



Nutritional Information Guidelines:

The information contained in this guide is based on standard product formulations and is reported for informational purposes only by Western Sizzlin. Variations may occur due to a variety of factors and circumstances including, but not limited to, difference in suppliers, ingredient substitutions, recipe revisions, product assembly, and seasonal variances. Limited time only, seasonal and test products are not included. This information is current as of March 1, 2011.

“A 2,000 calorie diet is used as the basis for general nutrition advice; however, individual calorie needs may vary.”

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
TOP SIRLOIN [USDA CHOICE]													
Sirloin*	4 oz	113	265	166	18	7	0	59	495	0	0	0	23
Top Sirloin*	6 oz	170	397	250	27	11	1	88	550	0	0	0	34
Sizzlin Sirloin*	8 oz	227	519	323	35	14	1	118	687	0	0	0	45
Thick Sirloin*	9 oz	255	579	359	39	16	1	133	734	0	0	0	51
Large Sirloin*	12 oz	340	762	469	51	21	1	177	830	0	0	0	68
One Pound Top Sirloin*	16 oz	454	1005	615	67	28	1	236	973	0	0	0	91
Biggest One We Got*	20 oz	567	1248	761	83	35	1	295	1084	0	0	0	114
Sirloin Beef Tips*	6 oz	170	397	250	27	11	1	88	550	0	0	0	34
Chopped Sirloin***	8 oz	227	558	385	43	16	0	161	290	0	0	0	39
Chopped Sirloin***	4 oz	113	280	193	22	8	0	80	214	0	0	0	19
RIB EYE [USDA CHOICE]													
Regular Rib Eye**	10 oz	284	808	594	66	26	1	193	323	0	0	0	51
Large Rib Eye**	14 oz	397	1119	820	91	36	1	270	491	0	0	0	72
NEW YORK [USDA CHOICE]													
Regular New York**	10 oz	284	689	438	40	18	1	164	309	0	0	0	60
Large New York**	14 oz	397	952	602	67	25	1	230	471	0	0	0	83
TENDERLOIN [USDA CHOICE]													
Filet Mignon**	7 oz	198	519	350	39	15	1	129	263	0	0	0	40
Add Bacon Wrap	1 slice	7	41	28	3	1	0	9	188	0	0	0	3
T-BONE [USDA CHOICE]													
16 oz T-Bone**	16 oz	454	1152	801	90	32	1	290	575	0	0	0	86
*Includes marinate, seasoning & prep													
**Includes seasoning & prep													
***Includes seasoning													

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
CHICKEN - COMBOS - SEAFOOD													
Grilled Chicken Breast*	5 oz	142	173	61	8	2	1	71	371	0	0	0	26
Grilled Chicken Breasts*	10 oz	284	315	91	12	3	1	142	649	0	0	0	53
Chicken Tips*	5 oz	142	188	45	5	2	1	82	230	0	0	0	33
Fried Chicken Tenders	6 oz	170	486	234	30	6	0	90	1056	30	0	0	36
Steak & Chicken Breast*	11 oz	312	570	311	35	13	2	159	921	0	0	0	60
Steak & Shrimp Skewer*	9.2 oz	261	493	253	27	11	1	117	599	0	0	0	36
Steak & Fried Shrimp*	10 oz	283	703	407	44	14	1	221	1380	21	1	0	51
Shrimp Skewer**	1 each	91	96	3	0	0	0	29	49	0	0	0	2
Shrimp Skewers**	2 each	182	192	6	0	0	0	58	98	0	0	0	4
Fried Shrimp [6 pieces]	4 oz	113	299	150	17	3	0	135	827	22	1	0	17
Fried Popcorn Shrimp	4 oz	113	299	150	17	3	0	135	827	22	1	0	17
Fried Fish	4 oz	113	263	133	14	3	0	39	603	19	1	0	17
Fried Catfish	4 oz	113	301	173	19	3	0	76	469	6	2	0	23
BURGERS & MORE													
8 oz Hamburger***	1 each	406	855	425	48	17	0	161	1311	51	2	7	49
8 oz Cheeseburger***	1 each	425	925	475	54	21	0	176	1651	52	2	7	53
8 oz Bacon Cheeseburger***	1 each	439	1007	531	60	23	0	194	2027	52	2	7	59
Grill Chicken Sandwich*	1 each	272	365	91	12	3	1	71	980	33	1	5	32
Philly Steak & Cheese**	1 each	296	630	286	33	13	0	101	1068	51	4	5	36
Chicken Philly & Cheese**	1 each	326	527	142	17	7	1	107	1089	47	4	5	47
*Includes marinate, seasoning & prep													
**Includes seasoning & prep													
***Includes seasoning													

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
LUNCH MENU													
Top Sirloin*	6 oz	170	397	250	27	11	1	88	550	0	0	0	34
Grilled Chicken Breast*	5 oz	142	173	61	8	2	1	71	371	0	0	0	26
Sirloin Beef Tips*	6 oz	170	397	250	27	11	1	88	550	0	0	0	34
Chicken Tips*	5 oz	142	188	45	5	2	1	82	230	0	0	0	33
Chopped Sirloin	8 oz	227	558	385	43	16	0	161	290	0	0	0	39
Breaded Country Fried Steak	4 oz	113	321	191	21	8	0	50	712	19	1	0	14
Beef Liver**	5 oz	142	212	71	8	2	0	390	236	6	0	0	28
Fried Chicken Tenders	6 oz	170	486	234	30	6	0	90	1056	30	0	0	36
Hamburger***	1 each	406	855	425	48	17	0	161	1311	51	2	7	49
Philly Steak & Cheese**	1 each	296	630	286	33	13	0	101	1068	51	4	5	36
*Includes marinate, seasoning & prep													
**Includes seasoning & prep													
***Includes seasoning													
CHILD'S MENU													
Child's Hamburger***	1 each	175	460	223	26	9	0	80	534	31	1	4	25
Child's Cheeseburger***	1 each	189	280	193	22	8	0	80	765	32	1	5	28
Child's Chopped Steak***	4 oz	113	280	193	22	8	0	80	214	0	0	0	19
Child's Chicken Tenders	3 oz	85	243	117	15	3	0	45	528	15	0	0	18
Child's Shrimp	3 oz	85	178	86	10	2	0	102	340	11	1	2	13
Child's Grill Cheese Sandwich	1 each	129	412	172	20	6	0	15	800	51	2	6	12
Child's Corn Dog	4 oz	113	350	190	21	6	0	35	930	32	1	10	9
Child's Hot Dog	1 each	93	270	120	14	5	0	25	640	25	1	3	9
***Includes seasoning													

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
ENTRÉE ACCOMPANIMENTS													
Texas Toast	1 each	55	171	61	7	1	0	0	230	25	1	3	4
Wenner Roll	1 each	38	94	19	2	0	0	0	70	17	1	4	3
French Fries	6 oz	170	512	228	25	5	0	0	612	68	7	0	7
Onion Rings	6 oz	170	598	246	27	10	0	5	600	53	3	5	7
Baked Potato	1 each	312	211	0	0	0	0	0	0	50	4	2	6
Sweet Potato	1 each	397	305	0	0	0	0	0	214	70	12	21	6
Whipped Margarine	1.6 oz	45	214	202	22	6	6	5	244	2	0	1	1
Whipped Margarine RTU	1.6 oz	45	353	353	35	5	0	0	302	0	0	0	0
Real Sour Cream	1.6 oz	45	91	68	8	6	0	30	53	3	0	2	2
Cinnamon & Sugar	1 oz	28	106	0	0	0	0	0	0	28	0	28	7
Rice Pilaf	3.5 oz	100	129	3	0	0	0	0	1	28	0	0	3
White Rice	3.5 oz	100	124	29	3	1	0	0	53	22	1	1	2
Steam Vegetables	3.5 oz	100	35	0	0	0	0	0	35	5	2	2	1
Steam Broccoli	3.5 oz	100	33	0	0	0	0	0	22	4	2	2	1
Peppers & Onions	3 oz	85	37	12	1	0	0	0	12	6	1	3	1
Sauteed Onions	3 oz	85	48	16	2	0	0	0	24	8	2	3	1
Sauteed Mushrooms	3.5 oz	100	90	63	6	1	0	0	282	4	3	1	3
Brown Gravy	2 fl oz	57	24	0	0	0	0	0	400	4	0	0	0
Brown Gravy w/ Mushrooms	2 fl oz	57	26	0	0	0	0	0	400	4	0	0	0
White Pepper Gravy	2 fl oz	57	45	27	3	1	2	0	224	4	0	1	0
Child's French Fries	3 oz	85	256	114	13	3	0	0	306	23	3	0	3
Child's Beverage	12 fl oz		150	0	0	0	0	0	45	40	0	40	0
Child's Soft Serve Chocolate or Vanilla	3 flo oz		130	40	5	3	0	15	50	20	0	14	2

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BAKED POTATO BAR TOPPINGS													
Whipped Margarine	1 oz	28	220	220	22	3	3	0	189	0	0	0	0
Real Sour Cream	1 oz	28	57	42	5	4	0	19	14	1	0	1	1
Imitation Sour Cream	1 oz	28	47	38	5	1	0	0	38	2	0	1	1
Shredded Cheese	1 oz	28	110	80	9	5	0	30	180	1	0	0	0
Diced Onions	1 oz	28	11	0	0	0	0	1	3	1	1	0	5
Real Bacon Bits	.5 oz	14	77	53	6	2	0	16	327	0	0	0	5
Imitation Bacon Bits	.5 oz	14	61	20	2	0	0	0	253	4	2	0	6
Broccoli Florets	.5 oz	14	4	0	0	0							

Western Sizzlin Steakhouse and Quincy's Steakhouse

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
COLD BUFFET													
SALAD BAR													
Iceburg Lettuce	3.1 oz	89	10	0	0	0	0	0	10	2	1	2	1
Lettuce Mix	3.1 oz	89	10	0	0	0	0	0	10	2	1	2	1
Romaine	3.5 oz	100	17	3	0	0	0	0	8	3	2	1	1
Green Leaf Lettuce	3 oz	85	15	0	0	0	0	0	35	2	1	1	1
Spring Mix	3.1 oz	89	10	0	0	0	0	0	10	2	1	2	1
Shredded Lettuce	3.1 oz	89	10	0	0	0	0	0	10	2	1	2	1
Carrot Shredded	1.4 oz	39	15	0	0	0	0	0	30	4	1	3	1
Carrot Stick	3" stick	7	2	0	0	0	0	0	5	1	0	0	0
Grape Tomato	1 each	17	3	0	0	0	0	0	2	1	0	0	0
Cherry Tomato	1 each	17	3	0	0	0	0	0	2	1	0	0	0
Slice Tomato 1/4"	1 slice	20	4	0	0	0	0	0	2	1	0	0	0
Wedge Tomato	1 wedge	31	6	0	0	0	0	0	3	1	0	0	0
Diced Tomato	.75 oz	20	4	0	0	0	0	0	2	1	0	1	0
Cucumber	1 slice	7	1	0	0	0	0	0	0	0	0	0	0
Cucumber	slices	100	10	0	0	0	0	0	0	2	1	1	1
Broccoli Florets	1 floret	11	3	0	0	0	0	0	3	1	0	0	0
Cauliflower	1 floret	13	3	0	0	0	0	0	4	1	0	0	0
Bell Pepper 1/4"	1 ring	10	2	0	0	0	0	0	0	0	0	0	0
Celery Chopped	1 TBSP	7	0	0	0	0	0	0	6	0	0	0	0
Celery Strip	4" strip	4	0	0	0	0	0	0	3	0	0	0	0

Western Sizzlin Steakhouse and Quincy's Steakhouse

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SALAD BAR													
Onion [large]	5 rings	30	12	0	0	0	0	0	1	3	1	2	1
Onion Diced	1 TBSP	10	4	0	0	0	0	0	0	0	0	0	0
Mushroom [sm]	1 small	10	2	0	0	0	0	0	0	0	0	0	0
Mushroom [med]	1 med	18	3	0	0	0	0	0	1	1	0	0	1
Mushroom Sliced	1.5 oz	42	10	0	0	0	0	0	8	2	1	0	2
Beets Pickled	1 oz	28	20	0	0	0	0	0	50	4	0	4	0
Diced Eggs	1.8 oz	50	80	50	6	2	0	210	70	1	0	1	7
Turkey Ham Diced	1.8 oz	50	59	18	2	1	0	32	454	2	0	1	8
Turkey Sliced	2 oz	63	60	5	1	0	0	25	540	2	0	1	11
WG Chix Cubed	1.8 oz	50	131	72	8	2	0	20	225	8	1	0	8
Pepperoni	7 slices	14	70	60	5	2	10	290	0	0	0	0	3
Shred Cheddar	1 oz	28	110	80	9	5	0	30	180	1	0	0	7
Mozarella	1 oz	28	80	50	6	4	0	20	200	1	0	0	7
Cheddar Cubes	1 oz	28	110	80	9	5	0	30	180	1	0	0	7
Colby Jack Cubes	1 oz	28	110	80	9	5	0	30	180	1	0	0	6
Cottage Cheese	2 oz	57	60	23	3	2	0	15	225	3	0	2	7
Blu Cheese Crbbs	1.8 oz	50	176	129	14	9	0	37	697	1	0	0	11
Pepperoncini	.88 oz	25	5	0	0	0	0	0	400	2	0	0	0
3 Bean Salad	2 oz	60	45	5	1	0	0	0	105	9	1	6	1
Deviled Egg	1 half	30	72	58	7	1	0	105	0	0	0	0	3
Boiled Egg	1 large	50	80	50	5	2	0	210	60	0	0	0	6

Western Sizzlin Steakhouse and Quincy's Steakhouse

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SALAD BAR													
Olives Green	.5 oz	14	25	20	2	0	0	0	230	1	0	0	0
Olives Black [slice]	.28 oz	8	9	7	1	0	0	0	72	1	0	0	0
Garbanzo Bean	2 oz	57	70	10	0	0	0	0	170	3	1	0	1
Hot Pepper Relish	.5 oz	15	10	0	0	0	0	0	270	2	0	0	0
Jamaica Relish	1.1 oz	30	40	0	9	0	0	0	140	10	0	7	0
Swt Pickle Relish	.5 oz	15	15	0	0	0	0	0	140	4	0	4	0
Jalapeno [sliced]	.5 oz	15	3	0	0	0	0	0	255	1	0	0	0
Banana Peppers	1 oz	28	5	0	0	0	0	0	480	1	0	0	0
Bacon Imitation	.5 oz	14	60	20	2	0	0	0	259	4	2	0	6
Bacon Real	.5 oz	14	60	40	5	2	0	25	320	0	0	0	5
WG Diced Ham	2 oz	56	90	45	5	2	0	30	470	1	0	1	9
Brd & Butr Pickle	1 oz	28	30	0	0	0	0	0	170	7	0	7	0
Pickle Spear	1 oz	28	0	0	0	0	0	0	320	0	0	0	0
Gelatin [regular]	.7 oz	19	70	0	0	0	0	0	90	17	0	17	1
Gelatin [sugar free]	.1 oz	2.4	10	0	0	0	0	0	0	1	0	0	2
Parmesan Cheese	1 oz	28	115	50	5	1	0	26	265	0	0	0	11
Raisins	1.5 oz	42	127	0	0	0	0	0	5	34	2	25	2
Sunflower Seeds	1 oz	28	160	130	14	2	0	0	110	7	3	1	5
Crouton Seasoned	5 each	7	30	10	1	0	0	0	95	5	0	0	1

Western Sizzlin Steakhouse and Quincy's Steakhouse

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SALAD BAR													
Almonds [sliced]	1 oz	28	160	130	14	1	0	0	0	6	3	1	6
Chow Mein Noodle	1 oz	28	130	50	5	2	2	0	230	19	1	0	3
Cracker Saltine	3 pks	18	80	15	2	0	0	0	270	13	1	0	2
Cracker Salad	1 pk	7	30	15	2	0	0	0	75	4	0	0	1
Cracker Oyster	1 pk	14	60	15	2	0	0	0	140	10	0	0	1
Cracker Assorted	2 each	7	140	0	0	0	0	0	0	0	0	0	11
Melba Toast	7 each	20	80	10	1	0	0	0	120	15	1	1	3
Peaches [sliced]	3.5 oz	100	54	0	0	0	0	0	5	15	1	13	0
Pineapple Tidbits	3.5 oz	100	60	0	0	0	0	0	1	16	1	14	0
Frozen Green Peas	1 oz	28	22	0	0	0	0	0	20	4	2	1	1
Baby Cut Corn	3 oz	28	15	0	0	0	0	0	170	3	2	1	2
Applesauce	3 oz	28	15	55	0	0	0	0	9	14	1	11	1
Lemon 1/8	1 wedge	5	1	0	0	0	0	0	0	0	0	0	0
WOOD GRILL SALADS													
Chicken Salad	2.5 oz	71	205	135	15	3	0	28	344	10	1	20	8
Broccoli & Cheese	2.5 oz	71	142	106	12	4	0	21	280	5	1	43	3
Feta & Cheese	2.5 oz	71	54	45	5	2	0	9	167	1	0	0	2
Tuna Salad	2.5 oz	71	150	99	11	2	0	31	326	3	0	23	10
Seafood Salad	2.5 oz	71	161	115	12	2	0	14	572	9	2	30	4
Cucumber Salad	2.5 oz	71	23	0	0	0	0	0	0	6	1	95	1
Cole Slaw	2.5 oz	71	121	102	11	2	0	10	86	5	1	45	0

Western Sizzlin Steakhouse and Quincy's Steakhouse

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
PREPARED SALADS													
Tuna Salad	2.5 oz	71	150	99	11	2	0	31	326	3	0	23	10
Seafood Salad	2.5 oz	71	161	115	12	2	0	14	572	9	2	30	4
Cucumber Salad	2.5 oz	71	23	0	0	0	0	0	0	6	1	95	1
Cole Slaw	2.5 oz	71	121	102	11	2	0	10	86	5	1	45	0
Macaroni-Sour Cream & Cheddar Salad	3 oz	85	213	99	11	3	0	14	595	24	1	6	1
Potato & Sour Cream Salad	3 oz	85	188	146	19	5	0	24	352	8	1	1	3
Carrot & Raisin	3 oz	85	153	94	10	2	0	9	340	9	2	11	1
Classic Potato Salad	3 oz	85	115	43	5	1	0	3	461	17	1	4	1
Egg Potato Salad	3 oz	85	103	30	4	1	0	6	492	17	1	4	1
Red Skin Potato Salad	3 oz	85	158	97	11	2	0	9	146	13	1	3	1
Elbow Macaroni Salad	3 oz	85	164	55	6	1	0	6	376	23	1	7	3
Pasta Rotini Salad	3 oz	85	103	27	3	1	0	6	449	16			

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
HOT BUFFET													
HOT VEGETABLES													
Black Eye Pea	3 oz	85	65	4	1	0.1	0	0	254	12	3	6	4
Broccoli Spears	3 oz	85	30	0	0	0	0	0	20	4	2	2	1
Brussels Sprout	3 oz	85	39	5	1	0	0.5	0	25	6	3	2	2
Cabbage	3 oz	85	40	6	1	0	0	2	844	6	2	3	2
California Blend	3 oz	85	22	0	0	0	0	0	18	4	2	1	1
Carrots	3 oz	85	70	0	0	0	0	0	190	18	2	16	1
Cinnamon Apples	3 oz	85	170	0	0	0	0	0	39	44	4	34	0
Collard Greens	3 oz	85	31	17	2	1	0	3	668	2	0	1	1
Corn	3 oz	85	144	51	6	1	1	2	56	22	2	172	3
Corn on the Cobb	1 ear	119	125	1	0	0	0	0	0	26	1	7	4
Green Beans	3 oz	85	42	9	1	0	0	1	664	6	2	0	2
Lima Beans	3 oz	85	99	2	0	0	0	2	643	18	4	2	7
Northern Beans	3 oz	85	98	4	0	0	0	1	274	17	4	1	6
Sweet Potato Yams	3 oz	85	131	0	0	0	0	0	22	31	1	18	2
Turnip Greens	3 oz	85	44	8	1	0	0	1	582	4	2	2	2
Frozen Green Beans	2 oz	57	33	31	3	1	0	0	17	1	0	0	0
Sauteed Mushrooms	3 oz	85	28	8	1	0	0	0	27	3	1	0	3
Sauteed Onions	3 oz	85	38	5	0	0	0	0	16	8	2	3	1
Sauteed Peppers	3 oz	85	39	7	2	0	0	0	24	5	1	2	1
Peppers & Onions	3 oz	85	36	8	1	0	0	0	10	7	1	3	1
Pork & Beans	3 oz	85	92	7	1	0	0	0	346	18	4	4	5
Baked Bean w/ Brown Sugar	3 oz	85	92	3	0	0	0	0	320	19	4	4	5
Asparagus	5 ea	93	20	0	0	0	0	0	0	4	2	2	2

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size 1/12	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
RICE & POTATOES													
White Rice	3 oz	85	110	0	0	0	0	0	0	25	0	0	2
Rice Pilaf	3 oz	85	148	58	7	2	2	1	189	20	2	1	4
Whole White Potato	5 oz	148	70	0	0	0	0	0	400	14	2	1	1
New Red Potatoes	5 oz	148	110	0	0	0	0	0	0	28	2	1	3
Potato Pearls	3.5 oz	100	107	49	6	1	1	1	627	14	1	1	2
Homemade Mashed Potatoes	3.5 oz	100	135	20	2	1	0	5	158	27	2	2	3
Baked Potato [55cnt]	12 oz	340	253	0	0	0	0	0	0	60	5	2	7
Baked Potato [80cnt]	10 oz	284	211	0	0	0	0	0	0	50	4	2	6
Sweet Potato [15cnt]	14 oz	397	305	0	0	0	0	0	214	70	12	21	6
COLD & HOT POTATO TOPPINGS													
Whip Margarine	1.6 oz	45	214	202	22	6	6	5	244	2	0	1	1
Whip Margarine RTU	1.6 oz	45	353	353	35	5	0	0	302	0	0	0	0
Sour Cream	1.6 oz	45	91	68	8	6	0	30	53	3	0	2	2
Cinnamon & Sugar	1 oz	28	106	0	0	0	0	0	0	28	0	28	0
Shredded Cheese	1 oz	28	110	80	9	5	0	30	180	1	0	0	7
Diced Onions	1 oz	28	11	0	0	0	0	1	3	1	1	0	0
Real Bacon Bits	.5 oz	14	60	40	5	2	0	25	320	0	0	0	5
Broccoli Florets	.5 oz	14	4	0	0	0	0	0	8	1	0	0	0
Diced Tomatoes	.5 oz	14	2	0	0	0	0	0	2	0	0	0	0
Brown Gravy	1 oz	28	12	0	0	0	0	0	200	2	0	0	0
Brown Gravy w/ Mushrooms	1 oz	28	13	0	0	0	0	0	200	2	0	0	0
Cheese Sauce	1 oz	28	33	21	2	0	1	2	250	2	0	1	0

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Cake Serving Size 1/24	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
GRAVIES & SAUCES													
Brown Gravy	2 oz	57	22	4	1	0	0	0	351	4	0	1	1
Turkey Gravy	2 oz	30	22	0	0	0	0	0	333	4	0	2	0
White Pepper Gravy	2 oz	57	45	27	3	1	1	0	224	4	0	1	0
Chicken Gravy	2 oz	57	22	0	0	0	0	0	261	4	0	1	1
Beef Aujus	1 oz	28	1.2	0	0	0	0	0	44	0.2	0	0.1	0
Cheese Sauce	2 oz	57	73	46	5	2	2	5	484	5	0	2	2
Cranberry Sauce	1 oz	30	43	0	0	0	0	0	8	11	0	11	0
Teriyaki Sauce	1 oz	30	45	0	0	0	0	0	930	10	0	9	1
Szechwan Sauce	1 oz	30	40	20	2	0	0	0	380	6	0	3	1
Picante Sauce	1 oz	30	10	0	0	0	0	0	260	2	1	2	0
Enchilada Sauce	1 oz	30	15	5	0.5	0	0	0	210	3	0	1	0
Spaghetti Sauce w/o Meat	2 oz	57	36	11	1	0	0	0	218	5	1	3	1
Spaghetti w/ Meat Sauce	2 oz	57	58	33	4	1	0	10	204	3	1	2	3
SOUPS													
Chicken Noodle Soup	4 oz	113	51	12	1	0	0	16	500	7	0	1	3
Clam Chowder Soup	4 oz	113	106	51	6	2	0	14	537	10	0	0	3
Vegetable Soup	4 oz	113	101	4	1	1	0	5	900	20	3	7	4
Cream of Chicken Soup	4 oz	113	83	46	5	3	0	14	1059	7	1	2	3
Split Pea & Ham Soup	4 oz	113	160	40	5	1	0	10	983	22	8	2	9
Cream of Broccoli Soup	4 oz	113	83	46	5	3	0	14	1059	7	1	2	3
Bean w/ Ham Soup	4 oz	113	90	50	5	3	0	15	1153	8	1	2	3
Vegetable Beef & Barley Soup	4 oz	113	90	14	2	1	0	10	890	15	3	2	5
Beef Noodle Soup	4 oz	113	70	18	2	1	0	10	820	8	1	1	4

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
CASSEROLE, PASTA & DRESSING													
Broccoli & Cheese Casserole	2 oz	57	124	67	7	2	0	5	307	10	1	2	4
Cheese Potato Casserole	2 oz	57	94	45	4	2	0	14	277	7	1	0	4
Sweet Potato Casserole	2 oz	57	95	0	0	0	0	0	17	23	1	9	1
Baked Spaghetti	2 oz	57	70	41	5	2	0	14	208	3	1	2	4
Spaghetti w/ Meat Sauce	2 oz	57	58	33	4	1	0	10	204	3	1	2	3
Cooked Spaghetti Noodles	2 oz	57	88	4	0	0	0	0	132	18	2	0	4
Cooked Penna Pasta	2 oz	57	88	4	0	0	0	0	132	18	2	0	4
Macaroni & Cheese	2 oz	57	77	32	3	1	0	5	283	8	1	2	3
Cornbread Dressing	2 oz	57	85	24	3	0	0	0	397	12	0	1	2
MEAT / PORK / SEAFOOD /CHICKEN													
Hamburger*	5.3 oz	102	254	175	0	0	0	73	345	0	0	0	17
Cheeseburger*	5.97 oz	169	324	225	26	11	0	88	685	1	0	0	21
Sliced American Cheese	.67 oz	19	70	50	6	4	0	15	340	1	0	0	4
Grilled Hot Dog	1.6 oz	45	140	100	12	5	0	25	390	1	0	0	5
Taco Meat w/ Seasoning	1 oz	28	57	34	4	1	0	14	161	1	0	0	3
Meatballs w/ Brown Gravy	3.5 oz	99	206	1	15	6	0	45	508	6	1	0	12
Meatballs w/o Brown Gravy	6 each	85	200	140	15	6	0	45	420	5	1	0	12
Pot Roast w/ Vegetables & Gravy Variety	5 oz	142	152	40	4	2	0	40	288	6	1	4	21
Pot Roast w/ Seasoning	2 oz	57	122	40	4	2	0	40	100	0	0	0	20
Carrots & Celery	2 oz	57	19	0	0	0	0	0	22	4	1	3	1
Red Potatoes	2 oz	57	42	0	0	0	0	0	0	10	1	0	1
Brown Gravy	1 oz	28	11	2	<1	0	0	0	176	2	0	<1	<1

*Approximate weight before cooking

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
MEAT / PORK / SEAFOOD /CHICKEN													
Carved Roast Beef	2 oz	57	95	40	5	2	0	23	125	0	0	0	13
Meat Loaf	3 oz	85	172	22	5	1	31	72	847	19	0	21	10
Meat Loaf Sauce	1 oz	28	25	0	0	0							

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BAKERY													
COOKIES & BARS & TREATS													
Smores	1.33 oz	38	170	60	7	4	0	10	130	24	1	15	2
Peanut Butter	1.33 oz	38	170	80	9	4	0	10	170	20	1	11	3
Chunky Chocolate Peanut Butter	1.33 oz	38	160	60	7	3	0	10	140	23	1	16	3
Oatmeal Raisin	1.33 oz	38	150	60	7	4	0	10	130	23	2	13	2
Chocolate Chip	1.33 oz	38	160	70	8	4	0	10	120	23	1	15	2
Carnival M&M	1.33 oz	38	160	70	7	4	0	10	140	24	1	15	2
Butter Toffee	1.33 oz	38	170	70	8	4	0	10	140	23	0	15	2
Sugar Cookie	1.33 oz	38	160	60	7	4	0	15	140	23	0	13	2
White Chocolate Macadamia Nut	1.33 oz	38	170	80	9	4	0	10	120	22	0	14	2
Turtle Carmel Nut	1.33 oz	38	170	80	9	3	0	10	140	22	1	14	2
Chocolate Chip w/ Pecan	1.33 oz	38	170	80	9	4	0	10	110	33	1	14	2
Dbl Chocolate Chip	1.33 oz	38	160	70	8	5	0	10	135	23	1	15	2
Ginger Spice	1.33 oz	38	150	45	5	3	0	10	135	25	1	13	2
Sugar Cookie	1 oz	28	130	60	7	3	0	5	110	16	0	8	1
Oatmeal Raisin	1 oz	28	120	45	5	2	0	0	100	16	1	8	1
Chocolate Chip	1 oz	28	120	45	5	3	0	0	85	17	1	10	1
Chocolate Brownie	1.5 oz	42	188	75	9	2	0	11	120	26	1	20	2
Lemon Bar	1.1 oz	31	140	30	4	2	0	25	85	24	0	17	1
Choc Fudge Nut Bar	1.3 oz	36	170	60	7	3	0	10	95	26	1	16	2
Cherry Orchard Bar	1.4 oz	39	140	25	3	2	0	0	105	26	0	15	1
Bread Pudding	1.2 oz	34	150	30	4	3	0	25	15	29	0	26	1
Rice Crispy Treat	1.7 oz	48	200	40	5	2	0	0	230	37	1	16	2

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size 1/12	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BAKERY													
PIES													
Sweet Potato	1 slice	95	278	117	13	6	0	18	264	37	1	21	4
Pumpkin	1 slice	102	250	83	9	3	0	37	291	38	1	17	4
Pecan	1 slice	85	345	153	17	5	0	53	345	46	1	17	3
Apple [NSA]	1 slice	108	184	59	7	3	0	0	251	30	4	6	3
Cherry [NSA]	1 slice	108	217	59	67	3	0	0	284	38	3	6	3
Key Lime Meringue	1 slice	87	260	7	7	3	0	3	180	45	0	35	4
Lemon Ice Box	1 slice	80	241	54	6	2	0	3	16	42	0	33	4
Lemon Meringue	1 slice	108	234	59	7	3	0	0	251	43	1	26	2
Choc Meringue	1 slice	89	247	105	12	6	0	4	187	33	1	19	3
Coconut Meringue	1 slice	85	226	100	11	5	0	0	159	30	0	19	3
Chocolate Cream	1 slice	64	199	95	11	7	0	0	149	25	1	16	1
Coconut Cream	1 slice	64	204	100	11	8	0	0	120	25	0	16	1
Cookies & Cream	1 slice	89	314	171	19	14	0	4	254	33	2	22	2
Boston Cream	1 slice	78	215	74	8	3	0	29	224	34	0	24	3
Choc Mint Cream	1 slice	94	337	202	23	14	2	3	195	35	2	23	2
Strawberries & Cream	1 slice	89	262	134	15	11	0	3	86	30	1	20	2
Strawberry Short Cake	1 slice	83	230	110	12	5	0	50	210	28	1	20	2
HOMEMADE PIES													
Cheese Cake	1 slice	95	254	76	3	2	1	0	334	38.3	0	26.8	0
Peanut Butter Pie	1 slice	92	404	240	28	12	2	0	285	36.6	2.2	21.8	0
Oreo Cookie Pie	1 slice	92	355	169	20	11	2	0	257	44.4	1.4	27.4	9
Chocolate Pie	1 slice	77	218	95	11	7	0	0	240	24.6	1	12	0

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Cake Serving Size 1/24	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BAKERY													
CAKES & MUFFINS													
Choc Layer	1 slice	62	211	75	8	3	0	19	219	34	2	23	2
Lemon Layer	1 slice	61	210	75	8	5	0	37	202	31	0	20	2
Coconut Layer	1 slice	65	258	100	11	4	0	38	208	38	0	28	3
Carrot Layer	1 slice	70	270	139	15	4	1	31	252	31	1	29	3
Yellow Sheet Cake	1 slice	57	200	70	8	2	0	35	200	30	0	0	3
Choc Sheet Cake	1 slice	57	189	70	8	2	0	30	280	26	1	13	3
Choc Chip Muffin	1 each	61	200	80	9	3	0	35	220	28	1	17	3
Blueberry Muffin	1 each	61	210	90	10	2	0	30	180	27	0	15	2
Banana Nut Muffin	1 each	61	210	80	9	2	0	25	250	28	1	14	3
COBBLERS													
Apple	3 oz	85	158	48	6	2	0	0	192	27	0	14	1
Cherry	3 oz	85	171	48	6	2	0	0	185	29	0	13	1
Peach	3 oz	85	171	55	6	1	1	0	171	27	1	12	1
Blackberry	3 oz	85	192	55	6	1	0	0	171	32	1	15	1
SOFT SERVE & TOPPINGS													
Soft Serve Vanilla	3 oz	87	130	40	5	3	0	20	60	20	0	14	2
Soft Serve Choc	3 oz	87	130	40	5	3	0	15	50	20	0	14	2
Soft Serve Cones	1 each	5	20	0	0	0	0	0	5	4	0	0	0
Chocolate Fudge	1.4 oz	40	140	50	6	0	0	0	75	21	0	15	1
Carmel Fudge	1.4 oz	40	130	15	2	1	0	15	125	28	0	14	1
Chocolate Syrup	1.3 oz	38	100	0	0	0	0	0	80	23	1	16	1
Strawberry Syrup	1.3 oz	37	80	0	0	0	0	15	15	20	0	18	0

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BAKERY													
CANDY TOPPINGS													
Candy Corn	1.4 oz	40	160	0	0	0	0	0	110	38	0	34	0
Jelly Beans	1.4 oz	40	140	0	0	0	0	0	15	36	0	24	0
Chocolate Raisins	1.4 oz	40	180	0	0	4	0	4	30	28	0	24	2
Orange Slices	1.4 oz	40	130	0	0	0	0	0	15	33	0	25	0
Gummy Bears	1.4 oz	40	130	0	0	0	0	0	15	29	0	20	3
Gummy Worms	1.4 oz	40	140	0	0	0	0	0	15	32	0	22	2
Sprinkles	.5 oz	15	70	20	2	2	0	0	0	13	0	11	0
Rainbow Sprinkles	.5 oz	15	70	20	2	2	0	0	0	13	0	11	0
Oreo Cookie	1 oz	29	140	50	6	2	0	0	140	21	1	12	1
Peanuts Chopped	.5 oz	16	190	140	16	3	0	0	0	7	2	2	8
Candy M&M	1.5 oz	42	210	80	9	6	0	5	25	30	1	27	2
Vanilla Wafer	1 oz	30	140	50	6	2	0	0	120	21	0	9	1
PUDDINGS & ICINGS													
Chocolate	3 oz	86	80	16	2	0	0	0	127	15	1	11	1
Vanilla	3 oz	86	87	17	2	0	0	0	134	17	0	10	0
Banana	3 oz	86	106	33	4	1	2	0	119	18	0	13	1
Butterscotch	3 oz	86	86	10	1	0	0	0	198	18	0	13	1
Lemon	3 oz	86	86	10	1	1	0	7	119	22	0	16	0
Banana Pudding	3 oz	86	177	78	9	7	0	0	99	23	0	16	2
Cream Cheese Icing	1 oz	28	107	23	3	1	0	3	25	20	0	20	0
Choc Fudge Icing	1.2 oz	35	140	50	6	3	0	0	90	24	1	22	0
Strawberry Glaze	2 oz	57	77	0	0	0	0	0	18	18	0	15	0

				gm	gm	gm	mg	mg	gm	gm	gm	gm	
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BAKERY													
PIE FILLINGS													
Cherry Pie Filling	1 oz	28	33	0	0	0	0	0	23	8	0	8	0
Apple Pie Filling	1 oz	28	33	0	0	0	0	0	13	8	0	6	0
Peach Pie Filling	1 oz	28	33	0	0	0	0	0	10	8	0	6	0
Strawberry Pie Filling	1 oz	28	33										

					gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BREAKFAST													
EGGS [large]													
Scrambled Eggs	1 egg	61	101	67	7	2	0	215	171	1	0	1	7
Poached Eggs	1 egg	50	73	45	5	2	0	211	147	0	0	0	6
Boiled Eggs	1 egg	50	77	48	5	2	0	211	139	0	0	0	6
Egg Benedict w/ Hollandaise	1 each	164	260	133	15	10	0	172	586	15	0	3	13
Egg Benedict w/ Cheese Sauce	1 each	164	248	113	13	5	2	167	976	19	0	3	15
Hollandaise Sauce	1 oz	30	60	50	6	3	0	15	130	2	0	0.7	0
OMELET & TOPPINGS													
3 Egg Omelet Only	3 eggs	183	303	201	21	6	0	645	513	3	0	3	21
Add Bacon	.5 oz	14	77	53	6	2	0	16	327	0	0	0	5
Add Ham	.5 oz	14	20	9	1	0	0	6	217	0	0	0	2
Add Sausage	.5 oz	14	36	23	3	1	0	5	162	1	0	0	2
Add Diced Onions	.5 oz	14	6	0	0	0	0	0	1	1	0	1	0
Add Diced Peppers	.5 oz	14	3	0	0	0	0	0	0	1	0	0	0
Add Diced Tomatoes	.5 oz	14	2	0	0	0	0	0	2	0	0	0	0
Add Mushrooms	.5 oz	14	3	0	0	0	0	0	3	1	0	0	1
Add Shredded Cheese	.5 oz	14	56	40	5	3	0	15	91	1	0	0	4
CASSEROLE													
Cheese & Potato Casserole	2 oz	57	94	45	4	2	0	14	277	7	1	0	4
Egg Casserole Ham	2 oz	57	84	17	6	2	0	162	166	1	0	1	7
Egg Casserole Sausage	2 oz	57	93	24	6	3	0	161	157	1	0	1	7
Egg Casserole Bacon	2 oz	57	106	33	8	3	0	171	240	1	0	1	9

					gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BREAKFAST													
QUICHE													
Ham & Cheese Quiche	2.26 oz	64	154	91	10	4	0	60	480	9	1	1	6
Sausage & Cheese Quiche	2.26 oz	64	166	101	12	5	0	58	469	10	1	1	5
Broccoli & Cheese Quiche	2.26 oz	64	182	113	13	6	0	71	577	9	1	1	7
BREAKFAST MEATS													
Sliced Bacon	1 slice	7	41	28	3	1	0	9	188	0	0	0	3
Canadian Bacon	1 oz	28	35	13	2	1	0	15	329	0	0	0	6
Sausage Links	1 oz	28	113	97	11	4	0	20	180	0	0	0	4
Sausage Patties	1.5 oz	43	129	102	11	4	0	31	270	0	0	0	6
Rope Sausage	1.5 oz	43	120	90	10	4	0	27	305	0	0	0	6
Grilled Ham	1.5 oz	43	56	25	3	1	0	23	536	1	0	1	7
Country Ham	1.5 oz	43	83	39	5	2	0	40	967	0	0	0	11
Corn Beef Hash	2.5 oz	43	126	73	8	4	1	20	453	8	1	1	6
Cream Chipped Beef	2 oz	57	101	71	8	3	0	18	372	3	1	2	4
Breaded Country Fried Steak	4 oz	113	321	191	21	8	0	50	712	19	1	0	14
Breaded Beef Pepper Steak	2.2 oz	62	93	61	7	2	0	15	172	4	0	0	3
Breaded Chuckwagon	3 oz	85	240	140	15	5	0	55	500	13	1	1	13
Bologna	2 oz	57	172	152	17	6	0	40	567	4	0	1	5
Fried Chicken Tenders	1.7 oz	48	126	63	7	1	0	18	452	9	0	0	7
Sirloin Steak	3 oz	85	186	110	12	5	0	44	772	0	0	0	17
Burrito w/ Sausage & Cheese	2.25 oz	64	149	60	6	2	0	37	314	17	0	0	5
Grits	3 oz	85	95	30	4	1	0	0	189	16	1	0	2
Hashbrowns	3 oz	85	99	26	3	0	0	0	208	16	2	0	2

					gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BREAKFAST													
PANCAKES - WAFFLE - SIDES													
Pancakes	2 oz	57	90	1	0	0	0	0	324	17	0	4	2
Blueberry Pancakes	2 oz	57	99	10	1	0	0	0	349	19	0	4	2
Waffels	1 oz	28	63	28	3	1	1	3	148	8	0	1	1
French Toast w/ egg & milk	5.1 oz	145	221	64	7	2	0	216	324	26	1	6	12
French Toast Stick	1.7 oz	49	154	56	6	2	0	0	205	21	1	5	3
White Pepper Gravy	2 fl oz	57	45	27	3	1	2	0	224	4	0	1	0
Sausage Gravy	2 fl oz	57	69	47	5	2	2	4	262	5	0	1	1
Cinnamon Apples	2 oz	57	113	0	0	0	0	0	26	29	3	23	0
BREADS													
Biscuits	1 each	62	210	100	11	11	0	0	630	23	1	2	3
Cheese Biscuit	1 each	57	170	80	8	3	4	0	670	20	1	2	4
Cheddar Garlic Biscuit	1 each	34	100	45	5	2	2	0	380	12	0	2	2
Texas Toast	1 each	45	120	10	1	0	0	0	230	23	1	3	4
White Bread	1 each	25	65	5	0	0	0	0	125	12	0	2	3
Wheat Bread	1 each	25	65	5	0	0	0	0	125	13	1	2	3
English Muffins	1 half	28	65	5	0	0	0	0	135	13	0	0	3
Bagel Plain	1 half	57	140	5	0	0	0	0	300	28	1	1	5
Bagel Blueberry	1 half	57	145	8	1	0	0	0	265	27	1	3	5
Bagel Cinnamon Raisin	1 half	57	145	5	0	0	0	0	255	31	2	6	5
Bagel Wheat	1 half	57	145	10	1	0	0	0	295	29	2	4	5
French Breadstick	1 each	43	120	5	1	0	0	0	250	23	1	1	5
Croissant	1 each	28	110	60	7	4	0	0	70	11	1	2	2

					gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BREAKFAST													
SWEET ROLLS & MUFFINS													
Cinnamon Rolls	1 each	43	130	45	5	2	1	10	230	18	1	5	3
Cinnamon Sticky Buns	1/2 ea	57	230	240	13	2	3	7	190	24	1	11	7
Orange Rolls	1 each	57	200	0	10	3	2	9	310	24	1	7	4
Yeast Donut	1 each	59	260	150	16	8	0	0	260	25	1	3	4
Danish Assorted	1 each	35	140	50	6	2	2	5	115	19	1	8	2
Assorted European Danish	1 each	40	220	110	12	6	1	45	150	23	1	11	3
Choc Chip Muffin	1 each	61	200	80	9	3	0	35	220	28	1	17	3
Blueberry Muffin	1 each	61	210	90	10	2	0	30	180	27	0	15	2
Banana Nut Muffin	1 each	61	210	80	9	2	0	25	250	28	1	14	3
CEREALS													
Corn Flakes	.687 oz	19	70	0	0	0	0	0	170	16	1	2	1
Corn Flakes Frosties	1 oz	28	110	5	1	0	0	0	190	24	1	8	1
Raisin Bran	1.25 oz	35	110	5	1	0	0	0	210	27	4	11	3
Special K	.625 oz	18	70	0	0	0	0	0	130	13	0	2	4
Total	.75 oz	24	80	5	1	0	0	0	160	18	2	4	2
Mini Frosted Wheat	1 oz	28	100	0	0	0	0	0	0	23	3	6	3
Cheerios	.687 oz	19	70	10	1	0	0	0	110	14	2	1	2
Cheerios Honey Nut	1 oz	28	110	10	2	0	0	0	160	22	2	9	2
Cream of Wheat	1.5 oz	33	120	0	0	0	0	0	85	23	1	0	4
Oatmeal Regular	1 oz	28	100	20	2	0	0	0	80	19	3	0	4
Oatmeal Apple Cinnamon	1.24 oz	35	130	15	2	0	0	0	160	27	3	9	3
Cocoa Puffs	.875 oz	24	90	10	2	0	0	0	135	20	1	9	1
Fruit Loops	.75 oz	21	80	5	1	0	0	0	95	18	0	10	1

					gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BREAKFAST													
BREAKFAST TOPPINGS													
Maple Syrup	1 oz	28	114	0	0	0	0	0	37	29	0	24	0
Diet Syrup	1 oz	28	10	0	0	0	0	0	42	4	0	0	0
Cream Cheese	1 oz	28	97	87	10	5	0	31	91	1	0	1	2
Peanut Butter	.75 oz	21	120	99	11	0	0	0	100	5	0	2	5
Jellies Assorted	.375 oz	10	10	0	0	0	0	0	0	3	0	0	0
Grape & Apple Assorted													