



		Total Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Item	Portion															
Bacon and Cheese Biscuit	1 each	380	20	10	20	1040	36	2	3	0	13	0	3	0	0	Milk, Soy, Wheat
Bacon Biscuit	1 each	340	30	13	40	1050	36	2	3	0	11	0	0	0	0	Milk, Soy, Wheat
Bacon Stuffed Waffle	1 each	360	21	8	90	680	34	1	8	0	10	1	110	2	110	Milk, Eggs, Soy, Wheat
Bacon, Egg, and Cheese Biscuit	1 each	754	50	21	230	2364	37	1	3	0	33	0	0	0	0	Milk, Egg, Soy, Wheat
Bacon, Egg and Cheese Wrap	1 each	674	42	16	230	1734	35	2	0	0	34	0	0	0	0	Milk, Egg, Soy, Wheat
Bacon, Egg and Cheese Bowl	1 each	400	25	10	295	1100	18	2	1	0	26	0	0	0	0	Milk, Eggs
Blueberry Biscuits w Icing (2)	2 Pieces	320	16	9	0	1060	42	0	8	0	4	0	40	2.6	60	Milk, Egg, Soy, Wheat
Country Breakfast Scramble Bowl	1 each	359	29	11	386	679	0	0	0	0	24	0	0	0	0	Milk, Eggs
Chicken Tender Croissant	1 each	398	18	6	55	493	29	0	4	0	30	0	0	0	0	Eggs, Wheat
Chicken Biscuit	1 each	465	22	10	54	1090	39	1	3	3	29	0	50	2	0	Milk, Wheat
Chorizo and Cheese Biscuit	1 each	380	23	10	22	1040	38	2	3	0	14	0	4	0	0	Milk, Soy, Wheat
Chorizo Biscuit	1 each	357	20	13	40	1050	19	2	3	0	11	0	0	0	0	Milk, Soy, Wheat
Chorizo, Egg and Cheese Bowl	1 each	415	30	11	245	900	18	2	3	0	18	5	5	3	12	Milk, Egg, Soy
Chorizo, Egg and Cheese Wrap	1 each	460	35	10	215	1200	35	2	0	0	25	0	0	0	0	Milk, Egg, Soy, Wheat
Chorizo, Egg and Cheese Biscuit	1 each	590	39	16	160	1290	37	2	4	0	18	0	0	0	0	Milk, Egg, Soy, Wheat
5pc French Toast Sticks	5 Pieces	413	18	2	20	470	45	2	10	10	6	0	20	2.5	50	Soy, Wheat
Ham, Egg and Cheese Biscuit	1 each	630	38	18	245	2180	37	1	3	0	31	0	0	0	0	Milk, Egg, Soy, Wheat
Ham, Egg and Cheese Wrap	1 each	550	30	12.5	245	1550	35	2	0	0	32	0	0	0	0	Milk, Egg, Soy, Wheat
Sausage and Cheese Biscuit	1 each	460	30	13	20	1050	36	2	3	0	11	0	3	0	0	Milk, Soy, Wheat
Sausage Biscuit	1 each	460	30	13	40	1050	36	2	3	0	11	0	0	0	0	Milk, Soy, Wheat
Sausage Biscuit and Gravy Bowl	1 each	652	49	21	70	1652	35	1	3	0	14	0	0	0	0	Milk, Egg, Soy, Wheat
Sausage Stuffed Waffle	1 each	420	27	10	100	800	35	1	8	0	11	1	110	2	140	Milk, Egg, Soy, Wheat
Sausage, Egg, and Cheese Biscuit	1 each	708	51	23	236	1818	37	1	3	0	21	0	0	0	0	Milk, Egg, Soy, Wheat
Sausage, Egg and Cheese Bowl	1 each	430	35	13	355	900	10	0	3	0	21	315	0	0	0	Milk, Egg, Soy
Sausage, Egg and Cheese Tornado	1 each	190	9	2.5	25	23	23	1	1	0	5	0	4	8	0	Egg, Wheat, Milk
Sausage, Egg and Cheese Wrap	1 each	628	43	18	236	1188	35	2	0	0	22	0	0	0	0	Milk, Egg, Soy, Wheat
Southwest Sausage Egg and Cheese Burrito	1 each	1025	66.5	25	360	2070	61.5	3	2	1	43	1	761	4.3	472	Milk, Egg, Soy, Wheat
Cheese Grits	1 each (4oz.)	162	4	2	7	931	27	2	0	0	4	0	0	0	0	Milk, Soy
Regular Grits	1 each (4oz.)	134	2	0	0	885	27	2	0	0	3	0	0	0	0	Soy
Large Reg Grits	1 each (16oz)	340	2	0	0	1150	76	0	2	0	6	0	0	0	0	Soy
Kolache Original	1 each	235	18.5	6.5	35	490	7	0	1	0	8	0	25	20.4	10	Milk, Wheat, Soy
Kolache Jalapeno	1 each	235	18.5	6.5	35	490	7	0	1	0	8	0	25	20.4	10	Milk, Wheat, Soy
Bacon, Egg, & Cheese Croissant	1 serving	715	48	17.5	230	1784	32	1	4	4	34	0	0	1.7	0	Milk, Soy, Wheat
Sausage, Egg, & Cheese Croissant	1 serving	850	49	19.5	236	1238	32	1	3	4	23	0	0	1.7	0	Milk, Soy, Wheat