



"On the Go" Breakfast Nutritional Facts



Entrees	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
Breakfast Sandwich w/ Sausage	476	32	160	1090	27	21	1
Breakfast Sandwich w/ Bacon	346	20	125	963	26	16	1
Breakfast Sandwich w/ Ham	346	17	135	1440	28	20	1
Bagel	240	2.5	0	510	48	10	4

Sides	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
Whole Fruit	70	0	0	0	15	0	2
Gogurt	70	.5	<5	30	13	2	0
Fruit Cup	80	0	0	10	19	1	1
Danish	230	15	15	260	3	3	<1
Muffin	440	18	50	340	62	6	1

Condiments	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
Cream Cheese	90	9	35	125	2	2	0
Promise spread	30	3	0	31	0	0	0
Butter	40	4	10	30	0	0	0
Peanut Butter	190	15	0	150	8	7	2

Beverages	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
Orange Juice	120	0	0	20	30	0	0
V8 Juice	30	0	0	290	7	1	1
Powerade	60	0	0	150	16	0	0
Water	0	0	0	0	0	0	0