NUTRITIONAL VALUE CHART BREAKFAST ITEMS

ITEM	AMOUNT	CAL. (kcal)	PROTEIN (g)	FAT (g)	CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (g)	SAT.FAT. (g)	CHOL (mg)
AMERICAN CHEESE	2 SLICES	90	4	7	2	0	0	490	4.5	20
BACON	2 PCS.	90	5	7	0	0	0	240	2.5	15
BISCUITS	ONE	300	4	17	34	1	3	940	16	0
BLUEBERRY BAGEL	4 OZ.	340	12	2	72	2	2	520	0	0
BUTTER 5 gm. cups	2 CUPS	60	0	6	0	0	0	75	1.5	0
CHEDDAR CHEESE	2 OZ.	110	7	9	1	0	0	180	5	30
ENGLISH MUFFIN	2 OZS.	120	5	1	24	1	1	210	0	0
CINN. RAISIN BAGEL	4 OZ.	360	12	3	80	3	6	480	0	0
CREAM CHEESE	2 TBSP.	100	2	10	2	0	2	105	7	30
EGG BEATERS	1.5 OZ.	30	7	0	1	0	0	100	0	0
EGGS	ONE LG.	70	7	6	1	0	0	70	1.5	240
GRAVY	6 OZ.	135	0	7.5	18	0	0	630	4.5	0
HAM	3 OZ.	90	8.5	3	0.5	0	4.5	1200	0.75	60
HOT PEPPER CHEESE	1 OZ.	90	6	7	<1	0	<1	360	5	20
JELLY	1 TBSP.	50	0	0	13	0	12	0	0	0
MAYONNAISE	1 TBSP.	100	0	11	<1	0	0	70	1.5	10
MOZZ. CHEESE	2 OZ.	100	6	7	1	0	0	180	5	30
OAT MEAL	4 OZ.	150	5	3	27	4	1	0	0.5	0
PLAIN BAGEL	4 OZ.	340	12	2	76	2	6	520	0	0
PROVOLONE CHEESE	1 OZ.	100	7	8	1	0	0	115	5	25
REG. MUSTARD	1 TBSP.	0	0	0	0	0	0	80	0	0
RYE TOAST	1 SLICE	90	3	1.5	17	1	0	310	0	0
SAUSAGE	2 OZ.	200	7	18	2	0	0	370	6	33
EVERYTHING BAGEL	4 OZ.	300	11	2	61	3	7	560	0	0
SPICY MUSTARD	1 TBSP.	5	0	0	0	0	0	50	0	0
SWISS CHEESE	2 SLICES	100	6	8	<1	0	0	450	5	25
W. BERRY TOAST	1 SLICE	130	4	1.5	25	2	3	220	0	0
SOURDOUGH TOAST	1 SLICE	110	4	1	20	0	1	190	0	0