



Breakfast Menu

MAY 2003

Food Exchange Values

	Serving Size	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.)	
One Egg	2	120	10	3	210	120	>1	0	<1	6	4	0	2	6	1 MF meat, 1 fat
Two Egg Breakfast w/ Hash Browns *	11	825	67	17	538	1765	24	2	1	31	18	8	17	13	1.5 CHO, 4 MF meat, 5 fat
Egg Beaters ® Egg Substitute	2	825	5	1	506	1	1	0	0	5	6	2	37	0	1 MF meat
Ham, grilled slice	3	94	3	1	23	761	2	0	0	15	4	0	0	0	2 VL meat
Bacon, 4 strips	1	162	18	5	36	640	1	0	1	12	2	0	0	1	1.5 HF meat, 1 fat
Sausage, 4 links	3	354	32	12	64	944	0	0	4	16	7	1	4	0	2 HF meat, 3 fat
Toast, dry, (1)	1	90	1	0	0	166	17	1	1	3	4	3	0	0	1 CHO
English Muffin, dry (1)	4	125	1	0	0	198	24	1	0	5	10	8	0	0	1.5 CHO
Bagel, dry (1)	3	235	1	0	0	495	46	0	0	9	83	0	0	0	3 CHO
Quaker ® Oatmeal	4	100	2	0	0	175	18	3	0	5	5	1	0	0	1 carbohydrate
Kellogg's ® Dry Cereal (avg)	1	100	0	0	0	276	23	1	5	2	19	0	35	16	1.5 carbohydrate
Applesauce Musselman's ®	3	60	0	0	0	13	15	1	15	0	0	0	0	0	1 fruit
Banana, whole	4	110	0	0	0	0	29	4	21	1	2	0	1	15	2 fruit
Honeydew (1/4)	3	31	0	0	0	22	8	1	7	1	1	0	1	27	½ fruit
Cantaloupe (1/4)	3	32	0	0	0	16	8	1	7	1	1	1	63	50	½ fruit
Grapefruit (1/2)	5	60	0	0	0	0	16	6	10	1	0	2	15	110	1 fruit
Grapes	3	55	1	0	0	0	15	1	14	1	1	1	1	15	1 fruit
Fruit Mix	3	36	0	0	0	16	9	1	9	1	1	0	15	30	½ fruit
Maple-Flavored Syrup (~ 3 Tbsp.)	1.5	143	0	0	0	26	36	0	36	0	0	0	0	0	2.5 carbohydrate
Sugar-Free Maple-Flavored Syrup	1.5	23	0	0	0	71	9	0	0	0	0	0	0	0	Contains phenylalanine ½CHO
Whipped Margarine	0.5	87	10	2	0	117	0	0	0	0	0	0	0	0	2 fat
Cream Cheese	1	100	10	6	31	90	1	0	1	2	1	2	12	0	2 fat
Whipped Cream, dollop	0.3	23	2	0	7	1	2	0	0	0	0	0	2	0	½ fat
Blueberry Topping	3	106	0	0	0	15	26	0	11	0	1	0	0	0	2 fruit
Cherry Topping	3	86	0	0	0	5	21	0	9	0	1	0	49	0	1.5 fruit
Strawberry Topping	3	115	1	0	0	12	26	1	19	1	1	1	0	2	2 fruit

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

Exchange abbreviations

* =Add Bread Service

CHO = carbohydrate L = lean VL = very lean
VEG = vegetable MF = medium fat HF = high fat