

Breakfast Skillets 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)
Garden Skillet (1490 - 1780 Cals)																
Garden with a Biscuit	1 entrée	1700	131	72	0	615	1520	97	2.35	10	0.99	31	2.23	341.54	6.83	1830
Garden with an English Muffin	1 entrée	1490	115	62	0	615	730	83	2.35	9	1	29	2.23	306.92	5.09	1810
Garden with Marble Rye Toast	1 entrée	1530	115	63	0	615	790	90	3.01	8	0.51	31	2.23	349.24	5.90	1820
Garden with Pancakes	1 entrée	1780	115	68	0	645	1210	153	1.35	37	28.32	29	2.23	431.47	6.27	1830
Garden with Sourdough Toast	1 entrée	1540	116	63	0	615	800	92	2.65	9	0	29	2.23	310.94	5.15	1790
Garden with Wheat Toast	1 entrée	1560	118	63	0	615	740	93	4.82	10	2.87	32	2.38	320.35	6.34	1890
Garden with White Toast	1 entrée	1580	117	63	0	615	890	98	2.45	8	0	32	2.23	306.88	6.76	1810
Chicken Fried Steak Skillet (2130 - 2420 Cals)																
Chicken Fried Steak with a Biscuit	1 entrée	2340	160	79	0	700	2770	156	2	9	0.99	62	2	285.34	9.51	1750
Chicken Fried Steak with an English Muffin	1 entrée	2130	144	69	0	695	1980	141	2	8	1	60	2	250.72	7.77	1720
Chicken Fried Steak with Marble Rye Toast	1 entrée	2170	145	69	0	695	2040	148	2.66	7	0.51	62	2	293.04	8.58	1740
Chicken Fried Steak with Pancakes	1 entrée	2420	145	74	0	725	2460	211	1	35	28.32	60	2	375.27	8.96	1750
Chicken Fried Steak with Sourdough Toast	1 entrée	2180	146	69	0	695	2050	151	2.3	7	0	60	2	254.74	7.83	1700
Chicken Fried Steak with Wheat Toast	1 entrée	2200	147	69	0	695	2000	151	4.47	9	2.87	64	2.15	264.15	9.03	1810
Chicken Fried Steak with White Toast	1 entrée	2220	146	69	0	695	2140	156	2.1	7	0	63	2	250.68	9.45	1720
Three Meat Skillet (1760 - 2050 Cals)																
Three Meat with a Biscuit	1 entrée	1970	156	80	0	685	2260	92	1	8	0.99	50	2.2	338.48	7.64	1620
Three Meat with an English Muffin	1 entrée	1760	139	70	0	685	1470	78	1	7	1	48	2.2	303.86	5.90	1600
Three Meat with Marble Rye Toast	1 entrée	1790	140	71	0	685	1530	85	1.66	6	0.51	50	2.2	346.18	6.71	1620
Three Meat with Pancakes	1 entrée	2050	140	76	0	715	1950	148	0	34	28.32	48	2.2	428.41	7.09	1620
Three Meat with Sourdough Toast	1 entrée	1810	141	71	0	685	1540	87	1.3	6	0	48	2.2	307.88	5.97	1580
Three Meat with Wheat Toast	1 entrée	1830	142	71	0	685	1490	88	3.47	8	2.87	51	2.35	317.29	7.16	1690
Three Meat with White Toast	1 entrée	1840	141	71	0	685	1630	93	1.1	6	0	51	2.2	303.82	7.58	1600
Country Harvest Skillet (1690 - 1980 Cals)																
Country Harvest with a Biscuit	1 entrée	1900	148	78	0	670	2140	96	2.01	9	0.99	43	2.2	356.54	8.46	1720
Country Harvest with an English Muffin	1 entrée	1690	132	68	0	665	1350	82	2.01	8	1	41	2.2	321.92	6.72	1700
Country Harvest with Marble Rye Toast	1 entrée	1730	133	68	0	665	1410	88	2.67	7	0.51	43	2.2	364.24	7.53	1710
Country Harvest with Pancakes	1 entrée	1980	132	73	0	695	1830	151	1.01	36	28.32	42	2.2	446.47	7.91	1720
Country Harvest with Sourdough Toast	1 entrée	1740	133	68	0	665	1420	91	2.31	8	0	41	2.2	325.94	6.78	1680
Country Harvest with Wheat Toast	1 entrée	1760	135	68	0	665	1370	91	4.48	10	2.87	45	2.35	335.35	7.98	1780
Country Harvest with White Toast	1 entrée	1780	134	68	0	665	1510	96	2.11	7	0	44	2.2	321.88	8.39	1700
Create Your Own Skillet (1350 - 1640 Cals)																
Create Your Own with a Biscuit	1 entrée	1560	122	67	0	590	1330	92	1	7	0.99	24	2	133.94	6.51	1600
Create Your Own with an English Muffin	1 entrée	1350	105	57	0	590	540	77	1	6	1	22	2	99.32	4.77	1580
Create Your Own with Marble Rye Toast	1 entrée	1390	106	57	0	590	600	84	1.66	5	0.51	23	2	141.64	5.58	1600
Create Your Own with Pancakes	1 entrée	1640	106	62	0	620	1020	147	0	34	28.32	22	2	223.87	5.96	1600
Create Your Own with Sourdough Toast	1 entrée	1410	107	57	0	590	620	87	1.3	5	0	21	2	103.35	4.83	1560
Create Your Own with Wheat Toast	1 entrée	1420	108	58	0	590	560	87	3.47	7	2.87	25	2.15	112.75	6.03	1660
Create Your Own with White Toast	1 entrée	1440	107	58	0	590	700	92	1.1	5	0	25	2	99.28	6.45	1580