

Scramblers Menu - Nutritional Information

Per Serving

	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Southwest Frittata	941	76	24	0	735	2267	10	0	6	59
Game Day Breakfast Skillet	943	55	22	0	889	1662	62	8	6	43
Pumpkin-Stuffed French Toast	1348	69	33	2	863	1354	140	5	55	39
Buffalo Chicken Salad	411	23	8	0	232	1312	31	1	2	33
Autumn Harvest Combo	612	18	8	0	68	1155	92	6	31	23

***Disclaimer: All nutritional information is based off of approximations based on average serving sizes and average accepted values for constituent ingredients.**

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption.