

Breakfast Omelets 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)
Ham & Cheese Omelet with Homestyle Potatoes (1170 - 1460 Cals)																
Ham and Cheese with Homestyle Potatoes and a Biscuit	1 entrée	1380	101	48	0	715	1570	75	1	7	0.99	42	3.2	347.21	7.41	1230
Ham and Cheese with Homestyle Potatoes and an English Muffin	1 entrée	1170	85	39	0	715	770	61	1	6	1	40	3.2	312.59	5.67	1210
Ham and Cheese with Homestyle Potatoes and Marble Rye Toast	1 entrée	1210	85	39	0	715	840	67	1.66	5	0.51	42	3.2	354.91	6.47	1220
Ham and Cheese with Homestyle Potatoes and Pancakes	1 entrée	1460	85	44	0	745	1260	131	0	34	28.32	40	3.2	437.14	6.85	1230
Ham and Cheese with Homestyle Potatoes and Sourdough Toast	1 entrée	1220	86	39	0	715	850	70	1.3	6	0	40	3.2	316.61	5.73	1190
Ham and Cheese with Homestyle Potatoes and Wheat Toast	1 entrée	1240	88	39	0	715	790	70	3.47	7	2.87	43	3.35	326.02	6.92	1290
Ham and Cheese with Homestyle Potatoes and White Toast	1 entrée	1260	87	39	0	715	940	76	1.1	5	0	43	3.2	312.55	7.34	1210
Ham & Cheese Omelet with Fresh Fruit (860 - 1150 Cals)																
Ham and Cheese with Fruit and a Biscuit	1 entrée	1060	79	34	0	655	1540	50	2.32	13	0.99	39	3.2	338.53	6.52	540
Ham and Cheese with Fruit and an English Muffin	1 entrée	860	63	25	0	655	750	36	2.32	12	1	37	3.2	303.91	4.77	520
Ham and Cheese with Fruit and Marble Rye Toast	1 entrée	890	63	25	0	655	810	42	2.98	11	0.51	39	3.2	346.22	5.58	530
Ham and Cheese with Fruit and Pancakes	1 entrée	1150	63	30	0	685	1230	106	1.32	40	28.32	37	3.2	428.46	5.96	540
Ham and Cheese with Fruit and Sourdough Toast	1 entrée	910	64	25	0	655	830	45	2.62	12	0	37	3.2	307.93	4.84	500
Ham and Cheese with Fruit and Wheat Toast	1 entrée	930	66	25	0	655	770	45	4.79	13	2.87	40	3.35	317.34	6.03	600
Ham and Cheese with Fruit and White Toast	1 entrée	940	65	25	0	655	910	51	2.42	11	0	40	3.2	303.87	6.45	520
The Works Omelet with Homestyle Potatoes (1220 - 1510 Cals)																
The Works with Homestyle Potatoes and a Biscuit	1 entrée	1430	104	50	0	715	1940	77	1.68	8	0.99	45	3.23	358.08	7.68	1360
The Works with Homestyle Potatoes and an English Muffin	1 entrée	1220	88	40	0	715	1150	63	1.67	7	1	43	3.23	323.46	5.94	1340
The Works with Homestyle Potatoes and Marble Rye Toast	1 entrée	1250	89	40	0	715	1210	70	2.34	6	0.51	44	3.23	365.78	6.75	1350
The Works with Homestyle Potatoes and Pancakes	1 entrée	1510	88	45	0	745	1630	133	0.67	34	28.32	43	3.23	448.01	7.13	1360
The Works with Homestyle Potatoes and Sourdough Toast	1 entrée	1270	89	40	0	715	1220	72	1.98	6	0	42	3.23	327.49	6.00	1320
The Works with Homestyle Potatoes and Wheat Toast	1 entrée	1290	91	40	0	715	1170	72	4.15	8	2.87	46	3.38	336.89	7.20	1420
The Works with Homestyle Potatoes and White Toast	1 entrée	1300	90	40	0	715	1310	78	1.78	6	0	46	3.23	323.42	7.62	1340
The Works Omelet with Fresh Fruit (900 - 1190 Cals)																
The Works with Fruit and a Biscuit	1 entrée	1110	82	36	0	655	1920	52	2.99	14	0.99	42	3.23	349.40	6.79	670
The Works with Fruit and an English Muffin	1 entrée	900	66	26	0	655	1120	38	2.99	13	1	40	3.23	314.78	5.05	640
The Works with Fruit and Marble Rye Toast	1 entrée	940	67	26	0	655	1190	45	3.66	12	0.51	41	3.23	357.10	5.86	660
The Works with Fruit and Pancakes	1 entrée	1190	66	31	0	685	1610	108	1.99	40	28.32	40	3.23	439.33	6.24	670
The Works with Fruit and Sourdough Toast	1 entrée	960	67	26	0	655	1200	47	3.29	12	0	39	3.23	318.80	5.11	620
The Works with Fruit and Wheat Toast	1 entrée	980	69	26	0	655	1140	47	5.47	14	2.87	43	3.38	328.21	6.31	730
The Works with Fruit and White Toast	1 entrée	990	68	26	0	655	1290	53	3.1	12	0	43	3.23	314.74	6.72	640
Denver Omelet with Homestyle Potatoes (1130 - 1420 Cals)																
Denver with Homestyle Potatoes and a Biscuit	1 entrée	1340	96	47	0	700	1570	79	2.01	8	0.99	38	3.2	356.14	7.33	1330
Denver with Homestyle Potatoes and an English Muffin	1 entrée	1130	80	37	0	695	770	64	2.01	7	1	37	3.2	321.52	5.59	1310
Denver with Homestyle Potatoes and Marble Rye Toast	1 entrée	1170	81	38	0	695	840	71	2.67	6	0.51	38	3.2	363.84	6.40	1320
Denver with Homestyle Potatoes and Pancakes	1 entrée	1420	81	42	0	725	1260	134	1.01	35	28.32	37	3.2	446.07	6.78	1330
Denver with Homestyle Potatoes and Sourdough Toast	1 entrée	1180	82	38	0	695	850	74	2.31	7	0	36	3.2	325.54	5.66	1290
Denver with Homestyle Potatoes and Wheat Toast	1 entrée	1200	83	38	0	695	790	74	4.48	9	2.87	40	3.35	334.95	6.85	1390
Denver with Homestyle Potatoes and White Toast	1 entrée	1220	82	38	0	695	940	79	2.11	7	0	40	3.2	321.48	7.27	1310
Denver Omelet with Fresh Fruit (820 - 1110 Cals)																
Denver with Fruit and a Biscuit	1 entrée	1030	74	33	0	640	1550	54	3.33	14	0.99	35	3.2	347.46	6.44	640
Denver with Fruit and an English Muffin	1 entrée	820	58	23	0	635	750	39	3.33	13	1	33	3.2	312.84	4.70	610
Denver with Fruit and Marble Rye Toast	1 entrée	850	59	24	0	635	810	46	3.99	12	0.51	35	3.2	355.15	5.51	630
Denver with Fruit and Pancakes	1 entrée	1110	59	28	0	665	1240	109	2.33	41	28.32	34	3.2	437.39	5.89	630
Denver with Fruit and Sourdough Toast	1 entrée	870	60	24	0	635	830	49	3.63	13	0	33	3.2	316.86	4.76	590
Denver with Fruit and Wheat Toast	1 entrée	890	61	24	0	635	770	49	5.8	15	2.87	37	3.35	326.27	5.96	700
Denver with Fruit and White Toast	1 entrée	900	60	24	0	635	910	54	3.43	13	0	36	3.2	312.80	6.38	610
Fit Start Omelet with Homestyle Potatoes (740 - 1030 Cals)																
Fit Start with Homestyle Potatoes and a Biscuit	1 entrée	950	57	29	0	70	1560	83	3.09	10	0.99	24	0.03	115.04	4.79	1600
Fit Start with Homestyle Potatoes and an English Muffin	1 entrée	740	41	19	0	70	770	69	3.08	9	1	22	0.03	80.42	3.05	1580
Fit Start with Homestyle Potatoes and Marble Rye Toast	1 entrée	770	41	19	0	70	830	75	3.75	8	0.51	24	0.03	122.74	3.86	1590

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Fit Start with Homestyle Potatoes and Pancakes	1 entrée	1030	41	24	0	100	1250	138	2.08	37	28.32	22	0.03	204.98	4.24	1600
Fit Start with Homestyle Potatoes and Sourdough Toast	1 entrée	790	42	19	0	70	840	78	3.39	9	0	22	0.03	84.45	3.12	1560
Fit Start with Homestyle Potatoes and Wheat Toast	1 entrée	810	43	20	0	70	780	78	5.56	11	2.87	26	0.18	93.86	4.31	1660
Fit Start with Homestyle Potatoes and White Toast	1 entrée	820	42	20	0	70	930	83	3.19	8	0	25	0.03	80.39	4.73	1580
Fit Start Omelet with Fresh Fruit (420 - 710 Cals)																
Fit Start with Fruit and a Biscuit	1 entrée	630	35	15	0	10	1540	58	4.4	16	0.99	21	0.03	106.36	3.90	910
Fit Start with Fruit and an English Muffin	1 entrée	420	19	5	0	10	740	44	4.4	15	1	19	0.03	71.74	2.16	880
Fit Start with Fruit and Mable Rye Toast	1 entrée	460	19	5	0	10	800	50	5.07	14	0.51	21	0.03	114.06	2.97	900
Fit Start with Fruit and Pancakes	1 entrée	710	19	10	0	40	1230	113	3.4	43	28.32	19	0.03	196.29	3.35	910
Fit Start with Fruit and Sourdough Toast	1 entrée	480	20	5	0	10	820	53	4.7	15	0	19	0.03	75.76	2.22	860
Fit Start Omelet with Fruit and Wheat Toast	1 entrée	500	21	6	0	10	760	53	6.88	17	2.87	22	0.18	85.17	3.42	970
Fit Start Omelet with Fruit and White Toast	1 entrée	510	20	6	0	10	900	58	4.51	14	0	22	0.03	71.70	3.83	880
Create Your Own Omelet with Homestyle Potatoes (940 - 1230 Cals)																
Create Your Own with Homestyle Potatoes and a Biscuit	1 entrée	1150	83	40	0	655	1390	74	1	6	0.99	28	3	151.80	6.92	1210
Create Your Own with Homestyle Potatoes and an English Muffin	1 entrée	940	66	31	0	655	590	60	1	5	1	26	3	117.18	5.18	1190
Create Your Own with Homestyle Potatoes and Marble Rye Toast	1 entrée	980	67	31	0	655	650	66	1.66	3	0.51	28	3	159.50	5.99	1200
Create Your Own with Homestyle Potatoes and Pancakes	1 entrée	1230	67	36	0	685	1080	129	0	32	28.32	26	3	241.73	6.37	1210
Create Your Own with Homestyle Potatoes and Sourdough Toast	1 entrée	1000	68	31	0	655	670	69	1.3	4	0	25	3	121.20	5.24	1170
Create Your Own with Homestyle Potatoes and Wheat Toast	1 entrée	1020	69	31	0	655	610	69	3.47	6	2.87	29	3.15	130.61	6.44	1270
Create Your Own with Homestyle Potatoes and White Toast	1 entrée	1030	68	31	0	655	750	74	1.1	4	0	29	3	117.14	6.86	1190
Create Your Own Omelet with Fresh Fruit (630 - 920 Cals)																
Create Your Own with Fruit and a Biscuit	1 entrée	840	61	26	0	595	1360	49	2.32	12	0.99	25	3	143.12	6.03	520
Create Your Own with Fruit and an English Muffin	1 entrée	630	44	17	0	595	570	35	2.32	11	1	23	3	108.50	4.29	500
Create Your Own with Fruit and Marble Rye Toast	1 entrée	660	45	17	0	595	630	41	2.98	10	0.51	24	3	150.82	5.10	510
Create Your Own with Fruit and Pancakes	1 entrée	920	45	22	0	625	1050	104	1.32	38	28.32	23	3	233.05	5.48	520
Create Your Own with Fruit and Sourdough Toast	1 entrée	680	46	17	0	595	640	44	2.62	10	0	22	3	112.52	4.35	480
Create Your Own with Fruit and Wheat Toast	1 entrée	700	47	17	0	595	590	44	4.79	12	2.87	26	3.15	121.93	5.55	580
Create Your Own with Fruit and White Toast	1 entrée	720	46	17	0	595	730	49	2.42	10	0	26	3	108.46	5.96	500