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**Nutritional Analysis**

Information for analysis was collected from the internet, U.S. Department of Agriculture, UW–Stout’s food suppliers and Bowes and Church’s Food Values of Portions Commonly Used, 18th edition. The information is a guide to the approximate nutrient content of foods. Persons on special diets may require more specific nutrient information.

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University Dining Services would like to help you make healthy food choices and provides this brochure to assist you in selecting nutritious food choices. Please call 232-1094 if you have questions regarding menu items served by University Dining Services in the Memorial Student Center.

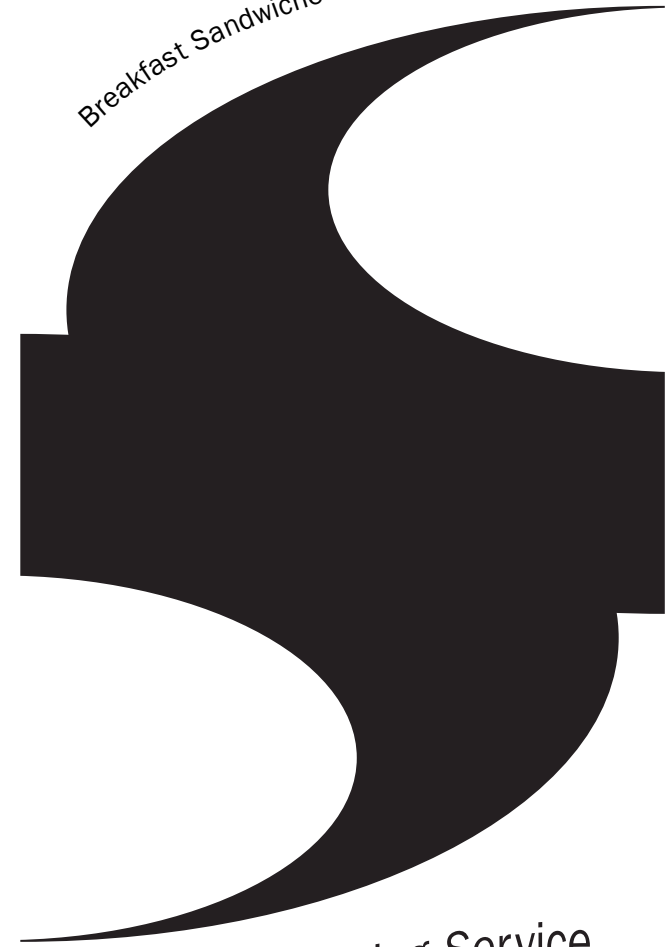


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# Breakfast Items

## Nutrition Guide

Breakfast Sandwiches • Eggs • Sides



University Dining Service

	Serving	Calories	Carbs (in grams)	Protein (in grams)	Total Fat (in grams)	Fiber (in grams)
<b>•BREAKFAST</b>						
<b>SANDWICHES</b>						
Canadian Bacon and Egg Muffin	1	336	32	21	13	2
Bacon and Egg Muffin	1	359	32	20	17	2
Sausage and Egg Muffin	1	400	32	21	20	2
Egg and Cheese Muffin	1	303	32	16	12	2
Bacon and Egg Croissant	1	517	35	21	32	0
Canadian Bacon and Egg Croissant	1	404	25	20	24	0
Sausage and Egg Single Egg and Cheese Croissant	1	557	35	22	36	0
Breakfast Melt Ham	1	533	35	21	34	0
Breakfast Melt Sausage	1	404	28	26	21	0
Monte Kirsto	1	526	28	25	35	0
	1	439	31	29	22	0
<b>EGGS</b>						
2 eggs, tritator and 2 pc. toast	1 meal	490	45	14	29	0
Build Your Own Omelet	1 meal	570	34	30	34	1
Cheese Omelet and 2 pc. toast	1 meal	222	2	14	17	0
Egg, fried	1 egg	95	1	5	8	0
<b>SIDES</b>						
Bacon	3 slices	109	0	6	9	0
Pork Sausage	3 links	147	0	8	12	0
Tritators	3 pieces	581	64	7	35	0
English Muffin (NO butter)	1 piece	150	28	5	2	2
Texas French Toast (NO butter or syrup)	2 slices	369	49	18	10	0