

**Food Menu Report: Breakfast Menu**

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
<b>Hy-Five</b>											
Hy-Five with Sausage Link	1 Entrée	810	49	14	0	410	1610	64	0	16	28
Hy-Five with Sausage Link, Applesauce	1 Entrée	900	49	14	0	410	1610	87	2	34	28
Hy-Five with Sausage Link, Cottage Cheese	1 Entrée	900	54	17	0	435	2090	69	0	19	39
Hy-Five with Sausage Link, Fruit	1 Entrée	850	49	14	0	410	1630	77	1	26	28
Hy-Five with Sausage Link, Hashbrowns	1 Entrée	1240	77	18	0	410	2430	108	5	16	33
Hy-Five with Sausage Link, Tots	1 Entrée	1500	95	24	0	410	3210	122	6	16	34
Hy-Five with Sausage Link, Yukon Gold Potatoes	1 Entrée	1190	69	18	0	410	2300	110	5	19	33
Hy-Five with Sausage Patty	1 Entrée	990	66	20	0	440	1940	65	0	16	34
Hy-Five with Sausage Patty, Applesauce	1 Entrée	1080	66	20	0	440	1940	88	2	34	34
Hy-Five with Sausage Patty, Cottage Cheese	1 Entrée	1080	71	23	0	465	2420	70	0	19	45
Hy-Five with Sausage Patty, Fruit	1 Entrée	1030	66	20	0	440	1960	78	1	26	34
Hy-Five with Sausage Patty, Hashbrowns	1 Entrée	1420	94	24	0	440	2760	109	5	16	39
Hy-Five with Sausage Patty, Tots	1 Entrée	1680	112	30	0	440	3540	123	6	16	40
Hy-Five with Sausage Patty, Yukon Gold Potatoes	1 Entrée	1370	86	24	0	440	2630	111	5	19	39
Hy-Five with Turkey Sausage	1 Entrée	810	43	11	0	440	1930	63	0	16	38
Hy-Five with Turkey Sausage, Applesauce	1 Entrée	900	43	11	0	440	1930	86	2	34	38
Hy-Five with Turkey Sausage, Cottage Cheese	1 Entrée	910	48	14	0	465	2410	68	0	19	49
Hy-Five with Turkey Sausage, Fruit	1 Entrée	860	43	11	0	440	1940	76	1	26	39
Hy-Five with Turkey Sausage, Hashbrowns	1 Entrée	1240	71	15	0	440	2740	107	5	16	43
Hy-Five with Turkey Sausage, Tots	1 Entrée	1500	89	21	0	440	3520	121	6	16	44
Hy-Five with Turkey Sausage, Yukon Gold Potatoes	1 Entrée	1200	63	15	0	440	2620	109	5	19	43
<b>Stacks</b>											
Pancakes	2 Pancakes	960	29	9	0	30	2020	165	0	44	11
Brioche French Toast	2 Slices	930	49	23	0	385	730	101	2	33	19
Chocolate Chips	2 oz	260	15	9	0	0	0	38	4	30	--
Blueberries	2 oz	30	0	0	0	0	0	8	1	6	0
Bananas	1/2 Banana	50	0	0	0	0	0	13	2	7	1
Honey-Roasted Pecans	2 oz	280	16	1	0	0	70	38	--	34	--
<b>Favorites</b>											
Traditional Eggs Benedict	1 Entrée	630	38	19	0	450	1360	45	1	12	26
Traditional Eggs Benedict, Applesauce	1 Entrée	720	38	19	0	450	1360	67	3	31	26
Traditional Eggs Benedict, Cottage Cheese	1 Entrée	730	43	22	0	475	1840	50	1	16	37
Traditional Eggs Benedict, Fruit	1 Entrée	680	38	19	0	450	1370	57	3	22	27
Traditional Eggs Benedict, Hashbrowns	1 Entrée	1070	66	23	0	450	2170	88	7	12	32

Traditional Eggs Benedict, Yukon Gold Potatoes	1 Entrée	1020	58	23	0	450	2050	90	6	15	32
Traditional Eggs Benedict, Tots	1 Entrée	1320	84	29	0	450	2950	103	7	12	33
Turkey & Tomato Eggs Benedict	1 Entrée	760	41	20	0	490	1820	47	3	12	51
Turkey & Tomato Eggs Benedict, Applesauce	1 Entrée	850	41	20	0	490	1820	70	5	31	51
Turkey & Tomato Eggs Benedict, Cottage Cheese	1 Entrée	860	46	23	0	515	2300	52	3	16	62
Turkey & Tomato Eggs Benedict, Fruit	1 Entrée	810	41	20	0	490	1830	60	4	22	52
Turkey & Tomato Eggs Benedict, Hashbrowns	1 Entrée	1200	69	24	0	490	2630	91	8	12	57
Turkey & Tomato Eggs Benedict, Tots	1 Entrée	1450	87	30	0	490	3420	105	9	12	58
Turkey & Tomato Eggs Benedict, Yukon Gold Potatoes	1 Entrée	1150	61	24	0	490	2510	93	8	16	57
Biscuits & Sausage Gravy	1 Half Entrée	400	22	10	0	20	1130	44	1	5	9
Biscuits & Sausage Gravy	1 Full Entrée	810	43	20	0	40	2260	88	2	11	17
Bacon Farmhouse Sandwich	1 Sandwich	910	61	17	0	410	1640	60	2	2	32
Bacon Farmhouse Sandwich, Applesauce	1 Sandwich	1000	61	17	0	410	1640	83	4	21	32
Bacon Farmhouse Sandwich, Cottage Cheese	1 Sandwich	1010	66	20	0	435	2110	65	2	6	43
Bacon Farmhouse Sandwich, Fruit	1 Sandwich	960	61	17	0	410	1650	72	3	12	33
Bacon Farmhouse Sandwich, Hashbrowns	1 Sandwich	1350	89	21	0	410	2450	103	7	2	37
Bacon Farmhouse Sandwich, Tots	1 Sandwich	1600	107	27	0	410	3230	118	8	2	38
Bacon Farmhouse Sandwich, Yukon Gold Potatoes	1 Sandwich	1300	81	21	0	410	2330	106	7	5	37
Sausage Farmhouse Sandwich	1 Sandwich	1160	85	26	0	460	1970	62	2	2	40
Sausage Farmhouse Sandwich, Applesauce	1 Sandwich	1250	85	26	0	460	1970	85	4	21	40
Sausage Farmhouse Sandwich, Cottage Cheese	1 Sandwich	1260	90	29	0	485	2440	67	2	6	51
Sausage Farmhouse Sandwich, Fruit	1 Sandwich	1210	85	26	0	460	1980	74	3	12	41
Sausage Farmhouse Sandwich, Hashbrowns	1 Sandwich	1600	113	30	0	460	2780	105	7	2	45
Sausage Farmhouse Sandwich, Tots	1 Sandwich	1850	131	36	0	460	3560	120	8	2	46
Sausage Farmhouse Sandwich, Yukon Gold Potatoes	1 Sandwich	1550	105	30	0	460	2660	108	7	5	45
Turkey Sausage Farmhouse Sandwich	1 Sandwich	980	62	17	0	460	1950	60	2	2	44
Turkey Sausage Farmhouse Sandwich, Applesauce	1 Sandwich	1070	62	17	0	460	1950	83	4	21	44
Turkey Sausage Farmhouse Sandwich, Cottage Cheese	1 Sandwich	1080	67	20	0	485	2430	65	2	6	55
Turkey Sausage Farmhouse Sandwich, Fruit	1 Sandwich	1030	62	17	0	460	1970	72	3	12	45
Turkey Sausage Farmhouse Sandwich, Hashbrowns	1 Sandwich	1420	90	21	0	460	2770	103	7	2	50
Turkey Sausage Farmhouse Sandwich, Tots	1 Sandwich	1680	108	27	0	460	3550	118	8	2	50
Turkey Sausage Farmhouse Sandwich, Yukon Gold Potatoes	1 Sandwich	1370	82	21	0	460	2650	106	7	5	50
Morning Muffin, Bacon	1 Sandwich	440	29	9	0	205	830	29	1	2	16
Morning Muffin, Ham	1 Sandwich	560	32	10	0	260	1930	33	1	6	32
Morning Muffin, Sausage Patty	1 Sandwich	570	41	13	0	230	990	30	1	2	20
Morning Muffin, Turkey Sausage	1 Sandwich	480	30	9	0	230	980	29	1	2	22
Avocado Toast	1 Entrée	560	32	5	0	185	670	54	7	14	15
Avocado Toast, Applesauce	1 Entrée	650	32	5	0	185	670	77	9	32	15

Avocado Toast, Cottage Cheese	1 Entrée	660	37	8	0	210	1150	59	7	17	26
Avocado Toast, Fruit	1 Entrée	610	32	6	0	185	680	67	9	24	16
Avocado Toast, Hashbrowns	1 Entrée	1000	60	9	0	185	1480	98	13	14	20
Avocado Toast, Tots	1 Entrée	1250	78	15	0	185	2260	112	13	14	21
Avocado Toast, Yukon Gold Potatoes	1 Entrée	950	52	9	0	185	1360	100	12	17	21
Breakfast Burrito	1 Entrée	1220	83	31	0	505	1950	70	7	10	45
Breakfast Burrito, Applesauce	1 Entrée	1310	83	31	0	505	1950	93	9	28	45
Breakfast Burrito, Cottage Cheese	1 Entrée	1320	88	34	0	530	2430	75	7	14	56
Breakfast Burrito, Fruit	1 Entrée	1270	83	31	0	505	1970	82	9	20	45
Breakfast Burrito, Hashbrowns	1 Entrée	1660	111	35	0	505	2770	113	13	10	50
Breakfast Burrito, Tots	1 Entrée	1910	129	41	0	505	3550	128	13	10	51
Breakfast Burrito, Yukon Gold Potatoes	1 Entrée	1610	103	34	0	505	2640	116	12	13	50
Bacon Breakfast Breakfast Quesadilla	1 Quesadilla	1240	89	35	0	490	2530	58	6	8	50
Bacon Breakfast Breakfast Quesadilla, Applesauce	1 Quesadilla	1330	89	35	0	490	2530	81	8	27	50
Bacon Breakfast Breakfast Quesadilla, Cottage Cheese	1 Quesadilla	1340	94	38	0	515	3010	63	6	12	61
Bacon Breakfast Breakfast Quesadilla, Fruit	1 Quesadilla	1290	90	35	0	490	2540	70	7	18	51
Bacon Breakfast Breakfast Quesadilla, Hashbrowns	1 Quesadilla	1680	118	39	0	490	3340	101	12	8	56
Bacon Breakfast Breakfast Quesadilla, Tots	1 Quesadilla	1930	136	45	0	490	4120	116	12	8	56
Bacon Breakfast Breakfast Quesadilla, Yukon Gold Potatoes	1 Quesadilla	1630	109	39	0	490	3220	104	11	12	56
Sausage Breakfast Quesadilla	1 Quesadilla	1120	80	32	0	495	1910	59	6	8	43
Sausage Breakfast Quesadilla, Applesauce	1 Quesadilla	1210	80	32	0	495	1910	82	8	27	43
Sausage Breakfast Quesadilla, Cottage Cheese	1 Quesadilla	1220	85	35	0	515	2380	64	6	12	54
Sausage Breakfast Quesadilla, Fruit	1 Quesadilla	1170	80	32	0	495	1920	72	7	18	44
Sausage Breakfast Quesadilla, Hashbrowns	1 Quesadilla	1560	108	36	0	495	2720	103	12	8	49
Sausage Breakfast Quesadilla, Tots	1 Quesadilla	1820	127	42	0	495	3500	117	12	8	49
Sausage Breakfast Quesadilla, Yukon Gold Potatoes	1 Quesadilla	1510	100	35	0	495	2600	105	11	12	49
Turkey Sausage Breakfast Quesadilla	1 Quesadilla	1010	65	26	0	495	1900	58	6	8	46
Turkey Sausage Breakfast Quesadilla, Applesauce	1 Quesadilla	1100	65	26	0	495	1900	81	8	27	46
Turkey Sausage Breakfast Quesadilla, Cottage Cheese	1 Quesadilla	1110	70	29	0	520	2380	63	6	12	57
Turkey Sausage Breakfast Quesadilla, Fruit	1 Quesadilla	1060	65	26	0	495	1910	70	7	18	47
Turkey Sausage Breakfast Quesadilla, Hashbrowns	1 Quesadilla	1450	93	30	0	495	2710	101	12	8	51
Turkey Sausage Breakfast Quesadilla, Tots	1 Quesadilla	1700	112	36	0	495	3500	116	12	8	52
Turkey Sausage Breakfast Quesadilla, Yukon Gold Potatoes	1 Quesadilla	1400	85	29	0	495	2590	104	11	12	51
Meatless Breakfast Breakfast Quesadilla	1 Quesadilla	900	59	24	0	455	1510	58	6	8	35
Meatless Breakfast Quesadilla, Applesauce	1 Quesadilla	990	59	24	0	455	1510	81	8	27	35
Meatless Breakfast Quesadilla, Cottage Cheese	1 Quesadilla	1000	64	27	0	480	1990	63	6	12	46
Meatless Breakfast Quesadilla, Fruit	1 Quesadilla	950	59	24	0	455	1520	70	7	18	36
Meatless Breakfast Quesadilla, Hashbrowns	1 Quesadilla	1340	87	28	0	455	2320	101	12	8	41

Meatless Breakfast Quesadilla, Tots	1 Quesadilla	1590	105	34	0	455	3100	116	12	8	41
Meatless Breakfast Quesadilla, Yukon Gold Potatoes	1 Quesadilla	1290	79	27	0	455	2200	104	11	12	41
Smothered Hashbrowns, Wheat Toast	1 Entrée	1760	109	24	0.5	95	3210	154	13	18	46
Smothered Hashbrowns, White Toast	1 Entrée	1620	105	23	0.5	95	3090	132	11	6	42
Smothered Hashbrowns, Marble Rye Toast	1 Entrée	1640	107	23	0.5	95	3030	130	13	8	44
Smothered Hashbrowns, Biscuit	1 Entrée	1580	112	29	0.5	95	3270	111	10	10	38
Smothered Hashbrowns, English Muffin	1 Entrée	1460	103	23	0.5	95	2810	102	10	7	37
<b>Fit Breakfasts</b>											
Fit Breakfast with Fresh Fruit	1 Entrée	370	23	5	0	60	710	14	2	11	24
Fit Breakfast with Cottage Cheese	1 Entrée	420	28	8	0	85	1180	7	1	5	34
Fit Start Omelet	1 Entrée	290	21	3	0	0	330	10	3	5	15
Fit Start Omelet, Applesauce	1 Entrée	380	21	3	0	0	330	33	5	24	15
Fit Start Omelet, Cottage Cheese	1 Entrée	390	26	6	0	25	810	15	3	9	26
Fit Start Omelet, Fruit	1 Entrée	340	21	3	0	0	340	22	4	15	16
Fit Start Omelet, Hashbrowns	1 Entrée	730	49	7	0	0	1140	54	8	5	21
Fit Start Omelet, Tots	1 Entrée	980	67	13	0	0	1920	68	9	5	21
Fit Start Omelet, Yukon Gold Potatoes	1 Entrée	680	41	7	0	0	1020	56	7	8	21
Classic Oatmeal	1 Entrée	550	6	1.5	0	5	60	113	8	59	12
Blueberries	1 oz	15	0	0	0	0	0	4	1	3	0
Banana	1 oz	25	0	0	0	0	0	6	1	3	0
<b>Create Your Own</b>											
American Cheese	1 oz	100	9	5	0	20	450	1	0	1	4
Cheddar Cheese	1 oz	110	9	5	0	30	170	1	0	0	7
Pepper Jack Cheese	1 oz	90	7	4.5	0	25	260	1	0	1	6
Swiss Cheese	1 oz	100	8	5	0	25	60	1	0	0	8
Shredded Cheese Blend	1 oz	90	7	4	0	25	190	2	0	0	6
Corned Beef	2 oz	70	2.5	1	--	35	490	0	--	--	9
Ham	2 oz	90	4	1.5	0	35	570	3	0	3	9
Sausage	2 oz	220	19	6	0	50	300	0	0	0	8
Bacon	2 oz	270	19	7	0	65	1010	0	0	0	22
Jalapenos	1 oz	10	0	0	0	0	0	2	1	1	0
Mixed Bell Peppers	1 oz	5	0	0	0	0	0	2	1	1	0
Mushrooms	1 oz	5	0	0	0	0	0	1	0	1	1
Red Onions	1 oz	10	0	0	0	0	0	3	0	1	0
Spinach	1 oz	5	0	0	0	0	20	1	1	0	1
Tomatoes	1 oz	5	0	0	0	0	0	1	0	1	0
<b>Breakfast Sides</b>											
Hashbrowns	8 oz	440	28	4	0	0	810	43	5	0	5

Breakfast Potatoes	8 oz	390	20	3.5	0	0	690	46	5	3	5
Tater Tots	9 oz	690	46	10	0	0	1590	58	6	0	6
Fruit	4 oz	50	0	0	0	0	10	12	1	10	1
Cottage Cheese	4 oz	100	5	3	0	25	480	5	0	4	11
Applesauce	4 oz	90	0	0	0	0	0	22	2	19	0
<b>Breakfast Toast Options</b>											
Wheat Toast with Butter	2 Slices	560	21	3	0	0	750	80	4	12	14
Wheat Toast, dry	2 Slices	440	7	1	0	0	720	80	4	12	14
White Toast with Butter	2 Slices	420	17	2	0	0	630	58	2	0	10
White Toast, dry	2 Slices	300	3	0	0	0	600	58	2	--	10
Marble Rye Toast, dry	2 Slices	320	5	0	0	0	540	56	4	2	12
Marble Rye Toast with Butter	2 Slices	440	19	2	0	0	570	56	4	2	12
Biscuit with Butter	1 Biscuit	380	24	8	0	0	810	37	1	4	6
Biscuit, dry	1 Biscuit	260	10	6	0	0	780	37	1	4	6
English Muffin with Butter	1 English Muffin	260	15	2	0	0	350	28	1	1	5
English Muffin, dry	1 English Muffin	140	1	0	0	0	320	28	1	1	5
<b>Breakfast Meat Items</b>											
Bacon	2 Slices	90	8	3	0	10	270	0	0	0	4
Sausage Links	2 Links	160	15	6	0	30	270	1	0	0	6
Sausage Patties	2 Patties	340	32	12	0	60	600	2	0	0	12
Turkey Sausage Patties	2 Patties	160	9	3	0	60	590	0	0	0	16
Ham	2 oz	80	3.5	1.5	0	30	620	2	0	2	9