



NUTRITIONAL DATA

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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BREAKFAST MEALS*

Classic Combo**	800	37	20	0	425	2500	89	4	7	25
Traditional Breakfast**	800	37	20	0	425	2500	89	4	7	25
Pancake Combo**	440	13	5	0	420	1460	61	2	13	18
French Toast Combo**	500	17	6	0	600	750	56	6	12	27
Biscuit Bar**	760	37	23	0	425	2400	78	1	7	25
Breakfast Taco Bar	720	38	16	0	475	1750	62	4	3	33
Craft Your Own Scramble***	400	23	9	0	445	790	28	3	2	21

BREAKFAST MEAT CHOICES*

Bacon	130	11	4	0	30	530	0	0	0	9
Sausage Patties	160	11	4	0	50	510	1	0	0	13
Sausage Links	120	9	3	0	40	410	0	0	0	10
Turkey Sausage	70	5	1.5	0	30	260	0	0	0	7

* Nutrient values shown are for individual portions of all items packaged in bulk.

** Nutrient values shown do not include meat choice.

*** Nutrient values shown do not include topping choices.

2000 calories a day is used as a general nutrition guideline for adults, but nutritional needs may vary. Any substitutions and variations will increase or decrease stated nutritional values. Items listed may not be available in all locations.



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LUNCH MEALS*

Burger Bar**	960	63	8	1.5	135	1500	58	1	12	41
Chicken Sandwich Bar**	720	36	11	1.5	95	1470	59	2	14	41
California Club Box**	560	24	10	0	50	1160	66	3	27	22
Triple Decker Club Box**	650	27	12	0	55	1430	77	2	31	25
Grilled Chicken & Rice	570	21	4	1.5	75	1670	63	5	6	35
Lunch Taco Bar	1070	54	17	0	135	2500	93	4	6	51
Salad Bar***	260	12	7	0	40	450	23	2	3	14

CHIPS

Lay's Potato Chips	240	16	2	0	0	250	23	2	1	3
Lay's BBQ Chips	230	15	2	0	0	230	23	2	3	3
Cool Ranch Doritos	260	13	2	0	0	320	31	3	2	3
Nacho Cheese Doritos	240	14	2	0	0	360	28	2	0.5	3
Fritos Original	320	20	3	0	0	320	32	3	0.5	3
Cheetos	310	21	3.5	0	0	500	26	1	2	3

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** Nutrient values shown do not include chips.

*** Nutrient values shown do not include topping choices or salad dressing.

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SALAD DRESSING*

Honey Mustard	170	15	2	0	15	210	11	0	9	0
Ranch	170	17	2.5	0	15	350	3	0	1	0
Italian	110	9	1.5	0	0	670	4	0	3	0

TOPPINGS*

Diced Ham	30	1	0.5	0	15	350	2	0	2	4
Bacon Bits	130	9	3	0	35	600	<1	0	<1	12
Sausage Crumbles	80	7	2.5	0	15	210	<1	<1	0	5
Cheddar Cheese	90	8	4	0	25	140	<1	0	0	6
Sour Cream	60	5	3.5	0	20	15	1	0	1	1
Diced Avocado	50	4.5	0.5	0	0	0	3	2	0	<1
Diced Bell Pepper	0	0	0	0	0	10	1	0	<1	0
Fresh Spinach	5	0	0	0	0	25	<1	<1	0	<1
Jalapeno	5	0	0	0	0	250	1	1	0	0
Diced Onion	10	0	0	0	0	0	2	<1	2	0
Diced Tomato	0	0	0	0	0	0	<1	0	<1	0
Blueberries	10	0	0	0	0	0	4	1	2	0
Chocolate Chips	90	5	3	0	0	0	13	<1	10	<1

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ADD ONS*

Cinnamon Roll Bites	750	34	7	8	<5	330	101	2	77	4
Cheesy Bacon Grits	230	15	6	1.5	40	450	12	1	0	12
Biscuit & Gravy	490	21	15	0	<5	1860	62	1	5	10
Biscuits	380	16	12	0	0	1200	48	1	5	9
Gravy	110	5	2.5	0	<5	660	14	0	0	<1
Pancakes	300	3	1	0	0	1320	61	2	13	6
Scrambled Eggs	140	10	4	0	420	140	0	0	0	12
Seasoned Home Fries	160	5	1	0	0	510	27	3	2	3
Bacon	190	16	6	0	45	800	0	0	0	13
Sausage Links	180	13	4.5	0	60	620	0	0	0	15
Sausage Patties	330	23	8	0	100	1020	2	0	0	26
Turkey Sausage	150	11	3	0	60	520	0	0	0	14
Fresh Fruit	50	0	0	0	0	20	13	1	12	<1
Grits	90	5	1	1.5	0	35	11	<1	0	1
Chocolate Chip Cookies	260	13	6	0	0	160	33	1	19	2

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BEVERAGES*

Coffee	0	0	0	0	0	0	0	0	0	0
Iced Tea	0	0	0	0	0	0	0	0	0	0
Orange Juice	150	0	0	0	0	35	0	29	3	
Apple Juice	150	0	0	0	20	36	0	35	0	
Cranberry Juice	170	0	0	0	0	45	0	43	0	
Flavored Iced Coffee	330	7	4	0	20	85	59	59	6	

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