

Good 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 Sugars (g)	Prot (g)
Good Start with Bacon and Fruit												
Good Start with Bacon, Biscuit, Fruit	1 platter	740	51	20	0	395	1520	50	2.31	13	0.99	24
Good Start with Bacon, English Muffin, Fruit	1 platter	540	34	10	0	395	680	36	2.31	11	1	22
Good Start with Bacon, Pancakes, Fruit	1 platter	830	35	15	0	425	1210	106	1.31	39	28.32	22
Good Start with Bacon, Sourdough Toast, Fruit	1 platter	590	36	10	0	395	800	45	2.61	11	0	21
Good Start with Bacon, Marble Rye Toast, Fruit	1 platter	570	34	10	0	395	790	43	3.1	11	0.51	24
Good Start with Bacon, Wheat Toast, Fruit	1 platter	620	37	11	0	395	770	48	5.11	13	3.14	26
Good Start with Bacon, White Toast, Fruit	1 platter	620	36	11	0	395	890	51	2.41	11	0	25
Good Start with Bacon and Homestyle Potatoes												
Good Start with Bacon, Biscuit, Potatoes	1 platter	1050	73	34	0	455	1550	74	1	6	0.99	27
Good Start with Bacon, English Muffin, Potatoes	1 platter	840	56	24	0	455	710	60	1	4	1	25
Good Start with Bacon, Pancakes, Potatoes	1 platter	1130	57	29	0	485	1240	129	0	32	28.32	25
Good Start with Bacon, Marble Rye Toast, Potatoes	1 platter	870	56	24	0	455	810	66	1.79	4	0.51	27
Good Start with Bacon, Sourdough Toast, Potatoes	1 platter	900	58	24	0	455	830	69	1.3	4	0	24
Good Start with Bacon, Wheat Toast, Potatoes	1 platter	930	59	25	0	455	800	72	3.8	6	3.14	29
Good Start with Bacon, White Toast, Potatoes	1 platter	930	58	25	0	455	910	74	1.1	4	0	28
Good Start with Ham and Fruit												
Good Start with Ham, Biscuit, Fruit	1 platter	1020	73	27	0	480	1290	54	2.31	17	0.99	43
Good Start with Ham, English Muffin, Fruit	1 platter	810	57	17	0	480	450	40	2.31	15	1	41
Good Start with Ham, Pancakes, Fruit	1 platter	1100	57	22	0	510	980	110	1.31	44	28.32	41
Good Start with Ham, Marble Rye Toast, Fruit	1 platter	840	56	17	0	480	560	47	3.1	15	0.51	43
Good Start with Ham, Sourdough Toast, Fruit	1 platter	860	58	18	0	480	570	49	2.61	15	0	41
Good Start with Ham, Wheat Toast, Fruit	1 platter	900	60	18	0	480	540	52	5.11	18	3.14	45
Good Start with Ham, White Toast, Fruit	1 platter	900	59	18	0	480	660	55	2.41	15	0	44
Good Start with Ham and Homestyle Potatoes												
Good Start with Ham, Biscuit, Potatoes	1 platter	1330	95	41	0	540	1320	78	1	10	0.99	46
Good Start with Ham, English Muffin, Potatoes	1 platter	1120	79	31	0	540	480	64	1	8	1	44
Good Start with Ham, Pancakes, Potatoes	1 platter	1410	79	37	0	570	1010	133	0	36	28.32	44
Good Start with Ham, Marble Rye Toast, Potatoes	1 platter	1150	78	31	0	540	580	71	1.79	8	0.51	46
Good Start with Ham, Sourdough Toast, Potatoes	1 platter	1170	80	32	0	540	600	73	1.3	8	0	44
Good Start with Ham, Wheat Toast, Potatoes	1 platter	1210	82	32	0	540	570	76	3.8	10	3.14	48
Good Start with Ham, White Toast, Potatoes	1 platter	1200	81	32	0	540	680	78	1.1	8	0	47
Good Start with Sausage Patty and Fruit												
Good Start with Sausage Patty, Biscuit, Fruit	1 platter	1200	88	32	0.5	510	2850	50	2.31	13	0.99	51
Good Start with Sausage Patty, English Muffin, Fruit	1 platter	990	72	22	0	510	2010	36	2.31	11	1	49
Good Start with Sausage Patty, Pancakes, Fruit	1 platter	1280	72	27	0	540	2540	106	1.31	40	28.32	50
Good Start with Sausage Patty, Marble Rye Toast, Fruit	1 platter	1020	72	22	0	510	2120	43	3.1	11	0.51	51
Good Start with Sausage Patty, Sourdough Toast, Fruit	1 platter	1040	73	22	0.5	510	2130	45	2.61	12	0	49
Good Start with Sausage Patty, Wheat Toast, Fruit	1 platter	1080	75	23	0	510	2100	49	5.11	14	3.14	53
Good Start with Sausage Patty, White Toast, Fruit	1 platter	1070	74	23	0.5	510	2220	51	2.41	11	0	52
Good Start with Sausage Patty and Homestyle Potatoes												
Good Start with Sausage Patty, Biscuit, Potatoes	1 platter	1510	110	46	0.5	570	2880	74	1	6	0.99	54

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Good Start with Sausage Patty, English Muffin, Potatoes	1 platter	1300	94	36	0	570	2040	60	1	4	1	52
Good Start with Sausage Patty, Pancakes, Potatoes	1 platter	1590	94	41	0	600	2560	130	0	33	28.32	53
Good Start with Sausage Patty, Marble Rye Toast, Potatoes	1 platter	1330	94	36	0	570	2140	67	1.79	4	0.51	54
Good Start with Sausage Patty, Sourdough Toast, Potatoes	1 platter	1350	95	36	0.5	570	2160	69	1.3	4	0	52
Good Start with Sausage Patty, Wheat Toast, Potatoes	1 platter	1390	97	37	0	570	2130	72	3.8	7	3.14	56
Good Start with Sausage Patty, White Toast, Potatoes	1 platter	1380	96	37	0.5	570	2240	75	1.1	4	0	56
Good Start with Sausage Link and Fruit												
Good Start with Sausage Link, Biscuit, Fruit	1 platter	830	60	24	0	410	1560	51	2.31	13	0.99	25
Good Start with Sausage Link, English Muffin, Fruit	1 platter	630	43	14	0	410	720	37	2.31	11	1	23
Good Start with Sausage Link, Pancakes, Fruit	1 platter	920	44	19	0	440	1250	107	1.31	39	28.32	23
Good Start with Sausage Link, Marble Rye Toast, Fruit	1 platter	660	43	14	0	410	830	44	3.1	11	0.51	25
Good Start with Sausage Link, Sourdough Toast, Fruit	1 platter	680	45	14	0	410	840	46	2.61	11	0	22
Good Start with Sausage Link, Wheat Toast, Fruit	1 platter	710	46	15	0	410	810	49	5.11	13	3.14	27
Good Start with Sausage Link, White Toast, Fruit	1 platter	710	45	15	0	410	930	52	2.41	11	0	26
Good Start with Sausage Link and Homestyle Potatoes												
Good Start with Sausage Link, Biscuit, Potatoes	1 platter	1140	82	38	0	470	1590	75	1	6	0.99	28
Good Start with Sausage Link, English Muffin, Potatoes	1 platter	930	65	28	0	470	750	61	1	4	1	26
Good Start with Sausage Link, Pancakes, Potatoes	1 platter	1220	66	33	0	500	1280	130	0	32	28.32	26
Good Start with Sausage Link, Marble Rye Toast, Potatoes	1 platter	960	65	28	0	470	850	67	1.79	4	0.51	28
Good Start with Sausage Link, Sourdough Toast, Potatoes	1 platter	990	67	28	0	470	870	70	1.3	4	0	25
Good Start with Sausage Link, Wheat Toast, Potatoes	1 platter	1020	68	29	0	470	840	73	3.8	6	3.14	30
Good Start with Sausage Link, White Toast, Potatoes	1 platter	1020	67	29	0	470	950	75	1.1	4	0	29
Good Start with Plant Based Sausage and Fruit												
Good Start with Plant Based Sausage, Biscuit, Fruit	1 platter	830	55	23	0	380	1650	62	4.31	15	0.99	27
Good Start with Plant Based Sausage, English Muffin, Fruit	1 platter	630	38	13	0	380	810	48	4.31	13	1	25
Good Start with Plant Based Sausage, Pancakes, Fruit	1 platter	920	39	18	0	410	1340	118	3.31	41	28.32	25
Good Start with Plant Based Sausage, Marble Rye Toast, Fruit	1 platter	660	38	13	0	380	920	55	5.1	13	0.51	27
Good Start with Plant Based Sausage, Sourdough Toast, Fruit	1 platter	680	40	13	0	380	930	57	4.61	13	0	24
Good Start with Plant Based Sausage, Wheat Toast, Fruit	1 platter	710	41	14	0	380	900	60	7.11	15	3.14	29
Good Start with Plant Based Sausage, White Toast, Fruit	1 platter	710	40	14	0	380	1020	63	4.41	13	0	28
Good Start with Plant Based Sausage and Homestyle Potatoes												
Good Start with Plant Based Sausage, Biscuit, Potatoes	1 platter	1140	77	37	0	440	1680	86	3	8	0.99	30
Good Start with Plant Based Sausage, English Muffin, Potatoes	1 platter	930	60	27	0	440	840	72	3	6	1	28
Good Start with Plant Based Sausage, Pancakes, Potatoes	1 platter	1220	61	32	0	470	1370	141	2	34	28.32	28
Good Start with Plant Based Sausage, Marble Rye Toast, Potatoes	1 platter	960	60	27	0	440	940	78	3.79	6	0.51	30
Good Start with Plant Based Sausage, Sourdough Toast, Potatoes	1 platter	990	62	27	0	440	960	81	3.3	6	0	27
Good Start with Plant Based Sausage, Wheat Toast, Potatoes	1 platter	1020	63	28	0	440	930	84	5.8	8	3.14	32
Good Start with Plant Based Sausage, White Toast, Potatoes	1 platter	1020	62	28	0	440	1040	86	3.1	6	0	31
Good Start with Turkey Sausage and Fruit												
Good Start with Turkey Sausage, Biscuit, Fruit	1 platter	810	53	21	0	450	1880	50	2.31	13	0.99	35
Good Start with Turkey Sausage, English Muffin, Fruit	1 platter	610	36	11	0	450	1040	36	2.31	11	1	33
Good Start with Turkey Sausage, Pancakes, Fruit	1 platter	900	37	16	0	480	1570	106	1.31	39	28.32	33
Good Start with Turkey Sausage, Marble Rye Toast, Fruit	1 platter	640	36	11	0	450	1150	43	3.1	11	0.51	35

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Good Start with Turkey Sausage, Sourdough Toast, Fruit	1 platter	660	38	11	0	450	1160	45	2.61	11	0	33
Good Start with Turkey Sausage, Wheat Toast, Fruit	1 platter	700	40	12	0	450	1130	48	5.11	13	3.14	37
Good Start with Turkey Sausage, White Toast, Fruit	1 platter	690	38	12	0	450	1250	51	2.41	11	0	36
Good Start with Turkey Sausage and Homestyle Potatoes												
Good Start with Turkey Sausage, Biscuit, Potatoes	1 platter	1120	75	35	0	510	1900	74	1	6	0.99	38
Good Start with Turkey Sausage, English Muffin, Potatoes	1 platter	920	58	25	0	510	1070	60	1	4	1	36
Good Start with Turkey Sausage, Pancakes, Potatoes	1 platter	1210	59	30	0	540	1590	129	0	32	28.32	36
Good Start with Turkey Sausage, Marble Rye Toast, Potatoes	1 platter	950	58	25	0	510	1170	66	1.79	4	0.51	38
Good Start with Turkey Sausage, Sourdough Toast, Potatoes	1 platter	970	60	25	0	510	1180	69	1.3	4	0	36
Good Start with Turkey Sausage, Wheat Toast, Potatoes	1 platter	1010	62	26	0	510	1160	72	3.8	6	3.14	40
Good Start with Turkey Sausage, White Toast, Potatoes	1 platter	1000	60	26	0	510	1270	74	1.1	4	0	39