

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 351

Calories from Fat 237

% Daily Value\*

**Total Fat** 27 g **42%**

Saturated Fat 8 g **40%**

Trans Fat

**Cholesterol** 459 mg **153%**

**Sodium** 900 mg **38%**

**Total Carbohydrates** 3 g **1%**

Dietary Fiber 0 g **0%**

Sugars 3 g

**Protein** 21 g

Vitamin A 11%

Vitamin C 2%

Calcium 24%

Iron 12%

\*Percent Daily Values are based on a 2,000 calories diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 | Carbohydrates 4 | Protein 4

Ingredients:

Shredded Cheddar Cheese, Bacon,  
Scrambled Eggs

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 463

Calories from Fat 275

% Daily Value\*

**Total Fat** 32 g **49%**

Saturated Fat 8 g **40%**

Trans Fat

**Cholesterol** 470 mg **157%**

**Sodium** 1377 mg **57%**

**Total Carbohydrates** 20 g **7%**

Dietary Fiber 1 g **4%**

Sugars 10 g

**Protein** 26 g

Vitamin A 15%

Vitamin C 6%

Calcium 21%

Iron 16%

\*Percent Daily Values are based on a 2,000 calories diet.

Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Choletereol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 | Carbohydrates 4 | Protein 4

Ingredients:

Scrambled eggs, roast pork, shredded cheddar, hash browns, and BBQ sauce

## Allergen Checklist

Egg	
Fish	
Milk	
Peanut	
Shellfish	
Soy	
Tree Nuts	
Wheat	

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 411

Calories from Fat 238

% Daily Value\*

**Total Fat** 28 g **43%**

Saturated Fat 7 g **35%**

Trans Fat

**Cholesterol** 470 mg **157%**

**Sodium** 1065 mg **44%**

**Total Carbohydrates** 11 g **4%**

Dietary Fiber 1 g **4%**

Sugars 3 g

**Protein** 28 g

Vitamin A 11%

Vitamin C 0%

Calcium 12%

Iron 15%

\*Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Choletereol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 | Carbohydrates 4 | Protein 4

Ingredients:

Shredded Cheddar Cheese, Breaded Chicken Fillet, Scrambled Eggs

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input checked="" type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input checked="" type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 491

Calories from Fat 283

% Daily Value\*

**Total Fat** 32 g **49%**

Saturated Fat 8 g **40%**

Trans Fat

**Cholesterol** 470 mg **157%**

**Sodium** 1290 mg **54%**

**Total Carbohydrates** 20 g **7%**

Dietary Fiber 2 g **8%**

Sugars 3 g

**Protein** 29 g

Vitamin A 11%

Vitamin C 5%

Calcium 12%

Iron 17%

\*Percent Daily Values are based on a 2,000 calories diet.

Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Choletereol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 | Carbohydrates 4 | Protein 4

Ingredients:

Shredded Cheddar Cheese, Potato Spuds,  
Breaded Chicken Fillet, Scrambled Eggs

## Allergen Checklist

Egg	✓
Fish	
Milk	✓
Peanut	
Shellfish	
Soy	✓
Tree Nuts	
Wheat	✓

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 386 Calories from Fat 253

**% Daily Value\***

**Total Fat 29 g** **45%**

**Saturated Fat 7 g** **35%**

**Trans Fat**

**Cholesterol 447 mg** **149%**

**Sodium 956 mg** **40%**

**Total Carbohydrates 12 g** **4%**

**Dietary Fiber 1 g** **4%**

**Sugars 3 g**

**Protein 18 g**

**Vitamin A 11%**

**Vitamin C 5%**

**Calcium 11%**

**Iron 13%**

\*Percent Daily Values are based on a 2,000 calories diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Calories per gram:**

**Fat 9 | Carbohydrates 4 | Protein 4**

**Ingredients:**

**Shredded Cheddar Cheese, Scrambled Eggs,  
Potato Spuds**

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 343

Calories from Fat 223

**% Daily Value\***

**Total Fat** 26 g **40%**

Saturated Fat 7 g **35%**

Trans Fat

**Cholesterol** 470 mg **157%**

**Sodium** 1174 mg **49%**

**Total Carbohydrates** 3 g **1%**

Dietary Fiber 0 g **0%**

Sugars 3 g

**Protein** 24 g

Vitamin A 11%

Vitamin C 0%

Calcium 11%

Iron 13%

\*Percent Daily Values are based on a 2,000 calories diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Choletereol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Calories per gram:**

**Fat 9 | Carbohydrates 4 | Protein 4**

**Ingredients:**

**Shredded Cheddar Cheese, Ham, Scrambled Eggs**

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 423 **Calories from Fat** 268

**% Daily Value\***

**Total Fat** 30 g **46%**

Saturated Fat 8 g **40%**

Trans Fat

**Cholesterol** 470 mg **157%**

**Sodium** 1399 mg **58%**

**Total Carbohydrates** 12 g **4%**

Dietary Fiber 1 g **4%**

Sugars 3 g

**Protein** 25 g

Vitamin A 11%

Vitamin C 5%

Calcium 11%

Iron 15%

\*Percent Daily Values are based on a 2,000 calories diet.

Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Choletereol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Calories per gram:**

**Fat 9 | Carbohydrates 4 | Protein 4**

**Ingredients:**

**Shredded Cheddar Cheese, Potato Spuds, Ham, Scrambled Eggs**

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 363 **Calories from Fat** 230

**% Daily Value\***

**Total Fat** 27 g **42%**

**Saturated Fat** 8 g **40%**

**Trans Fat**

**Cholesterol** 470 mg **157%**

**Sodium** 1127 mg **47%**

**Total Carbohydrates** 5 g **2%**

**Dietary Fiber** 0 g **0%**

**Sugars** 4 g

**Protein** 25 g

**Vitamin A** 15%

**Vitamin C** 3%

**Calcium** 21%

**Iron** 14%

\*Percent Daily Values are based on a 2,000 calories diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Sat Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Choletereol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2400g</b>	<b>2400g</b>
<b>Total Carbohydrate</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>

**Calories per gram:**

**Fat 9 | Carbohydrates 4 | Protein 4**

**Ingredients:**

**Scrambled Eggs, roast pork, shredded cheddar cheese, salsa**

## Allergen Checklist

Egg	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 376

Calories from Fat 253

% Daily Value\*

**Total Fat** 29 g **45%**

**Saturated Fat** 8 g **40%**

Trans Fat

**Cholesterol** 467 mg **156%**

**Sodium** 1032 mg **43%**

**Total Carbohydrates** 3 g **1%**

**Dietary Fiber** 0 g **0%**

Sugars 2 g

**Protein** 22 g

Vitamin A 14%

Vitamin C 0%

Calcium 21%

Iron 13%

\*Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Choletereol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 | Carbohydrates 4 | Protein 4

Ingredients:

Shredded Cheddar Cheese, Pork Roll, Scrambled Eggs

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 456 **Calories from Fat** 298

**% Daily Value\***

**Total Fat** 34 g **52%**

**Saturated Fat** 9 g **45%**

**Trans Fat**

**Cholesterol** 467 mg **156%**

**Sodium** 1257 mg **52%**

**Total Carbohydrates** 12 g **4%**

**Dietary Fiber** 1 g **4%**

**Sugars** 2 g

**Protein** 23 g

**Vitamin A** 14%

**Vitamin C** 5%

**Calcium** 21%

**Iron** 15%

\*Percent Daily Values are based on a 2,000 calories diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Choletereol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Calories per gram:**

**Fat 9 | Carbohydrates 4 | Protein 4**

**Ingredients:**

**Shredded Cheddar Cheese, Potato Spuds,  
Pork Roll, Scrambled Eggs**

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input checked="" type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input checked="" type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 456

Calories from Fat 338

% Daily Value\*

**Total Fat** 38 g **58%**

Saturated Fat 12 g **60%**

Trans Fat

**Cholesterol** 477 mg **159%**

**Sodium** 1081 mg **45%**

**Total Carbohydrates** 3 g **1%**

Dietary Fiber 0 g **0%**

Sugars 3 g

**Protein** 22 g

Vitamin A 11%

Vitamin C 0%

Calcium 11%

Iron 13%

\*Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Choletereol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 | Carbohydrates 4 | Protein 4

Ingredients:

Shredded Cheddar Cheese, Sausage Patty, Scrambled Eggs

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 536

Calories from Fat 383

% Daily Value\*

**Total Fat** 43 g **66%**

**Saturated Fat** 12 g **60%**

Trans Fat

**Cholesterol** 477 mg **159%**

**Sodium** 1306 mg **54%**

**Total Carbohydrates** 12 g **4%**

Dietary Fiber 1 g **4%**

Sugars 3 g

**Protein** 23 g

Vitamin A 11%

Vitamin C 5%

Calcium 11%

Iron 15%

\*Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Choletereol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 | Carbohydrates 4 | Protein 4

Ingredients:

Shredded Cheddar Cheese, Potato Spuds, Sausage Patty, Scrambled Eggs

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 354 Calories from Fat 246

**% Daily Value\***

**Total Fat** 29 g **45%**

**Saturated Fat** 7 g **35%**

**Trans Fat**

**Cholesterol** 447 mg **149%**

**Sodium** 745 mg **31%**

**Total Carbohydrates** 7 g **2%**

**Dietary Fiber** 3 g **12%**

**Sugars** 3 g

**Protein** 19 g

**Vitamin A** 23%

**Vitamin C** 8%

**Calcium** 12%

**Iron** 15%

\*Percent Daily Values are based on a 2,000 calories diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Choletereol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2400g	2400g
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

**Calories per gram:**

**Fat 9 | Carbohydrates 4 | Protein 4**

**Ingredients:**

**Shredded Cheddar Cheese, Avocado halves,  
spinach leaves, scrambled eggs**

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 356 **Calories from Fat** 223

**% Daily Value\***

**Total Fat** 26 g **40%**

**Saturated Fat** 7 g **35%**

**Trans Fat**

**Cholesterol** 467 mg **156%**

**Sodium** 1056 mg **44%**

**Total Carbohydrates** 5 g **2%**

**Dietary Fiber** 1 g **4%**

**Sugars** 5 g

**Protein** 24 g

**Vitamin A** 11%

**Vitamin C** 1%

**Calcium** 16%

**Iron** 16%

\*Percent Daily Values are based on a 2,000 calories diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Sat Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2400g</b>	<b>2400g</b>
<b>Total Carbohydrate</b>		<b>300g</b>	<b>375g</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>

**Calories per gram:**

**Fat 9 | Carbohydrates 4 | Protein 4**

**Ingredients:**

**Shredded Cheddar Cheese, Scrambled Eggs,  
Steak**

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input type="checkbox"/>

# Nutrition Facts

Serving Size: 1 Bowl

Servings: 1

## Amounts Per Serving

**Calories** 436

Calories from Fat 268

% Daily Value\*

**Total Fat** 30 g **46%**

Saturated Fat 8 g **40%**

Trans Fat

**Cholesterol** 467 mg **156%**

**Sodium** 1281 mg **53%**

**Total Carbohydrates** 14 g **5%**

Dietary Fiber 2 g **8%**

Sugars 5 g

**Protein** 25 g

Vitamin A 11%

Vitamin C 6%

Calcium 16%

Iron 18%

\*Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Choletereol	Less than	300mg	300mg
Sodium	Less than	2400g	2400g
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 | Carbohydrates 4 | Protein 4

Ingredients:

Shredded Cheddar Cheese, Potato Spuds, Steak, Scrambled Eggs

## Allergen Checklist

Egg	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Peanut	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Soy	<input type="checkbox"/>
Tree Nuts	<input type="checkbox"/>
Wheat	<input type="checkbox"/>