

Breakfast	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<i>Recipe Name</i>															
Oatmeal (Get the Good Stuff)	237 mL	152	3	1	0	0	9	27	4	0	6	2	0	3	10
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	518	19	6	0	208	1223	63	2	5	23	5	0	12	37
Bagel with Egg, Sausage & Cheese	155 grams	574	24	9	0	223	1323	63	2	5	26	8	0	21	37
Banana Nutella French Toast	90 grams	219	8	2	0	53	202	31	8	14	5	1	2	4	19
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	406	11	5	0	200	890	58	2	4	19	8	0	21	35
Egg & Cheese English Muffin	176 grams	274	12	5	0	200	437	28	3	4	14	8	0	23	23
Egg, Cheese & Bacon Bagel	185 grams	440	14	5	0	207	956	58	2	4	21	8	0	21	36
Egg, Cheese & Bacon English Muffin	131 grams	308	14	6	0	207	503	28	3	4	16	8	0	23	23
Egg, Cheese & Ham Bagel	250 grams	426	12	5	0	208	1000	58	2	4	22	8	0	21	36
Egg, Cheese & Ham English Muffin	197 grams	294	12	5	0	208	547	29	3	4	17	8	0	23	23
Egg, Cheese & Turkey Bagel	246 grams	423	11	5	0	207	1003	58	2	4	22	8	0	21	36
Egg, Cheese & Turkey English Muffin	192 grams	291	12	5	0	207	549	29	3	4	17	8	0	23	23
English Muffin with Egg & Sausage	141 grams	386	20	6	0	208	769	33	3	5	18	5	0	14	25
English Muffin with Egg, Sausage & Cheese	155 grams	442	25	9	0	223	869	33	3	5	21	8	0	23	25
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	165	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	272	11	4	0	199	540	29	3	4	14	10	0	20	23
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	208	7	2	0	52	241	30	2	11	6	1	2	10	17
Raspberry Nutella French Toast	70 grams	185	5	2	0	53	199	30	4	14	5	1	0	3	17
Scrambled Eggs	118 mL	220	14	5	0	653	269	4	0	1	19	16	0	18	39
Scrambled Eggs w/ Cheese & Mushrooms	118 mL	258	19	8	0	400	367	5	1	1	19	18	3	29	27
Spanish Omelet	124 grams	148	8	3	0	373	562	5	0	2	12	14	0	13	23
Spinach & Cheese Omelet	134 grams	201	13	6	0	387	450	5	1	2	15	25	7	24	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	239	10	3	0	193	529	25	1	2	11	7	22	12	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.*