

nutrition CENTRAL

T=Trace Amounts

	Calories (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Cholesterol (mg)	Dietary Fiber (g)
BREAKFAST ENTRÉES								
<i>Bagel, Egg, American, Turkey Sausage</i>	347	35	19	14	5	856	238	1
<i>English Muffin, Egg, American</i>	245	28	12	9	4	613	193	2
<i>Bagel, Egg, American, Sausage</i>	453	34	20	26	9	1072	209	1
<i>Bagel, Egg, American, Ham</i>	339	34	20	13	4	956	195	1
<i>Bagel, American, Egg</i>	279	35	14	9	3	687	192	1
<i>English Muffin, Egg, American, Sausage</i>	404	28	18	24	9	929	223	2
<i>English Muffin, Egg, American, Bacon</i>	330	28	18	16	6	975	210	2
<i>Bacon & Omelet Cheese Biscuit</i>	650	32	35	42	12	1918	706	1
<i>Bagel, Egg, American</i>	379	34	20	18	6	1118	195	1
<i>English Muffin, Egg, American, Turkey Sausage</i>	313	28	16	14	5	782	238	2
<i>French Toast (3 halves)</i>	204	30	9	4	1	292	141	1
<i>Pancakes (3 each)</i>	718	153	8	9	3	966	30	4
HOT CEREALS-8 FL. OZ.								
<i>Hot Grits</i>	102	21	2	1	1	9	1	1
<i>Hot Oatmeal</i>	146	25	6	2	1	9	0	4

Our breakfast features can be made to order and are served individually and as combos.

NOTE: For your custom or combo order, add the nutritional value of any of the above listed items.

BREAKFAST

<https://portal.tri-c.edu/campusdining>

The nutrition provided is based on single serving size ARAMARK standardized recipes. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions and product assembly. Temporary or featured products may or may not be included. We encourage anyone with food sensitivities, allergies, or special dietary needs to check with the location manager. For more nutritional information or individual consultations please visit your campus dining site.

