

# Grill Nutritional Facts

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)
<b>Breakfast</b>							
<b>1 Hard boiled egg</b>	60	4.5	185	130	0	6	0
<b>1 Fried Egg</b>	86	6	185	130	0	6	0
<b>Omelet Bar</b>	390	28	580	690	5	29	0
<b>Egg Sandwich</b>	288	13	205	739	27	15	1



<b>Lunch/Dinner</b>	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)
<b>Hamburger</b>	359	18	68	336	25	22	1
<b>Cheeseburger</b>	412	23	82	539	25	26	1
<b>Garden Burger</b>	189	4	15	387	24	10	1
<b>Hot Dog</b>	179	13	25	525	9	7	1
<b>Veggie Dog</b>	100	5	0	550	2	11	1
<b>Grilled Cheese</b>	240	10	25	660	14	7	0
<b>Chicken Breast (4 oz.)</b>	204	6	96	92	0	34	0
<b>Chicken Patty</b>	392	21	31	563	37	14	2
<b>French Fries (3 oz.)</b>	306	16	0	210	38	4	4