

Super 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)
Super Start with Bacon and Homestyle Potatoes (950 - 1240 Cals)																
Super Start with Bacon, a Biscuit, and Homestyle Potatoes	1	1160	81	36	0	650	1730	74	1	6	0.99	35	3	151.80	6.92	1210
Super Start with Bacon, an English Muffin, and Homestyle Potatoes	1	950	64	27	0	645	940	60	1	5	1	33	3	117.18	5.18	1190
Super Start with Bacon, Marble Rye Toast, and Homestyle Potatoes	1	980	65	27	0	645	1000	66	1.66	3	0.51	35	3	159.50	5.99	1200
Super Start with Bacon, Pancakes, and Homestyle Potatoes	1	1240	65	32	0	675	1420	129	0	32	28.32	33	3	241.73	6.37	1210
Super Start with Bacon, Sourdough Toast, and Homestyle Potatoes	1	1000	66	27	0	650	1010	69	1.3	4	0	33	3	121.20	5.24	1170
Super Start with Bacon, Wheat Toast, and Homestyle Potatoes	1	1020	67	27	0	645	950	69	3.47	6	2.87	37	3.15	130.61	6.44	1270
Super Start with Bacon, White Toast, and Homestyle Potatoes	1	1040	66	27	0	645	1100	74	1.1	4	0	36	3	117.14	6.86	1190
Super Start with Bacon and Fresh Fruit (640 - 930 Cals)																
Super Start with Bacon, a Biscuit, and Fruit	1	840	59	22	0	590	1710	49	2.32	12	0.99	32	3	143.12	6.03	520
Super Start with Bacon, an English Muffin, and Fruit	1	640	42	13	0	585	910	35	2.32	11	1	30	3	108.50	4.29	500
Super Start with Bacon, Marble Rye Toast, and Fruit	1	670	43	13	0	585	970	41	2.98	10	0.51	32	3	150.82	5.10	510
Super Start with Bacon, Pancakes, and Fruit	1	930	43	18	0	615	1400	104	1.4	38	28.32	30	3	234.59	5.50	518
Super Start with Bacon, Sourdough Toast, and Fruit	1	690	44	13	0	590	990	44	2.62	10	0	30	3	112.52	4.35	480
Super Start with Bacon, Wheat Toast, and Fruit	1	710	45	13	0	585	930	44	4.79	12	2.87	34	3.15	121.93	5.55	580
Super Start with Bacon, White Toast, and Fruit	1	720	44	13	0	585	1070	49	2.42	10	0	33	3	108.46	5.96	500
Super Start with Sausage Patty and Homestyle Potatoes (1630 - 1920 Cals)																
Super Start with a Sausage Patty, a Biscuit, and Homestyle Potatoes	1	1840	137	54	1	820	3720	74	1	6	0.99	77	3	220.26	13.60	1210
Super Start with a Sausage Patty, an English Muffin, and Homestyle Potatoes	1	1630	121	45	0.5	815	2930	60	1	5	1	75	3	185.64	11.85	1190
Super Start with a Sausage Patty, Marble Rye Toast, and Homestyle Potatoes	1	1660	121	45	0.5	815	2990	67	1.66	4	0.51	77	3	227.96	12.66	1200
Super Start with a Sausage Patty, Pancakes, and Homestyle Potatoes	1	1920	121	50	0	845	3410	130	0	33	28.32	75	3	310.20	13.04	1210
Super Start with a Sausage Patty, Sourdough Toast, and Homestyle Potatoes	1	1680	122	45	0.5	815	3010	69	1.3	5	0	75	3	189.67	11.92	1170
Super Start with a Sausage Patty, Wheat Toast, and Homestyle Potatoes	1	1700	124	45	0.5	815	2950	69	3.47	6	2.87	78	3.15	199.08	13.11	1270
Super Start with a Sausage Patty, White Toast, and Homestyle Potatoes	1	1720	123	45	0.5	815	3090	75	1.1	4	0	78	3	185.61	13.53	1190
Super Start with Sausage Patty and Fresh Fruit (1320 - 1610 Cals)																
Super Start with a Sausage Patty, a Biscuit, and Fruit	1	1520	115	40	1	760	3700	49	2.32	12	0.99	74	3	211.58	12.70	520
Super Start with a Sausage Patty, an English Muffin, and Fruit	1	1320	99	31	0.5	755	2910	35	2.32	11	1	72	3	176.96	10.96	500
Super Start with a Sausage Patty, Marble Rye Toast, and Fruit	1	1350	99	31	0.5	755	2970	42	2.98	10	0.51	74	3	219.28	11.77	510
Super Start with a Sausage Patty, Pancakes, and Fruit	1	1610	99	36	0	785	3390	105	1.32	39	28.32	72	3	301.51	12.15	520
Super Start with a Sausage Patty, Sourdough Toast, and Fruit	1	1370	100	31	0.5	755	2980	44	2.62	11	0	71	3	180.99	11.03	480
Super Start with a Sausage Patty, Wheat Toast, and Fruit	1	1390	102	31	0.5	755	2920	44	4.79	12	2.87	75	3.15	190.39	12.22	580
Super Start with a Sausage Patty, White Toast, and Fruit	1	1400	101	31	0.5	755	3070	50	2.42	10	0	75	3	176.92	12.64	500
Super Start with Sausage Link and Homestyle Potatoes (1080 - 1370 Cals)																
Super Start with Sausage Link, a Biscuit, and Homestyle Potatoes	1	1290	94	42	0	670	1790	75	1	6	0.99	37	3	151.80	7.46	1210
Super Start with Sausage Link, an English Muffin, and Homestyle Potatoes	1	1080	78	33	0	670	1000	61	1	5	1	35	3	117.18	5.72	1190
Super Start with Sausage Link, Marble Rye Toast, and Homestyle Potatoes	1	1120	78	33	0	670	1060	68	1.66	3	0.51	37	3	159.50	6.53	1200
Super Start with Sausage Link, Pancakes, and Homestyle Potatoes	1	1370	78	38	0	700	1480	131	0	32	28.32	35	3	241.73	6.91	1210
Super Start with Sausage Link, Sourdough Toast, and Homestyle Potatoes	1	1140	79	33	0	670	1070	70	1.3	4	0	34	3	121.20	5.78	1170
Super Start with Sausage Link, Wheat Toast, and Homestyle Potatoes	1	1160	81	33	0	670	1010	71	3.47	6	2.87	38	3.15	130.61	6.98	1270
Super Start with Sausage Link, White Toast, and Homestyle Potatoes	1	1170	80	33	0	670	1160	76	1.1	4	0	38	3	117.14	7.40	1190
Super Start with Sausage Link and Fresh Fruit (770 - 1060 Cals)																
Super Start with Sausage Link, a Biscuit, and Fruit	1	980	72	28	0	610	1770	50	2.32	12	0.99	34	3	143.12	6.57	520
Super Start with Sausage Link, an English Muffin, and Fruit	1	770	56	19	0	610	970	36	2.32	11	1	32	3	108.50	4.83	500
Super Start with Sausage Link, Marble Rye Toast, and Fruit	1	800	56	19	0	610	1030	43	2.98	10	0.51	33	3	150.82	5.64	510
Super Start with Sausage Link, Pancakes, and Fruit	1	1060	56	24	0	640	1460	106	1.32	38	28.32	32	3	233.05	6.02	520
Super Start with Sausage Link, Sourdough Toast, and Fruit	1	820	57	19	0	610	1050	45	2.62	10	0	31	3	112.52	4.89	480
Super Start with Sausage Link, Wheat Toast, and Fruit	1	840	59	19	0	610	990	45	4.79	12	2.87	35	3.15	121.93	6.09	580
Super Start with Sausage Link, White Toast, and Fruit	1	860	58	19	0	610	1130	51	2.42	10	0	35	3	108.46	6.50	500
Super Start with Plant Based Sausage and Homestyle Potatoes (1080 - 1370 Cals)																
Super Start with Plant Based Sausage, a Biscuit, and Homestyle Potatoes	1	1290	87	41	0	625	1930	92	4	9	0.99	40	3	391.80	10.22	1660
Super Start with Plant Based Sausage, an English Muffin, and Homestyle Potatoes	1	1080	70	31	0	625	1130	78	4	8	1	38	3	357.18	8.48	1640
Super Start with Plant Based Sausage, Marble Rye Toast, and Homestyle Potatoes	1	1120	71	31	0	625	1190	84	4.66	6	0.51	40	3	399.50	9.29	1650
Super Start with Plant Based Sausage, Pancakes, and Homestyle Potatoes	1	1370	71	36	0	655	1620	147	3	35	28.32	38	3	481.73	9.67	1660
Super Start with Plant Based Sausage, Sourdough Toast, and Homestyle Potatoes	1	1140	72	31	0	625	1210	87	4.3	7	0	37	3	361.20	8.54	1620
Super Start with Plant Based Sausage, Wheat Toast, and Homestyle Potatoes	1	1160	73	32	0	625	1150	87	6.47	9	2.87	41	3.15	370.61	9.74	1720
Super Start with Plant Based Sausage, White Toast, and Homestyle Potatoes	1	1170	72	32	0	625	1290	92	4.1	7	0	41	3	357.14	10.16	1640

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Super Start with Plant Based Sausage and Fresh Fruit (770 - 1060 Cals)																
Super Start with Plant Based Sausage, a Biscuit, and Fruit	1	980	65	27	0	565	1900	67	5.32	15	0.99	37	3	383.12	9.33	970
Super Start with Plant Based Sausage, an English Muffin, and Fruit	1	770	48	17	0	565	1110	53	5.32	14	1	35	3	348.50	7.59	950
Super Start with Plant Based Sausage, Marble Rye Toast, and Fruit	1	800	49	17	0	565	1170	59	5.98	13	0.51	36	3	390.82	8.40	960
Super Start with Plant Based Sausage, Pancakes, and Fruit	1	1060	49	22	0	595	1590	122	4.32	41	28.32	35	3	473.05	8.78	970
Super Start with Plant Based Sausage, Sourdough Toast, and Fruit	1	820	50	17	0	565	1180	62	5.62	13	0	34	3	352.52	7.65	930
Super Start with Plant Based Sausage, Wheat Toast, and Fruit	1	840	51	18	0	565	1130	62	7.79	15	2.87	38	3.15	361.93	8.85	1030
Super Start with Plant Based Sausage, White Toast, and Fruit	1	860	50	18	0	565	1270	67	5.42	13	0	38	3	348.46	9.26	950
Super Start with Turkey Sausage and Homestyle Potatoes (1060 - 1350 Cals)																
Super Start with Turkey Sausage, a Biscuit, and Homestyle Potatoes	1	1270	84	38	0	730	2270	74	1	6	0.99	52	3	151.80	8.20	1790
Super Start with Turkey Sausage, an English Muffin, and Homestyle Potatoes	1	1060	67	28	0	730	1470	60	1	5	1	50	3	117.18	6.46	1770
Super Start with Turkey Sausage, Marble Rye Toast, and Homestyle Potatoes	1	1090	68	29	0	730	1530	66	1.66	3	0.51	52	3	159.50	7.26	1780
Super Start with Turkey Sausage, Pancakes, and Homestyle Potatoes	1	1350	68	33	0	760	1960	129	0	32	28.32	50	3	241.73	7.64	1790
Super Start with Turkey Sausage, Sourdough Toast, and Homestyle Potatoes	1	1110	69	29	0	730	1550	69	1.3	4	0	50	3	121.20	6.52	1750
Super Start with Turkey Sausage, Wheat Toast, and Homestyle Potatoes	1	1130	70	29	0	730	1490	69	3.47	6	2.87	53	3.15	130.61	7.71	1850
Super Start with Turkey Sausage, White Toast, and Homestyle Potatoes	1	1140	69	29	0	730	1630	74	1.1	4	0	53	3	117.14	8.13	1770
Super Start with Turkey Sausage and Fresh Fruit (740 - 1030 Cals)																
Super Start with Turkey Sausage, a Biscuit, and Fruit	1	950	62	24	0	670	2240	49	2.32	12	0.99	49	3	143.12	7.30	1100
Super Start with Turkey Sausage, an English Muffin, and Fruit	1	740	45	14	0	670	1450	35	2.32	11	1	47	3	108.50	5.56	1070
Super Start with Turkey Sausage, Marble Rye Toast, and Fruit	1	780	46	15	0	670	1510	41	2.98	10	0.51	49	3	150.82	6.37	1090
Super Start with Turkey Sausage, Pancakes, and Fruit	1	1030	46	19	0	700	1930	104	1.32	38	28.32	47	3	233.05	6.75	1100
Super Start with Turkey Sausage, Sourdough Toast, and Fruit	1	800	47	15	0	670	1520	44	2.62	10	0	47	3	112.52	5.63	1050
Super Start with Turkey Sausage, Wheat Toast, and Fruit	1	810	48	15	0	670	1470	44	4.79	12	2.87	50	3.15	121.93	6.82	1160
Super Start with Turkey Sausage, White Toast, and Fruit	1	830	47	15	0	670	1610	49	2.42	10	0	50	3	108.46	7.24	1070