

**BREAKFAST WEDNESDAY, APR 9**

Breakfast available at ICON &amp; 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       |                  |
|---------------------------------------------------------|------------------|----------|---------------|-------------------|------------------|-------------|-----------------|-------------------|-----------|-------------|---------------------|----------------|------------------|
| <b>Wednesday</b>                                        |                  |          |               |                   |                  |             |                 |                   |           |             |                     |                | 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                 | D              | TN = tree nuts   |
| Egg White Scramble with Broccoli, Bacon & White Cheddar | 1/2 cup          | 180      | 10.7          | 3.8               | 19               | 485         | 7.3             | 0.9               | 2.4       | 13.5        |                     | D, E, PK       | PN = peanuts     |
| Lemon Thyme Roasted Potatoes                            | 1/2 cup          | 146      | 8.5           | 0.8               | 0                | 482         | 16.6            | 2.6               | 2.1       | 1.9         | VEG, V              |                | SF = shellfish   |
| Tofu Scramble with Veggies & Vegan Cheddar              | 1/2 cup          | 126      | 9.8           | 1.3               | 0                | 257         | 4.4             | 1.3               | 1.6       | 7.1         | VEG, V              | S              | PK = pork        |
| Pork Sausage Links                                      | 1 link           | 70       | 6             | 2                 | 15               | 200         | 0               | 0                 | 0         | 3           |                     | PK             | F = fish         |
| Beyond Sausage Patties                                  | 1 patty          | 65       | 4.5           | 2                 | 0                | 190         | 2.5             | 0.5               | 0         | 3.5         | VEG, V              |                | SE = sesame      |
| Cream of Wheat                                          | 1 cup            | 110      | 0.5           | 0                 | 0                | 249         | 23              | 3                 | 1         | 4           | VEG, V              | G              |                  |
| <b>Daily</b>                                            |                  |          |               |                   |                  |             |                 |                   |           |             |                     |                | 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              |                  |