

 Breakfast Menu	Serving Size (oz.)	Calories	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sugar (g)	September 2008 Food Exchange Values
Ultimate Omelette® *	12	670	54	0	18	740	1330	8	2	36	3	.5 CHO, 5MFmeat,6 fat
Ham & Cheddar Omelette*	10	590	44	0	17	755	1330	4	0	40	1	6 MFmeat, 2Fat
Veggie-Cheese Omelette*	13	500	37	0	12	740	940	10	2	29	4	.5 CHO, 4 MF meat, 3 fat
Veggie-Cheese Omelette w/eggbeaters*	13	410	22	0	7	20	1100	11	2	39	7	.5 CHO,5L meat, 3 fat
Lumberjack Slam *	15	850	46	0	15	560	2770	60	3	45	11	4 CHO, 5 MFmeat, 4 fat
French Toast Slam®*	15	940	53	0	17	855	1820	68	4	47	14	5CHO, 5 MFmeat, 6 fat
All American Slam ® *	10	820	69	0.5	26	780	1520	5	1	42	1	8MF meat,6 fat
Meat Lovers Scramble (all Components)	19	1130	66	0.5	29	570	3180	80	6	51	12	5 CHO, 5 HF Meat, 5Fat
Heartland Scramble (all components)	20	1150	66	0.5	20	530	2800	97	7	40	12	6 CHO,3 HF Meat, 8 Fat
T-bone Steak & Eggs*	16	780	36	0	19	605	1210	4	0	110	1	15 MF meat, 2 fat
Top Sirloin Steak & Eggs*	10	420	21	0.5	6	520	920	1	0	54	1	7 L meat, 1 fat
Country Fried Steak & Eggs*	11	660	42	3	15	490	1620	29	3	39	0	2CHO, 5HF meat, 2Fat
Moons Over My Hammy ® *	13	780	42	0	16	540	2580	50	2	46	3	3 CHO, 5 MF meat,3fat
Two Egg Breakfast & more *	6	480	39	0	13	490	1010	4	1	25	0	4MFmeat, 4Fat
Two Egg Breakfast *	4	2	15	0	5	455	330	1	0	13	0	2 MF Meat,1 Fat
Fabulous French Toast Platter (3sl.)	15	1010	52	0	16	560	2000	93	5	43	16	6 CHO,4HF meat, 4fat
Belgian Waffle Platter	8	650	50	0	24	285	1190	31	2	20	1	2 CHO, 2MF meat, 8 fat
Pancakes	9	410	5	0	10	0	1420	82	3	9	14	5CHO, 1 Fat
Southwestern Sizzlin Skillet	17	990	61	0	21	545	2120	71	6	35	10	5 CHO. 3 HF meat, 7 Fat
Flat Jack Sizzlin Skillet	20	1210	60	0	18	595	2590	126	7	45	48	8 CHO, 3 HF meat, 7 Fat

*Select choices for sides and add nutrition information to your selection.