**BREAKFAST TUESDAY, NOV 17**

**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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Tuesday** | | | | | | | | | | | | |
| 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 |
| Tater Tot & Veg Egg Bake | 3 inch | 357 | 25.5 | 11.6 | 262 | 691 | 16.3 | 1.8 | 2.6 | 16 | VEG | D, E |
| Loaded Breakfast Potatoes | 1/2 cup | 200 | 13.5 | 3.8 | 15 | 584 | 17.4 | 3 | 2.3 | 5.6 | VEG | D |
| Toppings: | | | | | | | | | | | | |
| Cheddar Cheese | 1 oz | 110 | 10 | 6 | 30 | 200 | 0 | 0 | 0 | 7 | VEG | D |
| Tomato | 2 Tbsp | 3 | 0 | 0 | 0 | 1 | 0.6 | 0.2 | 0.4 | 0.1 | VEG, V | |
| Sour Cream | 1 Tbsp | 30 | 2.5 | 1.8 | 10 | 8 | 0.5 | 0 | 0.5 | 0.5 | VEG | D |
| 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 | | |
| Vegan Egg Bake | 3 inch square | 176 | 15.2 | 2.3 | 0 | 392 | 3 | 0.8 | 0.8 | 6.6 | VEG, V | |
| Oatmeal | 1 cup | 155 | 2.7 | 0.5 | 0 | 157 | 27.7 | 4.1 | 0.4 | 5.4 | VEG, V | |
| **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**