

Kid's Breakfast Menu 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 % DV	Iron % DV	Pot % DV
Sunrise Breakfast with Bacon (260 - 720 Cals)																
Sunrise Breakfast with Bacon and a Biscuit	1 entrée	360	27	11	0	205	750	19	0.5	1	0.49	11	1	6	15	3
Sunrise Breakfast with Bacon and an English Muffin	1 entrée	260	19	6	0	200	360	12	0.5	1	0.5	11	1	4	8	3
Sunrise Breakfast with Bacon and Marble Rye Toast	1 entrée	280	19	6	0	200	390	15	0.83	0	0.25	11	1	6	10	3
Sunrise Breakfast with Bacon and Pancakes	1 entrée	720	28	13	0	230	1350	99	0	30	27.91	15	1	25	25	5
Sunrise Breakfast with Bacon and Sourdough Toast	1 entrée	290	20	6	0	205	400	17	0.65	1	0	10	1	4	8	3
Sunrise Breakfast with Bacon and Wheat Toast	1 entrée	300	20	7	0	200	370	17	1.74	2	1.44	12	1.08	4	10	4
Sunrise Breakfast with Bacon and White Toast	1 entrée	300	20	6	0	200	440	19	0.55	1	0	12	1	4	15	3
Sunrise Breakfast with a Sausage Patty (490 - 940 Cals)																
Sunrise Breakfast with a Sausage Patty and a Biscuit	1 entrée	590	46	17	0	260	1420	19	0.5	2	0.49	25	1	8	25	3
Sunrise Breakfast with a Sausage Patty and an English Muffin	1 entrée	490	38	12	0	260	1020	12	0.5	1	0.5	24	1	6	20	3
Sunrise Breakfast with a Sausage Patty and Marble Rye Toast	1 entrée	500	38	12	0	260	1050	15	0.83	1	0.25	25	1	8	25	3
Sunrise Breakfast with a Sausage Patty and Pancakes	1 entrée	940	47	19	0	290	2010	100	0	30	27.91	28	1	25	35	5
Sunrise Breakfast with a Sausage Patty and Sourdough Toast	1 entrée	510	38	12	0	260	1060	17	0.65	1	0	24	1	6	20	3
Sunrise Breakfast with a Sausage Patty and Wheat Toast	1 entrée	520	39	13	0	260	1030	17	1.74	2	1.44	26	1.08	6	25	4
Sunrise Breakfast with a Sausage Patty and White Toast	1 entrée	700	47	14	0	260	1360	39	1.1	1	0	29	1	6	35	4
Sunrise Breakfast with Sausage Links (310 - 760 Cals)																
Sunrise Breakfast with Sausage Links and a Biscuit	1 entrée	410	31	13	0	210	770	20	0.5	1	0.49	12	1	6	15	3
Sunrise Breakfast with Sausage Links and an English Muffin	1 entrée	310	23	8	0	210	380	13	0.5	1	0.5	11	1	4	10	3
Sunrise Breakfast with Sausage Links and Marble Rye Toast	1 entrée	320	24	8	0	210	410	16	0.83	0	0.25	12	1	6	10	3
Sunrise Breakfast with Sausage Links and Pancakes	1 entrée	760	32	15	0	240	1370	100	0	30	27.91	15	1	25	25	5
Sunrise Breakfast with Sausage Links and Sourdough Toast	1 entrée	330	24	8	0	210	420	17	0.65	1	0	11	1	4	10	3
Sunrise Breakfast with Sausage Links and Wheat Toast	1 entrée	340	25	9	0	210	390	17	1.74	2	1.44	13	1.08	4	15	4
Sunrise Breakfast with Sausage Links and White Toast	1 entrée	510	32	10	0	210	710	39	1.1	1	0	16	1	4	20	4
Sunrise Breakfast with Plant Based Sausage (310 - 760 Cals)																
Sunrise Breakfast with Plant Based Sausage and a Biscuit	1 entrée	410	29	13	0	195	820	25	1.5	2	0.49	13	1	15	20	7
Sunrise Breakfast with Plant Based Sausage and an English Muffin	1 entrée	310	21	8	0	195	420	18	1.5	2	0.5	12	1	10	15	7
Sunrise Breakfast with Plant Based Sausage and Marble Rye Toast	1 entrée	320	21	8	0	195	450	21	1.83	1	0.25	13	1	15	15	7
Sunrise Breakfast with Plant Based Sausage and Pancakes	1 entrée	760	30	14	0	225	1420	105	1	31	27.91	16	1	30	30	10
Sunrise Breakfast with Plant Based Sausage and Sourdough Toast	1 entrée	330	22	8	0	195	460	23	1.65	2	0	12	1	10	15	7
Sunrise Breakfast with Plant Based Sausage and Wheat Toast	1 entrée	340	22	8	0	195	430	23	2.74	3	1.44	14	1.08	10	20	8
Sunrise Breakfast with Plant Based Sausage and White Toast	1 entrée	350	22	8	0	195	500	25	1.55	2	0	14	1	10	20	7
Sunrise Breakfast with Turkey Sausage (300 - 750 Cals)																
Sunrise Breakfast with Turkey Sausage and a Biscuit	1 entrée	400	28	12	0	230	930	19	0.5	1	0.49	17	1	6	15	9
Sunrise Breakfast with Turkey Sausage and an English Muffin	1 entrée	300	20	7	0	230	540	12	0.5	1	0.5	16	1	4	10	8
Sunrise Breakfast with Turkey Sausage and Marble Rye Toast	1 entrée	310	20	7	0	230	570	15	0.83	0	0.25	17	1	6	15	9
Sunrise Breakfast with Turkey Sausage and Pancakes	1 entrée	750	29	13	0	260	1530	99	0	30	27.91	20	1	25	25	11
Sunrise Breakfast with Turkey Sausage and Sourdough Toast	1 entrée	320	21	7	0	230	570	17	0.65	1	0	16	1	4	10	8
Sunrise Breakfast with Turkey Sausage and Wheat Toast	1 entrée	330	21	7	0	230	550	17	1.74	2	1.44	18	1.08	4	15	9
Sunrise Breakfast with Turkey Sausage and White Toast	1 entrée	500	29	9	0	230	870	39	1.1	1	0	21	1	4	25	9
Kid's Omelet																
Cheesy Omelet with Fruit	1 entrée	430	34	17	0	435	330	11	1.32	9	0	19	2.2	25	15	11
Kid's Mini Pancakes (610 - 840 Cals)																
Mini Pancakes with Bacon	1 entrée	610	19	9	0	40	1280	99	0	30	27.91	9	0	20	20	3
Mini Pancakes with Plant Based Sausage	1 entrée	660	21	11	0	30	1350	105	1	31	27.91	10	0	30	25	8
Mini Pancakes with Sausage Links	1 entrée	660	24	11	0	45	1300	100	0	30	27.91	9	0	20	20	3
Mini Pancakes with Sausage Patty	1 entrée	840	38	15	0	95	1940	100	0	30	27.91	22	0	25	30	3
Mini Pancakes with Turkey Sausage	1 entrée	650	20	10	0	65	1460	99	0	30	27.91	14	0	20	20	9
Kid's Beverages (0 - 230 Cals)																
Apple Juice	12 oz	150	0	--	--	--	30	38	--	32	--	2	--	--	4	--
Orange Juice	12 oz	170	0.5	0	0	0	0	39	0.74	31	0	3	0	4	4	21
2% Milk	12 oz	180	8	5	0	30	180	17	0	17	0	12	3.15	45	0	15
Chocolate Milk	12 oz	230	4	2.5	0	25	300	36	0	33	16.5	12	3.75	45	4	19

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Skim Milk	12 oz	120	0	0	0	5	150	18	--	18	--	12	4.41	45	0	16
Brisk Tea Raspberry	12 oz	70	--	--	--	--	80	17	--	17	17	0	--	0	0	--
Pepsi	12 oz	160	0	0	0	0	30	43	0	43	43.39	0	0	0	0	0
Wild Cherry Pepsi	12 oz	170	0	0	0	0	30	44	0	44	44.45	0	0	0	0	0
Diet Pepsi	12 oz	0	0	0	0	0	60	0	0	0	0	0	0	0	0	0
Mountain Dew	12 oz	170	0	0	0	0	55	47	0	47	46.56	0	0	0	0	0
Diet Mountain Dew	12 oz	0	--	--	--	--	40	0	--	0	--	0	--	--	--	--
Mug Root Beer	12 oz	140	0	0	0	0	55	38	0	38	38	0	0	4	0	0