

## BREAKFAST – CALORIE, CARBOHYDRATE AND FAT CONTENT

<b>BREAKFAST ENTREES:</b>	<b>CALORIES</b>	<b>CARBOHYDRATE (Gm)</b>	<b>FAT (Gm)</b>
Beef Sausage Biscuit, 3.45 oz., 1	261	28.4	11.1
Beef Sausage Patty, 1.2 oz., 1	66	0.4	4.1
Café LA Signature Coffeecake, #8 disher	445	64	19.6
Cereal: Bran Flakes w/Raisins, 1 bowl	102	25.5	0.5
Cheerios, Multigrain, 1 bowl	72	15	1
Toasted Oats Cereal, 1 bowl	70	14	1
Cereal, Hot: Hominy Grits, #6 disher (SE)	110	23.2	0.5
Oatmeal, #6 disher (SE)	120	23.3	1.6
Chicken Hoagie, 1.61 oz., 1 pc.	118	6.2	7.7
Cinnamon French Toast, 1 pc.	90	17	1.8
Fruit & Yogurt Parfait, 1 (w/o Gr. Crackers)	174	37	1
Fruit (Strawberry) & Yogurt Parfait, 1 (w/o Gr. Crackers)	150	31.9	1.6
Graham Crackers, Low Fat, 1 pkg.	102	18	3
Graham Crackers, Cinnamon, 1 pkg.	102	18	3
Home-style Cinnamon Roll, 1 pc.	230	45.3	4
Mini Sausage Roll, 1 pc.	160	18	8
Sliced Bagel w/Lite Cream Cheese, 1	269	43	5
Vegetarian Italian Bagel, 3.05 oz., 1	207	23.7	7.6
Waffle Stick, 1 pc.	70	14	1
Whole Grain Pancake, 1 pc.	80	14	2
<b>SIDES (FRUIT/JUICES):</b>			
Applesauce, ½ cup, #8 disher	52	13.8	0.1
Chilled Apple Juice, 4 oz.	55	14.3	0
Chilled Orange Juice, 4 oz.	55	13.5	0
Chilled Peaches, #8 disher	61	16.4	0
Fresh Apple Slices, 2 oz.	29	7.8	0
Fresh Banana, 1	121	31.1	0.4
Fresh Cut Cantaloupe, #6 disher	39	9.3	0.2
Fresh Cut Honeydew, #6 disher	41	10.3	0.2
Fresh Orange, 1	62	15.4	0.2
Orange Citrus Smiles, 1 pkg.	50	9	0
Peach Cup, 4.4 oz.	85	21.1	0.3
<b>MILK CHOICES:</b>			
Chocolate, Fat-Free, ½ pt.	120	22	0
Chocolate, 1%, 6 fl. oz. (EEC's/Inf Ctrs)	120	21	2.3
Lactose, Fat-Free, ½ pt.	90	13	0
Soy Milk, ½ pt.	120	12	2
Strawberry, 1%, ½ pt.	160	27	2.5
White, 1%, ½ pt.	120	14	2.5
Whole Milk, 6 fl. oz. (EEC's/Inf Ctrs)	113	8.3	6.0
Whole Milk, ½ pt.	150	11	8.0

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<b>CONDIMENTS:</b>	<b>CALORIES</b>	<b>CARBOHYDRATE (Gm)</b>	<b>FAT (Gm)</b>
Grape Jelly, 0.5 oz.	40	9	0
Honey, 9 gm	35	10	0
Pancake Syrup, 1.5 oz.	120	31	0
Strawberry Jam, 0.5 oz.	45	12	0
Taco Sauce, 9 gm	0	<1	0