

Good Start Breakfast Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Prot (g)	Vit D (mcg)	Calc (mg)	Iron (mg)	Pot (mg)
<b>Good Start with Bacon and Homestyle Potatoes (840 - 1130 Cals)</b>																
Good Start with Bacon, a Biscuit, and Homestyle Potatoes	1 entrée	1050	73	34	0	455	1550	74	1	6	0.99	27	2	123.80	5.92	1140
Good Start with Bacon, an English Muffin, and Homestyle Potatoes	1 entrée	840	56	24	0	455	750	60	1	5	1	25	2	89.18	4.18	1120
Good Start with Bacon, Marble Rye Toast, and Homestyle Potatoes	1 entrée	880	57	24	0	455	810	66	1.66	3	0.51	27	2	131.50	4.99	1130
Good Start with Bacon, Pancakes, and Homestyle Potatoes	1 entrée	1130	57	29	0	485	1240	129	0	32	28.32	25	2	213.73	5.37	1140
Good Start with Bacon, Sourdough Toast, and Homestyle Potatoes	1 entrée	900	58	24	0	455	830	69	1.3	4	0	24	2	93.20	4.24	1100
Good Start with Bacon, Wheat Toast, and Homestyle Potatoes	1 entrée	920	59	25	0	455	770	69	3.47	6	2.87	28	2.15	102.61	5.44	1200
Good Start with Bacon, White Toast, and Homestyle Potatoes	1 entrée	930	58	25	0	455	910	74	1.1	4	0	28	2	89.14	5.86	1120
<b>Good Start with Bacon and Fresh Fruit (530 - 820 Cals)</b>																
Good Start with Bacon, a Biscuit, and Fruit	1 entrée	740	51	20	0	395	1520	49	2.32	12	0.99	24	2	115.12	5.03	450
Good Start with Bacon, an English Muffin, and Fruit	1 entrée	530	34	10	0	395	730	35	2.32	11	1	22	2	80.50	3.29	430
Good Start with Bacon, Marble Rye Toast, and Fruit	1 entrée	560	35	10	0	395	790	41	2.98	10	0.51	23	2	122.82	4.10	440
Good Start with Bacon, Pancakes, and Fruit	1 entrée	820	35	15	0	425	1210	104	1.32	38	28.32	22	2	205.05	4.48	450
Good Start with Bacon, Sourdough Toast, and Fruit	1 entrée	580	36	10	0	395	800	44	2.62	10	0	21	2	84.52	3.35	410
Good Start with Bacon, Wheat Toast, and Fruit	1 entrée	600	37	11	0	395	750	44	4.79	12	2.87	25	2.15	93.93	4.55	510
Good Start with Bacon, White Toast, and Fruit	1 entrée	620	36	11	0	395	890	49	2.42	10	0	25	2	80.46	4.96	430
<b>Good Start with Sausage Patty and Homestyle Potatoes (1300 - 1590 Cals)</b>																
Good Start with a Sausage Patty, a Biscuit, and Homestyle Potatoes	1 entrée	1510	110	46	0.5	570	2880	74	1	6	0.99	54	2	169.44	10.37	1140
Good Start with a Sausage Patty, an English Muffin, and Homestyle Potatoes	1 entrée	1300	94	36	0	570	2080	60	1	5	1	52	2	134.82	8.63	1120
Good Start with a Sausage Patty, Marble Rye Toast, and Homestyle Potatoes	1 entrée	1330	95	36	0	570	2140	66	1.66	4	0.51	54	2	177.14	9.44	1130
Good Start with a Sausage Patty, Pancakes, and Homestyle Potatoes	1 entrée	1590	94	41	0	600	2560	130	0	33	28.32	53	2	259.38	9.82	1140
Good Start with a Sausage Patty, Sourdough Toast, and Homestyle Potatoes	1 entrée	1350	95	36	0.5	570	2160	69	1.3	4	0	52	2	138.85	8.69	1100
Good Start with a Sausage Patty, Wheat Toast, and Homestyle Potatoes	1 entrée	1370	97	37	0	570	2100	69	3.47	6	2.87	56	2.15	148.25	9.89	1200
Good Start with a Sausage Patty, White Toast, and Homestyle Potatoes	1 entrée	1380	96	37	0.5	570	2240	75	1.1	4	0	56	2	134.79	10.31	1120
<b>Good Start with Sausage Patty and Fresh Fruit (980 - 1270 Cals)</b>																
Good Start with a Sausage Patty, a Biscuit, and Fruit	1 entrée	1190	88	32	0.5	510	2850	49	2.32	12	0.99	51	2	160.76	9.48	450
Good Start with a Sausage Patty, an English Muffin, and Fruit	1 entrée	980	72	22	0	510	2060	35	2	11	1	49	2	126.00	8.00	428
Good Start with a Sausage Patty, Marble Rye Toast, and Fruit	1 entrée	1020	73	22	0	510	2120	41	2.98	10	0.51	51	2	168.46	8.55	440
Good Start with a Sausage Patty, Pancakes, and Fruit	1 entrée	1270	72	27	0	540	2540	104	1.32	39	28.32	50	2	250.69	8.93	450
Good Start with a Sausage Patty, Sourdough Toast, and Fruit	1 entrée	1040	73	22	0.5	510	2130	44	2.62	11	0	49	2	130.16	7.80	410
Good Start with a Sausage Patty, Wheat Toast, and Fruit	1 entrée	1060	75	23	0	510	2070	44	4.79	12	2.87	53	2.15	139.57	9.00	510
Good Start with a Sausage Patty, White Toast, and Fruit	1 entrée	1070	74	23	0.5	510	2220	50	2.42	10	0	52	2	126.10	9.41	430
<b>Good Start with Sausage Link and Homestyle Potatoes (930 - 1220 Cals)</b>																
Good Start with Sausage Link, a Biscuit, and Homestyle Potatoes	1 entrée	1140	82	38	0	470	1590	75	1	6	0.99	28	2	123.80	6.28	1140
Good Start with Sausage Link, an English Muffin, and Homestyle Potatoes	1 entrée	930	65	28	0	470	790	61	1	5	1	26	2	89.18	4.54	1120
Good Start with Sausage Link, Marble Rye Toast, and Homestyle Potatoes	1 entrée	970	66	28	0	470	850	67	1.66	3	0.51	28	2	131.50	5.35	1130
Good Start with Sausage Link, Pancakes, and Homestyle Potatoes	1 entrée	1220	66	33	0	500	1280	130	0	32	28.32	26	2	213.73	5.73	1140
Good Start with Sausage Link, Sourdough Toast, and Homestyle Potatoes	1 entrée	990	67	28	0	470	870	70	1.3	4	0	25	2	93.20	4.60	1100
Good Start with Sausage Link, Wheat Toast, and Homestyle Potatoes	1 entrée	1010	68	29	0	470	810	70	3.47	6	2.87	29	2.15	102.61	5.80	1200
Good Start with Sausage Link, White Toast, and Homestyle Potatoes	1 entrée	1020	67	29	0	470	950	75	1.1	4	0	29	2	89.14	6.22	1120
<b>Good Start with Sausage Link and Fresh Fruit (620 - 910 Cals)</b>																
Good Start with Sausage Link, a Biscuit, and Fruit	1 entrée	830	60	24	0	410	1560	50	2.32	12	0.99	25	2	115.12	5.39	450
Good Start with Sausage Link, an English Muffin, and Fruit	1 entrée	620	43	14	0	410	770	36	2.32	11	1	23	2	80.50	3.65	430
Good Start with Sausage Link, Marble Rye Toast, and Fruit	1 entrée	650	44	14	0	410	830	42	2.98	10	0.51	24	2	122.82	4.46	440
Good Start with Sausage Link, Pancakes, and Fruit	1 entrée	910	44	19	0	440	1250	105	1.32	38	28.32	23	2	205.05	4.84	450
Good Start with Sausage Link, Sourdough Toast, and Fruit	1 entrée	670	45	14	0	410	840	45	2.64	10	0	22	2	85.00	3.73	408
Good Start with Sausage Link, Wheat Toast, and Fruit	1 entrée	690	46	15	0	410	790	45	4.79	12	2.87	26	2.15	93.93	4.91	510
Good Start with Sausage Link, White Toast, and Fruit	1 entrée	710	45	15	0	410	930	50	2.42	10	0	26	2	80.46	5.32	430
<b>Good Start with Plant Based Sausage and Homestyle Potatoes (930 - 1220 Cals)</b>																
Good Start with Plant Based Sausage, a Biscuit, and Homestyle Potatoes	1 entrée	1140	77	37	0	440	1680	86	3	8	0.99	30	2	283.80	8.12	1440
Good Start with Plant Based Sausage, an English Muffin, and Homestyle Potatoes	1 entrée	930	60	27	0	440	880	72	3	7	1	28	2	249.18	6.38	1420
Good Start with Plant Based Sausage, Marble Rye Toast, and Homestyle Potatoes	1 entrée	970	61	27	0	440	940	78	3.66	5	0.51	30	2	291.50	7.19	1430
Good Start with Plant Based Sausage, Pancakes, and Homestyle Potatoes	1 entrée	1220	61	32	0	470	1370	141	2	34	28.32	28	2	373.73	7.57	1440
Good Start with Plant Based Sausage, Sourdough Toast, and Homestyle Potatoes	1 entrée	990	62	27	0	440	960	81	3.3	6	0	27	2	253.20	6.44	1400
Good Start with Plant Based Sausage, Wheat Toast, and Homestyle Potatoes	1 entrée	1010	63	28	0	440	900	81	5.47	8	2.87	31	2.15	262.61	7.64	1500
Good Start with Plant Based Sausage, White Toast, and Homestyle Potatoes	1 entrée	1020	62	28	0	440	1040	86	3.1	6	0	31	2	249.14	8.06	1420

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<b>Good Start with Plant Based Sausage and Fresh Fruit (620 - 910 Cals)</b>																
Good Start with Plant Based Sausage, a Biscuit, and Fruit	1 entrée	830	55	23	0	380	1650	61	4.32	14	0.99	27	2	275.12	7.23	750
Good Start with Plant Based Sausage, an English Muffin, and Fruit	1 entrée	620	38	13	0	380	860	47	4.32	13	1	25	2	240.50	5.49	730
Good Start with Plant Based Sausage, Marble Rye Toast, and Fruit	1 entrée	650	39	13	0	380	920	53	4.98	12	0.51	26	2	282.82	6.30	740
Good Start with Plant Based Sausage, Pancakes, and Fruit	1 entrée	910	39	18	0	410	1340	116	3.32	40	28.32	25	2	365.05	6.68	750
Good Start with Plant Based Sausage, Sourdough Toast, and Fruit	1 entrée	670	40	13	0	380	930	56	4.62	12	0	24	2	244.52	5.55	710
Good Start with Plant Based Sausage, Wheat Toast, and Fruit	1 entrée	690	41	14	0	380	880	56	6.79	14	2.87	28	2.15	253.93	6.75	810
Good Start with Plant Based Sausage, White Toast, and Fruit	1 entrée	710	40	14	0	380	1020	61	4.42	12	0	28	2	240.46	7.16	730
<b>Good Start with Turkey Sausage and Homestyle Potatoes (920 - 1210 Cals)</b>																
Good Start with Turkey Sausage, a Biscuit, and Homestyle Potatoes	1 entrée	1120	75	35	0	510	1900	74	1	6	0.99	38	2	123.80	6.77	1530
Good Start with Turkey Sausage, an English Muffin, and Homestyle Potatoes	1 entrée	920	58	25	0	510	1110	60	1	5	1	36	2	89.18	5.03	1510
Good Start with Turkey Sausage, Marble Rye Toast, and Homestyle Potatoes	1 entrée	950	59	26	0	510	1170	66	1.66	3	0.51	38	2	131.50	5.84	1520
Good Start with Turkey Sausage, Pancakes, and Homestyle Potatoes	1 entrée	1210	59	30	0	540	1590	129	0	32	28.32	36	2	213.73	6.22	1530
Good Start with Turkey Sausage, Sourdough Toast, and Homestyle Potatoes	1 entrée	970	60	25	0	510	1180	69	1.3	4	0	36	2	93.20	5.10	1490
Good Start with Turkey Sausage, Wheat Toast, and Homestyle Potatoes	1 entrée	990	61	26	0	510	1130	69	3.47	6	2.87	39	2.15	102.61	6.29	1590
Good Start with Turkey Sausage, White Toast, and Homestyle Potatoes	1 entrée	1000	60	26	0	510	1270	74	1.1	4	0	39	2	89.14	6.71	1500
<b>Good Start with Turkey Sausage and Fresh Fruit (600 - 890 Cals)</b>																
Good Start with Turkey Sausage, a Biscuit, and Fruit	1 entrée	810	53	21	0	450	1880	49	2.32	12	0.99	35	2	115.12	5.88	830
Good Start with Turkey Sausage, an English Muffin, and Fruit	1 entrée	600	36	11	0	450	1080	35	2.32	11	1	33	2	80.50	4.14	810
Good Start with Turkey Sausage, Marble Rye Toast, and Fruit	1 entrée	640	37	11	0	450	1150	41	2.98	10	0.51	35	2	122.82	4.95	830
Good Start with Turkey Sausage, Pancakes, and Fruit	1 entrée	890	37	16	0	480	1570	104	1.32	38	28.32	33	2	205.05	5.33	830
Good Start with Turkey Sausage, Sourdough Toast, and Fruit	1 entrée	650	38	11	0	450	1160	44	2.62	10	0	33	2	84.52	4.20	790
Good Start with Turkey Sausage, Wheat Toast, and Fruit	1 entrée	670	39	12	0	450	1100	44	4.79	12	2.87	36	2.15	93.93	5.40	890
Good Start with Turkey Sausage, White Toast, and Fruit	1 entrée	690	38	12	0	450	1250	49	2.42	10	0	36	2	80.46	5.81	810