

**Food Menu Report: Breakfast Combos**

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
<b>Rise 'n' Shine Breakfast Combos</b>											
Rise 'n' Shine, 2 Eggs, Biscuit, Applesauce	1 Entrée	730	48	13	0	370	950	60	3	23	18
Rise 'n' Shine, 2 Eggs, Biscuit, Cottage Cheese	1 Entrée	740	53	16	0	395	1420	42	1	8	29
Rise 'n' Shine, 2 Eggs, Biscuit, Fruit	1 Entrée	690	48	13	0	370	960	49	2	14	19
Rise 'n' Shine, 2 Eggs, Biscuit, Hashbrowns	1 Entrée	1080	76	17	0	370	1760	80	6	4	23
Rise 'n' Shine, 2 Eggs, Biscuit, Tots	1 Entrée	1330	94	23	0	370	2540	95	7	4	24
Rise 'n' Shine, 2 Eggs, Biscuit, Yukon Gold Potatoes	1 Entrée	1030	68	17	0	370	1640	83	6	7	23
Rise 'n' Shine, 2 Eggs, English Muffin, Applesauce	1 Entrée	610	39	7	0	370	490	51	3	20	17
Rise 'n' Shine, 2 Eggs, English Muffin, Cottage Cheese	1 Entrée	620	44	10	0	395	960	33	1	5	28
Rise 'n' Shine, 2 Eggs, English Muffin, Fruit	1 Entrée	570	39	7	0	370	500	40	2	11	18
Rise 'n' Shine, 2 Eggs, English Muffin, Hashbrowns	1 Entrée	960	67	11	0	370	1300	71	6	1	22
Rise 'n' Shine, 2 Eggs, English Muffin, Tots	1 Entrée	1210	85	17	0	370	2080	86	7	1	23
Rise 'n' Shine, 2 Eggs, English Muffin, Yukon Gold Potatoes	1 Entrée	910	59	11	0	370	1180	74	6	4	22
Rise 'n' Shine, 2 Eggs, Rye Toast, Applesauce	1 Entrée	790	43	7	0	370	710	79	6	21	24
Rise 'n' Shine, 2 Eggs, Rye Toast, Cottage Cheese	1 Entrée	800	48	10	0	395	1180	61	4	6	35
Rise 'n' Shine, 2 Eggs, Rye Toast, Fruit	1 Entrée	750	43	7	0	370	720	68	5	12	25
Rise 'n' Shine, 2 Eggs, Rye Toast, Hashbrowns	1 Entrée	1140	71	11	0	370	1520	99	9	2	29
Rise 'n' Shine, 2 Eggs, Rye Toast, Tots	1 Entrée	1390	89	17	0	370	2300	114	10	2	30
Rise 'n' Shine, 2 Eggs, Rye Toast, Yukon Gold Potatoes	1 Entrée	1090	63	11	0	370	1400	102	9	5	29
Rise 'n' Shine, 2 Eggs, White Toast, Applesauce	1 Entrée	770	41	7	0	370	770	81	4	19	22
Rise 'n' Shine, 2 Eggs, White Toast, Cottage Cheese	1 Entrée	780	46	10	0	395	1240	63	2	4	33
Rise 'n' Shine, 2 Eggs, White Toast, Fruit	1 Entrée	730	41	7	0	370	780	70	3	10	23
Rise 'n' Shine, 2 Eggs, White Toast, Hashbrowns	1 Entrée	1120	69	11	0	370	1580	101	7	0	27
Rise 'n' Shine, 2 Eggs, White Toast, Tots	1 Entrée	1370	87	17	0	370	2360	116	8	0	28
Rise 'n' Shine, 2 Eggs, White Toast, Yukon Gold Potatoes	1 Entrée	1070	61	11	0	370	1460	104	7	3	27
Rise 'n' Shine, 2 Eggs, Wheat Toast, Applesauce	1 Entrée	910	45	8	0	370	890	103	6	31	26
Rise 'n' Shine, 2 Eggs, Wheat Toast, Cottage Cheese	1 Entrée	920	50	11	0	395	1360	85	4	16	37
Rise 'n' Shine, 2 Eggs, Wheat Toast, Fruit	1 Entrée	870	45	8	0	370	900	92	5	22	27
Rise 'n' Shine, 2 Eggs, Wheat Toast, Hashbrowns	1 Entrée	1260	73	12	0	370	1700	123	9	12	31
Rise 'n' Shine, 2 Eggs, Wheat Toast, Tots	1 Entrée	1510	91	18	0	370	2480	138	10	12	32
Rise 'n' Shine, 2 Eggs, Wheat Toast, Yukon Gold Potatoes	1 Entrée	1210	65	12	0	370	1580	126	9	15	31
<b>Early Riser Breakfast Combos</b>											
Early Riser, 2 Eggs, Biscuit, Bacon	1 Entrée	730	56	16	0	380	1220	37	1	4	22
Early Riser, 2 Eggs, Biscuit, Sausage Links	1 Entrée	800	63	19	0	400	1220	38	1	4	24
Early Riser, 2 Eggs, Biscuit, Sausage Patties	1 Entrée	980	80	25	0	430	1550	39	1	4	30
Early Riser, 2 Eggs, Biscuit, Turkey Sausage	1 Entrée	800	57	16	0	430	1530	37	1	4	34
Early Riser, 2 Eggs, English Muffin, Bacon	1 Entrée	610	47	10	0	380	760	28	1	1	21
Early Riser, 2 Eggs, English Muffin, Sausage Links	1 Entrée	680	54	13	0	400	760	29	1	1	23

Early Riser, 2 Eggs, English Muffin, Sausage Patties	1 Entrée	860	71	19	0	430	1090	30	1	1	29
Early Riser, 2 Eggs, English Muffin, Turkey Sausage	1 Entrée	680	48	10	0	430	1070	28	1	1	33
Early Riser, 2 Eggs, Rye Toast, Bacon	1 Entrée	790	51	10	0	380	980	56	4	2	28
Early Riser, 2 Eggs, Rye Toast, Sausage Links	1 Entrée	860	58	13	0	400	980	57	4	2	30
Early Riser, 2 Eggs, Rye Toast, Sausage Patties	1 Entrée	1040	75	19	0	430	1310	58	4	2	36
Early Riser, 2 Eggs, Rye Toast, Turkey Sausage	1 Entrée	860	52	10	0	430	1290	56	4	2	40
Early Riser, 2 Eggs, White Toast, Bacon	1 Entrée	770	49	10	0	380	1040	58	2	0	26
Early Riser, 2 Eggs, White Toast, Sausage Links	1 Entrée	840	56	13	0	400	1040	59	2	0	28
Early Riser, 2 Eggs, White Toast, Sausage Patties	1 Entrée	1020	73	19	0	430	1370	60	2	0	34
Early Riser, 2 Eggs, White Toast, Turkey Sausage	1 Entrée	840	50	10	0	430	1350	58	2	0	38
Early Riser, 2 Eggs, Wheat Toast, Bacon	1 Entrée	910	53	11	0	380	1160	80	4	12	30
Early Riser, 2 Eggs, Wheat Toast, Sausage Links	1 Entrée	980	60	14	0	400	1160	81	4	12	32
Early Riser, 2 Eggs, Wheat Toast, Sausage Patties	1 Entrée	1160	77	20	0	430	1490	82	4	12	38
Early Riser, 2 Eggs, Wheat Toast, Turkey Sausage	1 Entrée	980	54	11	0	430	1470	80	4	12	42
<b>Good Start Breakfast Combos</b>											
Good Start, 2 Eggs, Biscuit, Bacon, Applesauce	1 Entrée	820	56	16	0	380	1220	60	3	23	22
Good Start, 2 Eggs, Biscuit, Bacon, Cottage Cheese	1 Entrée	830	61	19	0	405	1690	42	1	8	33
Good Start, 2 Eggs, Biscuit, Bacon, Fruit	1 Entrée	780	56	16	0	380	1230	49	2	14	23
Good Start, 2 Eggs, Biscuit, Bacon, Hashbrowns	1 Entrée	1170	84	20	0	380	2030	80	6	4	27
Good Start, 2 Eggs, Biscuit, Bacon, Tots	1 Entrée	1420	102	26	0	380	2810	95	7	4	28
Good Start, 2 Eggs, Biscuit, Bacon, Yukon Gold Potatoes	1 Entrée	1120	76	20	0	380	1910	83	6	7	27
Good Start, 2 Eggs, Biscuit, Sausage Links, Applesauce	1 Entrée	890	63	19	0	400	1220	61	3	23	24
Good Start, 2 Eggs, Biscuit, Sausage Links, Cottage Cheese	1 Entrée	900	68	22	0	425	1690	43	1	8	35
Good Start, 2 Eggs, Biscuit, Sausage Links, Fruit	1 Entrée	850	63	19	0	400	1230	50	2	14	25
Good Start, 2 Eggs, Biscuit, Sausage Links, Hashbrowns	1 Entrée	1240	91	23	0	400	2030	81	6	4	29
Good Start, 2 Eggs, Biscuit, Sausage Links, Tots	1 Entrée	1490	109	29	0	400	2810	96	7	4	30
Good Start, 2 Eggs, Biscuit, Sausage Links, Yukon Gold Potatoes	1 Entrée	1190	83	23	0	400	1910	84	6	7	29
Good Start, 2 Eggs, Biscuit, Sausage Patties, Applesauce	1 Entrée	1070	80	25	0	430	1550	62	3	23	30
Good Start, 2 Eggs, Biscuit, Sausage Patties, Cottage Cheese	1 Entrée	1080	85	28	0	455	2020	44	1	8	41
Good Start, 2 Eggs, Biscuit, Sausage Patties, Fruit	1 Entrée	1030	80	25	0	430	1560	51	2	14	31
Good Start, 2 Eggs, Biscuit, Sausage Patties, Hashbrowns	1 Entrée	1420	108	29	0	430	2360	82	6	4	35
Good Start, 2 Eggs, Biscuit, Sausage Patties, Tots	1 Entrée	1670	126	35	0	430	3140	97	7	4	36
Good Start, 2 Eggs, Biscuit, Sausage Patties, Yukon Gold Potatoes	1 Entrée	1370	100	29	0	430	2240	85	6	7	35
Good Start, 2 Eggs, Biscuit, Turkey Sausage, Applesauce	1 Entrée	890	57	16	0	430	1530	60	3	23	34
Good Start, 2 Eggs, Biscuit, Turkey Sausage, Cottage Cheese	1 Entrée	900	62	19	0	455	2010	42	1	8	45
Good Start, 2 Eggs, Biscuit, Turkey Sausage, Fruit	1 Entrée	850	57	16	0	430	1550	49	2	14	35
Good Start, 2 Eggs, Biscuit, Turkey Sausage, Hashbrowns	1 Entrée	1240	85	20	0	430	2350	80	6	4	40
Good Start, 2 Eggs, Biscuit, Turkey Sausage, Tots	1 Entrée	1500	103	26	0	430	3130	95	7	4	40
Good Start, 2 Eggs, Biscuit, Turkey Sausage, Yukon Gold Potatoes	1 Entrée	1190	77	20	0	430	2230	83	6	7	40
Good Start, 2 Eggs, English Muffin, Bacon, Applesauce	1 Entrée	700	47	10	0	380	760	51	3	20	21
Good Start, 2 Eggs, English Muffin, Bacon, Cottage Cheese	1 Entrée	710	52	13	0	405	1230	33	1	5	32

Good Start, 2 Eggs, English Muffin, Bacon, Fruit	1 Entrée	660	47	10	0	380	770	40	2	11	22
Good Start, 2 Eggs, English Muffin, Bacon, Hashbrowns	1 Entrée	1050	75	14	0	380	1570	71	6	1	26
Good Start, 2 Eggs, English Muffin, Bacon, Tots	1 Entrée	1300	93	20	0	380	2350	86	7	1	27
Good Start, 2 Eggs, English Muffin, Bacon, Yukon Gold Potatoes	1 Entrée	1000	67	14	0	380	1450	74	6	4	26
Good Start, 2 Eggs, English Muffin, Sausage Links, Applesauce	1 Entrée	770	54	13	0	400	760	52	3	20	23
Good Start, 2 Eggs, English Muffin, Sausage Links, Cottage Cheese	1 Entrée	780	59	16	0	425	1230	34	1	5	34
Good Start, 2 Eggs, English Muffin, Sausage Links, Fruit	1 Entrée	730	54	13	0	400	770	41	2	11	24
Good Start, 2 Eggs, English Muffin, Sausage Links, Hashbrowns	1 Entrée	1120	82	17	0	400	1570	72	6	1	28
Good Start, 2 Eggs, English Muffin, Sausage Links, Tots	1 Entrée	1370	100	23	0	400	2350	87	7	1	29
Good Start, 2 Eggs, English Muffin, Sausage Links, Yukon Gold Potatoes	1 Entrée	1070	74	17	0	400	1450	75	6	4	28
Good Start, 2 Eggs, English Muffin, Sausage Patties, Applesauce	1 Entrée	950	71	19	0	430	1090	53	3	20	29
Good Start, 2 Eggs, English Muffin, Sausage Patties, Cottage Cheese	1 Entrée	960	76	22	0	455	1560	35	1	5	40
Good Start, 2 Eggs, English Muffin, Sausage Patties, Fruit	1 Entrée	910	71	19	0	430	1100	42	2	11	30
Good Start, 2 Eggs, English Muffin, Sausage Patties, Hashbrowns	1 Entrée	1300	99	23	0	430	1900	73	6	1	34
Good Start, 2 Eggs, English Muffin, Sausage Patties, Tots	1 Entrée	1550	117	29	0	430	2680	88	7	1	35
Good Start, 2 Eggs, English Muffin, Sausage Patties, Yukon Gold Potatoes	1 Entrée	1250	91	23	0	430	1780	76	6	4	34
Good Start, 2 Eggs, English Muffin, Turkey Sausage, Applesauce	1 Entrée	770	48	10	0	430	1070	51	3	20	33
Good Start, 2 Eggs, English Muffin, Turkey Sausage, Cottage Cheese	1 Entrée	780	53	13	0	455	1550	33	1	5	44
Good Start, 2 Eggs, English Muffin, Turkey Sausage, Fruit	1 Entrée	730	48	10	0	430	1090	40	2	11	34
Good Start, 2 Eggs, English Muffin, Turkey Sausage, Hashbrowns	1 Entrée	1120	76	14	0	430	1890	71	6	1	39
Good Start, 2 Eggs, English Muffin, Turkey Sausage, Tots	1 Entrée	1380	94	20	0	430	2670	86	7	1	39
Good Start, 2 Eggs, English Muffin, Turkey Sausage, Yukon Gold Potatoes	1 Entrée	1070	68	14	0	430	1770	74	6	4	39
Good Start, 2 Eggs, Rye Toast, Bacon, Applesauce	1 Entrée	880	51	10	0	380	980	79	6	21	28
Good Start, 2 Eggs, Rye Toast, Bacon, Cottage Cheese	1 Entrée	890	56	13	0	405	1450	61	4	6	39
Good Start, 2 Eggs, Rye Toast, Bacon, Fruit	1 Entrée	840	51	10	0	380	990	68	5	12	29
Good Start, 2 Eggs, Rye Toast, Bacon, Hashbrowns	1 Entrée	1230	79	14	0	380	1790	99	9	2	33
Good Start, 2 Eggs, Rye Toast, Bacon, Tots	1 Entrée	1480	97	20	0	380	2570	114	10	2	34
Good Start, 2 Eggs, Rye Toast, Bacon, Yukon Gold Potatoes	1 Entrée	1180	71	14	0	380	1670	102	9	5	33
Good Start, 2 Eggs, Rye Toast, Sausage Links, Applesauce	1 Entrée	950	58	13	0	400	980	80	6	21	30
Good Start, 2 Eggs, Rye Toast, Sausage Links, Cottage Cheese	1 Entrée	960	63	16	0	425	1450	62	4	6	41
Good Start, 2 Eggs, Rye Toast, Sausage Links, Fruit	1 Entrée	910	58	13	0	400	990	69	5	12	31
Good Start, 2 Eggs, Rye Toast, Sausage Links, Hashbrowns	1 Entrée	1300	86	17	0	400	1790	100	9	2	35
Good Start, 2 Eggs, Rye Toast, Sausage Links, Tots	1 Entrée	1550	104	23	0	400	2570	115	10	2	36
Good Start, 2 Eggs, Rye Toast, Sausage Links, Yukon Gold Potatoes	1 Entrée	1250	78	17	0	400	1670	103	9	5	35
Good Start, 2 Eggs, Rye Toast, Sausage Patties, Applesauce	1 Entrée	1130	75	19	0	430	1310	81	6	21	36
Good Start, 2 Eggs, Rye Toast, Sausage Patties, Cottage Cheese	1 Entrée	1140	80	22	0	455	1780	63	4	6	47
Good Start, 2 Eggs, Rye Toast, Sausage Patties, Fruit	1 Entrée	1090	75	19	0	430	1320	70	5	12	37
Good Start, 2 Eggs, Rye Toast, Sausage Patties, Hashbrowns	1 Entrée	1480	103	23	0	430	2120	101	9	2	41
Good Start, 2 Eggs, Rye Toast, Sausage Patties, Tots	1 Entrée	1730	121	29	0	430	2900	116	10	2	42
Good Start, 2 Eggs, Rye Toast, Sausage Patties, Yukon Gold Potatoes	1 Entrée	1430	95	23	0	430	2000	104	9	5	41
Good Start, 2 Eggs, Rye Toast, Turkey Sausage, Applesauce	1 Entrée	950	52	10	0	430	1290	79	6	21	40

Good Start, 2 Eggs, Rye Toast, Turkey Sausage, Cottage Cheese	1 Entrée	960	57	13	0	455	1770	61	4	6	51
Good Start, 2 Eggs, Rye Toast, Turkey Sausage, Fruit	1 Entrée	910	52	10	0	430	1310	68	5	12	41
Good Start, 2 Eggs, Rye Toast, Turkey Sausage, Hashbrowns	1 Entrée	1300	80	14	0	430	2110	99	9	2	46
Good Start, 2 Eggs, Rye Toast, Turkey Sausage, Tots	1 Entrée	1560	98	20	0	430	2890	114	10	2	46
Good Start, 2 Eggs, Rye Toast, Turkey Sausage, Yukon Gold Potatoes	1 Entrée	1250	72	14	0	430	1990	102	9	5	46
Good Start, 2 Eggs, White Toast, Bacon, Applesauce	1 Entrée	860	49	10	0	380	1040	81	4	19	26
Good Start, 2 Eggs, White Toast, Bacon, Cottage Cheese	1 Entrée	870	54	13	0	405	1510	63	2	4	37
Good Start, 2 Eggs, White Toast, Bacon, Fruit	1 Entrée	820	49	10	0	380	1050	70	3	10	27
Good Start, 2 Eggs, White Toast, Bacon, Hashbrowns	1 Entrée	1210	77	14	0	380	1850	101	7	0	31
Good Start, 2 Eggs, White Toast, Bacon, Tots	1 Entrée	1460	95	20	0	380	2630	116	8	0	32
Good Start, 2 Eggs, White Toast, Bacon, Yukon Gold Potatoes	1 Entrée	1160	69	14	0	380	1730	104	7	3	31
Good Start, 2 Eggs, White Toast, Sausage Links, Applesauce	1 Entrée	930	56	13	0	400	1040	82	4	19	28
Good Start, 2 Eggs, White Toast, Sausage Links, Cottage Cheese	1 Entrée	940	61	16	0	425	1510	64	2	4	39
Good Start, 2 Eggs, White Toast, Sausage Links, Fruit	1 Entrée	890	56	13	0	400	1050	71	3	10	29
Good Start, 2 Eggs, White Toast, Sausage Links, Hashbrowns	1 Entrée	1280	84	17	0	400	1850	102	7	0	33
Good Start, 2 Eggs, White Toast, Sausage Links, Tots	1 Entrée	1530	102	23	0	400	2630	117	8	0	34
Good Start, 2 Eggs, White Toast, Sausage Links, Yukon Gold Potatoes	1 Entrée	1230	76	17	0	400	1730	105	7	3	33
Good Start, 2 Eggs, White Toast, Sausage Patties, Applesauce	1 Entrée	1110	73	19	0	430	1370	83	4	19	34
Good Start, 2 Eggs, White Toast, Sausage Patties, Cottage Cheese	1 Entrée	1120	78	22	0	455	1840	65	2	4	45
Good Start, 2 Eggs, White Toast, Sausage Patties, Fruit	1 Entrée	1070	73	19	0	430	1380	72	3	10	35
Good Start, 2 Eggs, White Toast, Sausage Patties, Hashbrowns	1 Entrée	1460	101	23	0	430	2180	103	7	0	39
Good Start, 2 Eggs, White Toast, Sausage Patties, Tots	1 Entrée	1710	119	29	0	430	2960	118	8	0	40
Good Start, 2 Eggs, White Toast, Sausage Patties, Yukon Gold Potatoes	1 Entrée	1410	93	23	0	430	2060	106	7	3	39
Good Start, 2 Eggs, White Toast, Turkey Sausage, Applesauce	1 Entrée	930	50	10	0	430	1350	81	4	19	38
Good Start, 2 Eggs, White Toast, Turkey Sausage, Cottage Cheese	1 Entrée	940	55	13	0	455	1830	63	2	4	49
Good Start, 2 Eggs, White Toast, Turkey Sausage, Fruit	1 Entrée	890	50	10	0	430	1370	70	3	10	39
Good Start, 2 Eggs, White Toast, Turkey Sausage, Hashbrowns	1 Entrée	1280	78	14	0	430	2170	101	7	0	44
Good Start, 2 Eggs, White Toast, Turkey Sausage, Tots	1 Entrée	1540	96	20	0	430	2950	116	8	0	44
Good Start, 2 Eggs, White Toast, Turkey Sausage, Yukon Gold Potatoes	1 Entrée	1230	70	14	0	430	2050	104	7	3	44
Good Start, 2 Eggs, Wheat Toast, Bacon, Applesauce	1 Entrée	1000	53	11	0	380	1160	103	6	31	30
Good Start, 2 Eggs, Wheat Toast, Bacon, Cottage Cheese	1 Entrée	1010	58	14	0	405	1630	85	4	16	41
Good Start, 2 Eggs, Wheat Toast, Bacon, Fruit	1 Entrée	960	53	11	0	380	1170	92	5	22	31
Good Start, 2 Eggs, Wheat Toast, Bacon, Hashbrowns	1 Entrée	1350	81	15	0	380	1970	123	9	12	35
Good Start, 2 Eggs, Wheat Toast, Bacon, Tots	1 Entrée	1600	99	21	0	380	2750	138	10	12	36
Good Start, 2 Eggs, Wheat Toast, Bacon, Yukon Gold Potatoes	1 Entrée	1300	73	15	0	380	1850	126	9	15	35
Good Start, 2 Eggs, Wheat Toast, Sausage Links, Applesauce	1 Entrée	1070	60	14	0	400	1160	104	6	31	32
Good Start, 2 Eggs, Wheat Toast, Sausage Links, Cottage Cheese	1 Entrée	1080	65	17	0	425	1630	86	4	16	43
Good Start, 2 Eggs, Wheat Toast, Sausage Links, Fruit	1 Entrée	1030	60	14	0	400	1170	93	5	22	33
Good Start, 2 Eggs, Wheat Toast, Sausage Links, Hashbrowns	1 Entrée	1420	88	18	0	400	1970	124	9	12	37
Good Start, 2 Eggs, Wheat Toast, Sausage Links, Tots	1 Entrée	1670	106	24	0	400	2750	139	10	12	38
Good Start, 2 Eggs, Wheat Toast, Sausage Links, Yukon Gold Potatoes	1 Entrée	1370	80	18	0	400	1850	127	9	15	37

Good Start, 2 Eggs, Wheat Toast, Sausage Patties, Applesauce	1 Entrée	1250	77	20	0	430	1490	105	6	31	38
Good Start, 2 Eggs, Wheat Toast, Sausage Patties, Cottage Cheese	1 Entrée	1260	82	23	0	455	1960	87	4	16	49
Good Start, 2 Eggs, Wheat Toast, Sausage Patties, Fruit	1 Entrée	1210	77	20	0	430	1500	94	5	22	39
Good Start, 2 Eggs, Wheat Toast, Sausage Patties, Hashbrowns	1 Entrée	1600	105	24	0	430	2300	125	9	12	43
Good Start, 2 Eggs, Wheat Toast, Sausage Patties, Tots	1 Entrée	1850	123	30	0	430	3080	140	10	12	44
Good Start, 2 Eggs, Wheat Toast, Sausage Patties, Yukon Gold Potatoes	1 Entrée	1550	97	24	0	430	2180	128	9	15	43
Good Start, 2 Eggs, Wheat Toast, Turkey Sausage, Applesauce	1 Entrée	1070	54	11	0	430	1470	103	6	31	42
Good Start, 2 Eggs, Wheat Toast, Turkey Sausage, Cottage Cheese	1 Entrée	1080	59	14	0	455	1950	85	4	16	53
Good Start, 2 Eggs, Wheat Toast, Turkey Sausage, Fruit	1 Entrée	1030	54	11	0	430	1490	92	5	22	43
Good Start, 2 Eggs, Wheat Toast, Turkey Sausage, Hashbrowns	1 Entrée	1420	82	15	0	430	2290	123	9	12	48
Good Start, 2 Eggs, Wheat Toast, Turkey Sausage, Tots	1 Entrée	1680	100	21	0	430	3070	138	10	12	48
Good Start, 2 Eggs, Wheat Toast, Turkey Sausage, Yukon Gold Potatoes	1 Entrée	1370	74	15	0	430	2170	126	9	15	48
<b>Super Start Breakfast Combos</b>											
Super Start, 3 Eggs, Biscuit, Bacon, Applesauce	1 Entrée	940	65	19	0	570	1420	60	3	23	30
Super Start, 3 Eggs, Biscuit, Bacon, Cottage Cheese	1 Entrée	950	70	22	0	595	1900	42	1	8	41
Super Start, 3 Eggs, Biscuit, Bacon, Fruit	1 Entrée	900	65	19	0	570	1430	49	2	14	31
Super Start, 3 Eggs, Biscuit, Bacon, Hashbrowns	1 Entrée	1280	93	23	0	570	2230	80	6	4	35
Super Start, 3 Eggs, Biscuit, Bacon, Tots	1 Entrée	1540	111	29	0	570	3010	95	7	4	36
Super Start, 3 Eggs, Biscuit, Bacon, Yukon Gold Potatoes	1 Entrée	1240	85	23	0	570	2110	83	6	7	35
Super Start, 3 Eggs, Biscuit, Sausage Links, Applesauce	1 Entrée	1040	75	23	0	600	1420	61	3	23	33
Super Start, 3 Eggs, Biscuit, Sausage Links, Cottage Cheese	1 Entrée	1050	80	26	0	625	1900	43	1	8	44
Super Start, 3 Eggs, Biscuit, Sausage Links, Fruit	1 Entrée	1000	75	23	0	600	1430	51	2	14	34
Super Start, 3 Eggs, Biscuit, Sausage Links, Hashbrowns	1 Entrée	1390	103	27	0	600	2230	82	6	4	38
Super Start, 3 Eggs, Biscuit, Sausage Links, Tots	1 Entrée	1640	121	33	0	600	3010	96	7	4	39
Super Start, 3 Eggs, Biscuit, Sausage Links, Yukon Gold Potatoes	1 Entrée	1340	95	27	0	600	2110	84	6	7	38
Super Start, 3 Eggs, Biscuit, Sausage Patties, Applesauce	1 Entrée	1310	101	32	0	645	1920	63	3	23	42
Super Start, 3 Eggs, Biscuit, Sausage Patties, Cottage Cheese	1 Entrée	1320	106	35	0	670	2390	45	1	8	53
Super Start, 3 Eggs, Biscuit, Sausage Patties, Fruit	1 Entrée	1270	101	32	0	645	1930	52	2	14	43
Super Start, 3 Eggs, Biscuit, Sausage Patties, Hashbrowns	1 Entrée	1660	129	36	0	645	2730	83	6	4	47
Super Start, 3 Eggs, Biscuit, Sausage Patties, Tots	1 Entrée	1910	147	42	0	645	3510	98	7	4	48
Super Start, 3 Eggs, Biscuit, Sausage Patties, Yukon Gold Potatoes	1 Entrée	1610	121	36	0	645	2610	86	6	7	47
Super Start, 3 Eggs, Biscuit, Turkey Sausage, Applesauce	1 Entrée	1050	66	19	0	645	1900	60	3	23	48
Super Start, 3 Eggs, Biscuit, Turkey Sausage, Cottage Cheese	1 Entrée	1060	71	22	0	670	2380	42	1	8	59
Super Start, 3 Eggs, Biscuit, Turkey Sausage, Fruit	1 Entrée	1000	66	19	0	645	1910	49	2	14	49
Super Start, 3 Eggs, Biscuit, Turkey Sausage, Hashbrowns	1 Entrée	1390	94	23	0	645	2710	80	6	4	54
Super Start, 3 Eggs, Biscuit, Turkey Sausage, Tots	1 Entrée	1650	113	29	0	645	3490	95	7	4	54
Super Start, 3 Eggs, Biscuit, Turkey Sausage, Yukon Gold Potatoes	1 Entrée	1350	86	23	0	645	2590	83	6	7	54
Super Start, 3 Eggs, English Muffin, Bacon, Applesauce	1 Entrée	820	56	13	0	570	960	51	3	20	29
Super Start, 3 Eggs, English Muffin, Bacon, Cottage Cheese	1 Entrée	830	61	16	0	595	1440	33	1	5	40
Super Start, 3 Eggs, English Muffin, Bacon, Fruit	1 Entrée	780	56	13	0	570	970	40	2	11	30
Super Start, 3 Eggs, English Muffin, Bacon, Hashbrowns	1 Entrée	1160	84	17	0	570	1770	71	6	1	34

Super Start, 3 Eggs, English Muffin, Bacon, Tots	1 Entrée	1420	102	23	0	570	2550	86	7	1	35
Super Start, 3 Eggs, English Muffin, Bacon, Yukon Gold Potatoes	1 Entrée	1120	76	17	0	570	1650	74	6	4	34
Super Start, 3 Eggs, English Muffin, Sausage Links, Applesauce	1 Entrée	920	66	17	0	600	960	52	3	20	32
Super Start, 3 Eggs, English Muffin, Sausage Links, Cottage Cheese	1 Entrée	930	71	20	0	625	1440	34	1	5	43
Super Start, 3 Eggs, English Muffin, Sausage Links, Fruit	1 Entrée	880	66	17	0	600	970	42	2	11	33
Super Start, 3 Eggs, English Muffin, Sausage Links, Hashbrowns	1 Entrée	1270	94	21	0	600	1770	73	6	1	37
Super Start, 3 Eggs, English Muffin, Sausage Links, Tots	1 Entrée	1520	112	27	0	600	2550	87	7	1	38
Super Start, 3 Eggs, English Muffin, Sausage Links, Yukon Gold Potatoes	1 Entrée	1220	86	21	0	600	1650	75	6	4	37
Super Start, 3 Eggs, English Muffin, Sausage Patties, Applesauce	1 Entrée	1190	92	26	0	645	1460	54	3	20	41
Super Start, 3 Eggs, English Muffin, Sausage Patties, Cottage Cheese	1 Entrée	1200	97	29	0	670	1930	36	1	5	52
Super Start, 3 Eggs, English Muffin, Sausage Patties, Fruit	1 Entrée	1150	92	26	0	645	1470	43	2	11	42
Super Start, 3 Eggs, English Muffin, Sausage Patties, Hashbrowns	1 Entrée	1540	120	30	0	645	2270	74	6	1	46
Super Start, 3 Eggs, English Muffin, Sausage Patties, Tots	1 Entrée	1790	138	36	0	645	3050	89	7	1	47
Super Start, 3 Eggs, English Muffin, Sausage Patties, Yukon Gold Potatoes	1 Entrée	1490	112	30	0	645	2150	77	6	4	46
Super Start, 3 Eggs, English Muffin, Turkey Sausage, Applesauce	1 Entrée	930	57	13	0	645	1440	51	3	20	47
Super Start, 3 Eggs, English Muffin, Turkey Sausage, Cottage Cheese	1 Entrée	940	62	16	0	670	1920	33	1	5	58
Super Start, 3 Eggs, English Muffin, Turkey Sausage, Fruit	1 Entrée	880	57	13	0	645	1450	40	2	11	48
Super Start, 3 Eggs, English Muffin, Turkey Sausage, Hashbrowns	1 Entrée	1270	85	17	0	645	2250	71	6	1	53
Super Start, 3 Eggs, English Muffin, Turkey Sausage, Tots	1 Entrée	1530	104	23	0	645	3030	86	7	1	53
Super Start, 3 Eggs, English Muffin, Turkey Sausage, Yukon Gold Potatoes	1 Entrée	1230	77	17	0	645	2130	74	6	4	53
Super Start, 3 Eggs, Rye Toast, Bacon, Applesauce	1 Entrée	1000	60	13	0	570	1180	79	6	21	36
Super Start, 3 Eggs, Rye Toast, Bacon, Cottage Cheese	1 Entrée	1010	65	16	0	595	1660	61	4	6	47
Super Start, 3 Eggs, Rye Toast, Bacon, Fruit	1 Entrée	960	60	13	0	570	1190	68	5	12	37
Super Start, 3 Eggs, Rye Toast, Bacon, Hashbrowns	1 Entrée	1340	88	17	0	570	1990	99	9	2	41
Super Start, 3 Eggs, Rye Toast, Bacon, Tots	1 Entrée	1600	106	23	0	570	2770	114	10	2	42
Super Start, 3 Eggs, Rye Toast, Bacon, Yukon Gold Potatoes	1 Entrée	1300	80	17	0	570	1870	102	9	5	41
Super Start, 3 Eggs, Rye Toast, Sausage Links, Applesauce	1 Entrée	1100	70	17	0	600	1180	80	6	21	39
Super Start, 3 Eggs, Rye Toast, Sausage Links, Cottage Cheese	1 Entrée	1110	75	20	0	625	1660	62	4	6	50
Super Start, 3 Eggs, Rye Toast, Sausage Links, Fruit	1 Entrée	1060	70	17	0	600	1190	70	5	12	40
Super Start, 3 Eggs, Rye Toast, Sausage Links, Hashbrowns	1 Entrée	1450	98	21	0	600	1990	101	9	2	44
Super Start, 3 Eggs, Rye Toast, Sausage Links, Tots	1 Entrée	1700	116	27	0	600	2770	115	10	2	45
Super Start, 3 Eggs, Rye Toast, Sausage Links, Yukon Gold Potatoes	1 Entrée	1400	90	21	0	600	1870	103	9	5	44
Super Start, 3 Eggs, Rye Toast, Sausage Patties, Applesauce	1 Entrée	1370	96	26	0	645	1680	82	6	21	48
Super Start, 3 Eggs, Rye Toast, Sausage Patties, Cottage Cheese	1 Entrée	1380	101	29	0	670	2150	64	4	6	59
Super Start, 3 Eggs, Rye Toast, Sausage Patties, Fruit	1 Entrée	1330	96	26	0	645	1690	71	5	12	49
Super Start, 3 Eggs, Rye Toast, Sausage Patties, Hashbrowns	1 Entrée	1720	124	30	0	645	2490	102	9	2	53
Super Start, 3 Eggs, Rye Toast, Sausage Patties, Tots	1 Entrée	1970	142	36	0	645	3270	117	10	2	54
Super Start, 3 Eggs, Rye Toast, Sausage Patties, Yukon Gold Potatoes	1 Entrée	1670	116	30	0	645	2370	105	9	5	53
Super Start, 3 Eggs, Rye Toast, Turkey Sausage, Applesauce	1 Entrée	1110	61	13	0	645	1660	79	6	21	54
Super Start, 3 Eggs, Rye Toast, Turkey Sausage, Cottage Cheese	1 Entrée	1120	66	16	0	670	2140	61	4	6	65
Super Start, 3 Eggs, Rye Toast, Turkey Sausage, Fruit	1 Entrée	1060	61	13	0	645	1670	68	5	12	55

Super Start, 3 Eggs, Rye Toast, Turkey Sausage, Hashbrowns	1 Entrée	1450	89	17	0	645	2470	99	9	2	60
Super Start, 3 Eggs, Rye Toast, Turkey Sausage, Tots	1 Entrée	1710	108	23	0	645	3250	114	10	2	60
Super Start, 3 Eggs, Rye Toast, Turkey Sausage, Yukon Gold Potatoes	1 Entrée	1410	81	17	0	645	2350	102	9	5	60
Super Start, 3 Eggs, White Toast, Bacon, Applesauce	1 Entrée	980	58	13	0	570	1240	81	4	19	34
Super Start, 3 Eggs, White Toast, Bacon, Cottage Cheese	1 Entrée	990	63	16	0	595	1720	63	2	4	45
Super Start, 3 Eggs, White Toast, Bacon, Fruit	1 Entrée	940	58	13	0	570	1250	70	3	10	35
Super Start, 3 Eggs, White Toast, Bacon, Hashbrowns	1 Entrée	1320	86	17	0	570	2050	101	7	0	39
Super Start, 3 Eggs, White Toast, Bacon, Tots	1 Entrée	1580	104	23	0	570	2830	116	8	0	40
Super Start, 3 Eggs, White Toast, Bacon, Yukon Gold Potatoes	1 Entrée	1280	78	17	0	570	1930	104	7	3	39
Super Start, 3 Eggs, White Toast, Sausage Links, Applesauce	1 Entrée	1080	68	17	0	600	1240	82	4	19	37
Super Start, 3 Eggs, White Toast, Sausage Links, Cottage Cheese	1 Entrée	1090	73	20	0	625	1720	64	2	4	48
Super Start, 3 Eggs, White Toast, Sausage Links, Fruit	1 Entrée	1040	68	17	0	600	1250	72	3	10	38
Super Start, 3 Eggs, White Toast, Sausage Links, Hashbrowns	1 Entrée	1430	96	21	0	600	2050	103	7	0	42
Super Start, 3 Eggs, White Toast, Sausage Links, Tots	1 Entrée	1680	114	27	0	600	2830	117	8	0	43
Super Start, 3 Eggs, White Toast, Sausage Links, Yukon Gold Potatoes	1 Entrée	1380	88	21	0	600	1930	105	7	3	42
Super Start, 3 Eggs, White Toast, Sausage Patties, Applesauce	1 Entrée	1350	94	26	0	645	1740	84	4	19	46
Super Start, 3 Eggs, White Toast, Sausage Patties, Cottage Cheese	1 Entrée	1360	99	29	0	670	2210	66	2	4	57
Super Start, 3 Eggs, White Toast, Sausage Patties, Fruit	1 Entrée	1310	94	26	0	645	1750	73	3	10	47
Super Start, 3 Eggs, White Toast, Sausage Patties, Hashbrowns	1 Entrée	1700	122	30	0	645	2550	104	7	0	51
Super Start, 3 Eggs, White Toast, Sausage Patties, Tots	1 Entrée	1950	140	36	0	645	3330	119	8	0	52
Super Start, 3 Eggs, White Toast, Sausage Patties, Yukon Gold Potatoes	1 Entrée	1650	114	30	0	645	2430	107	7	3	51
Super Start, 3 Eggs, White Toast, Turkey Sausage, Applesauce	1 Entrée	1090	59	13	0	645	1720	81	4	19	52
Super Start, 3 Eggs, White Toast, Turkey Sausage, Cottage Cheese	1 Entrée	1100	64	16	0	670	2200	63	2	4	63
Super Start, 3 Eggs, White Toast, Turkey Sausage, Fruit	1 Entrée	1040	59	13	0	645	1730	70	3	10	53
Super Start, 3 Eggs, White Toast, Turkey Sausage, Hashbrowns	1 Entrée	1430	87	17	0	645	2530	101	7	0	58
Super Start, 3 Eggs, White Toast, Turkey Sausage, Tots	1 Entrée	1690	106	23	0	645	3310	116	8	0	58
Super Start, 3 Eggs, White Toast, Turkey Sausage, Yukon Gold Potatoes	1 Entrée	1390	79	17	0	645	2410	104	7	3	58
Super Start, 3 Eggs, Wheat Toast, Bacon, Applesauce	1 Entrée	1120	62	14	0	570	1360	103	6	31	38
Super Start, 3 Eggs, Wheat Toast, Bacon, Cottage Cheese	1 Entrée	1130	67	17	0	595	1840	85	4	16	49
Super Start, 3 Eggs, Wheat Toast, Bacon, Fruit	1 Entrée	1080	62	14	0	570	1370	92	5	22	39
Super Start, 3 Eggs, Wheat Toast, Bacon, Hashbrowns	1 Entrée	1460	90	18	0	570	2170	123	9	12	43
Super Start, 3 Eggs, Wheat Toast, Bacon, Tots	1 Entrée	1720	108	24	0	570	2950	138	10	12	44
Super Start, 3 Eggs, Wheat Toast, Bacon, Yukon Gold Potatoes	1 Entrée	1420	82	18	0	570	2050	126	9	15	43
Super Start, 3 Eggs, Wheat Toast, Sausage Links, Applesauce	1 Entrée	1220	72	18	0	600	1360	104	6	31	41
Super Start, 3 Eggs, Wheat Toast, Sausage Links, Cottage Cheese	1 Entrée	1230	77	21	0	625	1840	86	4	16	52
Super Start, 3 Eggs, Wheat Toast, Sausage Links, Fruit	1 Entrée	1180	72	18	0	600	1370	94	5	22	42
Super Start, 3 Eggs, Wheat Toast, Sausage Links, Hashbrowns	1 Entrée	1570	100	22	0	600	2170	125	9	12	46
Super Start, 3 Eggs, Wheat Toast, Sausage Links, Tots	1 Entrée	1820	118	28	0	600	2950	139	10	12	47
Super Start, 3 Eggs, Wheat Toast, Sausage Links, Yukon Gold Potatoes	1 Entrée	1520	92	22	0	600	2050	127	9	15	46
Super Start, 3 Eggs, Wheat Toast, Sausage Patties, Applesauce	1 Entrée	1490	98	27	0	645	1860	106	6	31	50
Super Start, 3 Eggs, Wheat Toast, Sausage Patties, Cottage Cheese	1 Entrée	1500	103	30	0	670	2330	88	4	16	61

Super Start, 3 Eggs, Wheat Toast, Sausage Patties, Fruit	1 Entrée	1450	98	27	0	645	1870	95	5	22	51
Super Start, 3 Eggs, Wheat Toast, Sausage Patties, Hashbrowns	1 Entrée	1840	126	31	0	645	2670	126	9	12	55
Super Start, 3 Eggs, Wheat Toast, Sausage Patties, Tots	1 Entrée	2090	144	37	0	645	3450	141	10	12	56
Super Start, 3 Eggs, Wheat Toast, Sausage Patties, Yukon Gold Potatoes	1 Entrée	1790	118	31	0	645	2550	129	9	15	55
Super Start, 3 Eggs, Wheat Toast, Turkey Sausage, Applesauce	1 Entrée	1230	63	14	0	645	1840	103	6	31	56
Super Start, 3 Eggs, Wheat Toast, Turkey Sausage, Cottage Cheese	1 Entrée	1240	68	17	0	670	2320	85	4	16	67
Super Start, 3 Eggs, Wheat Toast, Turkey Sausage, Fruit	1 Entrée	1180	63	14	0	645	1850	92	5	22	57
Super Start, 3 Eggs, Wheat Toast, Turkey Sausage, Hashbrowns	1 Entrée	1570	91	18	0	645	2650	123	9	12	62
Super Start, 3 Eggs, Wheat Toast, Turkey Sausage, Tots	1 Entrée	1830	110	24	0	645	3430	138	10	12	62
Super Start, 3 Eggs, Wheat Toast, Turkey Sausage, Yukon Gold Potatoes	1 Entrée	1530	83	18	0	645	2530	126	9	15	62
<b>Sunrise Stack Breakfast Combos</b>											
Sunrise Stack, 2 French Toast, 2 Eggs, Bacon, Bacon	1 Entrée	940	64	25	0	745	1260	49	2	6	39
Sunrise Stack, 2 French Toast, 2 Eggs, Bacon, Sausage Links	1 Entrée	1010	71	28	0	765	1260	50	2	6	41
Sunrise Stack, 2 French Toast, 2 Eggs, Bacon, Sausage Patty	1 Entrée	1190	88	34	0	795	1590	51	2	6	47
Sunrise Stack, 2 French Toast, 2 Eggs, Bacon, Turkey Sausage	1 Entrée	1010	65	25	0	795	1580	49	2	6	51
Sunrise Stack, 2 French Toast, 2 Eggs, Sausage Link, Sausage Link	1 Entrée	1080	78	31	0	785	1260	51	2	6	43
Sunrise Stack, 2 French Toast, 2 Eggs, Sausage Link, Sausage Patty	1 Entrée	1260	95	37	0	815	1590	52	2	6	49
Sunrise Stack, 2 French Toast, 2 Eggs, Sausage Link, Turkey Sausage	1 Entrée	1080	72	28	0	815	1580	50	2	6	53
Sunrise Stack, 2 French Toast, 2 Eggs, Sausage Patty, Sausage Patty	1 Entrée	1440	112	43	0	845	1920	53	2	6	55
Sunrise Stack, 2 French Toast, 2 Eggs, Sausage Patty, Turkey Sausage	1 Entrée	1260	89	34	0	845	1910	51	2	6	59
Sunrise Stack, 2 French Toast, 2 Eggs, Turkey Sausage, Turkey Sausage	1 Entrée	1080	66	25	0	845	1890	49	2	6	63
Sunrise Stack, 2 Pancakes, 2 Eggs, Bacon, Bacon	1 Entrée	740	42	11	0	390	1610	63	0	16	26
Sunrise Stack, 2 Pancakes, 2 Eggs, Bacon, Sausage Link	1 Entrée	810	49	14	0	410	1610	64	0	16	28
Sunrise Stack, 2 Pancakes, 2 Eggs, Bacon, Sausage Patty	1 Entrée	990	66	20	0	440	1940	65	0	16	34
Sunrise Stack, 2 Pancakes, 2 Eggs, Bacon, Turkey Sausage	1 Entrée	810	43	11	0	440	1930	63	0	16	38
Sunrise Stack, 2 Pancakes, 2 Eggs, Sausage Link, Sausage Link	1 Entrée	880	56	17	0	430	1610	65	0	16	30
Sunrise Stack, 2 Pancakes, 2 Eggs, Sausage Link, Sausage Patty	1 Entrée	1060	73	23	0	460	1940	66	0	16	36
Sunrise Stack, 2 Pancakes, 2 Eggs, Sausage Link, Turkey Sausage	1 Entrée	880	50	14	0	460	1930	64	0	16	40
Sunrise Stack, 2 Pancakes, 2 Eggs, Sausage Patty, Sausage Patty	1 Entrée	1240	90	29	0	490	2270	67	0	16	42
Sunrise Stack, 2 Pancakes, 2 Eggs, Sausage Patty, Turkey Sausage	1 Entrée	1060	67	20	0	490	2260	65	0	16	46
Sunrise Stack, 2 Pancakes, 2 Eggs, Turkey Sausage, Turkey Sausage	1 Entrée	880	44	11	0	490	2250	63	0	16	50