

		<i>1 Serving / Package</i>	<i>kCal</i>	<i>grams</i>									<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>mg</i>	<i>µg (mcg)</i>	<i>mg</i>				
Serving Size	Serving Unit	Calories	Protein	Carbohydrate	Sugar	Fiber	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Trans Fat	Cholesterol	Sodium	Calcium	Iron	Vitamin D	Potassium	Vegetarian	Vegan	Gluten Friendly	Dairy Friendly	
Breads / Bagels:																						
Breakfast - English Muffin (2016)	1 muffin	136	5	27	2	2	1	0	0	0	0	0	255	98	2	0	65	◆	◆		◆	
Breakfast - White Toast (2016)	1 piece	84	4	17	0	0	0	0	0	0	0	0	148	12	1	0	0	◆	◆		◆	
Breakfast - Bagel, Cinn.Raisin	1 bagel	301	11	61	7	3	2	0	0	1	0	0	378	21	4	0	163	◆	◆		◆	
Breakfast - Bagel, Everything	1 bagel	283	11	56	6	2	2	0	1	1	0	0	525	98	7	0	83	◆	◆		◆	
Breakfast - Bagel, Honey Grain	1 bagel	301	11	61	7	3	2	0	0	1	0	0	378	21	4	0	163	◆	◆		◆	
Breakfast - Bagel, Onion	1 bagel	283	11	56	6	2	2	0	1	1	0	0	525	98	7	0	83	◆	◆		◆	
Breakfast - Bagel, Plain	1 bagel	283	11	56	6	2	2	0	1	1	0	0	525	98	7	0	83	◆	◆		◆	
Breakfast - Bagel, Poppy	1 bagel	283	11	56	6	2	2	0	1	1	0	0	525	98	7	0	83	◆	◆		◆	
Breakfast - Bagel, Sesame	1 bagel	283	11	56	6	2	2	0	1	1	0	0	525	98	7	0	83	◆	◆		◆	
<i>Average for all bagels</i>	<i>1 bagel</i>	<i>288</i>	<i>11</i>	<i>57</i>	<i>6</i>	<i>2</i>	<i>2</i>	<i>0</i>	<i>0</i>	<i>1</i>	<i>0</i>	<i>0</i>	<i>483</i>	<i>76</i>	<i>6</i>	<i>0</i>	<i>105</i>	◆	◆		◆	
Breakfast Sandwiches	Size Unit	kCal	Pro	Carb	Sug	Fib	Fat	Sat.F.	Mono.F.	Poly.F.	Trans.F.	Chol	Sod	Ca	Fa	Vit D	K	Veg.	Vegan	GF	DF	
Breakfast Sandwich - Toast, Egg, Cheese	1 sandwich	343	16	32	4	2	17	4	5	3	0	208	674	302	3	1	255					
Breakfast Sandwich - Toast, Egg, Cheese And Bacon	1 sandwich	440	24	32	4	2	24	7	5	3	0	216	1208	301	3	1	254					
Breakfast Sandwich - Toast, Egg, Cheese And Chorizo Sausage	1 sandwich	510	22	32	5	2	32	10	5	3	0	239	928	316	3	1	253					
Breakfast Sandwich - Toast, Egg, Cheese And Ham	1 sandwich	369	19	32	5	2	17	5	5	3	0	219	943	301	3	1	254					
Breakfast Sandwich - Toast, Egg, Cheese And Pork Sausage	1 sandwich	522	21	32	5	2	34	11	13	5	0	238	952	300	4	1	345					
Breakfast Sandwich - Toast, Egg, Cheese And Turkey Sausage	1 sandwich	432	23	32	5	2	23	6	7	5	0	244	940	332	4	1	375					
Breakfast Sandwich - English Muffin, Egg, Cheese	1 sandwich	332	16	31	3	2	16	4	5	2	0	209	642	253	4	1	257					
Breakfast Sandwich - English Muffin, Egg, Cheese And Bacon	1 sandwich	429	24	32	3	2	23	7	5	2	0	217	1176	252	4	1	256					
Breakfast Sandwich - English Muffin, Egg, Cheese And Chorizo Sausage	1 sandwich	500	22	32	4	2	31	10	5	2	0	239	896	267	4	1	255					
Breakfast Sandwich - English Muffin, Egg, Cheese And Ham	1 sandwich	358	19	32	4	2	17	5	5	2	0	219	911	252	4	1	256					
Breakfast Sandwich - English Muffin, Egg, Cheese And Pork Sausage	1 sandwich	512	21	32	4	2	33	10	13	5	0	238	919	251	4	1	347					
Breakfast Sandwich - English Muffin, Egg, Cheese And Turkey Sausage	1 sandwich	421	23	31	4	2	22	6	7	5	0	245	908	284	5	1	377					
Breakfast Sandwich - Bagel, Egg, Cheese	1 sandwich	475	21	60	7	3	16	4	5	3	0	207	923	243	6	1	271					
Breakfast Sandwich - Bagel, Egg, Cheese And Bacon	1 sandwich	572	29	61	7	3	23	7	5	3	0	215	1454	242	6	1	270					
Breakfast Sandwich - Bagel, Egg, Cheese And Chorizo Sausage	1 sandwich	642	28	61	8	3	32	10	5	3	0	238	1177	257	6	1	270					
Breakfast Sandwich - Bagel, Egg, Cheese And Ham	1 sandwich	501	25	61	8	3	17	5	5	3	0	218	1191	242	6	1	270					
Breakfast Sandwich - Bagel, Egg, Cheese And Pork Sausage	1 sandwich	654	27	61	8	3	34	10	13	5	0	237	1200	242	6	1	361					
Breakfast Sandwich - Bagel, Egg, Cheese And Turkey Sausage	1 sandwich	564	29	61	8	3	23	6	7	5	0	243	1188	274	7	1	391					
Breakfast Sandwich - Croissant, Egg, Cheese	1 sandwich	521	18	46	8	1	30	13	10	3	1	245	756	168	3	1	265					
Breakfast Sandwich - Croissant, Egg, Cheese And Bacon	1 sandwich	618	25	46	8	1	37	16	9	3	1	253	1289	168	4	1	264					
Breakfast Sandwich - Croissant, Egg, Cheese And Chorizo Sausage	1 sandwich	688	24	46	8	2	45	19	9	3	1	276	1011	183	4	1	264					
Breakfast Sandwich - Croissant, Egg, Cheese And Ham	1 sandwich	547	21	46	9	1	31	14	9	3	1	256	1025	168	3	1	264					
Breakfast Sandwich - Croissant, Egg, Cheese And Pork Sausage	1 sandwich	700	23	46	8	1	47	19	17	5	1	275	1034	167	4	1	355					
Breakfast Sandwich - Croissant, Egg, Cheese And Turkey Sausage	1 sandwich	610	25	46	8	1	36	15	11	5	1	281	1022	200	4	1	385					
Breakfast Wraps	Size Unit	kCal	Pro	Carb	Sug	Fib	Fat	Sat.F.	Mono.F.	Poly.F.	Trans.F.	Chol	Sod	Ca	Fa	Vit D	K	Veg.	Vegan	GF	DF	
Breakfast Wrap - BCHS - Egg, Cheese	1 wrap	482	20	51	7	2	21	8	9	4	1	266	1046	266	4	2	370					
Breakfast Wrap - BCHS - Egg, Cheese, Bacon	1 wrap	578	28	51	7	2	28	10	9	4	1	275	1570	266	5	2	370					
Breakfast Wrap - BCHS - Egg, Cheese, Sausage	1 wrap	661	25	51	7	2	38	14	17	6	1	297	1322	266	5	2	460					
Breakfast Sides	Size Unit	kCal	Pro	Carb	Sug	Fib	Fat	Sat.F.	Mono.F.	Poly.F.	Trans.F.	Chol	Sod	Ca	Fa	Vit D	K	Veg.	Vegan	GF	DF	
Breakfast - BCHS - Bacon	2 slices	96	8	0	0	0	7	3	0	0	0	9	524	0	0	0	0			◆	◆	
Breakfast - BCHS - French Toast	1 piece	200	8	24	6	1	7	3	2	1	0	149	260	57	2	1	87	◆				
Breakfast - BCHS - Pancake	1 pancake	322	10	41	0	0	13	3	3	6	0	82	740	223	2	0	206	◆				
Breakfast - BCHS - Home Fried Potatoes	4 oz	221	3	23	0	3	13	2	3	2	1	0	496	17	1	0	401	◆	◆	◆	◆	
Breakfast - Sausage Patty, Pork	1 patty	178.1	5.4	0.55	0.3	0.0	17.13	6.2	7.7	2.5	0.0	30.5	276	0	0	0	90			◆	◆	