

Monday Specialty Breakfast Items					
Name	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Sodium (mg)
Pancakes Plain	237	4	4	45	1130
Biscuit	130	3	5	20	420
Gravy	260	26	13	10	320
Pork Sausage	184	11	16	1	462
Hash Browns	140	2	7	18	10

Tuesday Specialty Breakfast Items					
Name	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Sodium (mg)
French Toast	168	9	4	24	249
Potatoes O'Brien	82	2	1	18	162
Pork Sausage	184	11	16	1	462

Wednesday Specialty Breakfast Items					
Name	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Sodium (mg)
Blueberry Pancakes Plain	253	5	5	49	1130
Longanisa	109	4	10	1	273
Hash Browns	140	2	7	18	10

Thursday Specialty Breakfast Items					
Name	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Sodium (mg)
French Toast	168	9	4	24	249
Corned Beef Hash	285	15	18	16	739
Potatoes O'Brien	82	2	1	18	162

Friday Specialty Breakfast Items					
Name	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Sodium (mg)
Pancakes Plain	237	4	4	45	1130
Portugese Sausage	390	22	31	5	843
Hash Browns	140	2	7	18	10

Daily Main Line					
Name	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Sodium (mg)
Boiled Eggs	72	6	5	1	71
Scrambled Eggs	180	16	13	1	151
Egg Frittata	112	10	6	6	275
Pork Bacon	94	7	7	0	362
Turkey Sausage	49	6	3	0	106
Oatmeal	231	8	4	40	12
Grits	210	4	1	45	1191

Breakfast Sandwiches					
Name	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Sodium (mg)
Egg and Cheese	232	11	9	28	603
Bacon, Egg, and Cheese	327	18	16	28	965
Ham, Egg, and Cheese	248	14	10	28	692
Sausage, Egg, and Cheese	417	22	25	28	1065

Condiments					
Name	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Sodium (mg)
Maple Syrup	65	0	0	18	70
Diet Maple Syrup	6	0	0	1	20
Margarine	42	0	5	0	65
Brown Sugar	108	0	0	28	8
Strawberry Topping	144	0	0	38	12
Raisins	85	1	0	22	3
White Sugar	22	0	0	6	0
Shredded Cheddar Cheese	115	7	9	1	185