

## Breakfast

	Calories	Calories from Fat	Sodium in millograms	Carb in grams	Fiber in grams	Protein in grams
<b>Breakfast Pocket</b>	<b>140</b>	<b>45</b>	<b>330</b>	<b>18</b>	<b>1</b>	<b>7</b>
<b>Egg Patty / 1 ounce</b>	<b>50</b>	<b>5</b>	<b>85</b>	<b>85</b>	<b>0</b>	<b>3</b>
<b>Cheddar Omelet</b>	<b>210</b>	<b>153</b>	<b>500</b>	<b>3</b>	<b>0</b>	<b>12</b>
<b>Cinnamon Tastrie</b>	<b>260</b>	<b>81</b>	<b>400</b>	<b>40</b>	<b>1</b>	<b>5</b>
<b>French Toast Sticks, 2</b>	<b>190</b>	<b>72</b>	<b>190</b>	<b>27</b>	<b>1</b>	<b>3</b>
<b>Pizza Bagel, Sausage</b>	<b>180</b>	<b>63</b>	<b>480</b>	<b>19</b>	<b>1</b>	<b>9</b>
<b>Pancakes, 4 each</b>	<b>80</b>	<b>9</b>	<b>200</b>	<b>15</b>	<b>1</b>	<b>2</b>
<b>Pancake Wrap</b>	<b>21</b>	<b>90</b>	<b>470</b>	<b>23</b>	<b>1</b>	<b>9</b>
<b>Waffle Sticks/ 2</b>	<b>140</b>	<b>2</b>	<b>420</b>	<b>28</b>	<b>2</b>	<b>3</b>
<b>Syrup/ 43 gram cup</b>	<b>120</b>	<b>0</b>	<b>0</b>	<b>31</b>	<b>0</b>	<b>0</b>
<b>Sausage, Cheese, Biscuit</b>	<b>376</b>	<b>279</b>	<b>1166</b>	<b>24</b>	<b>0</b>	<b>10</b>
<i>Sausage patty, 1.5 oz</i>	166	144	316	1	0	1
<i>American cheese</i>	70	54	240	1	0	4
<i>Biscuit</i>	140	81	610	22	0	5
<b>Oatmeal, 4 oz</b>	<b>203</b>	<b>44</b>	<b>6</b>	<b>35</b>	<b>4</b>	<b>13</b>
<i>Oats</i>	140	23	0	26	4	5
<i>Creamer &amp; Brown Sugar</i>	63	21	6	9	0	8
<b>Shredded cheese ¼c</b>	<b>110</b>	<b>81</b>	<b>180</b>	<b>0</b>	<b>0</b>	<b>7</b>
<b>Yogurt, 4 oz.</b>	<b>115</b>	<b>7</b>	<b>68</b>	<b>23</b>	<b>0</b>	<b>4</b>
<b>Raisins, ¼ cup</b>	<b>126</b>	<b>3</b>	<b>8</b>	<b>31</b>	<b>2</b>	<b>1</b>
<b>Peanut Butter, 2 oz.</b>	<b>400</b>	<b>288</b>	<b>300</b>	<b>14</b>	<b>4</b>	<b>16</b>