juice	8 fl oz	110	0	0	0	0	0	26	0.5	21	0	2	0	2	2	14
Broccoli and Mushroom Quiche	1/6 quiche	400	32	13	0	180	590	20	0.39	2	0	10	0.12	10	10	4
Ham and Cheese Quiche	1/6 quiche	420	33	13	0	190	910	19	0.02	3	0.84	12	0.1	10	10	4
Quiche Lorraine	1/6 quiche	420	33	14	0	185	800	19	0.18	2	0	13	0	8	10	2
Biscuits and Sausage Gravy	2 biscuits + 6 oz gravy	950	56	32	0	75	2900	90	2	9	1.98	17	0	15	30	8
Egg Casserole with Sausage	8 oz	500	40	13	0	390	820	14	0	3	0.69	22	0.43	20	10	6
Egg Casserole with Bacon	8 oz	520	40	12	0	400	1090	14	0	3	0.69	28	0.43	20	10	6
Egg Casserole with Ham	8 oz	420	30	9	0	390	920	15	0	5	0.69	23	0.43	20	10	6
Veggie Egg Casserole	8 oz	340	24	7	0	325	530	15	0.94	5	0.6	16	0.38	15	10	6
Plain Egg Casserole	8 oz	430	32	9	0	430	700	16	0	4	0.8	21	0.51	20	10	6
Hashbrown Casserole	4 oz	140	8	5	0	20	340	14	1.05	1	0	3	0.07	4	0	6
Bacon	2 slices	70	6	2	0	15	230	0	--	0	--	5	--	0	0	--
Sausage Links	2 links	160	15	6	0	30	270	1	--	0	--	6	--	0	2	--
Sausage Patties	2 patties	520	44	14	0	130	1560	0	--	0	--	33	--	4	25	--
Fresh Fruit	4 oz	45	0	0	0	0	10	11	1.32	9	0	1	0	2	2	7
Plain Yogurt	6 oz	90	0	0	0	0	120	15	0	8	0	7	2.4	20	0	8
Granola	1 oz	130	4.5	0.5	0	0	100	19	1.05	8	7.35	2	0	0	6	0
Fresh Strawberries	1/2 oz	5	0	0	0	0	0	1	0.28	1	0	0	0	0	0	0
Fresh Blueberries	1/2 oz	10	0	0	0	0	0	2	0.34	1	0	0	0	0	0	0
Jumbo Chocolate Chip Muffin	1 muffin	560	27	7	0	70	460	75	1.75	41	40.63	6	0.46	2	20	2
Jumbo Blueberry Muffin	1 muffin	510	24	4.5	0	75	480	67	1.07	33	32.02	6	0.46	2	15	2
Gourmet Cinnamon Roll	1 each	770	39	17	0	25	330	99	3.01	55	53.44	8	0	8	15	5