

Breakfast Platters 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)
Hy-Five with Hoemstyle Potatoes (1330 - 1710 Cals)																
Hy-Five with Plant Based Sausage and Hoemstyle Potatoes	1 entrée	1350	65	31	0	470	2220	155	2	36	28.37	37	2	510.57	9.72	1520
Hy-Five with Sausage Link and Hoemstyle Potatoes	1 entrée	1350	70	32	0	500	2130	144	0	34	28.37	35	2	350.57	7.88	1220
Hy-Five with Sausage Patties and Hoemstyle Potatoes	1 entrée	1710	99	40	0	600	3420	144	0	34	28.37	62	2	396.22	11.97	1220
Hy-Five with Turkey Sausage and Hoemstyle Potatoes	1 entrée	1330	63	29	0	540	2450	143	0	34	28.37	45	2	350.57	8.37	1610
Hy-Five with Fresh Fruit (1020 - 1400 Cals)																
Hy-Five with Plant Based Sausage and Fruit	1 entrée	1040	43	17	0	410	2200	130	3.32	42	28.37	34	2	501.89	8.83	830
Hy-Five with Sausage Links and Fruit	1 entrée	1040	48	18	0	440	2110	119	1.32	40	28.37	32	2	341.89	6.99	530
Hy-Five with Sausage Patties and Fruit	1 entrée	1400	77	26	0	540	3390	119	1.32	40	28.37	59	2	387.53	11.08	530
Hy-Five with Turkey Sausage and Fruit	1 entrée	1020	41	15	0	480	2420	118	1.32	40	28.37	42	2	341.89	7.48	920
Country Sampler with Hoemstyle Potatoes (1070 - 1530 Cals)																
Country Sampler with Bacon and Hoemstyle Potatoes	1 entrée	1070	70	37	0	490	1840	81	1	7	0.99	29	2	147.20	5.92	1200
Country Sampler with Ham and Hoemstyle Potatoes	1 entrée	1350	92	44	0	580	1610	85	1	11	0.99	49	2	147.20	7.38	1200
Country Sampler with Plant Based Sausage and Hoemstyle Potatoes	1 entrée	1160	74	40	0	475	1970	93	3	9	0.99	32	2	307.20	8.12	1500
Country Sampler with Sausage Links and Hoemstyle Potatoes	1 entrée	1160	79	41	0	505	1880	82	1	7	0.99	30	2	147.20	6.28	1200
Country Sampler with Sausage Patties and Hoemstyle Potatoes	1 entrée	1530	107	49	0	605	3170	81	1	7	0.99	57	2	192.85	10.37	1200
Country Sampler with Turkey Sausage and Hoemstyle Potatoes	1 entrée	1140	72	38	0	545	2200	81	1	7	0.99	41	2	147.20	6.77	1580
Country Sampler with Fresh Fruit (760 - 1210 Cals)																
Country Sampler with Bacon and Fruit	1 entrée	760	48	23	0	430	1820	56	2.32	13	0.99	26	2	138.52	5.03	510
Country Sampler with Ham and Fruit	1 entrée	1030	70	30	0	520	1590	60	2.32	17	0.99	46	2	138.52	6.49	510
Country Sampler with Plant Based Sausage and Fruit	1 entrée	850	52	26	0	415	1950	68	4.32	15	0.99	29	2	298.52	7.23	810
Country Sampler with Sausage Links and Fruit	1 entrée	850	57	27	0	445	1860	57	2.32	13	0.99	27	2	138.52	5.39	510
Country Sampler with Sausage Patties and Fruit	1 entrée	1210	85	35	0	545	3150	56	2.32	13	0.99	54	2	184.16	9.48	510
Country Sampler with Turkey Sausage and Fruit	1 entrée	830	50	24	0	485	2180	56	2.32	13	0.99	38	2	138.52	5.88	890
Double Play with Traditional Pancakes (1560 - 1950 Cals)																
Double Play with Plant Based Sausage and Pancakes	1 entrée	1580	57	21	0	425	3640	227	2	64	56.74	41	2	764.58	12.88	760
Double Play with Sausage Links and Pancakes	1 entrée	1580	62	22	0	455	3550	216	0	62	56.74	39	2	604.58	11.04	460
Double Play with Sausage Patties and Pancakes	1 entrée	1950	90	30	0	555	4840	216	0	62	56.74	66	2	650.22	15.13	460
Double Play with Turkey Sausage and Pancakes	1 entrée	1560	55	19	0	495	3860	215	0	62	56.74	49	2	604.58	11.53	850
Double Play with Brioche French Toast (1150 - 1530 Cals)																
Double Play with Plant Based Sausage and French Toast	1 entrée	1170	57	26	0	705	1270	123	3.85	45	40.37	37	4.22	310.99	6.21	600
Double Play with Sausage Links and French Toast	1 entrée	1170	62	27	0	735	1180	112	1.85	43	40.37	35	4.22	150.99	4.37	300
Double Play with Sausage Patties and French Toast	1 entrée	1530	91	35	0	835	2470	112	1.85	43	40.37	62	4.22	196.63	8.46	300
Double Play with Turkey Sausage and French Toast	1 entrée	1150	55	24	0	775	1500	111	1.85	43	40.37	45	4.22	150.99	4.86	690
Smothered Hoemstyle Potatoes (1530 - 1820 Cals)																
Smothered Hoemstyle Potatoes and a Biscuit	1 entrée	1740	130	70	0	285	1910	104	2.01	12	0.99	35	0.41	501.99	5.17	1660
Smothered Hoemstyle Potatoes and an English Muffin	1 entrée	1530	114	61	0	285	1120	90	2.01	11	1	33	0.4	467.37	3.42	1640
Smothered Hoemstyle Potatoes and Pancakes	1 entrée	1560	115	61	0	285	1180	96	2.67	10	0.51	35	0.4	509.69	4.23	1650
Smothered Hoemstyle Potatoes and Marble Rye Toast	1 entrée	1820	114	66	0	315	1600	159	1.01	38	28.32	33	0.4	591.92	4.61	1660
Smothered Hoemstyle Potatoes and Sourdough Toast	1 entrée	1580	115	61	0	285	1190	99	2.31	10	0	33	0.4	471.39	3.49	1620
Smothered Hoemstyle Potatoes and Wheat Toast	1 entrée	1600	117	61	0	285	1140	99	4.48	12	2.87	37	0.56	480.80	4.68	1720
Smothered Hoemstyle Potatoes and White Toast	1 entrée	1620	116	61	0	285	1280	104	2.11	10	0	36	0.4	467.33	5.10	1640
Ribeye Steak & Eggs with Hoemstyle Potatoes (1230 - 1520 Cals)																
Ribeye Steak and Eggs with a Biscuit and Hoemstyle Potatoes	1 entrée	1440	106	48	0	540	1560	74	1.02	6	0.99	45	2	124.32	8.21	1140
Ribeye Steak and Eggs with an English Muffin and Hoemstyle Potatoes	1 entrée	1230	89	39	0	540	770	60	1.02	5	1	43	2	89.70	6.46	1120
Ribeye Steak and Eggs with Marble Rye Toast and Hoemstyle Potatoes	1 entrée	1260	90	39	0	540	830	66	1.68	3	0.51	44	2	132.02	7.27	1140
Ribeye Steak and Eggs with Pancakes and Hoemstyle Potatoes	1 entrée	1520	90	44	0	570	1250	129	0.02	32	28.32	43	2	214.25	7.65	1140
Ribeye Steak and Eggs with Sourdough Toast and Hoemstyle Potatoes	1 entrée	1280	91	39	0	540	840	69	1.32	4	0	42	2	93.72	6.53	1100
Ribeye Steak and Eggs with Wheat Toast and Hoemstyle Potatoes	1 entrée	1300	92	39	0	540	780	69	3.49	6	2.87	46	2.15	103.13	7.72	1200
Ribeye Steak and Eggs with White Toast and Hoemstyle Potatoes	1 entrée	1320	91	39	0	540	930	74	1.12	4	0	46	2	89.66	8.14	1120
Ribeye Steak & Eggs with Fresh Fruit (920 - 1210 Cals)																
Ribeye Steak and Eggs with a Biscuit and Fruit	1 entrée	1120	84	34	0	480	1540	49	2.34	12	0.99	42	2	115.64	7.31	450
Ribeye Steak and Eggs with an English Muffin and Fruit	1 entrée	920	67	25	0	480	740	35	2.34	11	1	40	2	81.02	5.57	430
Ribeye Steak and Eggs with Marble Rye Toast and Fruit	1 entrée	950	68	25	0	480	800	41	3	10	0.51	41	2	123.34	6.38	440
Ribeye Steak and Eggs with Pancakes and Fruit	1 entrée	1210	68	30	0	510	1230	104	1.34	38	28.32	40	2	205.57	6.76	450
Ribeye Steak and Eggs with Sourdough Toast and Fruit	1 entrée	970	69	25	0	480	820	44	2.64	10	0	39	2	85.04	5.64	410
Ribeye Steak and Eggs with Wheat Toast and Fruit	1 entrée	990	70	25	0	480	760	44	4.81	12	2.87	43	2.15	94.45	6.83	510
Ribeye Steak and Eggs with White Toast and Fruit	1 entrée	1000	69	25	0	480	910	49	2.44	10	0	43	2	80.98	7.25	430

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Ham Steak & Eggs with Homestyle Potatoes (1460 - 1750 Cals)																	
Ham Steak and Eggs with a Biscuit and Homestyle Potatoes	1 entrée	1670	123	50	0	645	1320	82	1	14	0.99	70	2	123.80	8.84	1140	
Ham Steak and Eggs with an English Muffin and Homestyle Potatoes	1 entrée	1460	107	40	0	640	520	68	1	13	1	68	2	89.18	7.10	1120	
Ham Steak and Eggs with Marble Rye Toast and Homestyle Potatoes	1 entrée	1500	108	41	0	640	580	74	1.66	12	0.51	70	2	131.50	7.90	1130	
Ham Steak and Eggs with Pancakes and Homestyle Potatoes	1 entrée	1750	107	46	0	670	1010	137	0	40	28.32	68	2	213.73	8.28	1140	
Ham Steak and Eggs with Sourdough Toast and Homestyle Potatoes	1 entrée	1520	108	41	0	645	600	77	1.3	12	0	68	2	93.20	7.16	1100	
Ham Steak and Eggs with Wheat Toast and Homestyle Potatoes	1 entrée	1530	110	41	0	640	540	77	3.47	14	2.87	72	2.15	102.61	8.35	1200	
Ham Steak and Eggs with White Toast and Homestyle Potatoes	1 entrée	1550	109	41	0	640	680	82	1.1	12	0	71	2	89.14	8.77	1120	
Ham Steak & Eggs with Fresh Fruit (1150 - 1440 Cals)																	
Ham Steak and Eggs with a Biscuit and Fruit	1 entrée	1360	101	36	0	585	1290	57	2.32	20	0.99	67	2	115.12	7.94	450	
Ham Steak and Eggs with an English Muffin and Fruit	1 entrée	1150	85	26	0	580	500	43	2.32	19	1	65	2	80.50	6.20	430	
Ham Steak and Eggs with Marble Rye Toast and Fruit	1 entrée	1180	86	27	0	580	560	49	2.98	18	0.51	67	2	122.82	7.01	440	
Ham Steak and Eggs with Pancakes and Fruit	1 entrée	1440	85	32	0	610	980	112	1.32	46	28.32	65	2	205.05	7.39	450	
Ham Steak and Eggs with Sourdough Toast and Fruit	1 entrée	1200	86	27	0	585	570	52	2.62	18	0	65	2	84.52	6.27	410	
Ham Steak and Eggs with Wheat Toast and Fruit	1 entrée	1220	88	27	0	580	520	52	4.79	20	2.87	69	2.15	93.93	7.46	510	
Ham Steak and Eggs with White Toast and Fruit	1 entrée	1230	87	27	0	580	660	57	2.42	18	0	68	2	80.46	7.88	430	