

Wall/Gates: Breakfast									updated	Fall 2020
Location	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
Burritos (8" Tortilla, Egg & Cheese)	~4oz	362	20	25.5	1	21.5				Wheat,Milk,Soy,Egg
Flour Wrap (Corn Tortilla's Upon Request)	8"	130	3	22	1	4	✓	✓		Wheat,Soy
Scrambled Eggs	3.5 oz	122	7.5	2.5	0	10.5		✓	✓	Milk, Egg
Shredded Cheese	1oz	110	9	1	0	7		✓	✓	Milk
add sausage	~2 oz	150	14	0	0	3			✓	Pork
add bacon	.50 oz	80	7	0	0	5			✓	Pork
add chorizo	2 oz	160	15	3	1	8			✓	Pork,Soy
add breakfast potatoes	3oz	110	3	19	2	2	✓	✓	✓	Soy
Breakfast Biscuit Options										
Biscuit	1 biscuit	180	8	22	1	4		✓		Wheat, Milk, Whey, Soy
Bacon Biscuit	1 biscuit	326	20	23	1	12				Wheat,Milk,Soy,Pork
Bacon, Egg & Cheese Biscuit	1 biscuit	440	29	24	1	20				Wheat, Milk, Soy, Egg, Pork
Sausage Biscuit	1 biscuit	423	31	24	1	8				Wheat,Milk,Soy,Pork
Sausage, Egg & Cheese Biscuit	1 biscuit	510	36	24	1	18				Wheat,Milk,Soy,Egg,Pork
Chicken Biscuit	1 biscuit	300	13	30	1	16				Wheat,Milk,Soy
Egg & Cheese Biscuit	1 biscuit	360	22	24	1	15		✓		Wheat, Milk, Soy, Egg
egg patty	1 patty	70	5	1	0	4		✓		Milk(Whey), Soy, Egg
add sausage	~2 oz	150	14	0	0	3			✓	Pork
add bacon	.50 oz	80	7	0	0	5			✓	Pork
Biscuits (1) & Gravy	1 biscuit	308	14	40	1	4		✓		Wheat,Milk,Soy,Egg
Biscuits (2) & Gravy	2 biscuit	615	27	80	2	8		✓		Wheat, Milk,Soy,Egg
Specialty Breakfast Sandwich Options										
Crossant Sandwich (with Egg & Cheese)	1 sandwich	370	24	24	1	14		✓		Wheat, Milk, Egg, Soy
add bacon	.50 oz	80	7	0	0	5			✓	Pork
add sausage	~2 oz	150	14	0	0	3			✓	Pork
Other Breakfast Items										
Red Raider Breakfast <small>(Scrambled Eggs, Biscuit, Hash Brown)</small>	1 breakfast	460	26	45	1	16.5		✓		Wheat, Milk, Egg, Soy
add bacon	.50 oz	80	7	0	0	5			✓	Pork
add sausage	~2 oz	150	14	0	0	3			✓	Pork
Breakfast Sides										
Scrambled Eggs	3.5oz	120	11	2	0	10		✓	✓	Milk,Egg
Sausage Patty	2 patties	300	28	0	0	6			✓	Pork
Hashbrown Patty	1 patty	237	15	23	2.5	2.5	✓	✓	✓	Soy
Breakfast Potatoes	3oz	110	3	19	2	2	✓	✓	✓	Soy
Hashbrowns (Shredded)	3.5oz	160	6.5	21	0	2.5		✓	✓	Soy (May contain: Milk)
Corn Tortilla	2 tortilla	130	1.5	25	2	3	✓	✓	✓	Corn, Soy

Texas Toast	2 slices	200	2	38	<1	6		✓		Wheat, Soy
Extra Cheese	1oz	110	9	1	0	7		✓	✓	Milk
Gravy	1oz	45	2	6	0	9				Wheat, Milk(May Contain: Egg, S
Smoothie Line	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy or Contains
Fruit Smoothies										
#1 Strawberry Bomb	16oz	372	0	87	2	6		✓	✓	Milk
#2 Strawberry Banana	16 oz	428	0	101	3	6		✓	✓	Milk
#3 Intense Apple	16 oz	296	0	69	3	5		✓	✓	Milk
#4 Mandarin Orange	16 oz	312	0	72	2	6		✓	✓	Milk
#5 Orange Banana	16 oz	336	0	78	3	6		✓	✓	Milk
#6 Piña Colada	16oz	290	4.5	52	0	11		✓	✓	Milk
#7 Strawberry Piña Colada	16oz	290	4.5	52	0	11		✓	✓	Milk
Sweet Smoothies										
#8 White Chocolate Strawberry	16oz	605	20	90.5	1	17		✓	✓	Milk
#9 Caramel Candy Apple	16oz	465	10	78	1	15		✓	✓	Milk
#10 Chocolate Dipped Banana	16oz	565	20	80	3	18		✓	✓	Milk
#11 Red Velvet	16oz	510	19	59	0	14		✓	✓	Milk
#12 White Chocolate Symphony	16oz	460	20	55	0	17		✓	✓	Milk
#13 Caramel	16oz	365	10	44	0	15		✓	✓	Milk
#14 Chocolate Decadence	16oz	440	20	55		17		✓	✓	Milk
Coffee Smoothies										
#15 White Chocolate Coffee	16oz	460	20	55	0	17		✓	✓	Milk
#16 Caramel Coffee	16oz	245	8	34.5	0	9.5		✓	✓	Milk
#17 Chocolate Coffee	16oz	380	18	45.5	0	11.5		✓	✓	Milk
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										