

Food Menu Report: Breakfast Bowls, Omelets, and Skillet

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Breakfast Bowls											
Three Meat Breakfast Bowl	1 Breakfast Bowl	960	83	26	0	660	1530	5	1	2	47
Three Meat Breakfast Bowl, Applesauce	1 Breakfast Bowl	1050	83	26	0	660	1530	27	3	21	47
Three Meat Breakfast Bowl, Cottage Cheese	1 Breakfast Bowl	1060	88	29	0	685	2010	10	1	6	58
Three Meat Breakfast Bowl, Fruit	1 Breakfast Bowl	1010	83	26	0	660	1540	17	2	12	47
Three Meat Breakfast Bowl, Hashbrowns	1 Breakfast Bowl	1400	111	30	0	660	2340	48	6	2	52
Three Meat Breakfast Bowl, Tots	1 Breakfast Bowl	1650	129	36	0	660	3130	63	7	2	53
Three Meat Breakfast Bowl, Yukon Gold Potatoes	1 Breakfast Bowl	1350	103	30	0	660	2220	51	5	5	52
Cali Breakfast Bowl	1 Breakfast Bowl	860	75	23	0	620	1140	11	3	3	40
Cali Breakfast Bowl, Applesauce	1 Breakfast Bowl	950	75	23	0	620	1140	33	5	22	40
Cali Breakfast Bowl, Cottage Cheese	1 Breakfast Bowl	960	80	26	0	645	1620	16	3	7	51
Cali Breakfast Bowl, Fruit	1 Breakfast Bowl	910	75	23	0	620	1150	23	5	13	41
Cali Breakfast Bowl, Hashbrowns	1 Breakfast Bowl	1300	103	27	0	620	1950	54	9	3	45
Cali Breakfast Bowl, Tots	1 Breakfast Bowl	1550	121	33	0	620	2730	68	9	3	46
Cali Breakfast Bowl, Cali, Yukon Gold Potatoes	1 Breakfast Bowl	1250	95	27	0	620	1830	56	8	7	45
Chicken Fried Steak Breakfast Bowl	1 Breakfast Bowl	1090	66	18	0	660	1610	64	0	2	57
Chicken Fried Steak Breakfast Bowl, Applesauce	1 Breakfast Bowl	1180	66	18	0	660	1610	86	2	21	57
Chicken Fried Steak Breakfast Bowl, Cottage Cheese	1 Breakfast Bowl	1190	71	21	0	685	2090	69	0	6	68
Chicken Fried Steak Breakfast Bowl, Fruit	1 Breakfast Bowl	1140	67	18	0	660	1620	76	1	12	57
Chicken Fried Steak Breakfast Bowl, Hashbrowns	1 Breakfast Bowl	1530	95	22	0	660	2420	107	5	2	62
Chicken Fried Steak Breakfast Bowl, Tots	1 Breakfast Bowl	1780	113	28	0	660	3200	122	6	2	63
Chicken Fried Steak Breakfast Bowl, Yukon Gold Potatoes	1 Breakfast Bowl	1480	86	22	0	660	2300	110	5	5	62
Denver Breakfast Bowl, Applesauce	1 Breakfast Bowl	910	63	20	0	660	1830	34	4	25	48
Denver Breakfast Bowl, Cottage Cheese	1 Breakfast Bowl	920	68	23	0	685	2310	17	2	11	59
Denver Breakfast Bowl, Fruit	1 Breakfast Bowl	860	63	20	0	660	1840	24	3	17	49
Denver Breakfast Bowl	1 Breakfast Bowl	820	63	20	0	660	1830	12	2	7	48
Denver Breakfast Bowl, Hashbrowns	1 Breakfast Bowl	1250	91	23	0	660	2640	55	7	7	54
Denver Breakfast Bowl, Tots	1 Breakfast Bowl	1510	110	30	0	660	3420	70	8	7	55
Denver Breakfast Bowl, Yukon Gold Potatoes	1 Breakfast Bowl	1210	83	23	0	660	2520	57	6	10	54
Garden Breakfast Bowl, Applesauce	1 Breakfast Bowl	760	57	17	0	600	590	32	4	23	32
Garden Breakfast Bowl, Cottage Cheese	1 Breakfast Bowl	770	62	20	0	625	1070	15	2	8	43
Garden Breakfast Bowl, Fruit	1 Breakfast Bowl	710	57	17	0	600	600	22	4	14	33
Garden Breakfast Bowl	1 Breakfast Bowl	670	57	17	0	600	590	10	2	4	32
Garden Breakfast Bowl, Hashbrowns	1 Breakfast Bowl	1100	85	21	0	600	1400	53	8	4	37
Garden Breakfast Bowl, Tots	1 Breakfast Bowl	1360	103	27	0	600	2180	68	8	4	38
Garden Breakfast Bowl, Yukon Gold Potatoes	1 Breakfast Bowl	1060	77	20	0	600	1280	55	7	7	38
Southwest Steak Breakfast Bowl	1 Breakfast Bowl	930	76	25	0	665	940	10	3	3	49
Southwest Steak Breakfast Bowl, Applesauce	1 Breakfast Bowl	1020	76	25	0	665	940	33	5	22	49

Southwest Steak Breakfast Bowl, Cottage Cheese	1 Breakfast Bowl	1030	81	28	0	690	1410	15	3	7	60
Southwest Steak Breakfast Bowl, Fruit	1 Breakfast Bowl	980	76	26	0	665	950	23	5	13	50
Southwest Steak Breakfast Bowl, Hashbrowns	1 Breakfast Bowl	1360	104	29	0	665	1750	54	9	3	54
Southwest Steak Breakfast Bowl, Tots	1 Breakfast Bowl	1620	123	35	0	665	2530	68	10	3	55
Southwest Steak Breakfast Bowl, Yukon Gold Potatoes	1 Breakfast Bowl	1320	96	29	0	665	1630	56	8	7	55
The Works Breakfast Bowl	1 Breakfast Bowl	990	83	26	0	660	1540	11	2	5	48
The Works Breakfast Bowl, Applesauce	1 Breakfast Bowl	1080	83	26	0	660	1540	34	4	24	48
The Works Breakfast Bowl, Cottage Cheese	1 Breakfast Bowl	1090	88	29	0	685	2020	16	2	9	59
The Works Breakfast Bowl, Fruit	1 Breakfast Bowl	1040	84	26	0	660	1550	23	4	15	49
The Works Breakfast Bowl, Hashbrowns	1 Breakfast Bowl	1430	112	30	0	660	2350	54	8	5	54
The Works Breakfast Bowl, Tots	1 Breakfast Bowl	1680	130	36	0	660	3130	69	8	5	54
The Works Breakfast Bowl, Yukon Gold Potatoes	1 Breakfast Bowl	1380	103	30	0	660	2230	57	7	9	54
Turkey, Tomato & Spinach Breakfast Bowl	1 Breakfast Bowl	770	59	17	0	660	1180	6	2	1	54
Turkey, Tomato & Spinach Breakfast Bowl, Applesauce	1 Breakfast Bowl	860	59	17	0	660	1180	28	4	20	54
Turkey, Tomato & Spinach Breakfast Bowl, Cottage Cheese	1 Breakfast Bowl	870	63	20	0	685	1660	11	2	5	65
Turkey, Tomato & Spinach Breakfast Bowl, Fruit	1 Breakfast Bowl	820	59	17	0	660	1190	18	3	11	54
Turkey, Tomato & Spinach Breakfast Bowl, Hashbrowns	1 Breakfast Bowl	1210	87	21	0	660	1990	49	7	1	59
Turkey, Tomato & Spinach Breakfast Bowl, Tots	1 Breakfast Bowl	1460	105	27	0	660	2770	63	8	1	60
Turkey, Tomato & Spinach Breakfast Bowl, Yukon Gold Potatoes	1 Breakfast Bowl	1160	79	20	0	660	1870	51	6	5	59
Breakfast Omelets											
Three Meat Omelet, Biscuit, Applesauce	1 Entrée	1420	108	36	0	550	2340	64	4	25	49
Three Meat Omelet, Biscuit, Cottage Cheese	1 Entrée	1430	113	39	0	575	2820	47	2	10	60
Three Meat Omelet, Biscuit, Fruit	1 Entrée	1380	108	36	0	550	2350	54	3	16	49
Three Meat Omelet, Biscuit, Hashbrowns	1 Entrée	1770	136	40	0.5	550	3150	85	7	6	54
Three Meat Omelet, Biscuit, Tots	1 Entrée	2020	154	46	0	550	3930	100	8	6	55
Three Meat Omelet, Biscuit, Yukon Gold Potatoes	1 Entrée	1720	128	39	0	550	3030	88	6	9	54
Three Meat Omelet, English Muffin, Applesauce	1 Entrée	1300	99	30	0	550	1880	55	4	22	48
Three Meat Omelet, English Muffin, Cottage Cheese	1 Entrée	1310	104	33	0	575	2360	38	2	7	59
Three Meat Omelet, English Muffin, Fruit	1 Entrée	1260	99	30	0	550	1890	45	3	13	48
Three Meat Omelet, English Muffin, Hashbrowns	1 Entrée	1650	127	34	0.5	550	2690	76	7	3	53
Three Meat Omelet, English Muffin, Tots	1 Entrée	1900	145	40	0	550	3470	91	8	3	54
Three Meat Omelet, English Muffin, Yukon Gold Potatoes	1 Entrée	1600	119	33	0	550	2570	79	6	6	53
Three Meat Omelet, Rye Toast, Applesauce	1 Entrée	1480	103	30	0	550	2100	83	7	23	55
Three Meat Omelet, Rye Toast, Cottage Cheese	1 Entrée	1490	108	33	0	575	2580	66	5	8	66
Three Meat Omelet, Rye Toast, Fruit	1 Entrée	1440	103	30	0	550	2110	73	6	14	55
Three Meat Omelet, Rye Toast, Hashbrowns	1 Entrée	1830	131	34	0.5	550	2910	104	10	4	60
Three Meat Omelet, Rye Toast, Tots	1 Entrée	2080	149	40	0	550	3690	119	11	4	61
Three Meat Omelet, Rye Toast, Yukon Gold Potatoes	1 Entrée	1780	123	33	0	550	2790	107	9	7	60
Three Meat Omelet, White Toast, Applesauce	1 Entrée	1460	101	30	0	550	2160	85	5	21	53
Three Meat Omelet, White Toast, Cottage Cheese	1 Entrée	1470	106	33	0	575	2640	68	3	6	64
Three Meat Omelet, White Toast, Fruit	1 Entrée	1420	101	30	0	550	2170	75	4	12	53

Three Meat Omelet, White Toast, Hashbrowns	1 Entrée	1810	129	34	0.5	550	2970	106	8	2	58
Three Meat Omelet, White Toast, Tots	1 Entrée	2060	147	40	0	550	3750	121	9	2	59
Three Meat Omelet, White Toast, Yukon Gold Potatoes	1 Entrée	1760	121	33	0	550	2850	109	7	5	58
Three Meat Omelet, Wheat Toast, Applesauce	1 Entrée	1600	105	31	0	550	2280	107	7	33	57
Three Meat Omelet, Wheat Toast, Cottage Cheese	1 Entrée	1610	110	34	0	575	2760	90	5	18	68
Three Meat Omelet, Wheat Toast, Fruit	1 Entrée	1560	105	31	0	550	2290	97	6	24	57
Three Meat Omelet, Wheat Toast, Hashbrowns	1 Entrée	1950	133	35	0.5	550	3090	128	10	14	62
Three Meat Omelet, Wheat Toast, Tots	1 Entrée	2200	151	41	0	550	3870	143	11	14	63
Three Meat Omelet, Wheat Toast, Yukon Gold Potatoes	1 Entrée	1900	125	34	0	550	2970	131	9	17	62
Cali Omelet, Biscuit, Applesauce	1 Entrée	1320	99	33	0	505	1950	70	6	26	42
Cali Omelet, Biscuit, Cottage Cheese	1 Entrée	1330	104	36	0	530	2430	53	4	11	53
Cali Omelet, Biscuit, Fruit	1 Entrée	1280	99	33	0	505	1960	60	6	17	42
Cali Omelet, Biscuit, Hashbrowns	1 Entrée	1670	127	36	0.5	505	2760	91	10	7	47
Cali Omelet, Biscuit, Tots	1 Entrée	1920	146	43	0	505	3540	105	10	7	48
Cali Omelet, Biscuit, Yukon Gold Potatoes	1 Entrée	1620	119	36	0	505	2640	93	9	11	47
Cali Omelet, English Muffin, Applesauce	1 Entrée	1200	90	27	0	505	1490	61	6	23	41
Cali Omelet, English Muffin, Cottage Cheese	1 Entrée	1210	95	30	0	530	1970	44	4	8	52
Cali Omelet, English Muffin, Fruit	1 Entrée	1160	90	27	0	505	1500	51	6	14	41
Cali Omelet, English Muffin, Hashbrowns	1 Entrée	1550	118	30	0.5	505	2300	82	10	4	46
Cali Omelet, English Muffin, Tots	1 Entrée	1800	137	37	0	505	3080	96	10	4	47
Cali Omelet, English Muffin, Yukon Gold Potatoes	1 Entrée	1500	110	30	0	505	2180	84	9	8	46
Cali Omelet, Rye Toast, Applesauce	1 Entrée	1380	94	27	0	505	1710	89	9	24	48
Cali Omelet, Rye Toast, Cottage Cheese	1 Entrée	1390	99	30	0	530	2190	72	7	9	59
Cali Omelet, Rye Toast, Fruit	1 Entrée	1340	94	27	0	505	1720	79	9	15	48
Cali Omelet, Rye Toast, Hashbrowns	1 Entrée	1730	122	30	0.5	505	2520	110	13	5	53
Cali Omelet, Rye Toast, Tots	1 Entrée	1980	141	37	0	505	3300	124	13	5	54
Cali Omelet, Rye Toast, Yukon Gold Potatoes	1 Entrée	1680	114	30	0	505	2400	112	12	9	53
Cali Omelet, White Toast, Applesauce	1 Entrée	1360	92	27	0	505	1770	91	7	22	46
Cali Omelet, White Toast, Cottage Cheese	1 Entrée	1370	97	30	0	530	2250	74	5	7	57
Cali Omelet, White Toast, Fruit	1 Entrée	1320	92	27	0	505	1780	81	7	13	46
Cali Omelet, White Toast, Hashbrowns	1 Entrée	1710	120	30	0.5	505	2580	112	11	3	51
Cali Omelet, White Toast, Tots	1 Entrée	1960	139	37	0	505	3360	126	11	3	52
Cali Omelet, White Toast, Yukon Gold Potatoes	1 Entrée	1660	112	30	0	505	2460	114	10	7	51
Cali Omelet, Wheat Toast, Applesauce	1 Entrée	1500	96	28	0	505	1890	113	9	34	50
Cali Omelet, Wheat Toast, Cottage Cheese	1 Entrée	1510	101	31	0	530	2370	96	7	19	61
Cali Omelet, Wheat Toast, Fruit	1 Entrée	1460	96	28	0	505	1900	103	9	25	50
Cali Omelet, Wheat Toast, Hashbrowns	1 Entrée	1850	124	31	0.5	505	2700	134	13	15	55
Cali Omelet, Wheat Toast, Tots	1 Entrée	2100	143	38	0	505	3480	148	13	15	56
Cali Omelet, Wheat, Yukon Gold Potatoes	1 Entrée	1800	116	31	0	505	2580	136	12	19	55
Chicken Fried Steak Omelet, Biscuit, Applesauce	1 Entrée	1550	91	28	0	550	2420	124	3	25	58
Chicken Fried Steak Omelet, Biscuit, Cottage Cheese	1 Entrée	1560	96	31	0	575	2900	106	1	10	69

Chicken Fried Steak Omelet, Biscuit, Fruit	1 Entrée	1510	91	28	0	550	2430	113	2	16	59
Chicken Fried Steak Omelet, Biscuit, Hashbrowns	1 Entrée	1900	119	32	0	550	3230	144	6	6	64
Chicken Fried Steak Omelet, Biscuit, Tots	1 Entrée	2150	137	38	0	550	4010	159	7	6	65
Chicken Fried Steak Omelet, Biscuit, Yukon Gold Potatoes	1 Entrée	1850	111	31	0	550	3110	147	6	9	64
Chicken Fried Steak Omelet, English Muffin, Applesauce	1 Entrée	1430	82	22	0	550	1960	115	3	22	57
Chicken Fried Steak Omelet, English Muffin, Cottage Cheese	1 Entrée	1440	87	25	0	575	2440	97	1	7	68
Chicken Fried Steak Omelet, English Muffin, Fruit	1 Entrée	1390	82	22	0	550	1970	104	2	13	58
Chicken Fried Steak Omelet, English Muffin, Hashbrowns	1 Entrée	1780	110	26	0	550	2770	135	6	3	63
Chicken Fried Steak Omelet, English Muffin, Tots	1 Entrée	2030	128	32	0	550	3550	150	7	3	64
Chicken Fried Steak Omelet, English Muffin, Yukon Gold Potatoes	1 Entrée	1730	102	25	0	550	2650	138	6	6	63
Chicken Fried Steak Omelet, Rye Toast, Applesauce	1 Entrée	1610	86	22	0	550	2180	143	6	23	64
Chicken Fried Steak Omelet, Rye Toast, Cottage Cheese	1 Entrée	1620	91	25	0	575	2660	125	4	8	75
Chicken Fried Steak Omelet, Rye Toast, Fruit	1 Entrée	1570	86	22	0	550	2190	132	5	14	65
Chicken Fried Steak Omelet, Rye Toast, Hashbrowns	1 Entrée	1960	114	26	0	550	2990	163	9	4	70
Chicken Fried Steak Omelet, Rye Toast, Tots	1 Entrée	2210	132	32	0	550	3770	178	10	4	71
Chicken Fried Steak Omelet, Rye Toast, Yukon Gold Potatoes	1 Entrée	1910	106	25	0	550	2870	166	9	7	70
Chicken Fried Steak Omelet, White Toast, Applesauce	1 Entrée	1590	84	22	0	550	2240	145	4	21	62
Chicken Fried Steak Omelet, White Toast, Cottage Cheese	1 Entrée	1600	89	25	0	575	2720	127	2	6	73
Chicken Fried Steak Omelet, White Toast, Fruit	1 Entrée	1550	84	22	0	550	2250	134	3	12	63
Chicken Fried Steak Omelet, White Toast, Hashbrowns	1 Entrée	1940	112	26	0	550	3050	165	7	2	68
Chicken Fried Steak Omelet, White Toast, Tots	1 Entrée	2190	130	32	0	550	3830	180	8	2	69
Chicken Fried Steak Omelet, White Toast, Yukon Gold Potatoes	1 Entrée	1890	104	25	0	550	2930	168	7	3	68
Chicken Fried Steak Omelet, Wheat Toast, Applesauce	1 Entrée	1730	88	23	0	550	2360	167	6	33	66
Chicken Fried Steak Omelet, Wheat Toast, Cottage Cheese	1 Entrée	1740	93	26	0	575	2840	149	4	18	77
Chicken Fried Steak Omelet, Wheat Toast, Fruit	1 Entrée	1690	88	23	0	550	2370	156	5	24	67
Chicken Fried Steak Omelet, Wheat Toast, Hashbrowns	1 Entrée	2080	116	27	0	550	3170	187	9	14	72
Chicken Fried Steak Omelet, Wheat Toast, Tots	1 Entrée	2330	134	33	0	550	3950	202	10	14	73
Chicken Fried Steak Omelet, Wheat Toast, Yukon Gold Potatoes	1 Entrée	2030	108	26	0	550	3050	190	9	17	72
Denver Omelet, Biscuit, Applesauce	1 Entrée	1280	88	29	0	550	2640	71	5	29	50
Denver Omelet, Biscuit, Cottage Cheese	1 Entrée	1290	93	32	0	575	3120	54	3	15	61
Denver Omelet, Biscuit, Fruit	1 Entrée	1230	88	29	0	550	2650	61	4	21	51
Denver Omelet, Biscuit, Hashbrowns	1 Entrée	1620	116	33	0.5	550	3450	92	8	11	56
Denver Omelet, Biscuit, Tots	1 Entrée	1880	134	39	0	550	4230	107	9	11	56
Denver Omelet, Biscuit, Yukon Gold Potatoes	1 Entrée	1580	108	33	0	550	3330	94	7	14	56
Denver Omelet, English Muffin, Applesauce	1 Entrée	1160	79	23	0	550	2180	62	5	26	49
Denver Omelet, English Muffin, Cottage Cheese	1 Entrée	1170	84	26	0	575	2660	45	3	12	60
Denver Omelet, English Muffin, Fruit	1 Entrée	1110	79	23	0	550	2190	52	4	18	50
Denver Omelet, English Muffin, Hashbrowns	1 Entrée	1500	107	27	0.5	550	2990	83	8	8	55
Denver Omelet, English Muffin, Tots	1 Entrée	1760	125	33	0	550	3770	98	9	8	55
Denver Omelet, English Muffin, Yukon Gold Potatoes	1 Entrée	1460	99	27	0	550	2870	85	7	11	55
Denver Omelet, Rye Toast, Applesauce	1 Entrée	1340	83	23	0	550	2400	90	8	27	56

Denver Omelet, Rye Toast, Cottage Cheese	1 Entrée	1350	88	26	0	575	2880	73	6	13	67
Denver Omelet, Rye Toast, Fruit	1 Entrée	1290	83	23	0	550	2410	80	7	19	57
Denver Omelet, Rye Toast, Hashbrowns	1 Entrée	1680	111	27	0.5	550	3210	111	11	9	62
Denver Omelet, Rye Toast, Tots	1 Entrée	1940	129	33	0	550	3990	126	12	9	62
Denver Omelet, Rye Toast, Yukon Gold Potatoes	1 Entrée	1640	103	27	0	550	3090	113	10	12	62
Denver Omelet, White Toast, Applesauce	1 Entrée	1320	81	23	0	550	2460	92	6	25	54
Denver Omelet, White Toast, Cottage Cheese	1 Entrée	1330	86	26	0	575	2940	75	4	11	65
Denver Omelet, White Toast, Fruit	1 Entrée	1270	81	23	0	550	2470	82	5	17	55
Denver Omelet, White Toast, Hashbrowns	1 Entrée	1660	109	27	0.5	550	3270	113	9	7	60
Denver Omelet, White Toast, Tots	1 Entrée	1920	127	33	0	550	4050	128	10	7	60
Denver Omelet, White Toast, Yukon Gold Potatoes	1 Entrée	1620	101	27	0	550	3150	115	8	10	60
Denver Omelet, Wheat Toast, Applesauce	1 Entrée	1460	85	24	0	550	2580	114	8	37	58
Denver Omelet, Wheat Toast, Cottage Cheese	1 Entrée	1470	90	27	0	575	3060	97	6	23	69
Denver Omelet, Wheat Toast, Fruit	1 Entrée	1410	85	24	0	550	2590	104	7	29	59
Denver Omelet, Wheat Toast, Hashbrowns	1 Entrée	1800	113	28	0.5	550	3390	135	11	19	64
Denver Omelet, Wheat Toast, Tots	1 Entrée	2060	131	34	0	550	4170	150	12	19	64
Denver Omelet, Wheat Toast, Yukon Gold Potatoes	1 Entrée	1760	105	28	0	550	3270	137	10	22	64
Garden Omelet, Biscuit, Applesauce	1 Entrée	1130	81	26	0	490	1400	69	5	27	34
Garden Omelet, Biscuit, Cottage Cheese	1 Entrée	1140	86	29	0	515	1880	52	3	12	45
Garden Omelet, Biscuit, Fruit	1 Entrée	1080	81	27	0	490	1410	59	5	18	35
Garden Omelet, Biscuit, Hashbrowns	1 Entrée	1470	109	30	0.5	490	2210	90	9	8	39
Garden Omelet, Biscuit, Tots	1 Entrée	1730	127	36	0	490	2990	105	9	8	40
Garden Omelet, Biscuit, Yukon Gold Potatoes	1 Entrée	1430	101	30	0	490	2090	92	8	11	39
Garden Omelet, English Muffin, Applesauce	1 Entrée	1010	72	20	0	490	940	60	5	24	33
Garden Omelet, English Muffin, Cottage Cheese	1 Entrée	1020	77	23	0	515	1420	43	3	9	44
Garden Omelet, English Muffin, Fruit	1 Entrée	960	72	21	0	490	950	50	5	15	34
Garden Omelet, English Muffin, Hashbrowns	1 Entrée	1350	100	24	0.5	490	1750	81	9	5	38
Garden Omelet, English Muffin, Tots	1 Entrée	1610	118	30	0	490	2530	96	9	5	39
Garden Omelet, English Muffin, Yukon Gold Potatoes	1 Entrée	1310	92	24	0	490	1630	83	8	8	38
Garden Omelet, Rye Toast, Applesauce	1 Entrée	1190	76	20	0	490	1160	88	8	25	40
Garden Omelet, Rye Toast, Cottage Cheese	1 Entrée	1200	81	23	0	515	1640	71	6	10	51
Garden Omelet, Rye Toast, Fruit	1 Entrée	1140	76	21	0	490	1170	78	8	16	41
Garden Omelet, Rye Toast, Hashbrowns	1 Entrée	1530	104	24	0.5	490	1970	109	12	6	45
Garden Omelet, Rye Toast, Tots	1 Entrée	1790	122	30	0	490	2750	124	12	6	46
Garden Omelet, Rye Toast, Yukon Gold Potatoes	1 Entrée	1490	96	24	0	490	1850	111	11	9	45
Garden Omelet, White Toast, Applesauce	1 Entrée	1170	74	20	0	490	1220	90	6	23	38
Garden Omelet, White Toast, Cottage Cheese	1 Entrée	1180	79	23	0	515	1700	73	4	8	49
Garden Omelet, White Toast, Fruit	1 Entrée	1120	74	21	0	490	1230	80	6	14	39
Garden Omelet, White Toast, Hashbrowns	1 Entrée	1510	102	24	0.5	490	2030	111	10	4	43
Garden Omelet, White Toast, Tots	1 Entrée	1770	120	30	0	490	2810	126	10	4	44
Garden Omelet, White Toast, Yukon Gold Potatoes	1 Entrée	1470	94	24	0	490	1910	113	9	7	43

Garden Omelet, Wheat Toast, Applesauce	1 Entrée	1310	78	21	0	490	1340	112	8	35	42
Garden Omelet, Wheat Toast, Cottage Cheese	1 Entrée	1320	83	24	0	515	1820	95	6	20	53
Garden Omelet, Wheat Toast, Fruit	1 Entrée	1260	78	22	0	490	1350	102	8	26	43
Garden Omelet, Wheat Toast, Hashbrowns	1 Entrée	1650	106	25	0.5	490	2150	133	12	16	47
Garden Omelet, Wheat Toast, Tots	1 Entrée	1910	124	31	0	490	2930	148	12	16	48
Garden Omelet, Wheat Toast, Yukon Gold Potatoes	1 Entrée	1610	98	25	0	490	2030	135	11	19	47
Southwest Steak Omelet, Biscuit, Applesauce	1 Entrée	1390	101	35	0	550	1740	70	6	26	51
Southwest Steak Omelet, Biscuit, Cottage Cheese	1 Entrée	1400	106	38	0	575	2220	52	4	11	62
Southwest Steak Omelet, Biscuit, Fruit	1 Entrée	1350	101	35	0	550	1760	60	6	17	52
Southwest Steak Omelet, Biscuit, Hashbrowns	1 Entrée	1730	129	39	0.5	550	2560	91	10	7	56
Southwest Steak Omelet, Biscuit, Tots	1 Entrée	1990	147	45	0	550	3340	105	11	7	57
Southwest Steak Omelet, Biscuit, Yukon Gold Potatoes	1 Entrée	1690	121	39	0	550	2440	93	9	11	56
Southwest Steak Omelet, English Muffin, Applesauce	1 Entrée	1270	92	29	0	550	1280	61	6	23	50
Southwest Steak Omelet, English Muffin, Cottage Cheese	1 Entrée	1280	97	32	0	575	1760	43	4	8	61
Southwest Steak Omelet, English Muffin, Fruit	1 Entrée	1230	92	29	0	550	1300	51	6	14	51
Southwest Steak Omelet, English Muffin, Hashbrowns	1 Entrée	1610	120	33	0.5	550	2100	82	10	4	55
Southwest Steak Omelet, English Muffin, Tots	1 Entrée	1870	138	39	0	550	2880	96	11	4	56
Southwest Steak Omelet, English Muffin, Yukon Gold Potatoes	1 Entrée	1570	112	33	0	550	1980	84	9	8	55
Southwest Steak Omelet, Rye Toast, Applesauce	1 Entrée	1450	96	29	0	550	1500	89	9	24	57
Southwest Steak Omelet, Rye Toast, Cottage Cheese	1 Entrée	1460	101	32	0	575	1980	71	7	9	68
Southwest Steak Omelet, Rye Toast, Fruit	1 Entrée	1410	96	29	0	550	1520	79	9	15	58
Southwest Steak Omelet, Rye Toast, Hashbrowns	1 Entrée	1790	124	33	0.5	550	2320	110	13	5	62
Southwest Steak Omelet, Rye Toast, Tots	1 Entrée	2050	142	39	0	550	3100	124	14	5	63
Southwest Steak Omelet, Rye Toast, Yukon Gold Potatoes	1 Entrée	1750	116	33	0	550	2200	112	12	9	62
Southwest Steak Omelet, White Toast, Applesauce	1 Entrée	1430	94	29	0	550	1560	91	7	22	55
Southwest Steak Omelet, White Toast, Cottage Cheese	1 Entrée	1440	99	32	0	575	2040	73	5	7	66
Southwest Steak Omelet, White Toast, Fruit	1 Entrée	1390	94	29	0	550	1580	81	7	13	56
Southwest Steak Omelet, White Toast, Hashbrowns	1 Entrée	1770	122	33	0.5	550	2380	112	11	3	60
Southwest Steak Omelet, White Toast, Tots	1 Entrée	2030	140	39	0	550	3160	126	12	3	61
Southwest Steak Omelet, White Toast, Yukon Gold Potatoes	1 Entrée	1730	114	33	0	550	2260	114	10	7	60
Southwest Steak Omelet, Wheat Toast, Applesauce	1 Entrée	1570	98	30	0	550	1680	113	9	34	59
Southwest Steak Omelet, Wheat Toast, Cottage Cheese	1 Entrée	1580	103	33	0	575	2160	95	7	19	70
Southwest Steak Omelet, Wheat Toast, Fruit	1 Entrée	1530	98	30	0	550	1700	103	9	25	60
Southwest Steak Omelet, Wheat Toast, Hashbrowns	1 Entrée	1910	126	34	0.5	550	2500	134	13	15	64
Southwest Steak Omelet, Wheat Toast, Tots	1 Entrée	2170	144	40	0	550	3280	148	14	15	65
Southwest Steak Omelet, Wheat Toast, Yukon Gold Potatoes	1 Entrée	1870	118	34	0	550	2380	136	12	19	64
The Works Omelet, Biscuit, Applesauce	1 Entrée	1450	108	36	0	550	2350	71	5	28	50
The Works Omelet, Biscuit, Cottage Cheese	1 Entrée	1460	113	39	0	575	2820	53	3	13	61
The Works Omelet, Biscuit, Fruit	1 Entrée	1410	108	36	0	550	2360	60	5	19	51
The Works Omelet, Biscuit, Hashbrowns	1 Entrée	1800	136	40	0.5	550	3160	91	9	9	56
The Works Omelet, Biscuit, Tots	1 Entrée	2050	154	46	0	550	3940	106	9	9	56

The Works Omelet, Biscuit, Yukon Gold Potatoes	1 Entrée	1750	128	39	0	550	3040	94	8	13	56
The Works Omelet, English Muffin, Applesauce	1 Entrée	1330	99	30	0	550	1890	62	5	25	49
The Works Omelet, English Muffin, Cottage Cheese	1 Entrée	1340	104	33	0	575	2360	44	3	10	60
The Works Omelet, English Muffin, Fruit	1 Entrée	1290	99	30	0	550	1900	51	5	16	50
The Works Omelet, English Muffin, Hashbrowns	1 Entrée	1680	127	34	0.5	550	2700	82	9	6	55
The Works Omelet, English Muffin, Tots	1 Entrée	1930	145	40	0	550	3480	97	9	6	55
The Works Omelet, English Muffin, Yukon Gold Potatoes	1 Entrée	1630	119	33	0	550	2580	85	8	10	55
The Works Omelet, Rye Toast, Applesauce	1 Entrée	1510	103	30	0	550	2110	90	8	26	56
The Works Omelet, Rye Toast, Cottage Cheese	1 Entrée	1520	108	33	0	575	2580	72	6	11	67
The Works Omelet, Rye Toast, Fruit	1 Entrée	1470	103	30	0	550	2120	79	8	17	57
The Works Omelet, Rye Toast, Hashbrowns	1 Entrée	1860	131	34	0.5	550	2920	110	12	7	62
The Works Omelet, Rye Toast, Tots	1 Entrée	2110	149	40	0	550	3700	125	12	7	62
The Works Omelet, Rye Toast, Yukon Gold Potatoes	1 Entrée	1810	123	33	0	550	2800	113	11	11	62
The Works Omelet, White Toast, Applesauce	1 Entrée	1490	101	30	0	550	2170	92	6	24	54
The Works Omelet, White Toast, Cottage Cheese	1 Entrée	1500	106	33	0	575	2640	74	4	9	65
The Works Omelet, White Toast, Fruit	1 Entrée	1450	101	30	0	550	2180	81	6	15	55
The Works Omelet, White Toast, Hashbrowns	1 Entrée	1840	129	34	0.5	550	2980	112	10	5	60
The Works Omelet, White Toast, Tots	1 Entrée	2090	147	40	0	550	3760	127	10	5	60
The Works Omelet, White Toast, Yukon Gold Potatoes	1 Entrée	1790	121	33	0	550	2860	115	9	9	60
The Works Omelet, Wheat Toast, Applesauce	1 Entrée	1630	105	31	0	550	2290	114	8	36	58
The Works Omelet, Wheat Toast, Cottage Cheese	1 Entrée	1640	110	34	0	575	2760	96	6	21	69
The Works Omelet, Wheat Toast, Fruit	1 Entrée	1590	105	31	0	550	2300	103	8	27	59
The Works Omelet, Wheat Toast, Hashbrowns	1 Entrée	1980	133	35	0.5	550	3100	134	12	17	64
The Works Omelet, Wheat Toast, Tots	1 Entrée	2230	151	41	0	550	3880	149	12	17	64
The Works Omelet, Wheat, Yukon Gold Potatoes	1 Entrée	1930	125	34	0	550	2980	137	11	21	64
Turkey, Tomato & Spinach Omelet, Biscuit, Applesauce	1 Entrée	1230	83	26	0	550	1990	65	5	24	56
Turkey, Tomato & Spinach Omelet, Biscuit, Cottage Cheese	1 Entrée	1240	88	29	0	575	2460	48	3	9	67
Turkey, Tomato & Spinach Omelet, Biscuit, Fruit	1 Entrée	1190	83	26	0	550	2000	55	4	15	56
Turkey, Tomato & Spinach Omelet, Biscuit, Hashbrowns	1 Entrée	1580	111	30	0.5	550	2800	86	8	5	61
Turkey, Tomato & Spinach Omelet, Biscuit, Tots	1 Entrée	1830	129	36	0	550	3580	100	9	5	62
Turkey, Tomato & Spinach Omelet, Biscuit, Yukon Gold Potatoes	1 Entrée	1530	103	30	0	550	2680	88	7	9	61
Turkey, Tomato & Spinach Omelet, English Muffin, Applesauce	1 Entrée	1110	74	20	0	550	1530	56	5	21	55
Turkey, Tomato & Spinach Omelet, English Muffin, Cottage Cheese	1 Entrée	1120	79	23	0	575	2000	39	3	6	66
Turkey, Tomato & Spinach Omelet, English Muffin, Fruit	1 Entrée	1070	74	20	0	550	1540	46	4	12	55
Turkey, Tomato & Spinach Omelet, English Muffin, Hashbrowns	1 Entrée	1460	102	24	0.5	550	2340	77	8	2	60
Turkey, Tomato & Spinach Omelet, English Muffin, Tots	1 Entrée	1710	120	30	0	550	3120	91	9	2	61
Turkey, Tomato & Spinach Omelet, English Muffin, Yukon Gold Potatoes	1 Entrée	1410	94	24	0	550	2220	79	7	6	60
Turkey, Tomato & Spinach Omelet, Rye Toast, Applesauce	1 Entrée	1290	78	20	0	550	1750	84	8	22	62
Turkey, Tomato & Spinach Omelet, Rye Toast, Cottage Cheese	1 Entrée	1300	83	23	0	575	2220	67	6	7	73
Turkey, Tomato & Spinach Omelet, Rye Toast, Fruit	1 Entrée	1250	78	20	0	550	1760	74	7	13	62
Turkey, Tomato & Spinach Omelet, Rye Toast, Hashbrowns	1 Entrée	1640	106	24	0.5	550	2560	105	11	3	67

Turkey, Tomato & Spinach Omelet, Rye Toast, Tots	1 Entrée	1890	124	30	0	550	3340	119	12	3	68
Turkey, Tomato & Spinach Omelet, Rye Toast, Yukon Gold Potatoes	1 Entrée	1590	98	24	0	550	2440	107	10	7	67
Turkey, Tomato & Spinach Omelet, White Toast, Applesauce	1 Entrée	1270	76	20	0	550	1810	86	6	20	60
Turkey, Tomato & Spinach Omelet, White Toast, Cottage Cheese	1 Entrée	1280	81	23	0	575	2280	69	4	5	71
Turkey, Tomato & Spinach Omelet, White Toast, Fruit	1 Entrée	1230	76	20	0	550	1820	76	5	11	60
Turkey, Tomato & Spinach Omelet, White Toast, Hashbrowns	1 Entrée	1620	104	24	0.5	550	2620	107	9	1	65
Turkey, Tomato & Spinach Omelet, White Toast, Tots	1 Entrée	1870	122	30	0	550	3400	121	10	1	66
Turkey, Tomato & Spinach Omelet, White Toast, Yukon Gold Potatoes	1 Entrée	1570	96	24	0	550	2500	109	8	5	65
Turkey, Tomato & Spinach Omelet, Wheat Toast, Applesauce	1 Entrée	1410	80	21	0	550	1930	108	8	32	64
Turkey, Tomato & Spinach Omelet, Wheat Toast, Cottage Cheese	1 Entrée	1420	85	24	0	575	2400	91	6	17	75
Turkey, Tomato & Spinach Omelet, Wheat Toast, Fruit	1 Entrée	1370	80	21	0	550	1940	98	7	23	64
Turkey, Tomato & Spinach Omelet, Wheat Toast, Hashbrowns	1 Entrée	1760	108	25	0.5	550	2740	129	11	13	69
Turkey, Tomato & Spinach Omelet, Wheat Toast, Tots	1 Entrée	2010	126	31	0	550	3520	143	12	13	70
Turkey, Tomato & Spinach Omelet, Wheat Toast, Yukon Gold Potatoes	1 Entrée	1710	100	25	0	550	2620	131	10	17	69
Breakfast Skillets											
Three Meat Skillet, Hashbrowns, Biscuit	1 Entrée	1860	140	38	0.5	475	3350	100	9	6	54
Three Meat Skillet, Hashbrowns, English Muffin	1 Entrée	1740	131	32	0.5	475	2890	91	9	3	53
Three Meat Skillet, Hashbrowns, Rye Toast	1 Entrée	1920	135	32	0.5	475	3110	119	12	4	60
Three Meat Skillet, Hashbrowns, White Toast	1 Entrée	1900	133	32	0.5	475	3170	121	10	2	58
Three Meat Skillet, Hashbrowns, Wheat Toast	1 Entrée	2040	137	33	0.5	475	3290	143	12	14	62
Three Meat Skillet, Tots, Biscuit	1 Entrée	2120	159	45	0	475	4210	112	9	6	54
Three Meat Skillet, Tots, English Muffin	1 Entrée	2000	150	39	0	475	3750	103	9	3	53
Three Meat Skillet, Tots, Rye Toast	1 Entrée	2180	154	39	0	475	3970	131	12	4	60
Three Meat Skillet, Tots, White Toast	1 Entrée	2160	152	39	0	475	4030	133	10	2	58
Three Meat Skillet, Tots, Wheat Toast	1 Entrée	2300	156	40	0	475	4150	155	12	14	62
Three Meat Skillet, Yukon Gold Potatoes, Biscuit	1 Entrée	1800	129	38	0	475	3210	104	8	10	54
Three Meat Skillet, Yukon Gold Potatoes, English Muffin	1 Entrée	1680	120	32	0	475	2750	95	8	7	53
Three Meat Skillet, Yukon Gold Potatoes, Rye Toast	1 Entrée	1860	124	32	0	475	2970	123	11	8	60
Three Meat Skillet, Yukon Gold Potatoes, White Toast	1 Entrée	1840	122	32	0	475	3030	125	9	6	58
Three Meat Skillet, Yukon Gold Potatoes, Wheat Toast	1 Entrée	1980	126	33	0	475	3150	147	11	18	62
Cali Skillet, Hashbrowns, Biscuit	1 Entrée	1760	131	35	0.5	435	2960	105	12	7	47
Cali Skillet, Hashbrowns, English Muffin	1 Entrée	1640	122	29	0.5	435	2500	96	12	4	46
Cali Skillet, Hashbrowns, Rye Toast	1 Entrée	1820	126	29	0.5	435	2720	124	15	5	53
Cali Skillet, Hashbrowns, White Toast	1 Entrée	1800	124	29	0.5	435	2780	126	13	3	51
Cali Skillet, Hashbrowns, Wheat Toast	1 Entrée	1940	128	30	0.5	435	2900	148	15	15	55
Cali Skillet, Tots, Biscuit	1 Entrée	2020	150	42	0	435	3820	118	12	7	47
Cali Skillet, Tots, English Muffin	1 Entrée	1900	141	36	0	435	3360	109	12	4	46
Cali Skillet, Tots, Rye Toast	1 Entrée	2080	145	36	0	435	3580	137	15	5	53
Cali Skillet, Tots, White Toast	1 Entrée	2060	143	36	0	435	3640	139	13	3	51
Cali Skillet, Tots, Wheat Toast	1 Entrée	2200	147	37	0	435	3760	161	15	15	55
Cali Skillet, Yukon Gold Potatoes, Biscuit	1 Entrée	1710	121	34	0	435	2820	110	11	12	47

Cali Skillet, Yukon Gold Potatoes, English Muffin	1 Entrée	1590	112	28	0	435	2360	101	11	9	46
Cali Skillet, Yukon Gold Potatoes, Rye Toast	1 Entrée	1770	116	28	0	435	2580	129	14	10	53
Cali Skillet, Yukon Gold Potatoes, White Toast	1 Entrée	1750	114	28	0	435	2640	131	12	8	51
Cali Skillet, Yukon Gold Potatoes, Wheat Toast	1 Entrée	1890	118	29	0	435	2760	153	14	20	55
Chicken Fried Steak Skillet, Hashbrowns, Biscuit	1 Entrée	1990	123	30	0	475	3430	159	8	6	64
Chicken Fried Steak Skillet, Hashbrowns, English Muffin	1 Entrée	1870	114	24	0	475	2970	150	8	3	63
Chicken Fried Steak Skillet, Hashbrowns, Rye Toast	1 Entrée	2050	118	24	0	475	3190	178	11	4	70
Chicken Fried Steak Skillet, Hashbrowns, White Toast	1 Entrée	2030	116	24	0	475	3250	180	9	2	68
Chicken Fried Steak Skillet, Hashbrowns, Wheat Toast	1 Entrée	2170	120	25	0	475	3370	202	11	14	72
Chicken Fried Steak Skillet, Tots, Biscuit	1 Entrée	2250	142	37	0	475	4290	171	8	6	64
Chicken Fried Steak Skillet, Tots, English Muffin	1 Entrée	2130	133	31	0	475	3830	162	8	3	63
Chicken Fried Steak Skillet, Tots, Rye Toast	1 Entrée	2310	137	31	0	475	4050	190	11	4	70
Chicken Fried Steak Skillet, Tots, White Toast	1 Entrée	2290	135	31	0	475	4110	192	9	2	68
Chicken Fried Steak Skillet, Tots, Wheat Toast	1 Entrée	2430	139	32	0	475	4230	214	11	14	72
Chicken Fried Steak Skillet, Yukon Gold Potatoes, Biscuit	1 Entrée	1930	113	29	0	475	3290	163	7	10	64
Chicken Fried Steak Skillet, Yukon Gold Potatoes, English Muffin	1 Entrée	1810	104	23	0	475	2830	154	7	7	63
Chicken Fried Steak Skillet, Yukon Gold Potatoes, Rye Toast	1 Entrée	1990	108	23	0	475	3050	182	10	8	70
Chicken Fried Steak Skillet, Yukon Gold Potatoes, White Toast	1 Entrée	1970	106	23	0	475	3110	184	8	6	68
Chicken Fried Steak Skillet, Yukon Gold Potatoes, Wheat Toast	1 Entrée	2110	110	24	0	475	3230	206	10	18	72
Denver Skillet, Hashbrowns, Biscuit	1 Entrée	1710	120	31	0.5	475	3650	106	10	11	56
Denver Skillet, Hashbrowns, English Muffin	1 Entrée	1590	111	25	0.5	475	3190	97	10	8	55
Denver Skillet, Hashbrowns, Rye Toast	1 Entrée	1770	115	25	0.5	475	3410	125	13	9	62
Denver Skillet, Hashbrowns, White Toast	1 Entrée	1750	113	25	0.5	475	3470	127	11	7	60
Denver Skillet, Hashbrowns, Wheat Toast	1 Entrée	1890	117	26	0.5	475	3590	149	13	19	64
Denver Skillet, Tots, Biscuit	1 Entrée	1970	139	38	0	475	4510	119	10	11	56
Denver Skillet, Tots, English Muffin	1 Entrée	1850	130	32	0	475	4050	110	10	8	55
Denver Skillet, Tots, Rye Toast	1 Entrée	2030	134	32	0	475	4270	138	13	9	62
Denver Skillet, Tots, White Toast	1 Entrée	2010	132	32	0	475	4330	140	11	7	60
Denver Skillet, Tots, Wheat Toast	1 Entrée	2150	136	33	0	475	4450	162	13	19	64
Denver Skillet, Yukon Gold Potatoes, Biscuit	1 Entrée	1660	110	31	0	475	3510	111	9	15	56
Denver Skillet, Yukon Gold Potatoes, English Muffin	1 Entrée	1540	101	25	0	475	3050	102	9	12	55
Denver Skillet, Yukon Gold Potatoes, Rye Toast	1 Entrée	1720	105	25	0	475	3270	130	12	13	62
Denver Skillet, Yukon Gold Potatoes, White Toast	1 Entrée	1700	103	25	0	475	3330	132	10	11	60
Denver Skillet, Yukon Gold Potatoes, Wheat Toast	1 Entrée	1840	107	26	0	475	3450	154	12	23	64
Garden Skillet, Hashbrowns, Biscuit	1 Entrée	1560	113	28	0.5	415	2410	104	11	8	39
Garden Skillet, Hashbrowns, English Muffin	1 Entrée	1440	104	22	0.5	415	1950	95	11	5	38
Garden Skillet, Hashbrowns, Rye Toast	1 Entrée	1620	108	22	0.5	415	2170	123	14	6	45
Garden Skillet, Hashbrowns, White Toast	1 Entrée	1600	106	22	0.5	415	2230	125	12	4	43
Garden Skillet, Hashbrowns, Wheat Toast	1 Entrée	1740	110	23	0.5	415	2350	147	14	16	47
Garden Skillet, Tots, Biscuit	1 Entrée	1820	132	36	0	415	3270	117	11	8	39
Garden Skillet, Tots, English Muffin	1 Entrée	1700	123	30	0	415	2810	108	11	5	38

Garden Skillet, Tots, Rye Toast	1 Entrée	1880	127	30	0	415	3030	136	14	6	45
Garden Skillet, Tots, White Toast	1 Entrée	1860	125	30	0	415	3090	138	12	4	43
Garden Skillet, Tots, Wheat Toast	1 Entrée	2000	129	31	0	415	3210	160	14	16	47
Garden Skillet, Yukon Gold Potatoes, Biscuit	1 Entrée	1510	103	28	0	415	2270	109	10	12	39
Garden Skillet, Yukon Gold Potatoes, English Muffin	1 Entrée	1390	94	22	0	415	1810	100	10	9	38
Garden Skillet, Yukon Gold Potatoes, Rye Toast	1 Entrée	1570	98	22	0	415	2030	128	13	10	45
Garden Skillet, Yukon Gold Potatoes, White Toast	1 Entrée	1550	96	22	0	415	2090	130	11	8	43
Garden Skillet, Yukon Gold Potatoes, Wheat Toast	1 Entrée	1690	100	23	0	415	2210	152	13	20	47
Southwest Steak Skillet, Hashbrowns, Biscuit	1 Entrée	1820	133	37	0.5	480	2750	105	12	7	56
Southwest Steak Skillet, Hashbrowns, English Muffin	1 Entrée	1700	124	31	0.5	480	2290	96	12	4	55
Southwest Steak Skillet, Hashbrowns, Rye Toast	1 Entrée	1880	128	31	0.5	480	2510	124	15	5	62
Southwest Steak Skillet, Hashbrowns, White Toast	1 Entrée	1860	126	31	0.5	480	2570	126	13	3	60
Southwest Steak Skillet, Hashbrowns, Wheat Toast	1 Entrée	2000	130	32	0.5	480	2690	148	15	15	64
Southwest Steak Skillet, Tots, Biscuit	1 Entrée	2080	152	44	0	480	3620	118	12	7	56
Southwest Steak Skillet, Tots, English Muffin	1 Entrée	1960	143	38	0	480	3160	109	12	4	55
Southwest Steak Skillet, Tots, Rye Toast	1 Entrée	2140	147	38	0	480	3380	137	15	5	62
Southwest Steak Skillet, Tots, White Toast	1 Entrée	2120	145	38	0	480	3440	139	13	3	60
Southwest Steak Skillet, Tots, Wheat Toast	1 Entrée	2260	149	39	0	480	3560	161	15	15	64
Southwest Steak Skillet, Yukon Gold Potatoes, Biscuit	1 Entrée	1770	123	37	0	480	2610	110	11	12	56
Southwest Steak Skillet, Yukon Gold Potatoes, English Muffin	1 Entrée	1650	114	31	0	480	2150	101	11	9	55
Southwest Steak Skillet, Yukon Gold Potatoes, Rye Toast	1 Entrée	1830	118	31	0	480	2370	129	14	10	62
Southwest Steak Skillet, Yukon Gold Potatoes, White Toast	1 Entrée	1810	116	31	0	480	2430	131	12	8	60
Southwest Steak Skillet, Yukon Gold Potatoes, Wheat Toast	1 Entrée	1950	120	32	0	480	2550	153	14	20	64
The Works Skillet, Hashbrowns, Biscuit	1 Entrée	1890	140	38	0.5	475	3360	106	11	9	56
The Works Skillet, Hashbrowns, English Muffin	1 Entrée	1770	131	32	0.5	475	2900	97	11	6	55
The Works Skillet, Hashbrowns, Rye Toast	1 Entrée	1950	135	32	0.5	475	3120	125	14	7	62
The Works Skillet, Hashbrowns, White Toast	1 Entrée	1930	133	32	0.5	475	3180	127	12	5	60
The Works Skillet, Hashbrowns, Wheat Toast	1 Entrée	2070	137	33	0.5	475	3300	149	14	17	64
The Works Skillet, Tots, Biscuit	1 Entrée	2150	159	45	0	475	4220	119	11	9	56
The Works Skillet, Tots, English Muffin	1 Entrée	2030	150	39	0	475	3760	110	11	6	55
The Works Skillet, Tots, Rye Toast	1 Entrée	2210	154	39	0	475	3980	138	14	7	62
The Works Skillet, Tots, White Toast	1 Entrée	2190	152	39	0	475	4040	140	12	5	60
The Works Skillet, Tots, Wheat Toast	1 Entrée	2330	156	40	0	475	4160	162	14	17	64
The Works Skillet, Yukon Gold Potatoes, Biscuit	1 Entrée	1830	130	38	0	475	3210	110	10	14	56
The Works Skillet, Yukon Gold Potatoes, English Muffin	1 Entrée	1710	121	32	0	475	2750	101	10	11	55
The Works Skillet, Yukon Gold Potatoes, Rye Toast	1 Entrée	1890	125	32	0	475	2970	129	13	12	62
The Works Skillet, Yukon Gold Potatoes, White Toast	1 Entrée	1870	123	32	0	475	3030	131	11	10	60
The Works Skillet, Yukon Gold Potatoes, Wheat Toast	1 Entrée	2010	127	33	0	475	3150	153	13	22	64
Turkey, Tomato & Spinach Skillet, Hashbrowns, Biscuit	1 Entrée	1660	115	28	0.5	475	3000	100	10	5	61
Turkey, Tomato & Spinach Skillet, Hashbrowns, English Muffin	1 Entrée	1540	106	22	0.5	475	2540	91	10	2	60
Turkey, Tomato & Spinach Skillet, Hashbrowns, Rye Toast	1 Entrée	1720	110	22	0.5	475	2760	119	13	3	67

Turkey, Tomato & Spinach Skillet, Hashbrowns, White Toast	1 Entrée	1700	108	22	0.5	475	2820	121	11	1	65
Turkey, Tomato & Spinach Skillet, Hashbrowns, Wheat Toast	1 Entrée	1840	112	23	0.5	475	2940	143	13	13	69
Turkey, Tomato & Spinach Skillet, Tots, Biscuit	1 Entrée	1930	134	36	0	475	3860	113	10	5	61
Turkey, Tomato & Spinach Skillet, Tots, English Muffin	1 Entrée	1810	125	30	0	475	3400	104	10	2	60
Turkey, Tomato & Spinach Skillet, Tots, Rye Toast	1 Entrée	1990	129	30	0	475	3620	132	13	3	67
Turkey, Tomato & Spinach Skillet, Tots, White Toast	1 Entrée	1970	127	30	0	475	3680	134	11	1	65
Turkey, Tomato & Spinach Skillet, Tots, Wheat Toast	1 Entrée	2110	131	31	0	475	3800	156	13	13	69
Turkey, Tomato & Spinach Skillet, Yukon Gold Potatoes, Biscuit	1 Entrée	1610	105	28	0	475	2850	105	9	10	61
Turkey, Tomato & Spinach Skillet, Yukon Gold Potatoes, English Muffin	1 Entrée	1490	96	22	0	475	2390	96	9	7	60
Turkey, Tomato & Spinach Skillet, Yukon Gold Potatoes, Rye Toast	1 Entrée	1670	100	22	0	475	2610	124	12	8	67
Turkey, Tomato & Spinach Skillet, Yukon Gold Potatoes, White Toast	1 Entrée	1650	98	22	0	475	2670	126	10	6	65
Turkey, Tomato & Spinach Skillet, Yukon Gold Potatoes, Wheat Toast	1 Entrée	1790	102	23	0	475	2790	148	12	18	69