

## **LunchStop Menu Board Nutritional Guide**

<u>Item Name</u>	<u>Calories</u>	<u>Total Fat (g)</u>	<u>Sat. Fat (g)</u>	<u>Cholesterol</u>	<u>Sodium (mg)</u>	<u>Total Carb (g)</u>
2 Eggs	100	4	1	305	100	1
French Toast	320	11	1	75	150	45
Pancake	110	3	1	30	450	17
Bacon	80	9	2.5	18	320	0.5
Sausage	180	16	1	32	480	0
Ham	95	3	1	23	760	2
Hash Browns	220	14	2	10	425	2
Breakfast Sandwich	440	28	10	255	890	27
Cheese Omelet with Toast	360	40	12	300	500	24
Veg & Chz Omlet w/ Toast	490	40	13	645	535	28
Denver Omlete with toast	480	43	10.5	660	885	29
Ham & Cheese Omelet with Toast	680	53	12	695	950	28
Breakfast Burrito/Super Burrito	570	37	13	530	1105	38
Cold Cereal	Marked on Package					
Yogurt	Marked on Package					
Bagel	240	2				45
Bagel with Cream Cheese	340	12				47
Muffin or Pastry	Marked Individually					
Toast or English Muffin	Vary					
Heroes(Avg)	575	30	9	75	1700	52
Whole Sandwich	550	24	5	75	1475	45
1/2 Sandwich	275	12	2.5	37	740	22
Club Sandwich	720	38	7	75	1665	62
B.L.T. with Avocado	750	47	10	120	1885	48
The Natural	475	19	3	45	375	46
Grilled Chicken Breast	450	18	3	60	970	46
Malibu Chicken	785	42	13	175	1340	45
Old Fashioned Burger with Fries	790	37	15	225	1250	48
Chzburger w/ Fries	880	46	18	350	1575	49
Bacon & Cheese Burger with Fries	1150	58	20	425	1890	51
The Alternate Veggie Burger	130	3				18
Hot Dog/Super Dog	470	20				33
French Fries	450	22	4	0	290	57
Onion Rings	330	16	4	0	470	41