



Breakfast Menu

MAY 2003

	Serving Size (oz.)	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Iron (% D. V.)	Calcium (% D. V.)	Vit. A (% D. V.)	Vit. C (% D. V.)	Food Exchange Values
Meat Lover's Skillet ¹	14	1031	74	24	528	2374	27	10	3	39	14	24	22	1	2 CHO, 5 HF meat, 7 fat
Chicken Fajita Skillet ® ¹	16	855	49	15	515	1863	30	11	5	26	12	27	25	47	2 CHO, 6 MF meat, 4 fat
Original Grand Slam ®	11	665	49	15	515	1106	33	2	1	26	17	12	13	1	2 CHO, 3HF meat, 5.5 fat
All American Slam ® * ¹	10	816	67	24	828	1826	3	1	0	46	20	24	39	43	.5 CHO, 6 HF Meat, 4 Fat
French Slam®(2) ²	13	1119	77	25	705	2265	71	3	14	46	31	12	53	0	5 CHO, 4.5 HF meat, 8 fat
Farmer's Slam ²	19	1200	80	24	704	3204	82	3	5	51	27	32	54	29	5.5 CHO, 5 HF meat, 8 fat
Grand Slam Slugger™ ¹ *	23	927	55	15	476	2399	74	3	24	34	18	14	18	137	5 CHO, 5 MF meat, 9 fat
Lumberjack Slam 2,1 w/hash browns	21	1035	58	17	589	4462	73	3	7	51	26	15	13	15	5 CHO, 5 HF meat, 4 fat
Corned Beef Hash Slam * ¹	10	668	55	19	535	816	11	1	2	32	18	7	16	5	1 CHO, 4 MF meat, 7 fat
Scram Slam ¹ *	14	827	68	21	801	1937	8	1	4	45	21	26	34	38	1 CHO, 6 HF meat, 2 fat
Ultimate Omelette® ¹ *	14	611	50	17	756	1007	11	3	6	34	20	8	32	92	1 CHO, 4.5 HF meat, 2 fat
Veggie-Cheese Omelette ¹ *	12	494	39	12	747	719	11	2	6	30	15	28	39	27	1/2 CHO, 3.5 MF meat, 4 fat
Ham & Cheddar Omelette ¹ *	10	595	47	16	783	1200	5	0	2	41	16	38	39	0	5 MF meat, 4 fat
Ham & Cheddar Omelette w/ eggbeaters ¹ *	10	468	32	11	58	1351	5	0	2	37	17	7	25	0	5 MF meat, 1 fat
Oatmeal Deluxe ¹	19	460	6	3	11	87	95	7	63	13	15	25	8	20	
Country Fried Steak & Eggs ¹	8	464	34	9	527	828	13	6	3	29	3	55	22	0	1 CHO, 3 HF meat, 2.5 fat
T-bone Steak & Eggs ¹ *	14	991	77	31	657	1003	1	1	0	73	60	20	15	4	10.5 MF meat, 5 fat
Sirloin Steak & Eggs ¹ *	11	675	45	16	643	368	1	1	0	62	42	9	15	2	9 MF meat
Breakfast Dagwood ¹ *	19	1446	90	35	765	4003	81	1	5	82	32	82	4	0	5 CHO, 9 HF Meats, 9 Fat
Moons Over My Hammy ® *	13	841	51	22	580	2699	42	2	4	54	25	58	32	0	3 CHO, 5 MF meat, 4.5 fat
Belgian Waffle (1) ²	8	619	45	22	274	1638	28	0	1	22	14	13	0	0	2 CHO, 2 HF meat, 6 fat
Fabulous French Toast (3) ²	12	1146	71	24	297	2441	104	3	20	26	32	24	14	0	7 CHO, 3 HF Meat, 10 Fat
Buttermilk Hotcakes (3) ²	10	466	23	7	47	2077	47	2	0	20	6	8	0	0	3 CHO, 1.5 HF Meat, 2 Fat
Country Fried Potatoes	5	394	20	6	9	938	23	10	2	3	0	0	0	0	1 CHO, 4 Fat
Hashed Browns	4	197	12	2	0	446	20	2	1	2	2	1	3	11	1.5 CHO, 2 fat
Covered	6	280	19	6	23	583	21	2	1	7	2	17	6	12	1.5 CHO, 1 MF meat, 3 fat
Covered & Smothered	8	493	25	9	29	3534	54	3	12	14	9	23	6	16	3.5 CHO, 2 MF meat, 3 fat
Grits	4	80	0	0	0	520	18	0	0	2	4	0	0	0	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 Coordinator at 864-597-7396.

g=grams
mg=milligrams

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 meat

CHO = carbohydrate

L = lean

VL = very lean

VEG = vegetable

MF = medium fat

HF = high fat