



## Breakfast: Nutritional Information

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Blueberry Muffin (2 oz.)	24	2.7	3.2	140
Scone Muffin (2 oz.)	19	4	6	150
Banana Bread (1.6 oz.)	41	3	7	237
Jam (0.5 oz.)	13	0	0	50
Whipped Butter (.75 oz.)	0	0	13	120
Sliced Fruit (3 oz.)	11	0	0	40
Honey Yogurt Sauce (0.5 oz.)	2	0.5	1.2	20
Scrambled Eggs (5 oz.)	5	32	38	500
Red Skin Potatoes (4 oz.)	27	4	7	210
Onions & Peppers (1 tbs.)	1	0	.5	8
Applewood Bacon (3 pieces)	0	10.5	13	165
Sausage (2 oz.)	1.5	9	24	270

## Morning Snack: Nutritional Information

	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Fruit cup	24	0	0	102

Oikos Greek Yogurt 5.3 oz.	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Fruit	19	12	0	120
Vanilla	19	12	0	120
Plain	6	15	0	80



## Lunch: Nutritional Information

	<b>Carbohydrate (grams)</b>	<b>Protein (grams)</b>	<b>Fat (grams)</b>	<b>Calories</b>
Sundried Tomato Focaccia	10	6	2	70
Rustic Ciabatta	13.5	2.4	.2	65
Olive Oil and Parmesan Cheese	0	2	5	52
Romaine Salad	11	1.25	0	41.5
Farfalle Pasta and Broccoli Salad	19	2.7	0	90
Chicken Breast	1	28.5	22.9	339
Porcini Mushroom Ravioli	17	5	5.5	138
Chocolate Chip Cookie	23	2	8	160
Oatmeal Raisin Cookie	26	2	6	170
Peanut Butter Cookie	20	3	9	170
Brownie (2.3 oz.)	29	3	15.3	261

## Afternoon Snack: Nutritional Information

	<b>Carbohydrate (grams)</b>	<b>Protein (grams)</b>	<b>Fat (grams)</b>	<b>Calories</b>
Trail Mix Bar	82	7.3	18.5	518