



NUTRITION INFORMATION

BREAKFAST MENU

- 3001 **Turkey, Vegetable, & Potato Hash** w/ Applesauce, Butter & Jelly, Oatmeal & Wheat Bread, Milk
480 Calories, 13.7 g Protein, 23 g Fat, 5.8 g Fiber, 34.1 mg Calcium, 642 mg Sodium, 52.9 g Carbohydrates
- 3002 **Turkey w/ Scrambled Eggs**, Applesauce & Roasted Potatoes, Wheat Bread, Jelly & Margarine, Milk
465 Calories, 26.8 g Protein, 20.43 g Fat, 15.5 g Fiber, 62.6 mg Calcium, 1,452 mg Sodium, 49 g Carbohydrates
- 3003 **Pancakes w/ Scrambled Eggs**, & Roasted Potatoes, Orange Juice, Syrup & Margarine, Milk
603 Calories, 18.7 g Protein, 15 g Fat, 5.7 g Fiber, 177.2 mg Calcium, 745 mg Sodium, 98.3 g Carbohydrates
- 3004 **Cheese Omelet w/ Salsa & Potatoes**, Peaches, Cereal, Milk
635 Calories, 27.9 g Protein, 19.4 g Fat, 7.4 g Fiber, 498.3 mg Calcium, 723 mg Sodium, 87.8 g Carbohydrates
- 3005 **Egg, Sausage, and Swiss Cheese**, w/ Applesauce & Potatoes, Bagel, Milk
511 Calories, 23.6 g Protein, 20.6 g Fat, 5.8 g Fiber, 280.8 mg Calcium, 713 mg Sodium, 58.2 g Carbohydrates
- 3006 **Biscuits w/ Sausage Gravy**, Milk
552 Calories, 11.8 g Protein, 31.5 g Fat, 4 g Fiber, 318.3 mg Calcium, 1,100 mg Sodium, 55.5 g Carbohydrates
- 3007 **Cheesy Grits**, Scrambled Eggs w/ Veggies & Country Apples, Milk
358 Calories, 15.3 g Protein, 13.7 g Fat, 10.7 g Fiber, 131.9 mg Calcium, 708 mg Sodium, 45.6 g Carbohydrates