

OBES 2023-24 Nutritional Information, **Breakfast**

Entree Items	Calories	Carbohydrates	Sugar	Sodium	Allergens
Cereal	110	24g	9g	210mg	Contains: Wheat, Soy
Apple Studel Stick	290	48g	22g	240mg	Contains: Egg, Wheat, Milk, Soy
Pop-Tart	180	38g	15g	187mg	Contains: Wheat, Soy
Cinnamon Bun	224	37g	13g	142mg	Contains: Wheat, Egg, Milk, Soy
Biscuit	210	28g	3g	420mg	Contains: Wheat, Milk
Waffle	210	37g	12g	170mg	Contains: Wheat, Soy, Milk, Egg
Muffin	160	27g	13g	115mg	Contains: Wheat, Egg, Milk, Soy
Cinni Minnis	240	40g	15g	300mg	Contains: Wheat, Milk
Pancakes	160	30g	10g	22mg	Contains: Egg, Milk, Soy, Wheat
Cereal Bar	140	23g	10g	85mg	Contains: Soy, Wheat
Breakfast Pizza	240	31g	4g	340mg	Contains: Milk, Wheat, Soy
Sausage Pancake On A Stick	140	16g	6g	360mg	Contains: Eggs, Milk, Wheat, Soy
Breakfast Bagel (Sausage,Cheese)	180	19g	2g	430mg	Contains: Wheat, Soy, Milk
Breakfast Bagel (Sausage,Cheese)	180	19g	2g	430mg	Contains: Wheat, Soy, Milk
French Toast Sticks	260	38g	9g	300mg	Contains: Soy, Wheat
Cheese Grits	132	16g	0g	465mg	Contains: Milk, Soy

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Side Items	Calories	Carbohydrates	Sugar	Sodium	Allergens
Cheese Stick	80	0g	0g	200mg	Contains: Milk
Sausage Links	160	0g	0g	356mg	Contains: N/A
Scrambled Eggs	70	0g	0g	65mg	Contains: Egg, Milk protein
Fruit	70	18g	7g	2mg	Contains: N/A
Yogurt	70	12g	9g	70mg	Contains: Milk
Breakfast Chicken Patty	130	7g	0g	240mg	Contains: Wheat, Soy, Egg
Sausage Patty	190	0g	0g	320mg	Contains: N/A
Breakfast Steak Patty	190	9g	0g	280mg	Contains: Wheat
Fruit Juice	60	14g	13g	0mg	Contains: N/A
Jelly	36	0g	8g	8mg	Contains: N/A
Country Style Gravy	40	6g	0g	140mg	Contains: Wheat, Milk, Soy, Egg
Granola	120	20g	6g	70mg	Contains: Wheat, Soy, Tree Nut, Milk
Syrup	80	20g	11g	30mg	Contains: N/A
Hash Browns	120	15g	0g	270mg	Contains: N/A
Ketchup (single serve)	10	2g	2g	85mg	Contains: N/A
Milk, 1% white	100	12g	11g	130mg	Contains: Milk
Milk, Chocolate FF	120	22g	21g	240mg	Contains: Milk