



# Breakfast

## Monday

<b>Oatmeal</b> (73 Cal, 1g Fat, 13g Carbs, 3g Protein, 0mg Sodium)	<b>\$0.83</b>
<b>Cream of Wheat</b> (61 Cal, 0g Fat, 13g Carbs, 2g Protein, 0mg Sodium)	<b>\$0.83</b>
<b>Bacon Breakfast Sandwich</b> (366 Cal, 18g Fat, 26g Carbs, 21g Protein, 736mg Sodium)	<b>\$1.98</b>
<b>Sausage Breakfast Sandwich</b> (472 Cal, 30g Fat, 27g Carbs, 19g Protein, 681mg Sodium)	<b>\$1.60</b>
<b>Breakfast Burrito (2)</b> (420 Cal, 14g Fat, 56g Carbs, 20g Protein, 680mg Sodium)	<b>\$1.39</b>
<b>French Toast</b> (181 Cal, 4g Fat, 27g Carbs, 7g Protein, 210mg Sodium)	<b>\$0.83</b>
<b>Scrambled Egg</b> (75 Cal, 5g Fat, 0g Carbs, 7g Protein, 75mg Sodium)	<b>\$0.50</b>
<b>Bacon</b> (45 Cal, 3g Fat, 0g Carbs, 4g Protein, 100mg Sodium)	<b>\$0.50</b>
<b>Pork Sausage</b> (196 Cal, 19g Fat, 1g Carb, 6g Protein, 145mg Sodium)	<b>\$0.50</b>
<b>Home Fries</b> (213 Cal, 8g Fat, 33g Carbs, 4g Protein, 154mg Sodium)	<b>\$0.94</b>



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<b>Oatmeal</b> (73 Cal, 1g Fat, 13g Carbs, 3g Protein, 0mg Sodium)	<b>\$0.83</b>
<b>Cream of Wheat</b> (61 Cal, 0g Fat, 13g Carbs, 2g Protein, 0mg Sodium)	<b>\$0.83</b>
<b>Bacon Breakfast Sandwich</b> (366 Cal, 18g Fat, 26g Carbs, 21g Protein, 736mg Sodium)	<b>\$1.98</b>
<b>Sausage Breakfast Sandwich</b> (472 Cal, 30g Fat, 27g Carbs, 19g Protein, 681mg Sodium)	<b>\$1.60</b>
<b>Biscuit &amp; Gravy</b> (360 Cal, 18g Fat, 44g Carbs, 9g Protein, 1480mg Sodium)	<b>\$1.49</b>
<b>Scrambled Egg</b> (75 Cal, 5g Fat, 0g Carbs, 7g Protein, 75mg Sodium)	<b>\$0.50</b>
<b>Bacon</b> (45 Cal, 3g Fat, 0g Carbs, 4g Protein, 100mg Sodium)	<b>\$0.50</b>
<b>Pork Sausage</b> (196 Cal, 19g Fat, 1g Carb, 6g Protein, 145mg Sodium)	<b>\$0.50</b>
<b>Home Fries</b> (213 Cal, 8g Fat, 33g Carbs, 4g Protein, 154mg Sodium)	<b>\$0.94</b>



# Breakfast

## Wednesday

<b>Oatmeal</b> (73 Cal, 1g Fat, 13g Carbs, 3g Protein, 0mg Sodium)	<b>\$0.83</b>
<b>Cream of Wheat</b> (61 Cal, 0g Fat, 13g Carbs, 2g Protein, 0mg Sodium)	<b>\$0.83</b>
<b>Cheese Omelet</b> (190 Cal, 14g Fat, 4g Carbs, 12g Protein, 560mg Sodium)	<b>\$1.49</b>
<b>Bacon Breakfast Sandwich</b> (366 Cal, 18g Fat, 26g Carbs, 21g Protein, 736mg Sodium)	<b>\$1.98</b>
<b>Sausage Breakfast Sandwich</b> (472 Cal, 30g Fat, 27g Carbs, 19g Protein, 681mg Sodium)	<b>\$1.60</b>
<b>Country Bake</b> (320 Cal, 21g Fat, 15g Carbs, 16g Protein, 840mg Sodium)	<b>\$1.98</b>
<b>Scrambled Egg</b> (75 Cal, 5g Fat, 0g Carbs, 7g Protein, 75mg Sodium)	<b>\$0.50</b>
<b>Bacon</b> (45 Cal, 3g Fat, 0g Carbs, 4g Protein, 100mg Sodium)	<b>\$0.50</b>
<b>Pork Sausage</b> (196 Cal, 19g Fat, 1g Carb, 6g Protein, 145mg Sodium)	<b>\$0.50</b>
<b>Home Fries</b> (213 Cal, 8g Fat, 33g Carbs, 4g Protein, 154mg Sodium)	<b>\$0.94</b>



# Breakfast

## Thursday

<b>Oatmeal</b> (73 Cal, 1g Fat, 13g Carbs, 3g Protein, 0mg Sodium)	<b>\$0.83</b>
<b>Cream of Wheat</b> (61 Cal, 0g Fat, 13g Carbs, 2g Protein, 0mg Sodium)	<b>\$0.83</b>
<b>Pancake</b> (207 Cal, 4g Fat, 38g Carbs, 5g Protein, 567mg Sodium)	<b>\$0.66</b>
<b>Blueberry Pancake</b> (221 Cal, 4g Fat, 42g Carbs, 5g Protein, 567mg Sodium)	<b>\$0.88</b>
<b>Bacon Breakfast Sandwich</b> (366 Cal, 18g Fat, 26g Carbs, 21g Protein, 736mg Sodium)	<b>\$1.98</b>
<b>Sausage Breakfast Sandwich</b> (472 Cal, 30g Fat, 27g Carbs, 19g Protein, 681mg Sodium)	<b>\$1.60</b>
<b>Bacon Breakfast Bake</b> (240 Cal, 15g Fat, 14g Carbs, 11g Protein, 427mg Sodium)	<b>\$1.98</b>
<b>Scrambled Egg</b> (75 Cal, 5g Fat, 0g Carbs, 7g Protein, 75mg Sodium)	<b>\$0.50</b>
<b>Bacon</b> (45 Cal, 3g Fat, 0g Carbs, 4g Protein, 100mg Sodium)	<b>\$0.50</b>
<b>Pork Sausage</b> (196 Cal, 19g Fat, 1g Carb, 6g Protein, 145mg Sodium)	<b>\$0.50</b>
<b>Home Fries</b> (213 Cal, 8g Fat, 33g Carbs, 4g Protein, 154mg Sodium)	<b>\$0.94</b>



# Breakfast

## Friday

<b>Oatmeal</b> (73 Cal, 1g Fat, 13g Carbs, 3g Protein, 0mg Sodium)	<b>\$0.83</b>
<b>Cream of Wheat</b> (61 Cal, 0g Fat, 13g Carbs, 2g Protein, 0mg Sodium)	<b>\$0.83</b>
<b>Bacon Breakfast Sandwich</b> (366 Cal, 18g Fat, 26g Carbs, 21g Protein, 736mg Sodium)	<b>\$1.98</b>
<b>Sausage Breakfast Sandwich</b> (472 Cal, 30g Fat, 27g Carbs, 19g Protein, 681mg Sodium)	<b>\$1.60</b>
<b>Cheese Omelet</b> (190 Cal, 14g Fat, 4g Carbs, 12g Protein, 560mg Sodium)	<b>\$1.49</b>
<b>Scrambled Egg</b> (75 Cal, 5g Fat, 0g Carbs, 7g Protein, 75mg Sodium)	<b>\$0.50</b>
<b>Bacon</b> (45 Cal, 3g Fat, 0g Carbs, 4g Protein, 100mg Sodium)	<b>\$0.50</b>
<b>Pork Sausage</b> (196 Cal, 19g Fat, 1g Carb, 6g Protein, 145mg Sodium)	<b>\$0.50</b>
<b>Home Fries</b> (213 Cal, 8g Fat, 33g Carbs, 4g Protein, 154mg Sodium)	<b>\$0.94</b>



