

 Breakfast Menu	Serving Size (oz.)	Calories	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	January 2008 Food Exchange Values
Original Grand Slam ®	13	740	43	0	12	505	2320	56	2	33	4 CHO, 3HF meat, 4 fat
All American Slam ® w/ hash browns ¹	14	950	75	1	25	775	2230	21	2	48	1CHO, 6HF Meat, 6 fat
French Toast Slam®(2 sl.) ²	14	1180	75	0	27	760	2520	74	2	49	5 CHO, 5 HF meat, 7 fat
Meat Lover's Scramble ²	20	1180	74	0.5	26	560	3360	78	4	47	5 CHO, 5 HF Meat, 7 Fat
Heartland Scramble ²	21	1080	63	0.5	22	545	2710	93	6	35	7 CHO,4 HF Meat, 6 Fat
Lumberjack Slam w/ hash browns ^{1,2}	20	1040	53	0	20	555	3380	84	4	47	6 CHO, 4 HF meat, 5 fat
Ultimate Omelette® ¹ w/hash browns	16	830	62	0.5	19	745	1910	26	3	40	2 CHO, 5MF meat,7 Fat
Veggie-Cheese Ome/w/hash browns ¹	17	670	48	0	15	705	1280	28	4	30	2 CHO, 3.5 MF meat, 6 fat
Veggie-Cheese Ome w/eggbeaters ^{1 *}	12	346	22	0	7	23	849	11	3	25	1/2 CHO,3 L meat, 3 fat
Ham & Cheddar Omelette ^{1 *}	10	595	47	0.5	16	783	1200	5	0	41	5 MF meat, 4 fat
Ham & Cheddar Ome w/eggbeaters ^{1 *}	10	468	32	0	11	58	1351	5	0	37	5 MF meat, 1 fat
Cntry Fried Steak&Eggs w/hshbrwn ¹	19	740	46	0	14	510	2340	49	2	32	3 CHO, 3 HF meat, 4 Fat
T-bone Steak & Eggs ^{1 *}	14	991	77	0	31	657	1003	1	1	73	10.5 MF meat, 5 fat
Center Cut Sirloin & Eggs ^{1 *}	10	370	15	0	5	520	870	1	0	54	7MF Meat
Moons Over My Hammy ® [*]	13	760	40	0.5	15	540	2490	52	2	46	3 CHO,4 MF meat, 4.5 fat
Belgian Waffle Platter (1) ²	8	619	45	0	22	274	1683	28	0	22	2 CHO, 2 HF meat, 6 fat
Fabulous French Toast Platter (3) ²	13	1261	79	0	30	422	2495	110	3	44	7 CHO,3 HF meat, 11 fat
Buttermilk Pancake (3) ²	9	410	5	0	1	0	1350	82	3	9	5 CHO
Country Fried Potatoes	5	394	20	3	6	9	938	23	10	3	1 CHO, 4 fat
Hashed Browns	4	197	12	0	2	0	446	20	2	2	1.5 CHO,2 fat
Hashed Browns w/ Cheddar Cheese	6	280	19	0	6	23	583	21	2	7	1.5 CHO, 1 MF meat, 3 fat
H.B.'s w/Onions, Cheese, Gravy	8	493	25	0	9	29	3534	54	3	14	3.5 CHO, 2 MF meat, 3 fat
Grits	4	80	0	0	0	0	520	18	0	2	1 carbohydrate

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 Administrator at 864-597-7396.

1 = Add choice of bread

2 = Add choice of fruit topping or syrup, & margarine

Exchange abbreviations

* = Add choice of potato or grits

3= Add choice of meats

CHO = Carbohydrate

L =lean

VL = very lean

mg=milligrams