**Nutrition Facts**

**HAM, EGG & CHEDDAR MUFFIN Sandwich**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 440</th>
<th>Calories from Fat 170</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>19g</td>
<td>29 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7g</td>
<td>34 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>7g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>275mg</td>
<td>92 %</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>1410mg</td>
<td>59 %</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>41g</td>
<td>14 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>9 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>26g</td>
<td>%</td>
</tr>
</tbody>
</table>

Vitamin A 4%  ●  Vitamin C 0%
Calium 20%  ●  Iron 15%
Vitamin E 0%  ●  Vitamin B6 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Polyunsaturated Fat</th>
<th>Monounsaturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td></td>
</tr>
<tr>
<td>2,500</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per gram</th>
<th>Fat 0.9</th>
<th>Carbohydrates 4</th>
<th>Protein 4</th>
</tr>
</thead>
</table>

**INGREDIENTS:** English Muffin, Eggs, Hardwood Smoked Ham, Mild Cheddar Cheese.

Contains: EGGS, MILK, WHEAT

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## Nutrition Facts

**Serving Size**: 1 Parfait (410g)
**Serving Per Container**: 1

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>380</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>45</td>
<td>8 %</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5g</td>
<td>8 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
<td>13 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1.5g</td>
<td>%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>15mg</td>
<td>5 %</td>
</tr>
<tr>
<td>Sodium</td>
<td>250mg</td>
<td>10 %</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>70g</td>
<td>23 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>17 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>52g</td>
<td>%</td>
</tr>
<tr>
<td>Protein</td>
<td>16g</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>90%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>50%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>70%</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:
- Fat: 9
- Carbohydrates: 4
- Protein: 4

**INGREDIENTS**: Low Fat Vanilla Yogurt, Sliced Strawberries, Granola, Blueberries.

Contains: MILK, TREE NUTS, WHEAT
## Nutrition Facts

**Breakfast Burrito**  
**8 oz Wrap**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 550</th>
<th>Calories from Fat: 230</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>26g</td>
<td>40%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>11g</td>
<td>53%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>8g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>415mg</td>
<td>138%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>1000mg</td>
<td>42%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>56g</td>
<td>19%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>25g</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>15%</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>6%</td>
<td>%</td>
</tr>
<tr>
<td>Calcium</td>
<td>40%</td>
<td>%</td>
</tr>
<tr>
<td>Iron</td>
<td>40%</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>6%</td>
<td>%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per gram</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
</tr>
<tr>
<td>Carbohydrates</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Eggs, Flour Tortilla, Shredded Cheddar/Jack Cheese, Corn, Canned Black Beans, Salsa, Green Chili Pepper, Canola Oil, Granulated Onion, Onion Powder, Cumin Seed, Coarse Kosher Salt, Paprika, Ground Cayenne Pepper, Ground Cumin Seed.

Contains: EGGS, MILK, WHEAT
**Nutrition Facts**

Serving Size 1 Egg (45g)
Serving Per Container1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 60</th>
<th>Calories from Fat 35</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>4g</td>
<td>6 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>6 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>1.5g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>150mg</td>
<td>50 %</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>55mg</td>
<td>2 %</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>0g</td>
<td>0 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
<td>%</td>
</tr>
</tbody>
</table>

Vitamin A 4%  
Calcium 2%  
Vitamin C 0%  
Iron 4%  
Vitamin E 0%  
Vitamin B6 6%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram

- Fat 9
- Carbohydrates 4
- Protein 4

**INGREDIENTS:** AA Medium Eggs.

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# Nutrition Facts

**Serving Size 1 Link (25g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>30</td>
<td>10</td>
</tr>
</tbody>
</table>

**% Daily Values**

- **Total Fat** 1g 2%
  - Saturated Fat 0 2%
  - Trans Fat 0 %
  - Polyunsaturated Fat 0 %
  - Monounsaturated Fat 0 %
- **Cholesterol** 25mg 8%
- **Sodium** 170mg 7%
- **Total Carbohydrate** 0g 0%
  - Dietary Fiber %
  - Sugars %
- **Protein** 5g %

Vitamin A 0%
Vitamin C 0%
Calcium 0%
Iron 0%
Vitamin E 0%
Vitamin B6 0%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>65g</td>
<td>Less than</td>
<td>300mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than</td>
<td>20g</td>
<td>Less than</td>
<td>300mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td></td>
<td>Less than</td>
<td>65g</td>
<td>Less than</td>
<td>300mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td></td>
<td>Less than</td>
<td>20g</td>
<td>Less than</td>
<td>300mg</td>
<td>300g</td>
<td>25g</td>
</tr>
</tbody>
</table>

**Calories per gram**

- Fat 9
- Carbohydrates 4
- Protein 4

**INGREDIENTS:** Chicken Breakfast Sausage Links.
## Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 110</th>
<th>Calories from Fat: 15</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0.5g</td>
<td>2%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>5mg</td>
<td>2%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>21g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than 1 gram</td>
<td>3%</td>
</tr>
<tr>
<td>Sugars</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin E</strong></td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin B6</strong></td>
<td>6%</td>
<td></td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat: 9
- Carbohydrates: 4
- Protein: 4

INGREDIENTS: Water, Mix Pancake Buttermilk.

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### Nutrition Facts

**Serving Size**: 2 Pancakes (110g)  
**Serving Per Container**: 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 120</th>
<th>Calories from Fat: 15</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>2%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0.5g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>5mg</td>
<td>2%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>23g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td>%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Ingredients**:  Water, Mix Pancake Buttermilk, Frozen Blueberries.

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Chocolate Chip Pancakes
2 Pancakes

Nutrition Facts
Serving Size 2 Pancakes (130g)
Serving Per Container 1

Amount Per Serving
Calories 170 Calories from Fat 40

% Daily Values*
Total Fat 4.5g 7 %
- Saturated Fat 0 2 %
- Trans Fat 0 %
- Polyunsaturated Fat 0 %
- Monounsaturated Fat 0.5g %

Cholesterol 5mg 2 %
Sodium 360mg 15 %

Total Carbohydrate 28g 9 %
- Dietary Fiber less than 1 gram 3 %

Sugars
Protein 3g  %

Vitamin A 0%  ● Vitamin C 0%
Calcium 8%  ● Iron 8%
Vitamin E 0%  ● Vitamin B6 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat 65g 80g
Sat Fat 20g 25g
Cholesterol 300mg 300mg
Sodium 2,400mg 2,400mg
Total Carbohydrates 300g 375g
Dietary Fiber 25g 30g

Calories per gram
Fat 9  ● Carbohydrates 4  ● Protein 4

INGREDIENTS: Water, Mix Pancake Buttermilk, Semi Sweet Mini Chocolate Chips.

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### Nutrition Facts

**Serving Size 1 #16 Scoop (70g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100</td>
<td>60</td>
</tr>
</tbody>
</table>

**Total Fat** 7g  
- Saturated Fat 2g  
- Trans Fat 0g  
- Polynsaturated Fat 0g  
- Monounsaturated Fat 0.5g

**Cholesterol** 310mg

**Sodium** 95mg

**Total Carbohydrate** 1g
- Dietary Fiber 0g
- Sugars less than 1 gram

**Protein** 9g

**Vitamin A** 6%  
**Calcium** 4%  
**Vitamin E** 0%  
**Iron** 8%  
**Vitamin B6** 0%

- Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
- Calories: 2,000 2,500
- Total Fat: Less than 65g 80g
- Sat Fat: Less than 20g 25g
- Cholesterol: Less than 300mg 300mg
- Sodium: Less than 2,400mg 2,400mg
- Total Carbohydrates: 300g 375g
- Dietary Fiber: 25g 30g

**Calories per gram**
- Fat 9
- Carbohydrates 4
- Protein 4

**INGREDIENTS:** Liquid Eggs.

---

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# Nutrition Facts

**Serving Size**: 4 oz (115g)  
**Serving Per Container**: 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 350</th>
<th>Calories from Fat: 230</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>25g</td>
<td>39%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5g</td>
<td>27%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>7g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>5g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>less than 5 milligrams</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>26g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>11%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>3g</td>
<td>%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>

Calories per gram:  
- Fat: 9  
- Carbohydrates: 4  
- Protein: 4

## INGREDIENTS
- Ovenready Tator Puff
- Liquid Shortening Oil

---

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Roasted Chicken Andouille Sausage
1 Sausage Link

Nutrition Facts
Serving Size 1 Sausage Link (110g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>310</th>
<th>Calories from Fat</th>
<th>230</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>25g</td>
<td>39%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>8g</td>
<td>38%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
<td>%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td>%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>11g</td>
<td>%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>75mg</td>
<td>24%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>1070mg</td>
<td>44%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>0g</td>
<td>0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td>%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>19g</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 2%
Vitamin C 0%
Calcium 0%
Iron 6%
Vitamin E 0%
Vitamin B6 10%

INGREDIENTS: Chicken Andouille Sausage, Water.

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## Nutrition Facts

**Serving Size:** 1 Sausage Link (90g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>22g</td>
<td></td>
<td>34 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>8g</td>
<td></td>
<td>39 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>10g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>45mg</td>
<td></td>
<td>15 %</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>980mg</td>
<td></td>
<td>41 %</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>4g</td>
<td></td>
<td>1 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td></td>
<td>0 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>less than 1 gram</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>16g</td>
<td></td>
<td>%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat 9
- Carbohydrates 4
- Protein 4

**INGREDIENTS:** Mild Italian Sausage Links, Water.
### Nutrition Facts

**Serving Size 2 fl oz (55g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 15</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>45</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>1.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>80mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>25mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>1g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>6g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0%</td>
</tr>
</tbody>
</table>

#### % Daily Values

<table>
<thead>
<tr>
<th></th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>3 %</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>27 %</td>
</tr>
<tr>
<td>Sodium</td>
<td>1 %</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>0 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>%</td>
</tr>
<tr>
<td>Protein</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0%</td>
</tr>
</tbody>
</table>

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
<tr>
<td>Calories per gram</td>
<td>Fat 9</td>
<td>Carbohydrates 4</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Eggbeaters, Liquid Eggs.

---

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Nutrition Facts

Serving Size 4 oz (115g)
Serving Per Container1

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Values*

Total Fat 3.5g 6%
- Saturated Fat 1g 6%
- Trans Fat 0%
- Polyunsaturated Fat 0%
- Monounsaturated Fat 0%

Cholesterol 170mg 57%

Sodium 50mg 2%

Total Carbohydrate 2g 1%
- Dietary Fiber 0g 0%
- Sugars 0g%

Protein 13g%

- Vitamin A 4%
- Calcium 2%
- Vitamin E 0%
- Iron 4%
- Vitamin C 0%
- Vitamin B6 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
- Fat 9
- Carbohydrates 4
- Protein 4

INGREDIENTS: Eggbeaters, Liquid Eggs, Pan Spray Coating.
### Nutrition Facts

**Serving Size:** 1 Slice (85g)  
**Serving Per Container:** 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 25</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>130</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
<td>4 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>45mg</td>
<td>15 %</td>
</tr>
<tr>
<td>Sodium</td>
<td>280mg</td>
<td>12 %</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>20g</td>
<td>7 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than 1 gram</td>
<td>4 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td>%</td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>300mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>65g</td>
<td>20g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per gram</th>
<th>Fat 9</th>
<th>Carbohydrates 4</th>
<th>Protein 4</th>
</tr>
</thead>
</table>

**INGREDIENTS:** Texast Toast, Eggbeaters, Liquid Eggs, 2% Milk, Imitation Vanilla Extract, Pan Spray Coating, Ground Nutmeg, Ground Cinnamon.

**Contains:** MILK, WHEAT
### Nutrition Facts

**Serving Size:** 3 Pancakes (210g)

**Serving Per Container:** 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 260</th>
<th>Calories from Fat: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>6g</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>3g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>10mg</td>
<td>3%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>520mg</td>
<td>22%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>47g</td>
<td>16%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>9g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
<td>%</td>
</tr>
</tbody>
</table>

| **Vitamin A**     | 0%            | Vitamin C: 10%        |
| Calcium           | 10%           | Iron: 8%               |
| Vitamin E         | 0%            | Vitamin B6: 15%       |

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Polyunsaturated Fat</th>
<th>Monounsaturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>65g</td>
<td>20g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>300mg</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than</td>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

#### INGREDIENTS:
Water, Mix Pancake Buttermilk, Ripe Banana, Canola Oil.

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### Pumpkin Whole Wheat Pancakes

2 Pancakes

#### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>220</td>
<td>30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Values *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 3.5g</td>
</tr>
<tr>
<td>Saturated Fat 0.5g</td>
</tr>
<tr>
<td>Trans Fat 0</td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
</tr>
<tr>
<td>Monounsaturated Fat 1.5g</td>
</tr>
<tr>
<td>Cholesterol 5mg</td>
</tr>
<tr>
<td>Sodium 450mg</td>
</tr>
<tr>
<td>Total Carbohydrate 43g</td>
</tr>
<tr>
<td>Dietary Fiber 5g</td>
</tr>
<tr>
<td>Sugars 2g</td>
</tr>
<tr>
<td>Protein 7g</td>
</tr>
</tbody>
</table>

| Vitamin A 20%      |
| Calcium 10%        |
| Vitamin E 0%       |
| Vitamin B6 6%      |
| Vitamin C 4%       |
| Iron 15%           |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per gram</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat 9</td>
</tr>
<tr>
<td>Carbohydrates 4</td>
</tr>
<tr>
<td>Protein 4</td>
</tr>
</tbody>
</table>

#### INGREDIENTS:
- Water
- Mix Pancake Buttermilk
- Canned Pumpkin
- Whole Wheat Flour
- Canola Oil
- Ground Cinnamon
- Ground Ginger
- Ground Nutmeg

---

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### Nutrition Facts

**Serving Size 1 Omelet (165g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 80</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong> 0</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong> less than 5 milligrams</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong> 110mg</td>
<td>5 %</td>
<td></td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 3g</td>
<td>1 %</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Sugars 0g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong> 17g</td>
<td>%</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0%  
Calcium 0%  
Vitamin B6 0%  
Vitamin C 0%  
Iron 0%  
Vitamin E 0%  

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram: Fat 9, Carbohydrates 4, Protein 4

**INGREDIENTS:** Eggbeaters, Salt, Unsalted Butter, Canola Oil.

Contains: MILK

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**Nutrition Facts**

Serving Size: 1 Omelet (245g)
Serving Per Container: 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 160</th>
<th>Calories from Fat: 110</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5g</td>
<td>27%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>2.5g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>40mg</td>
<td>14%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>280mg</td>
<td>12%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than 1g</td>
<td>2%</td>
</tr>
<tr>
<td>Sugars</td>
<td>less than 1g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>11g</td>
<td>%</td>
</tr>
</tbody>
</table>

Vitamin A 6%       ● Vitamin C 2%
Calcium 20%        ● Iron 6%
Vitamin E 0%       ● Vitamin B6 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
- Fat: 9
- Carbohydrates: 4
- Protein: 4

INGREDIENTS: Thick Sliced Mushroom, Turkey Sausage Patty, Swiss Cheese, Olive Oil, Salt, Ground White Pepper.

Contains: MILK

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**Nutrition Facts**

**Bacon Egg & Cheese Bagel Sandwich**

*Serving Size 1 Sandwich (190g)*

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>280</td>
<td>Calories from Fat 230</td>
</tr>
<tr>
<td>Total Fat</td>
<td>26g</td>
<td>39 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>8g</td>
<td>39 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>10g</td>
<td>%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>180mg</td>
<td>60 %</td>
</tr>
<tr>
<td>Sodium</td>
<td>530mg</td>
<td>22 %</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2g</td>
<td>1 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>less than 1 gram</td>
<td>%</td>
</tr>
<tr>
<td>Protein</td>
<td>12g</td>
<td>%</td>
</tr>
</tbody>
</table>

**Vitamin A 10%** • **Vitamin C 0%**

**Calcium 25%** • **Iron 4%**

**Vitamin E 0%** • **Vitamin B6 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Baked Goods- Blazing Bagel, AA Medium Eggs, American Cheese, Hickory Smoked Bacon Shingle, Canola Oil, Unsalted Butter.

Contains: MILK
Bacon & Mushroom Scramble
#6 Scoop

Nutrition Facts
Serving Size 1 #6 Scoop (210g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 320</th>
<th>Calories from Fat 200</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 23g</td>
<td>35 %</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 7g</td>
<td>36 %</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 5g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 745mg</td>
<td>249 %</td>
<td></td>
</tr>
<tr>
<td>Sodium 880mg</td>
<td>28 %</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 5g</td>
<td>2 %</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber less than 1 gram</td>
<td>2 %</td>
<td></td>
</tr>
<tr>
<td>Sugars 2g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Protein 26g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 10%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C 2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium 10%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron 25%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin E 0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin B6 6%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: Liquid Eggs, Thick Sliced Mushroom, Hickory Smoked Bacon Shingle, Olive Oil, Coarse Kosher Salt, Salt, Ground Black Pepper, Ground White Pepper, Unsalted Butter, Canola Oil.

Contains: MILK

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## Nutrition Facts

Serving Size 1 #6 Scoop (260g)  
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 620</th>
<th>Calories from Fat 400</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>45g</td>
<td>68 %</td>
<td>Saturated Fat 18g 92 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Trans Fat 0 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Polyunsaturated Fat 0 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Monounsaturated Fat 12g %</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>815mg</td>
<td>272 %</td>
<td>Sodium 1340mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>6g</td>
<td>2 %</td>
<td>Dietary Fiber 0g 0 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sugars 2g %</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>47g</td>
<td>%</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories per gram</th>
<th>Fat 9</th>
<th>Carbohydrates 4</th>
<th>Protein 4</th>
</tr>
</thead>
</table>

INGREDIENTS: Liquid Eggs, Swiss Cheese, Hickory Smoked Bacon Shingle, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK

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## Nutrition Facts

**Bacon Egg & Cheese Baguette Sandwich**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>640</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>71g</td>
<td></td>
<td>110%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>25g</td>
<td></td>
<td>124%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>23g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>605mg</td>
<td></td>
<td>202%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>2600mg</td>
<td></td>
<td>108%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>66g</td>
<td></td>
<td>22%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td></td>
<td>10%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>45g</td>
<td></td>
<td>%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:*

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 26g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

### INGREDIENTS:
- Liquid Eggs, French Bread Dough, Hickory Smoked Bacon Shingle, American Cheese, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.
- Contains: MILK, WHEAT

---

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### Nutrition Facts

**Bacon Egg & Cheese Waffle Sandwich**

**Serving Size:** 1 Sandwich (155g)  
**Serving Per Container:** 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 250</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>490</td>
</tr>
</tbody>
</table>

**% Daily Values**

<table>
<thead>
<tr>
<th><strong>Total Fat</strong></th>
<th>27g</th>
<th>42%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>7g</td>
<td>36%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>11g</td>
<td>%</td>
</tr>
</tbody>
</table>

**Cholesterol** | 200mg | 66% |

**Sodium** | 1350mg | 56% |

**Total Carbohydrate** | 40g | 13% |
| Dietary Fiber | 2g | 6% |
| Sugars | 8g | % |

**Protein** | 22g | % |

| Vitamin A | 25% |  |
| Vitamin C | 0% |  |
| Calcium | 45% |  |
| Iron | 30% |  |

| Vitamin E | 0% |  |
| Vitamin B6 | 45% |  |

- **Percent Daily Values** are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>300g</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>375g</td>
<td>2,400mg</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Calories per gram**

- Fat 9
- Carbohydrates 4
- Protein 4

**INGREDIENTS:** Golden Square Waffle, AA Medium Eggs, Hickory Smoked Bacon Shingle, American Cheese, Syrup Pancake & Waffle 1Gl, Canola Oil.

**Contains:** MILK, WHEAT
### Waffle Brushed w/ Syrup

**Waffle**

#### Nutrition Facts

**Serving Size:** 1 Waffle (30g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 110</th>
<th>Calories from Fat: 25%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1.5g</td>
<td>%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>less than 5 milligrams</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium</td>
<td>230mg</td>
<td>9%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>18g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than 1 gram</td>
<td>3%</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
<td>%</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>8%</td>
<td>%</td>
</tr>
<tr>
<td>Calcium</td>
<td>10%</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>15%</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td>%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
<td>%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:*  

<table>
<thead>
<tr>
<th>Calories:</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrates</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>300mg</td>
<td>30g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per gram</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>9 kcal</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>4 kcal</td>
<td>4g</td>
<td>4g</td>
</tr>
<tr>
<td>Protein</td>
<td>4 kcal</td>
<td>0g</td>
<td>0g</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Golden Square Waffle, Syrup, Pancake & Waffle 1Gl.

Contains: WHEAT

---

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Nutrition Facts
Serving Size 1 Sandwich (145g)
Serving Per Container 1

Amount Per Serving
Calories 350  Calories from Fat 140
% Daily Values*
Total Fat 16g  25%  
Saturated Fat 3.5g  17%
Trans Fat 0  %
Polyunsaturated Fat 0  %
Monounsaturated Fat 6g  %
Cholesterol 170mg  56%
Sodium 720mg  30%
Total Carbohydrate 40g  13%
Dietary Fiber 2g  6%
Sugars 8g  %
Protein 12g  %

Vitamin A 25%  ●  Vitamin C 0%
Calcium 45%  ●  Iron 30%
Vitamin E 0%  ●  Vitamin B6 40%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9  ●  Carbohydrates 4  ●  Protein 4

INGREDIENTS: Golden Square Waffle, AA Medium Eggs, American Cheese, Syrup Pancake & Waffle 1Gl, Canola Oil.

Contains: MILK, WHEAT

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines.
### Nutrition Facts

Serving Size 1 #6 Scoop (255g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 700</th>
<th>Calories from Fat 580</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong> 65g</td>
<td>100%</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 25g</td>
<td>123%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0</td>
<td>%</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
<td>%</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated Fat 22g</td>
<td>%</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 815mg</td>
<td>271%</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong> 480mg</td>
<td>20%</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 6g</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber less than 1 gram</td>
<td>3%</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 3g</td>
<td>%</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Protein</strong> 28g</td>
<td>%</td>
<td>0%</td>
</tr>
</tbody>
</table>

Vitamin A 50% | Vitamin C 15%

Calcium 25% | Iron 25%

Vitamin E 0% | Vitamin B6 6%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram

Fat 9 | Carbohydrates 4 | Protein 4

**INGREDIENTS:** Liquid Eggs, Tomatoes, Shredded Mozzarella Cheese, Unsalted Butter, Canola Oil, Basil, Coarse Kosher Salt, Ground Black Pepper.

Contains: MILK

---

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### Nutrition Facts

**Serving Size 1 #6 Scoop (230g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 530</th>
<th>Calories from Fat 350</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>60 %</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>79 %</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>790mg</td>
<td>264 %</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>1120mg</td>
<td>46 %</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>7g</td>
<td>2 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>2 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>37g</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>15%</td>
<td></td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram

- Fat 9
- Carbohydrates 4
- Protein 4

---

**INGREDIENTS:** Liquid Eggs, Chorizo Sausage, Shredded Cheddar/Jack Cheese, Green Onion, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK

---

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**Greek Scramble**

**#6 Scoop**

---

### Nutrition Facts

**Serving Size 1 #6 Scoop (240g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 430</th>
<th>Calories from Fat 260</th>
</tr>
</thead>
</table>

**% Daily Values**

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>29g</th>
<th>45 %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>12g</td>
<td>60 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>7g</td>
<td>%</td>
</tr>
</tbody>
</table>

| Cholesterol | 785mg | 261 % |
| Sodium | 1480mg | 62 % |

| Total Carbohydrate | 8g | 3 % |
| Dietary Fiber less than 1 gram | % |
| Sugars | 3g | % |

| Protein | 34g | % |

| Vitamin A 55% | Vitamin C 10% |
| Calcium 25% | Iron 30% |
| Vitamin E 0% | Vitamin B6 15% |

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 300g</td>
<td>300g</td>
<td></td>
</tr>
<tr>
<td>2,500</td>
<td>65g</td>
<td>20g</td>
<td>250mg</td>
<td>300mg</td>
<td>375g</td>
<td></td>
</tr>
</tbody>
</table>

Calories per gram:

<table>
<thead>
<tr>
<th>Fat (9)</th>
<th>Carbohydrates (4)</th>
<th>Protein (4)</th>
</tr>
</thead>
</table>

---

**INGREDIENTS:** Liquid Eggs, Cooked Gyro Beef, Feta Cheese Crumbles, Stemless Spinach, Yellow Onion, Coarse Kosher Salt, Olive Oil, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK
Green Eggs & Ham Scramble
#6 Scoop

**Nutrition Facts**
Serving Size 1 #6 Scoop (270g)
Serving Per Container1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 580</th>
<th>Calories from Fat 390</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td>67 %</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>43g</td>
<td>68 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>14g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>785mg</td>
<td>262 %</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>2230mg</td>
<td>93 %</td>
</tr>
<tr>
<td>Sodium</td>
<td>80%</td>
<td></td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>6g</td>
<td>20%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>42g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>80%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>10%</td>
<td></td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Liquid Eggs, Pesto Basil, Boneless Pit Ham, Shredded Parmesan Cheese, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK

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### Nutrition Facts

Serving Size 1 #6 Scoop (220g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 420</th>
<th>Calories from Fat 260</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>29g 45 %</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>13g 63 %</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>6g %</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>790mg 263 %</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>1750mg 73 %</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6g 2 %</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g 0 %</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>3g %</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>36g %</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 20%  
Calcium 35%   
Vitamin C 10%   
Iron 25%   
Vitamin D 0%    
Vitamin E 0% 
Vitamin B6 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat:</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Sat Fat:</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol:</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium:</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate:</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber:</td>
<td>25g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat 9
- Carbohydrates 4
- Protein 4

**INGREDIENTS:** Liquid Eggs, Shredded Cheddar/Jack Cheese, Boneless Pit Ham, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK
Salami & Onion Scramble
#6 Scoop

Nutrition Facts
Serving Size 1 #6 Scoop (230g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 370</th>
<th>Calories from Fat 230</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>26g</td>
<td>40 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>8g</td>
<td>41 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>8g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>755mg</td>
<td>252 %</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>1310mg</td>
<td>55 %</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>10g</td>
<td>3 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than 1 gram</td>
<td>2 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>27g</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
<td>●</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4%</td>
<td>●</td>
</tr>
<tr>
<td>Calcium</td>
<td>10%</td>
<td>●</td>
</tr>
<tr>
<td>Iron</td>
<td>25%</td>
<td>●</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
<td>●</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>10%</td>
<td>●</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than</td>
<td>65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than</td>
<td>20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9  ●  Carbohydrates 4  ●  Protein 4

INGREDIENTS: Liquid Eggs, Yellow Onion, Salami, Olive Oil, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK

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### Nutrition Facts

**Sausage & Mushroom Scramble**

**#6 Scoop**

#### Serving Size 1 #6 Scoop (225g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 280</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>400</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>32g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>11g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>740mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>1330mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>5g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than 1 gram</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>26g</td>
</tr>
</tbody>
</table>

#### % Daily Values

- **Total Fat**: 49%  
- **Sodium**: 55%  
- **Total Carbohydrate**: 2%  
- **Protein**: 4%

**Vitamin A 15% • Vitamin C 2%**  
**Calcium 10% • Iron 25%**  
**Vitamin E 0% • Vitamin B6 0%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Calories per gram**

- **Fat**: 9
- **Carbohydrates**: 4
- **Protein**: 4

#### INGREDIENTS:

- Liquid Eggs
- Cooked Pork Sausage Patty
- Thick Sliced Mushroom
- Coarse Kosher Salt
- Olive Oil
- Salt
- Ground Black Pepper
- Ground White Pepper
- Unsalted Butter
- Canola Oil.

Contains: MILK
Smoked Salmon Scramble
#6 Scoop

## Nutrition Facts

Serving Size 1 #6 Scoop (220g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Per Container</td>
<td>330</td>
<td>230</td>
</tr>
</tbody>
</table>

**% Daily Values**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>25g</td>
<td>38%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>11g</td>
<td>53%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>4g</td>
<td>%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>765mg</td>
<td>254%</td>
</tr>
<tr>
<td>Sodium</td>
<td>1100mg</td>
<td>46%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>2%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td>%</td>
</tr>
<tr>
<td>Protein</td>
<td>22g</td>
<td>%</td>
</tr>
</tbody>
</table>

Vitamin A 20%  ●  Vitamin C 4%
Calcium 15%  ●  Iron 20%
Vitamin E 0%  ●  Vitamin B6 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:*

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>300mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat 9  ●  Carbohydrates 4  ●  Protein 4

**INGREDIENTS:** Liquid Eggs, Cream Cheese, Green Onion, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK

---

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### Nutrition Facts

**Serving Size 1 Omelet (165g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 260</th>
<th>Calories from Fat: 160</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>18g</td>
<td>28%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>6g</td>
<td>31%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>3g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>735mg</td>
<td>245%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>330mg</td>
<td>14%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>20g</td>
<td>%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

**INGREDIENTS:** Liquid Eggs, Unsalted Butter, Canola Oil, Coarse Kosher Salt, Ground Black Pepper.

Contains: MILK

---

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Mexican Scrambled
6.5 oz

Nutrition Facts
Serving Size 6.5 oz (185g)
Serving Per Container1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 220</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 330</td>
<td>% Daily Values*</td>
</tr>
<tr>
<td>Total Fat 24g</td>
<td>38 %</td>
</tr>
<tr>
<td>Saturated Fat 7g</td>
<td>36 %</td>
</tr>
<tr>
<td>Trans Fat 0</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat 7g</td>
<td>%</td>
</tr>
<tr>
<td>Cholesterol 425mg</td>
<td>142 %</td>
</tr>
<tr>
<td>Sodium 880mg</td>
<td>28 %</td>
</tr>
<tr>
<td>Total Carbohydrate 12g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>7 %</td>
</tr>
<tr>
<td>Sugars 2g</td>
<td>%</td>
</tr>
<tr>
<td>Protein 17g</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin A 20%</td>
<td>● Vitamin C 15%</td>
</tr>
<tr>
<td>Calcium 20%</td>
<td>● Iron 15%</td>
</tr>
<tr>
<td>Vitamin E 0%</td>
<td>● Vitamin B6 6%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9 ● Carbohydrates 4 ● Protein 4


Contains: MILK, WHEAT

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### Nutrition Facts

**Serving Size 4 oz (115g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 200</th>
<th>Calories from Fat 140</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>% Daily Values*</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>15g</td>
<td>24%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7g</td>
<td>33%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>2g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>340mg</td>
<td>114%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>260mg</td>
<td>11%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>2g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>13g</td>
<td>%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 300g</td>
<td>Less than 300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than 80g</td>
<td>Less than 25g</td>
<td>Less than 300mg</td>
<td>Less than 300g</td>
<td>Less than 300g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Calories per gram**

- Fat 9
- Carbohydrates 4
- Protein 4

---

**INGREDIENTS:** Liquid Eggs, Shredded Mozzarella Cheese, Cooked Pork Sausage Patty, Large Green Pepper, Red Pepper, Yellow Onion, Unsalted Butter.

Contains: MILK

---

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### Nutrition Facts

**Serving Size**: 4 oz Ladle (130g)  
**Serving Per Container**: 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 190</th>
<th>Calories from Fat: 120</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>13g</td>
<td>20%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4.5g</td>
<td>23%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>2.5g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>450mg</td>
<td>149%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>160mg</td>
<td>7%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>16g</td>
<td>%</td>
</tr>
</tbody>
</table>

**Vitamin A**: 8%  
**Vitamin C**: 0%  
**Calcium**: 8%  
**Iron**: 10%  
**Vitamin B6**: 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>65g</td>
<td>Less than</td>
<td>300mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>80g</td>
<td>20g</td>
<td>25g</td>
<td>300mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Calories per gram**:  
**Fat**: 9  
**Carbohydrates**: 4  
**Protein**: 4

### INGREDIENTS

- Liquid Eggs
- Whole Milk
- Boneless Ham
- Unsalted Butter
- Canola Oil

Contains: MILK

---

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Scrambled Eggs with Ham, Onion & Peppers
6 oz

Nutrition Facts
Serving Size 6 oz (170g)
Serving Per Container1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>190</td>
</tr>
<tr>
<td>Total Fat</td>
<td>13g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>3.5g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>280mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>270mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>8g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Protein</td>
<td>12g</td>
</tr>
</tbody>
</table>

Vitamin A 20% ● Vitamin C 50%
Calcium 8% ● Iron 10%
Vitamin E 0% ● Vitamin B6 10%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9 ● Carbohydrates 4 ● Protein 4

INGREDIENTS: Liquid Eggs, Tomato, Large Green Pepper, Yellow Onion, Whole Milk, Boneless Ham, Unsalted Butter, Canola Oil, Peeled Garlic, Salt, Parsley, Thyme Ground, Ground Black Pepper.

Contains: MILK

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Cream Cheese & Chive Scramble
5 oz

Nutrition Facts
Serving Size 5 oz (140g)
Serving Per Container1

Amount Per Serving
Calories 310 Calories from Fat 250

% Daily Values*
Total Fat 27g 42 %
  Saturated Fat 12g 60 %
  Trans Fat 0 %
  Polyunsaturated Fat 0 %
  Monounsaturated Fat 7g %

Cholesterol 475mg 158 %
Sodium 390mg 16 %
Total Carbohydrate 4g 1 %
  Dietary Fiber 0g 0 %
  Sugars 2g %

Protein 14g %

Vitamin A 20% ● Vitamin C 4%
Calcium 10% ● Iron 15%
Vitamin E 0% ● Vitamin B6 0%

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<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9 ● Carbohydrates 4 ● Protein 4

INGREDIENTS: Liquid Eggs, Cream Cheese, Unsalted Butter, Chives, Canola Oil, Salt, Ground Black Pepper.

Contains: MILK

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines.
Vanilla Belgian Waffles
1 Waffle

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size</td>
</tr>
<tr>
<td>Serving Per Container</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 290</th>
<th>Calories from Fat 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g 8%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>less than 5 milligrams 0%</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>400mg 16%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>54g 18%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>6g %</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat 9
- Carbohydrates 4
- Protein 4

INGREDIENTS: Water, Belgian Waffle Mix.
**Western Scramble**

**4 oz Ladle**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong></td>
</tr>
<tr>
<td><strong>Serving Per Container</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>190</th>
<th>Calories from Fat</th>
<th>120</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>% Daily Values</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>13g</td>
<td>20%</td>
<td>Saturated Fat</td>
<td>4.5g</td>
</tr>
<tr>
<td></td>
<td>Trans Fat</td>
<td>0%</td>
<td>Polyunsaturated Fat</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Monounsaturated Fat</td>
<td>2.5g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>410mg</td>
<td>136%</td>
<td>Sodium</td>
<td>180mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>4g</td>
<td>1%</td>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td></td>
<td>Sugars</td>
<td>1g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>16g</td>
<td>%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 8%  •  Vitamin C 10%
Calcium 8%  •  Iron 10%
Vitamin E 0%  •  Vitamin B6 6%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Liquid Eggs, Boneless Ham, 2% Milk, Large Green Pepper, Yellow Onion, Unsalted Butter, Canola Oil.

Contains: MILK

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines.
Belgian Waffles w/ Strawberry
1 Waffle

**Nutrition Facts**
Serving Size 1 Waffle (290g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 510</th>
<th>Calories from Fat: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>6g</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>less than 5 milligrams</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>410mg</td>
<td>17%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>109g</td>
<td>36%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>49g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>6g</td>
<td>%</td>
</tr>
</tbody>
</table>

Vitamin A 0%
Calcium 20%
Vitamin C 55%
Iron 6%
Vitamin E 0%
Calcium 20%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

INGREDIENTS: Grade A Maple Syrup, Water, Belgian Waffle Mix, Sliced Strawberries.

---

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Fried Egg O'Muffin w/ Bacon
1 Sandwich

Nutrition Facts
Serving Size 1 Sandwich (185g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 380</th>
<th>Calories from Fat 140</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values *</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 16g</td>
<td>24 %</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 4g</td>
<td>21 %</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 4.5g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 205mg</td>
<td>68 %</td>
<td></td>
</tr>
<tr>
<td>Sodium 940mg</td>
<td>39 %</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 40g</td>
<td>13 %</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Sugars less than 1 gram</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Protein 19g</td>
<td>%</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 8%
Calcium 30%
Vitamin E 0%
Vitamin B6 6%
Iron 15%
Vitamin C 0%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9
Carbohydrates 4
Protein 4

INGREDIENTS: Plain Kaiser Roll, AA Large Eggs, American Cheese, Hickory Smoked Bacon Shingle.

Contains: MILK, WHEAT
Country Style Scramble
4 oz

Nutrition Facts
Serving Size 4 oz (115g)
Serving Per Container 1

Amount Per Serving
Calories 180

% Daily Values*
Calories from Fat 120

Total Fat 13g 20%
Saturated Fat 6g 31%
Trans Fat 0%
Polyunsaturated Fat 0%
Monounsaturated Fat 2.5g%

Cholesterol 340mg 114%

Sodium 270mg 11%

Total Carbohydrate 5g 2%
Dietary Fiber 0g 1%
Sugars 2g%

Protein 12g%

Vitamin A 10% Vitamin C 15%
Calcium 15% Iron 10%
Vitamin E 0% Vitamin B6 6%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>300mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9 Carbohydrates 4 Protein 4

INGREDIENTS: Liquid Eggs, Shredded Mild Cheddar Cheese, Russet Potato, Yellow Onion, Red Pepper, Large Green Pepper, Unsalted Butter, Salt, Parsley, Paprika, Ground Black Pepper.

Contains: MILK
**Nutrition Facts**

**Buttermilk Pancakes with Butter & Syrup**

**Each**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 180</th>
<th>Calories from Fat 35</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>3.5g</td>
<td>6%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
<td>9%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>10mg</td>
<td>3%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>180mg</td>
<td>7%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>36g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>2%</td>
</tr>
<tr>
<td>Sugars</td>
<td>23g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>2g</td>
<td>%</td>
</tr>
</tbody>
</table>

| Vitamin A          | 2%           |
| Vitamin C          | 0%           |
| Calcium            | 8%           |
| Iron               | 4%           |
| Vitamin E          | 0%           |
| Vitamin B6         | 0%           |

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>65g</td>
<td>Less than</td>
<td>300mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than</td>
<td>20g</td>
<td>Less than</td>
<td>300mg</td>
<td>300g</td>
<td>30g</td>
</tr>
<tr>
<td></td>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>375g</td>
<td>30g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per gram</th>
<th>Fat 9</th>
<th>Carbohydrates 4</th>
<th>Protein 4</th>
</tr>
</thead>
</table>

**INGREDIENTS:** Grade A Maple Syrup, Water, Mix Pancake Buttermilk, Unsalted Butter, Canola Oil.

Contains: MILK

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines.
Bacon Egg & Cheese Crossiant Sandwich

1 Sandwich

Nutrition Facts

Serving Size 1 Sandwich (140g)
Serving Per Container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>460</td>
</tr>
<tr>
<td>% Daily Values*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>29g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>11g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>9g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>230mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>710mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>35g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Sugars</td>
<td>9g</td>
</tr>
<tr>
<td>Protein</td>
<td>17g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>30%</td>
</tr>
<tr>
<td>Iron</td>
<td>15%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>10%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>65g</td>
<td>20g</td>
<td>300mg</td>
<td>300mg</td>
<td>375g</td>
<td>30g</td>
</tr>
<tr>
<td>Calories per gram</td>
<td>Fat 9</td>
<td>Carbohydrates 4</td>
<td>Protein 4</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

INGREDIENTS: Sliced Prebaked Croissant, AA Large Eggs, American Cheese, Canadian Bacon, Canola Oil.

Contains: MILK, WHEAT
### Nutrition Facts

**Sausage, Egg and Cheese Croissant**

**1 Muffin Sandwich**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 610</th>
<th>Calories from Fat 400</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong> 44g</td>
<td>68 %</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 18g</td>
<td>92 %</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 6g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 235mg</td>
<td>79 %</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong> 920mg</td>
<td>38 %</td>
<td></td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 34g</td>
<td>11 %</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>7 %</td>
<td></td>
</tr>
<tr>
<td>Sugars 9g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong> 20g</td>
<td>%</td>
<td></td>
</tr>
</tbody>
</table>

% Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Total Carbohydrate</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
</tr>
<tr>
<td>2,500</td>
<td>65g</td>
<td>300mg</td>
<td>300mg</td>
</tr>
</tbody>
</table>

INGREDIENTS: Sliced Prebaked Croissant, Cooked Pork Sausage Patty, AA Large Eggs, American Cheese.

Contains: MILK, WHEAT

---

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## Egg & Cheese Muffin Sandwich

### Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>190</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>150</td>
<td>25%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>16g</td>
<td>25%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>16%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>4.5g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>185mg</td>
<td>62%</td>
</tr>
<tr>
<td>Sodium</td>
<td>450mg</td>
<td>19%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>45%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>6%</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Polyunsaturated Fat</th>
<th>Monounsaturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
<td>300mg</td>
<td>30g</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than 80g</td>
<td>Less than 25g</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
<td>375g</td>
<td>30g</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per gram</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9g</td>
<td>4g</td>
<td>4g</td>
</tr>
</tbody>
</table>

### INGREDIENTS:
Gro Bread English Muffin, Franz 6ct, AA Large Eggs, American Cheese, Canola Oil.

Contains: MILK
Bacon Potato & Cheddar Egg Scramble

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 260</th>
<th>Calories from Fat 160</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>18g</td>
<td>35%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>4.5g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>465mg</td>
<td>154%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>700mg</td>
<td>29%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>6g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>1%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>20g</td>
<td></td>
</tr>
</tbody>
</table>

**% Daily Values**

- Vitamin A 10%
- Vitamin C 4%
- Calcium 15%
- Iron 15%
- Vitamin E 0%
- Vitamin B6 6%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Liquid Eggs, Shredded Mild Cheddar Cheese, Yukon Gold Potato, Hickory Smoked Bacon Shingle, Green Onion, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK
Nutrition Facts
Steel Cut Oats Cup

Serving Size 1 Cup (180g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 140</th>
<th>Calories from Fat: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>3g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>less than 5 milligrams</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>210mg</td>
<td>9%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>24g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>14%</td>
</tr>
<tr>
<td>Sugars</td>
<td>less than 1 gram</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
<td>%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>0%</td>
<td>2%</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Vitamin B6</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
- Fat: 9
- Carbohydrates: 4
- Protein: 4

INGREDIENTS: Oatmeal, Salt, Water.

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Steel Cut Oats (Key Name: 0000000428-UW)

Wednesday, January 04, 2012 15:47:06
University of Washington
The CBORD Group, Inc.
Sweet Potato Hash
6 oz Ladle

Nutrition Facts
Serving Size 6 oz Ladle (170g)
Serving Per Container1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>less than 5 milligrams</td>
</tr>
<tr>
<td>Sodium</td>
<td>710mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>27g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
</tr>
</tbody>
</table>

Vitamin A 125% ● Vitamin C 125%
Calcium 6% ● Iron 6%
Vitamin E 0% ● Vitamin B6 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9 ● Carbohydrates 4 ● Protein 4%

INGREDIENTS: Beauregard Yam, Butternut Squash, Red Onion, Large Green Pepper, Red Pepper, Cilantro, Orange Zest, Kosher Salt, Thyme, Ground Allspice, Ground Coriander, Ground Cayenne Pepper, Ground Cinnamon.

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines.
### Nutrition Facts

**Serving Size 5 oz (140g)**
**Serving Per Container:**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong> 20g</td>
<td></td>
<td></td>
<td>30 %</td>
</tr>
<tr>
<td>Saturated Fat 8g</td>
<td></td>
<td></td>
<td>39 %</td>
</tr>
<tr>
<td>Trans Fat 0 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0 g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 4.5g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 510mg</td>
<td></td>
<td></td>
<td>170 %</td>
</tr>
<tr>
<td><strong>Sodium</strong> 770mg</td>
<td></td>
<td></td>
<td>32 %</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 3g</td>
<td></td>
<td></td>
<td>1 %</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars 1g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong> 21g</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Vitamin A 10%
- Vitamin C 0%
- Calcium 15%
- Iron 15%
- Vitamin E 0%
- Vitamin B6 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Calories per gram**
- Fat 9 %
- Carbohydrates 4 %
- Protein 4 %

### INGREDIENTS:
- Liquid Eggs, Shredded Mild Cheddar Cheese, Hickory Smoked Bacon Shingle, Green Onion, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK

---

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### Nutrition Facts

**Serving Size**: 3 oz Spoodle (65g)  
**Serving Per Container**: 1

| Amount Per Serving | Calories: 45 | Calories from Fat: 15%
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>1.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>2%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>less than 5 milligrams</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>230mg</td>
<td>9%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>2g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>less than 1 gram</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
<td>%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Vitamin A 0%</th>
<th>Vitamin C 0%</th>
<th>Calcium 2%</th>
<th>Iron 6%</th>
<th>Vitamin E 0%</th>
<th>Vitamin B6 0%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vitamin A</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin E</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin B6</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

| Calories per gram | Fat: 9 | Carbohydrates: 4 | Protein: 4 |

**INGREDIENTS**: Extra Firm Tofu, Salt, Granulated Onion, Unsalted Butter, Canola Oil, Turmeric, Garlic Salt.

**Contains**: MILK

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# Apple Cinnamon Whole Wheat Pancakes

1 Pancake

## Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 70</th>
<th>Calories from Fat: 10</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong> 1g</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>less than 5 milligrams</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Sodium</strong> 190mg</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 13g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber less than 1 gram</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Sugars 1g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong> 2g</td>
<td>%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin A 0%</th>
<th>Vitamin C 0%</th>
<th>Calcium 4%</th>
<th>Iron 4%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin E 0%</td>
<td>Vitamin B6 0%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Calories per gram

- Fat 9
- Carbohydrates 4
- Protein 4

### Ingredients:

- Water, Mix Pancake Buttermilk, Whole Wheat Flour, Granny Smith Apple, Unsalted Butter, Canola Oil, Ground Cinnamon.

Contains: MILK

---

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Nutrition Facts
Serving Size 4 oz Ladle (120g)
Serving Per Container1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 150</th>
<th>Calories from Fat 90</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>10g</td>
<td>16 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4g</td>
<td>21 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1.5g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>395mg</td>
<td>132 %</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>170mg</td>
<td>7 %</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>3g</td>
<td>1 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>1 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>12g</td>
<td>%</td>
</tr>
</tbody>
</table>

Vitamin A 8%  ●  Vitamin B6 0%
Calcium 6%  ●  Iron 10%
Vitamin E 0%  ●  Vitamin C 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>300mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9  ●  Carbohydrates 4  ●  Protein 4

INGREDIENTS: Liquid Eggs, Sliced Mushroom, Whole Milk, Unsalted Butter, Coarse Kosher Salt, Ground Black Pepper.

Contains: MILK

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines.
## Nutrition Facts

**Turkey Sausage Breakfast Links**

**2 Links**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>60</td>
<td>40</td>
<td>7 %</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>4.5g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5 %</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1.5g</td>
<td>2 %</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>40mg</td>
<td>14 %</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>150mg</td>
<td>6 %</td>
<td></td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>4g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

### INGREDIENTS:
Turkey Sausage Links.

---

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines.
### Nutrition Facts

Serving Size: 2 Links (25g)  
Serving Per Container: 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 90</th>
<th>Calories from Fat: 70</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>7g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
<td>12%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>3g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>20mg</td>
<td>7%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>200mg</td>
<td>8%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
<td>%</td>
</tr>
</tbody>
</table>

**Vitamin A 0%**  
**Calcium 0%**  
**Vitamin C 0%**  
**Iron 2%**  
**Vitamin E 0%**  
**Vitamin B6 6%**

---

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Calories per gram:**  
Fat 9  
Carbohydrates 4  
Protein 4

---

**INGREDIENTS:** Pork Sausage Link.
**Sausage & Cheese Scramble**

4 oz Spoodle

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 4 oz Spoodle (130g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Per Container1</td>
</tr>
</tbody>
</table>

**Amount Per Serving**

<table>
<thead>
<tr>
<th>Calories</th>
<th>290</th>
<th>Calories from Fat</th>
<th>200</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Trans Fat</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cholesterol</th>
<th>575mg</th>
<th>192%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>460mg</td>
<td>19%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Carbohydrate</th>
<th>4g</th>
<th>1%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td>%</td>
</tr>
</tbody>
</table>

| Protein | 21g | % |

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>15%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>15%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
</tr>
<tr>
<td>Iron</td>
<td>15%</td>
</tr>
</tbody>
</table>

| Vitamin B6 | 0% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Liquid Eggs, Cooked Pork Sausage Patty, Shredded Mild Cheddar Cheese.

Contains: MILK

---

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Hash Browned Potatoes  
4 oz Spoodle

### Nutrition Facts
Serving Size 4 oz Spoodle (110g)  
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 290</th>
<th>Calories from Fat: 160</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>17g</td>
<td>16g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7g</td>
<td>6g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>8g</td>
<td>7g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>5mg</td>
<td>4mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>90mg</td>
<td>80mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>32g</td>
<td>25g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td>1g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>4g</td>
<td>3g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Values*</th>
<th>Vitamin A 2%</th>
<th>Vitamin C 10%</th>
<th>Calcium 2%</th>
<th>Iron 10%</th>
<th>Vitamin E 0%</th>
<th>Vitamin B6 6%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 2,000</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories: 2,500</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>Less than</td>
<td>65g</td>
<td>80g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than</td>
<td>20g</td>
<td>25g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than</td>
<td>300mg</td>
<td>300mg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than</td>
<td>2,400mg</td>
<td>2,400mg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Thick Shredded Hashbrowns, Unsalted Butter, Canola Oil, Salt, Ground Black Pepper.

Contains: MILK

---

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Fried Egg O'Muffin w/ Sausage
1 Sandwich

Nutrition Facts
Serving Size 1 Sandwich (185g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 470</td>
<td>Calories from Fat 240</td>
<td></td>
</tr>
<tr>
<td>% Daily Values*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 26g</td>
<td>40 %</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 8g</td>
<td>42 %</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 2g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 200mg</td>
<td>66 %</td>
<td></td>
</tr>
<tr>
<td>Sodium 940mg</td>
<td>39 %</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 40g</td>
<td>13 %</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0 %</td>
<td></td>
</tr>
<tr>
<td>Sugars less than 1 gram</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Protein 19g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 10%</td>
<td>Vitamin C 0%</td>
<td></td>
</tr>
<tr>
<td>Calcium 30%</td>
<td>Iron 20%</td>
<td></td>
</tr>
<tr>
<td>Vitamin E 0%</td>
<td>Vitamin B6 6%</td>
<td></td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates 300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber 25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9 Carbohydrates 4 Protein 4

INGREDIENTS: Plain Kaiser Roll, AA Large Eggs, Cooked Pork Sausage Patty, American Cheese.

Contains: MILK, WHEAT
**Denver Scramble Cup**

### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>560</th>
<th>Calories from Fat</th>
<th>410</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 46g</td>
<td>71%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 17g</td>
<td>86%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0</td>
<td>%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
<td>%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 16g</td>
<td>%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 615mg</td>
<td>206%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium 7380mg</td>
<td>308%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 11g</td>
<td>4%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>5%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars 5g</td>
<td>%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 28g</td>
<td>%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin A 35%      | ● Vitamin C 105% |
| Calcium 25%        | ● Iron 20%      |
| Vitamin E 0%       | ● Vitamin B6 15% |

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram

| Fat 9 | ● Carbohydrates 4 | ● Protein 4 |

**INGREDIENTS:** Liquid Eggs, Yellow Onion, Boneless Pit Ham, Shredded Cheddar/Jack Cheese, Large Green Pepper, Red Pepper, Coarse Kosher Salt, Unsalted Butter, Canola Oil, Olive Oil, Ground Black Pepper.

Contains: MILK

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Sausage Egg & Cheese Baguette Sandwich

Nutrition Facts
Serving Size 1 Sandwich (285g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 750</th>
<th>Calories from Fat 360</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 40g</td>
<td>61%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 13g</td>
<td>64%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 1.5g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 520mg</td>
<td>174%</td>
<td></td>
</tr>
<tr>
<td>Sodium 1460mg</td>
<td>61%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 65g</td>
<td>22%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Sugars 5g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Protein 37g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 15%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium 55%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C 0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin E 0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin B6 6%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Liquid Eggs, French Bread Dough, Cooked Pork Sausage Patty, American Cheese, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK, WHEAT.

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Ham Egg & Cheese Baguette Sandwich

Nutrition Facts
Serving Size 1 Sandwich (280g)
Serving Per Container 1

Amount Per Serving
Calories 610
Calories from Fat 210

% Daily Values*
Total Fat 23g
  - 35 %
  - Saturated Fat 6g
  - 30 %
  - Trans Fat 0
  - %
  - Polyunsaturated Fat 0
  - %
  - Monounsaturated Fat 2.5g
  - %
Cholesterol 540mg
  - 180 %
Sodium 1560mg
  - 65 %
Total Carbohydrate 65g
  - 22 %
  - Dietary Fiber 3g
  - 10 %
  - Sugars 5g
  - %
Protein 39g
  - %

Vitamin A 15%
Vitamin C 15%
Calcium 55%
Iron 35%
Vitamin E 0%
Vitamin B6 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>65g</td>
<td>Less than</td>
<td>300mg</td>
<td>300g</td>
<td>27g</td>
</tr>
<tr>
<td>2,500</td>
<td>80g</td>
<td>20g</td>
<td>300mg</td>
<td>300mg</td>
<td>2,400mg</td>
<td>30g</td>
</tr>
</tbody>
</table>

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INGREDIENTS: Liquid Eggs, French Bread Dough, Boneless Pit Ham, American Cheese, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK, WHEAT
Ingridients: Liquid Eggs, French Bread Dough, American Cheese, Coarse Kosher Salt, Ground Black Pepper, Unsalted Butter, Canola Oil.

Contains: MILK, WHEAT
Sausage Egg & Cheese Waffle Sandwich

**Nutrition Facts**

**Serving Size:** 1 Sandwich (200g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>550</th>
<th>Calories from Fat</th>
<th>320</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td>55%</td>
<td>54%</td>
<td>0%</td>
<td>60%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>36g</td>
<td>11g</td>
<td>0g</td>
<td>18g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5%</td>
<td>4%</td>
<td>0%</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>11g</td>
<td>18g</td>
<td>0g</td>
<td>25g</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>0%</td>
<td>0%</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>6g</td>
<td>11g</td>
<td>0g</td>
<td>14g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>180mg</td>
<td>22g</td>
<td>0g</td>
<td>24g</td>
</tr>
<tr>
<td>Sodium</td>
<td>1100mg</td>
<td>35g</td>
<td>0g</td>
<td>34g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>40g</td>
<td>6g</td>
<td>0g</td>
<td>13g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>6%</td>
<td>0g</td>
<td>2%</td>
</tr>
<tr>
<td>Sugars</td>
<td>8g</td>
<td>0%</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>18g</td>
<td>13g</td>
<td>0g</td>
<td>14g</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Golden Square Waffle, Cooked Pork Sausage Patty, AA Medium Eggs, American Cheese, Syrup Pancake & Waffle 1Gl, Canola Oil.

Contains: MILK, WHEAT

---

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrates</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
<td>Less than 300g</td>
<td>25g</td>
</tr>
<tr>
<td>2500</td>
<td>Less than 80g</td>
<td>Less than 25g</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
<td>Less than 375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

*Calories per gram:

- Fat 9
- Carbohydrates 4
- Protein 4
### Nutrition Facts

**Ham Egg & Cheese Bagel Sandwich**

**Serving Size 1 Sandwich (250g)**
**Serving Per Container 1**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 220</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>290</td>
</tr>
<tr>
<td><strong>% Daily Values</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>25g 38%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7g 35%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>9g 2%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>205mg 69%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>740mg 31%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>2g 1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Sugars less than 1 gram</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>15g 6%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>15%</td>
</tr>
<tr>
<td>Calcium</td>
<td>25%</td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>10%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

| Calories per gram | Fat 9 | Carbohydrates | 4 | Protein | 4 |

---

**INGREDIENTS:** Baked Goods- Blazing Bagel, Boneless Pit Ham, AA Medium Eggs, American Cheese, Canola Oil, Unsalted Butter.

Contains: MILK
### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>6 oz Ladle (265g)</th>
<th>Serving Per Container</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>100</td>
<td>Calories from Fat 20%</td>
</tr>
</tbody>
</table>

**% Daily Values**

- **Total Fat**: 2g, 3%
  - Saturated Fat: 0g, 2%
  - Trans Fat: 0g, %
  - Polyunsaturated Fat: 0g, %
  - Monounsaturated Fat: 0.5g, %
- **Cholesterol**: less than 5 milligrams, 0%
- **Sodium**: 140mg, 6%
- **Total Carbohydrate**: 17g, 6%
  - Dietary Fiber: 2g, 10%
  - Sugars: 0g, %
- **Protein**: 4g, %

<table>
<thead>
<tr>
<th>Vitamin A %</th>
<th>Vitamin C %</th>
<th>Calcium %</th>
<th>Iron %</th>
<th>Vitamin E %</th>
<th>Vitamin B6 %</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>8%</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per gram</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td></td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Oatmeal, Water, Kosher Salt.
French Toast Batter
2 oz Ladle

**Nutrition Facts**
Serving Size 2 oz Ladle (65g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 80</th>
<th>Calories from Fat: 35</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>4g</td>
<td>6%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>7%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>195mg</td>
<td>65%</td>
</tr>
<tr>
<td>Sodium</td>
<td>65mg</td>
<td>3%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>6g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>6g</td>
<td>%</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat: 9
- Carbohydrates: 4
- Protein: 4

**INGREDIENTS:** Liquid Eggs, Fat Free Milk, Granulated Sugar, Imitation Vanilla Extract, Ground Cinnamon.

Contains: MILK
Sausage Patty
1 Patty

Nutrition Facts
Serving Size 1 Patty (55g)
Serving Per Container 1

Amount Per Serving
Calories 220  Calories from Fat 190

% Daily Values*
Total Fat 22g  33%
  Saturated Fat 8g  41%
  Trans Fat 0%
  Polyunsaturated Fat 0%
  Monounsaturated Fat 0%
Cholesterol 15mg  5%
Sodium 420mg  17%
Total Carbohydrate 0g  0%
  Dietary Fiber 0g  0%
  Sugars 0g  0%
Protein 7g  1%

Vitamin A 0%  ●  Vitamin C 0%
Calcium 0%  ●  Iron 6%
Vitamin E 0%  ●  Vitamin B6 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrates</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>65g</td>
<td>20g</td>
<td>300mg</td>
<td>300mg</td>
<td>300g</td>
<td>375g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9  ●  Carbohydrates 4  ●  Protein 4

INGREDIENTS: Cooked Pork Sausage Patty.
### Bacon, Egg & Cheese English Muffin

1 Sandwich

#### Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat 14g</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>180</td>
<td></td>
<td>14g</td>
<td>22%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Saturated Fat 3g</td>
<td>14%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Trans Fat 0g</td>
<td>%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Polyunsaturated Fat 0g</td>
<td>%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Monounsaturated Fat 0g</td>
<td>%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>205mg</td>
<td>69%</td>
<td>205mg</td>
<td>9%</td>
</tr>
<tr>
<td>Sodium</td>
<td>460mg</td>
<td>19%</td>
<td>460mg</td>
<td>19%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2g</td>
<td>1%</td>
<td>2g</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber 0g</td>
<td>0%</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sugars 1g</td>
<td></td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>11g</td>
<td></td>
<td>11g</td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin A | 6% | Vitamin B6 | 6% |
| Calcium   | 25%| Iron       | 6% |
| Vitamin E | 0% | Vitamin C  | 0% |

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Gro Bread English Muffin
Franz 6ct, AA Large Eggs, American Cheese,
Canadian Bacon, Canola Oil.

Contains: MILK

---

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## Nutrition Facts

Sausage, Egg and Cheese Muffin

1 Muffin Sandwich

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 330 Calories from Fat: 270</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>30g</td>
<td>46 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>10g</td>
<td>51 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1.5g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>210mg</td>
<td>71 %</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>670mg</td>
<td>28 %</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>2g</td>
<td>1 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td>%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>15g</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td>%</td>
</tr>
<tr>
<td>Calcium</td>
<td>10%</td>
<td>%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
<td>%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>6%</td>
<td>%</td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 300g</td>
<td>375g</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>25g</td>
<td>30g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>----</td>
<td>----</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat: 9
- Carbohydrates: 4
- Protein: 4

**INGREDIENTS:** Cooked Pork Sausage Patty, Gro Bread English Muffin Franz 6ct, AA Large Eggs, American Cheese.

Contains: MILK

---

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Broccoli Cheddar Quiche
10" Pies

Nutrition Facts
Serving Size 10" Pies (1030g)
Serving Per Container1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 2020</th>
<th>Calories from Fat 1140</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 127g</td>
<td>195 %</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 52g</td>
<td>259 %</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Polysaturated Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 14g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 995mg</td>
<td>331 %</td>
<td></td>
</tr>
<tr>
<td>Sodium 3780mg</td>
<td>157 %</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 151g</td>
<td>50 %</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 8g</td>
<td>32 %</td>
<td></td>
</tr>
<tr>
<td>Sugars 38g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Protein 76g</td>
<td>%</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9 Cal Carbohydrates 4 Cal Protein 4 Cal

INGREDIENTS: Fat Free Milk, 10" Pie Shell
Unbaked, Broccoli Crowns, Liquid Eggs,
Shredded Mild Cheddar Cheese, Yellow Onion, Unsalted Butter, All Purpose Flour,
Salt, Ground White Pepper.

Contains: MILK, WHEAT
Quiche Lorraine
1 Wedge-Cut 8

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 1 Wedge-Cut 8 (110g)</td>
</tr>
<tr>
<td>Serving Per Container 1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 300</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>430</td>
</tr>
<tr>
<td>% Daily Values*</td>
<td>52 %</td>
</tr>
<tr>
<td>Total Fat</td>
<td>34g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>12g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>7g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>95mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>500mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>18g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
</tr>
<tr>
<td>Protein</td>
<td>14g</td>
</tr>
</tbody>
</table>

| Vitamin A        | 10%                  |
| Vitamin C        | 2%                   |
| Calcium          | 30%                  |
| Iron             | 15%                  |
| Vitamin E        | 0%                   |
| Vitamin B6       | 6%                   |

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
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</thead>
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<tr>
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<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
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<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per gram</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

INGREDIENTS: 10" Pie Shell Unbaked, Shredded Swiss Cheese, Fat Free Milk, Yellow Onion, Mayonnaise (soybean oil, eggs, water, vinegar, egg yolks, corn syrup, salt, lemon juice concentrate, calcium disodium EDTA), Liquid Eggs, Hickory Smoked Bacon Shingle, Unsalted Butter, Shredded Parmesan Cheese, Cornstarch, Ground White Pepper, Ground Nutmeg.

Contains: EGGS, MILK, WHEAT
SAUSAGE, EGG & CHEDDAR MUFFIN
Sandwich

Nutrition Facts
Serving Size 1 Sandwich (205g)
Serving Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 550</th>
<th>Calories from Fat 300</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong> 34g</td>
<td>52 %</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 13g</td>
<td>63 %</td>
<td></td>
</tr>
<tr>
<td>Trans  Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 4.5g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 175mg</td>
<td>58 %</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong> 1260mg</td>
<td>53 %</td>
<td></td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 42g</td>
<td>14 %</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>9 %</td>
<td></td>
</tr>
<tr>
<td>Sugars 2g</td>
<td>%</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong> 21g</td>
<td>%</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 10%     ● Vitamin C 0%
Calcium 30%       ● Iron 15%
Vitamin E 0%      ● Vitamin B6 6%

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<thead>
<tr>
<th>Calories: 2,000</th>
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</thead>
<tbody>
<tr>
<td>Total Fat Less than 65g</td>
<td>80g</td>
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<tr>
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<td>25g</td>
</tr>
<tr>
<td>Cholesterol Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber 25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram
Fat 9  ● Carbohydrates 4  ● Protein 4

INGREDIENTS: English Muffin, Sausage Patty, Eggs, Mild Cheddar Cheese.

Contains: EGGS, MILK, WHEAT

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines.