

# Omelet Station

## Nutritional Information

	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
4 oz. Egg White	33	0	0	107	1	7	1
4 oz. Whole Egg	150	10	5	126	1	12	0
1 oz. Mozzarella Cheese	79	5	15	150	1	8	0
1 oz. American Cheese	100	9	25	510	<1	5	0
1.5 oz. Ham	46	2	15	562	2	5	0
1 oz. Mushroom	2.3	0	0	.3	.4	.2	.1
1 oz. Tomato	3	0	0	1.5	.1	0	.2
1 oz. Broccoli	3	0	0	0	.6	.3	.3
1 oz. Onion	7.5	0	0	.5	.1	.2	.4
1 oz. Green Pepper	4	0	0	.3	.1	0	.2

# Potatoes

## Nutritional Information

	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
1/2C. Home Fried Potatoes	150	7	0	180	22	2	2
1/2C. Tater Tots	200	9	0	266	26	2	2