

Nutritious Info

	SERVING SIZE	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	PROTEIN (g)	FIBER (g)
GRILL AT BREAKFAST									
Eggs									
Boiled	1 each	78	5.3	1.6	212	62	0.6	6.3	0
Fried	1 each	92	6.9	1.9	211	162	0.6	6.2	0
Poached	1 each	75	5	1.5	212	140	0.6	6.2	0
Scrambled	1 each	101	7.4	2.2	215	171	1.3	6.8	0
Omelet (plain)	1 each	93	7	1.9	214	165	0.6	6.3	0
Omelet (ham & cheese)	1 each	142	10.8	3.9	231	368	0.8	9.8	0
Omelet (veggie)	1 each	125	8.8	2	126	251	7.2	5.4	1.6
Meats									
Bacon	3 slices	109	9.4	3.3	16	303	0.1	5.8	0
Ham Steak	2 oz	104	6	2	33.7	857	0	13	0
Sausages	1 link	48	4.1	1.4	11	168	0.1	2.6	0
Breads/Starches									
French Toast	1 slice	151	7.3	2.0	76	311	16.2	5	0
Potatoes (hash browns)	1/2 cup	163	10.8	4.2	0	19	16.6	1.9	1.6
Pancake	1 large	159	5.9	0	0	431	14	2	0.5
Waffles	1 each	218	10.3	1.7	38	458	26.4	4.6	1
Muffin, Basic	1 each	181	5	1.5	0	0	31.2	2	1
Muffin, Blueberry	1 each	158	3.7	0.7	17	255	27.4	3.1	1.5
Muffin, Bran (low fat)	1 each	260	1.5	0	0	400	59	4	4
Muffin, Chocolate Chip	1 each	190	7.7	2.8	24	186	26.6	4.2	1
Muffin, Oat Bran	1 each	154	4.2	0.6	0	224	27.5	4	2.6
Power Bar®, Apple Cinn.	1 each	230	2.5	0.5	0	90	45	10	3
Power Bar®, Chocolate	1 each	230	2	0.5	0	90	45	10	3
GRILL AT LUNCH									
Cheeseburger	4 oz	583	33.0	15.0	88.0	1108	38.4	28.2	0.0
Cheeseburger	5 oz	729	41.3	18.8	110.0	1385	48.0	35.3	0.0
Chicken Sandwich (breaded)	4 oz	515	20.0	8.5	60.0	957	39.0	24.0	0.0
Chicken Sandwich (plain)	4 oz	413	22.0	6.0	60.0	360	22.5	31.0	0.0
Chicken Strips	3 each	261	15.8	3.7	40.0	658	10.0	19.8	0.0
Corn Dog	1 each	460	18.9	5.2	79.0	973	55.8	16.8	0.0
French Fries	4 oz	365	19.2	8.2	14.4	176	41.0	5.0	3.8
Garden Burger	3.8 oz	300	6.0	1.0	1.5	843	37.0	21.0	7.5
Grilled Cheese	1 each	585	42.0	25.0	120.0	925	25.0	27.0	1.5
Grilled Ham & Cheese	4 oz	607	39.0	22.0	137.0	1940	25.0	38.0	0.0
Hamburger	5 oz	513	25.9	10.1	111.3	825	42.5	28.9	0.0
Hamburger	4 oz	410	20.7	8.1	89.0	550	34.0	23.1	0.0
Hot Dog	2 oz	180	16.2	6.9	35	585	1	6.8	0.0
Onion Rings	7 each	310	14.0	2.0	0.0	810	41.0	4.0	0.0
Pizza (cheese)	1 slice	306	10.8	4.2	18.0	912	36.8	15.6	2.0
Pizza (meat)	1 slice	362	14.0	4.4	28.0	689	39.8	20.2	2.0
Pizza (veggie)	1 slice	216	6.0	3.0	17.0	632	30.0	11.0	3.0
Reuben	4 oz	300	7.0	2.5	0.0	1949	46.0	17.0	4.0