

Breakfast	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Oatmeal (Get the Good Stuff)	237 mL	162	3	1	0	0	7	27	4	0	5	0	0	3	11
Red River Cereal (Get the Good Stuff)	175 grams	161	2	0	0	0	22	31	5	0	6	0	0	16	10
Bacon, Egg & Cheese Burrito	114 grams	345	20	9	0	222	745	24	1	1	18	11	0	26	22
Bagel with Egg & Sausage	141 grams	534	19	6	0	208	1226	62	2	5	22	5	0	15	37
Bagel with Egg, Sausage & Cheese	155 grams	590	24	9	0	223	1326	62	2	5	25	8	0	24	38
Banana Nutella French Toast	90 grams	268	8	3	0	53	282	41	2	15	7	1	2	4	26
Boiled Eggs	62 grams	73	5	2	0	183	63	1	0	0	6	10	0	2	5
Breakfast Pizza	85 grams	194	8	4	0	77	570	19	1	2	11	7	0	16	12
Broccoli, Sun-dried Tomato & Cheddar Cheese Omelet	136 grams	217	15	7	0	391	495	5	1	2	16	14	22	25	24
Egg & Cheese Bagel	231 grams	420	11	5	0	200	893	57	2	4	18	8	0	24	35
Egg & Cheese English Muffin	176 grams	256	11	5	0	200	395	26	1	2	14	8	0	20	21
Egg, Cheese & Bacon Bagel	185 grams	455	14	6	0	207	959	57	2	4	21	8	0	24	36
Egg, Cheese & Bacon English Muffin	131 grams	291	13	5	0	207	461	26	1	2	16	8	0	20	22
Egg, Cheese & Ham Bagel	250 grams	440	12	5	0	208	1003	57	2	4	21	8	0	24	36
Egg, Cheese & Ham English Muffin	197 grams	276	11	5	0	208	505	26	1	2	17	8	0	20	22
Egg, Cheese & Turkey Bagel	251 grams	438	11	5	0	207	1006	57	2	4	22	8	0	24	36
Egg, Cheese & Turkey English Muffin	192 grams	274	11	5	0	207	508	26	1	2	17	8	0	20	22
English Muffin with Egg & Sausage	141 grams	370	19	6	0	208	728	31	1	3	18	5	0	11	23
English Muffin with Egg, Sausage & Cheese	155 grams	426	24	9	0	223	828	31	1	3	21	8	0	20	24
French Toast	84 grams	158	4	1	0	131	211	22	1	2	8	4	0	6	8
Fried Eggs	41 grams	113	10	2	0	183	63	1	0	0	6	10	0	2	5
Greek Omelet	127 grams	166	10	4	0	378	442	5	1	2	13	24	7	16	24
Ham & Swiss Cheese Omelet	142 grams	210	13	6	0	392	596	4	0	2	19	13	0	28	24
Lorraine Omelet	131 grams	259	18	8	0	399	581	5	0	2	19	14	2	23	23
Mediterranean Frittata - Buffet Style	120 grams	243	16	6	0	353	504	7	1	3	17	16	27	21	22
Mediterranean Frittata - Individual	120 grams	243	16	6	0	353	504	7	1	3	17	16	27	21	22
Mexicali Breakfast Sandwich	141 grams	254	10	4	0	199	499	27	1	2	14	10	0	18	22
Mexicali Breakfast Wrap	136 grams	228	9	3	0	193	638	24	1	1	11	8	0	11	21
Mexican Omelet	156 grams	219	15	7	0	391	686	6	0	2	16	18	0	25	23
Mushroom & Swiss Cheese Omelet	134 grams	211	14	6	0	389	386	5	1	2	18	14	3	32	28
Pancakes, Buttermilk	31 grams	56	0	0	0	0	213	12	1	2	2	0	0	7	4
Pancakes, Buttermilk, Blueberry	40 grams	61	0	0	0	0	213	13	1	3	2	0	0	7	4
Pancakes, Buttermilk, Chocolate Chip	33 grams	81	2	1	0	0	213	16	1	5	2	0	0	7	5
Peanut Butter Jelly & Banana French Toast	90 grams	256	8	2	0	52	321	39	3	12	8	1	2	10	23
Raspberry Nutella French Toast	70 grams	232	6	2	0	53	280	38	2	13	6	1	0	3	24
Scrambled Eggs w/ Cheese & Mushrooms	118 mL	258	19	8	0	400	367	5	1	1	19	14	3	29	27
Scrambled Eggs	118 mL	220	14	5	0	653	269	4	0	1	19	16	0	18	39
Spanish Omelet (R)	124 grams	286	18	6	0	364	562	5	0	2	24	23	0	13	23
Spinach & Cheese Omelet	134 grams	202	13	6	0	387	450	5	1	2	15	25	7	24	24
Strawberry Apricot French Toast	87 grams	187	5	2	0	58	309	29	3	5	6	4	17	3	24
Three Cheese Omelet	129 grams	251	17	9	0	400	587	4	1	2	20	16	0	34	23
Tomato, Peppers & Cheddar Omelet	130 grams	199	13	6	0	387	441	5	0	2	15	14	20	22	23
Vegetarian Breakfast Burrito	152 grams	253	12	3	0	193	567	25	1	1	11	7	20	11	21
Western Omelet	159 grams	220	14	6	0	394	670	5	0	3	18	14	25	24	24

Please Note: The nutritional information provided is for the serving size listed, based on adherence to the recipe, as developed and tested by our culinary team. Any changes from the recipe, such as changes to meet local taste preferences, product, ingredient, and/or supplier substitutions, season of the year, or serving size modifications will change the nutrient content of an item and render the information inaccurate. "+" indicates some vitamin A information is represented in different units of measure based on differences in representing this information in national nutrient databases.