

BREAKFAST THURSDAY, JAN 30

Breakfast available at ICON & CUE only

	SERVING SIZE	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	DIETARY PREFERENCES	CONTAINS	
Thursday													S = soy
Scrambled Eggs	1/2 cup	181	15	3.3	327	414	0.8	0.1	0.7	11.1	VEG	E	G = gluten
Salsa Roja	1 oz	10	0	0	0	170	2	0	1	0	VEG, V		D = dairy
Salsa Verde	1 oz	10	0	0	0	240	2	0	1	0	VEG, V		E = eggs
Cheddar Cheese	1 oz	110	10	6	30	200	0	0	0	7	VEG		TN = tree nuts
Spinach, Tomato & Goat Cheese Egg Muffins	1 muffin	99	7.1	3.3	172	208	1	0	0	8	VEG	D, E	PN = peanuts
Crispy Cajun Smashed Potatoes	1/2 cup	162	9.5	0.9	0	298	18.2	2	1.2	2.2	VEG, V		SF = shellfish
Bacon	1 slice	80	7	2	15	250	0	0	0	5		PK	PK = pork
Maple Apple Sausage	1 link	55	2.8	0	0	200	3	0.5	0.5	5.5	VEG, V	G	F = fish
Heirloom Carrots, Peas, Cauliflower & Roasted Grape Tomatoes with Lemon	1/2 cup	116	10.2	1	0	378	5.9	1.1	3.9	1.1	VEG, V		SE = sesame
Cream of Wheat	1 cup	110	0.5	0	0	168	23	3	1	4	VEG, V	G	
Daily													VEG = vegetarian
Strawberry Yogurt	3/4 cup	200	3.5	2.5	20	135	32	0	31	9	VEG	D	V = vegan
Vanilla Yogurt	3/4 cup	200	3.5	2.5	20	135	32	0	31	9	VEG	D	
Coconut Yogurt	3/4 cup	90	6	5	0	35	9	2	1	0	VEG, V		🔥 = spicy
Plain Greek Yogurt	2/3 cup	130	8	5	25	120	7	0	7	8	VEG	D	
Chia Seed Pudding	1/2 cup	237	16.8	8.9	0	40	16.8	5.4	7.3	3.8	VEG, V		
Oatmeal	1/2 cup	83	1.8	0.4	0	5	14	2	0.3	3	VEG, V		
Honey	1 Tbsp	60	0	0	0	0	17	0	17	0	VEG		
Almond Butter	2 Tbsp	190	17	1.5	0	65	7	3	2	7	VEG, V	TN	
Cream Cheese	1 oz	80	7	4.5	20	110	2	0	0	2	VEG	D	
Strawberry Jam	1 Tbsp	50	0	0	0	0	13	0	12	0			
Almonds	2 Tbsp	90	7.5	0.5	0	0	2.5	2	0.5	3	VEG, V	TN	
Granola	1/4 cup	87	3	0.3	0	63	13	1	5	1		S, G	
Banana	1 banana	105	0	0	0	1	28	3	15	1	VEG, V		
Hard Boiled Eggs	1 egg	78	5	1.6	187	62	1	0	1	6	VEG	E	
Apple Danish	1 danish	430	22	13	65	380	51	1	26	5		S, D, G, E	
Berry Danish	1 danish	400	21	12	55	310	47	1	24	5		S, D, G, E	
Cheese Danish	1 danish	470	28	17	80	370	45	0	22	6		S, D, G, E	
Cherry Danish	1 danish	440	22	13	65	340	52	1	28	6		S, D, G, E	
Chocolate Croissant Mini	1 mini croissant	290	17	10	45	260	30	1	14	4		S, D, G, E	
Regular Croissant	1 croissant	370	24	14	75	440	31	1	5	6		S, D, G, E	
Cranberry Orange Scone	1 mini scone	230	11	6	10	230	30	0	16	3		S, D, G, E	
Blueberry Muffin	1 muffin	430	11	2.5	45	200	30	0	15	3		S, D, G, E	
Banana Nut Muffin	1 muffin	440	16	3	50	230	31	0	18	4		S, D, G, E, TN	
Chocolate Chip Muffin	1 muffin	420	14	3.5	50	220	30	0	20	3		S, D, G, E	
Cranberry Orange Mini Muffin	1 mini muffin	220	10	2	40	190	29	0	15	3		S, D, G, E	
English Muffin	1 muffin	140	1	0	0	240	27	1	0	5		S, D, G	
Bagel - Plain	1 bagel	240	0.5	0	0	420	48	2	2	9		G	
Bagel - 8 Grain	1 bagel	250	3.5	0	0	340	46	5	3	9		G	
Bagel - Sesame Seed	1 bagel	240	2.5	0	0	390	44	2	1	8		G	
Bagel - Everything	1 bagel	260	5	0.5	0	360	43	3	1	8		G	
Bagel - Cinnamon Raisin	1 bagel	230	1	0	0	370	48	2	7	7		G	