BREAKFAST WEDNESDAY, NOV 4

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
Wednesday												
Scrambled Eggs	1/2 cup	181	15	3.3	327	414	0.8	0.1	0.7	11.1	VEG	E
Salsa Roja	1 oz	10	0	0	0	170	2	0	1	0	VEG, V	
Salsa Verde	1 oz	10	0	0	0	240	2	0	1	0	VEG, V	
Cheddar Cheese	1 oz	110	10	6	30	200	0	0	0	7	VEG	D
Mushroom, Spinach & Cottage Cheese Muffins	1 muffin	159	10.8	2.6	171	352	4.1	0.7	2.4	11.6	VEG	D, E
Lemon Herb Roasted Potatoes	1/2 cup	146	8.5	0.8	0	482	16.6	2.6	2.1	1.9	VEG, V	
Morning Star Sausage Patties	1 patty	80	3	0	0	230	5	2	0	9	VEG	S, G, E, SE
Chicken Apple Sausage	1 link	37	2	0.3	18	170	1.7	0	1	3.7		
Tofu & Vegetable Medley with Chimichurri	1/2 cup	163	14.3	1.8	0	362	4.8	1.3	2.6	6	VEG, V	S
Cream of Wheat	1 cup	110	0.5	0	0	168	23	3	1	4	VEG, V	G
Daily												
Strawberry Yogurt	3/4 cup	200	3.5	2.5	20	135	32	0	31	9	VEG	D
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	
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

S = soy
G = gluten
D = dairy
E = eggs
TN = tree nuts
PN = peanuts
SF = shellfish
PK - pork
F = fish
SE = sesame

VEG = vegetarian
V = vegan

🔥= spicy