

| Breakfast Items | Cal | Fat | Sat Fat | Chol | Sodium | Carb | Fiber | Sugars | Protein | Wheat | Milk | Soy | Egg | Pork |
|--------------------------------------|------------|------------|----------------|-------------|---------------|-------------|--------------|---------------|----------------|--------------|-------------|------------|------------|-------------|
| Pancake and Chicken Sausage Sandwich | 160 | 6 | 1.5 | 40 | 220 | 17 | 1 | 7 | 8 | X | X | X | X | |
| Confetti Pancakes | 220 | 7 | 1 | 10 | 300 | 36 | 4 | 11 | 4 | X | X | X | X | |
| Beef & Chicken Kolache with Cheese | 180 | 7 | 3 | 24 | 291 | 16 | 1 | 5 | 6 | X | X | X | | |
| Mini Chocolate Chip French Toast | 210 | 6 | 1.5 | 0 | 260 | 35 | 4 | 11 | 5 | X | X | X | X | |
| Mini Breakfast Corndog | 180 | 9 | 2.5 | 25 | 280 | 15 | 3 | 4 | 6 | X | | X | X | |
| Sausage, Egg & Cheese Breakfast Taco | 156 | 7 | 3 | 47 | 250 | 17 | 2.5 | 0.5 | 7.5 | X | X | X | X | |
| Cinnamon Toast Crunch | 230 | 5 | 1 | 0 | 320 | 44 | 6 | 11 | 3 | X | | X | | |
| Cocoa Puffs | 210 | 3 | 0 | 0 | 220 | 47 | 3 | 15 | 3 | | | | | |
| Lucky Charms Cereal | 210 | 3 | 0 | 0 | 350 | 46 | 3 | 20 | 4 | | | | | |
| Cinnamon Chex | 240 | 5 | 0.5 | 0 | 340 | 46 | 3 | 12 | 3 | | | | | |
| Milk & Juice | Cal | Fat | Sat Fat | Chol | Sodium | Carb | Fiber | Sugars | Protein | Wheat | Milk | Soy | Egg | Pork |
| 1% White Milk | 100 | 2.5 | 1.5 | 10 | 125 | 12 | 0 | 11 | 8 | | X | | | |
| Fat Free Chocolate Milk | 110 | 0 | 0 | 5 | 100 | 19 | 0 | 18 | 8 | | X | | | |
| Fat Free White Milk | 80 | 0 | 0 | 5 | 125 | 12 | 0 | 11 | 8 | | X | | | |
| Apple Juice | 60 | 0 | 0 | 0 | 0 | 0 | 14 | 0 | 13 | 0 | | | | |
| Orange Juice | 50 | 0 | 0 | 0 | 0 | 0 | 13 | 0 | 12 | 0 | | | | |
| Condiments | Cal | Fat | Sat Fat | Chol | Sodium | Carb | Fiber | Sugars | Protein | Wheat | Milk | Soy | Egg | Pork |
| Marinara Dunk Cup (1 ea) | 15 | 0 | 0 | 0 | 120 | 3.5 | 1 | 2 | 0 | | | | | |
| Ketchup (2 ea) | 20 | 0 | 0 | 0 | 50 | 4 | 0 | 4 | 0 | | | | | |
| Ranch Packet (1 ea) | 50 | 5 | 0 | 4 | 110 | 0 | 0 | 0 | 0 | | X | | | |
| BBQ Dunk Cup (1 ea) | 40 | 0 | 0 | 0 | 65 | 10 | 0 | 8 | 0 | | | | | |
| Mayonnaise (1 ea) | 10 | 0 | 0 | 0 | 100 | 3 | 0 | 1 | 0 | | (WHEY) | X | X | |
| Mustard (1 ea) | 0 | 0 | 0 | 0 | 65 | 0 | 0 | 0 | 0 | | | | | |
| Fruit | Cal | Fat | Sat Fat | Chol | Sodium | Carb | Fiber | Sugars | Protein | Wheat | Milk | Soy | Egg | Pork |
| Apple | 80 | 0 | 0 | 0 | 1 | 21 | 4 | 15.5 | 0 | | | | | |
| Applesauce Cups | 60 | 0 | 0 | 0 | 15 | 14 | 1 | 18 | 0 | | | | | |
| Banana | 110 | 0 | 0 | 0 | 0 | 29 | 3 | 15 | 1 | | | | | |
| Mixed Berry Cup, Frozen | 90 | 0 | 0 | 0 | 0 | 20 | 2 | 16 | 0 | | | | | |
| Mixed Fruit (1/2 c) | 60 | 0 | 0 | 0 | 5 | 15 | 1 | 12 | 0 | | | | | |
| Orange | 61 | 0 | 0 | 0 | 0 | 15 | 3 | 12 | 1 | | | | | |
| Peach Cup, Frozen | 80 | 0 | 0 | 0 | 0 | 19 | 1 | 16 | 1 | | | | | |
| Peaches, Sliced (1/2 c) | 70 | 0 | 0 | 0 | 10 | 17 | 1 | 16 | 2 | | | | | |
| Pears, Diced (1/2 c) | 90 | 0 | 0 | 0 | 16 | 20 | 1 | 16 | 0 | | | | | |
| Strawberry Cup, Frozen | 180 | 0 | 0 | 0 | 0 | 44 | 4 | 36 | 2 | | | | | |