

### Nutrition Analysis for Breakfast Entrees

<b>Breakfast Bagel</b>	Calories	191	Carbohydrates	19.28 G
	Protein	10.3 G	Total Fat	7.94 G

<b>Mini Pancakes</b>	Calories	150	Carbohydrates	21 G
	Protein	3 G	Total Fat	5 G

<b>Breakfast Burrito</b>	Calories	170	Carbohydrates	14.7 G
	Protein	5.97 G	Total Fat	10.11 G
			Sat. Fat	3.68 G

<b>Waffles</b>	Calories	200	Carbohydrates	32 G
	Protein	5 G	Total Fat	6 G

<b>Sausage Kolache</b>	Calories	180	Carbohydrates	17 G
	Protein	6 G	Total Fat	10 G

<b>French Toast Sticks</b>	Calories	234	Carbohydrates	34 G
	Protein	7 G	Total Fat	7 G

<b>Breakfast Sausage Pizza</b>	Calories	238	Carbohydrates	22.51 G
	Protein	10.11 G	Total Fat	11.8 G

<b>Cheese Omelet</b>	Calories	130	Carbohydrates	2 G
	Protein	7 G	Total Fat	11 G

<b>Cereal, variety</b>	Calories	87	Carbohydrates	18.94 G
	Protein	1.34 G	Total Fat	0.83 G
			Sat. Fat	0.21 G

<b>Blueberry Muffin</b>	Calories	180	Carbohydrates	22 G
	Protein	2 G	Total Fat	10 G

<b>Trix Yogurt</b>	Calories	130	Carbohydrates	22 G
	Protein	6 G	Total Fat	2 G

<b>Biscuit</b>	Calories	198	Carbohydrates	20 G
	Protein	2 G	Total Fat	9 G

<b>Quaker Breakfast Square</b>	Calories	140	Carbohydrates	29 G
	Protein	3 G	Total Fat	2.5 G