

 Breakfast Menu	Serving Size (oz.)	Calories	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	January 2006 Food Exchange Values
Meat Lover's Breakfast	21	1027	60		18	497	3462	72	3	44	5 CHO, 4 HF Meat, 6 Fat
Original Grand Slam ®	11	665	49		15	515	1106	33	2	26	2 CHO, 3HF meat, 5.5 fat
All American Slam ® w/ hash browns ¹	14	990	78	0.5	27	830	2310	20	3	48	1 CHO, 6 HF Meat, 6 Fat
French Slam®(2 sl.) ²	14	1196	83		29	789	2302	74	3	48	5 CHO, 5 HF meat, 9 fat
Grnd Slam Slugger™ w/hash brown ¹	27	1190	57	0	16	480	3250	124	5	40	8 CHO, 4 MF meat, 7 fat
Meat Lover's Scramble ¹	21	1241	72		21	557	5575	71	3	49	5 CHO, 5 HF Meat, 7 Fat
Heartland Scramble ¹	22	1111	66		20	550	3197	79	8	42	5CHO,4 HF Meat, 8 Fat
Denver Scramble w/ hash browns ²	22	1090	50	0	15	551	3680	106	5	50	5 CHO, 5 MF meat, 5 fat
Meat Lover's Bowl ¹	25	1414	99		30	547	2984	86	5	49	6CHO, 5HF Meat, 13 Fat
Country Sausage Bowl ¹	28	1427	99		29	537	3543	94	6	45	6 CHO, 4 HF Meat, 13 Fat
Ham & Mushroom Bowl ¹	24	1304	90		26	540	2632	86	5	43	6 CHO, 4 HF Meat, 12 Fat
Lumberjack Slam w/ hash browns ^{1,2}	22	1170	57	0	16	590	4200	109	5	52	7 CHO, 4 HF meat, 6 fat
Ultimate Omelette® ^{1*}	12	619	50	0.5	16	770	1214	8	1	36	1 CHO, 4.5 HF meat, 2 fat
Veggie-Cheese Omelette ^{1*}	12	494	39		12	747	719	11	2	30	1/2 CHO, 3.5 MF meat, 4 fat
Veggie-Cheese Ome w/eggbeaters ^{1*}	12	346	22		7	23	849	11	3	25	1/2 CHO,3 L meat, 3 fat
Ham & Cheddar Omelette ^{1*}	10	595	47	0.5	16	783	1200	5	0	41	5 MF meat, 4 fat
Ham & Cheddar Ome w/eggbeaters ^{1*}	10	468	32		11	58	1351	5	0	37	5 MF meat, 1 fat
Country Fried Steak & Eggs ¹	8	464	34		9	527	828	13	6	29	1 CHO, 3 HF meat, 2.5 fat
T-bone Steak & Eggs ^{1*}	14	991	77		31	657	1003	1	1	73	10.5 MF meat, 5 fat
Steakhouse Strip & Eggs ^{1*}	11	662	48		24	624	895	3	1	57	8MF Meat, 1 Fat
Moons Over My Hammy® [*]	13	841	51		22	580	2699	42	2	54	3 CHO, 5 MF meat, 4.5 fat
Belgian Waffle Platter (1) ²	8	619	45		22	274	1683	28	0	22	2 CHO, 2 HF meat, 6 fat
Fabulous French Toast Platter (3) ²	13	1261	79		30	422	2495	110	3	44	7 CHO,3 HF meat, 11 fat
Fruit Filled Pancakes-Cherry	18	909	55		15	530	2432	71	3	35	5 CHO, 3 MF Meat, 7 Fat
Blueberry	18	921	55		15	530	2430	74	4	34	5 CHO, 3 MF Meat, 7 Fat
Apple Cinnamon	19	924	56		15	530	2498	72	4	34	5 CHO, 3 MF Meat, 7 Fat
Buttermilk Pancake Platter (3) ²	11	660	25	0	8	50	2530	83	3	23	5 CHO, 8 HF meat, 2 fat
Buttermilk Pancake (3) ²	9	420	5	0	1	0	1350	82	3	9	5 CHO
Country Fried Potatoes	5	394	20	3	6	9	938	23	10	3	1 CHO, 4 fat
Hashed Browns	4	197	12		2	0	446	20	2	2	1.5 CHO,2 fat
Hashed Browns w/ Cheddar Cheese	6	280	19		6	23	583	21	2	7	1.5 CHO, 1 MF meat, 3 fat
H.B.'s w/Onions, Cheese, Gravy	8	493	25		9	29	3534	54	3	14	3.5 CHO, 2 MF meat, 3 fat
Grits	4	80	0	0	0	0	520	18	0	2	1 carbohydrate

The nutrition information provided is based on computerized database analysis & vendor product data. This analysis uses the operations Manual procedures & portions.

The data represents an estimate of nutrient content. For additional information on specific ingredients, please contact our Nutrition Administrator at 864-597-7396.

1 = Add choice of bread

2 = Add choice of fruit topping or syrup, & margarine

Exchange abbreviations

* = Add choice of potato or grits

3= Add choice of meats

CHO = Carbohydrate

L =lean

VL = very lean

mg=milligrams