

Kid's Breakfast Menu 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) |
|--------------------------------------------------------------|--------------|----------|---------|------------|--------------|-----------|----------|----------|-----------|-----------|------------------|----------|
| <b>Sunrise Breakfast with Bacon</b>                          |              |          |         |            |              |           |          |          |           |           |                  |          |
| Sunrise Breakfast with Bacon, Biscuit                        | 1 platter    | 360      | 27      | 11         | 0            | 205       | 750      | 19       | 0.5       | 1         | 0.49             | 11       |
| Sunrise Breakfast with Bacon, English Muffin                 | 1 platter    | 260      | 19      | 6          | 0            | 200       | 340      | 12       | 0.5       | 1         | 0.5              | 11       |
| Sunrise Breakfast with Bacon, Pancakes                       | 1 platter    | 720      | 28      | 13         | 0            | 230       | 1350     | 99       | 0         | 30        | 27.91            | 15       |
| Sunrise Breakfast with Bacon, Marble Rye Toast               | 1 platter    | 280      | 19      | 6          | 0            | 200       | 390      | 15       | 0.9       | 1         | 0.25             | 11       |
| Sunrise Breakfast with Bacon, Sourdough Toast                | 1 platter    | 290      | 20      | 6          | 0            | 205       | 400      | 17       | 0.65      | 1         | 0                | 10       |
| Sunrise Breakfast with Bacon, Wheat Toast                    | 1 platter    | 310      | 20      | 7          | 0            | 200       | 380      | 18       | 1.9       | 2         | 1.57             | 12       |
| Sunrise Breakfast with Bacon, White Toast                    | 1 platter    | 300      | 20      | 6          | 0            | 200       | 440      | 19       | 0.55      | 1         | 0                | 12       |
| <b>Sunrise Breakfast with Sausage Patty</b>                  |              |          |         |            |              |           |          |          |           |           |                  |          |
| Sunrise Breakfast with Sausage Patty, Biscuit                | 1 platter    | 590      | 46      | 17         | 0            | 260       | 1420     | 19       | 0.5       | 2         | 0.49             | 25       |
| Sunrise Breakfast with Sausage Patty, English Muffin         | 1 platter    | 490      | 38      | 12         | 0            | 260       | 1000     | 12       | 0.5       | 1         | 0.5              | 24       |
| Sunrise Breakfast with Sausage Patty, Pancakes               | 1 platter    | 940      | 47      | 19         | 0            | 290       | 2010     | 100      | 0         | 30        | 27.91            | 28       |
| Sunrise Breakfast with Sausage Patty, Marble Rye Toast       | 1 platter    | 500      | 38      | 12         | 0            | 260       | 1050     | 16       | 0.9       | 1         | 0.25             | 25       |
| Sunrise Breakfast with Sausage Patty, Sourdough Toast        | 1 platter    | 510      | 38      | 12         | 0            | 260       | 1060     | 17       | 0.65      | 1         | 0                | 24       |
| Sunrise Breakfast with Sausage Patty, Wheat Toast            | 1 platter    | 530      | 39      | 13         | 0            | 260       | 1050     | 18       | 1.9       | 2         | 1.57             | 26       |
| Sunrise Breakfast with Sausage Patty, White Toast            | 1 platter    | 700      | 47      | 14         | 0            | 260       | 1360     | 39       | 1.1       | 1         | 0                | 29       |
| <b>Sunrise Breakfast with Sausage Link</b>                   |              |          |         |            |              |           |          |          |           |           |                  |          |
| Sunrise Breakfast with Sausage Links, Biscuit                | 1 platter    | 410      | 31      | 13         | 0            | 210       | 770      | 20       | 0.5       | 1         | 0.49             | 12       |
| Sunrise Breakfast with Sausage Links, English Muffin         | 1 platter    | 310      | 23      | 8          | 0            | 210       | 360      | 13       | 0.5       | 1         | 0.5              | 11       |
| Sunrise Breakfast with Sausage Links, Pancakes               | 1 platter    | 760      | 32      | 15         | 0            | 240       | 1370     | 100      | 0         | 30        | 27.91            | 15       |
| Sunrise Breakfast with Sausage Links, Marble Rye Toast       | 1 platter    | 320      | 23      | 8          | 0            | 210       | 410      | 16       | 0.9       | 1         | 0.25             | 12       |
| Sunrise Breakfast with Sausage Links, Sourdough Toast        | 1 platter    | 330      | 24      | 8          | 0            | 210       | 420      | 17       | 0.65      | 1         | 0                | 11       |
| Sunrise Breakfast with Sausage Links, Wheat Toast            | 1 platter    | 350      | 25      | 9          | 0            | 210       | 400      | 19       | 1.9       | 2         | 1.57             | 13       |
| Sunrise Breakfast with Sausage Links, White Toast            | 1 platter    | 510      | 32      | 10         | 0            | 210       | 710      | 39       | 1.1       | 1         | 0                | 16       |
| <b>Sunrise Breakfast with Plant Sausage</b>                  |              |          |         |            |              |           |          |          |           |           |                  |          |
| Sunrise Breakfast with Plant Based Sausage, Biscuit          | 1 platter    | 410      | 29      | 13         | 0            | 195       | 820      | 25       | 1.5       | 2         | 0.49             | 13       |
| Sunrise Breakfast with Plant Based Sausage, English Muffin   | 1 platter    | 310      | 21      | 8          | 0            | 195       | 400      | 18       | 1.5       | 2         | 0.5              | 12       |
| Sunrise Breakfast with Plant Based Sausage, Pancakes         | 1 platter    | 760      | 30      | 14         | 0            | 225       | 1420     | 105      | 1         | 31        | 27.91            | 16       |
| Sunrise Breakfast with Plant Based Sausage, Marble Rye Toast | 1 platter    | 320      | 21      | 8          | 0            | 195       | 450      | 21       | 1.9       | 2         | 0.25             | 13       |
| Sunrise Breakfast with Plant Based Sausage, Sourdough Toast  | 1 platter    | 330      | 22      | 8          | 0            | 195       | 460      | 23       | 1.65      | 2         | 0                | 12       |
| Sunrise Breakfast with Plant Based Sausage, Wheat Toast      | 1 platter    | 350      | 22      | 8          | 0            | 195       | 450      | 24       | 2.9       | 3         | 1.57             | 14       |
| Sunrise Breakfast with Plant Based Sausage, White Toast      | 1 platter    | 350      | 22      | 8          | 0            | 195       | 500      | 25       | 1.55      | 2         | 0                | 14       |
| <b>Sunrise Breakfast with Turkey Sausage</b>                 |              |          |         |            |              |           |          |          |           |           |                  |          |
| Sunrise Breakfast with Turkey Sausage, Biscuit               | 1 platter    | 400      | 28      | 12         | 0            | 230       | 930      | 19       | 0.5       | 1         | 0.49             | 17       |
| Sunrise Breakfast with Turkey Sausage, English Muffin        | 1 platter    | 300      | 20      | 7          | 0            | 230       | 520      | 12       | 0.5       | 1         | 0.5              | 16       |
| Sunrise Breakfast with Turkey Sausage, Pancakes              | 1 platter    | 750      | 29      | 13         | 0            | 260       | 1530     | 99       | 0         | 30        | 27.91            | 20       |
| Sunrise Breakfast with Turkey Sausage, Marble Rye Toast      | 1 platter    | 310      | 20      | 7          | 0            | 230       | 570      | 15       | 0.9       | 1         | 0.25             | 17       |
| Sunrise Breakfast with Turkey Sausage, Sourdough Toast       | 1 platter    | 320      | 21      | 7          | 0            | 230       | 570      | 17       | 0.65      | 1         | 0                | 16       |
| Sunrise Breakfast with Turkey Sausage, Wheat Toast           | 1 platter    | 340      | 21      | 7          | 0            | 230       | 560      | 18       | 1.9       | 2         | 1.57             | 18       |
| Sunrise Breakfast with Turkey Sausage, White Toast           | 1 platter    | 500      | 29      | 9          | 0            | 230       | 870      | 39       | 1.1       | 1         | 0                | 21       |
| <b>Kid's Omelet</b>                                          |              |          |         |            |              |           |          |          |           |           |                  |          |

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|                               |           |     |     |     |    |     |      |     |      |    |       |    |
|-------------------------------|-----------|-----|-----|-----|----|-----|------|-----|------|----|-------|----|
| Cheesy Omelet, Fruit          | 1 platter | 430 | 34  | 17  | 0  | 435 | 330  | 12  | 1.31 | 10 | 0     | 19 |
| <b>Kid's Mini Pancakes</b>    |           |     |     |     |    |     |      |     |      |    |       |    |
| Pancakes, Bacon               | 1 platter | 610 | 19  | 9   | 0  | 40  | 1280 | 99  | 0    | 30 | 27.91 | 9  |
| Pancakes, Ham                 | 1 platter | 750 | 30  | 13  | 0  | 80  | 1170 | 101 | 0    | 32 | 27.91 | 18 |
| Pancakes, Plant Based Sausage | 1 platter | 660 | 21  | 11  | 0  | 30  | 1350 | 105 | 1    | 31 | 27.91 | 10 |
| Pancakes, Sausage Links       | 1 platter | 660 | 24  | 11  | 0  | 45  | 1300 | 100 | 0    | 30 | 27.91 | 9  |
| Pancakes, Sausage Patty       | 1 platter | 840 | 38  | 15  | 0  | 95  | 1940 | 100 | 0    | 30 | 27.91 | 22 |
| Pancakes, Turkey Sausage      | 1 platter | 650 | 20  | 10  | 0  | 65  | 1460 | 99  | 0    | 30 | 27.91 | 14 |
| <b>Kid's Beverages</b>        |           |     |     |     |    |     |      |     |      |    |       |    |
| Apple Juice                   | 12 oz     | 150 | 0   | --  | -- | --  | 30   | 38  | --   | 32 | --    | 2  |
| Fresh Squeezed Orange Juice   | 12 oz     | 170 | 0.5 | 0   | 0  | 0   | 0    | 39  | 0.74 | 31 | 0     | 3  |
| Orange Juice                  | 12 oz     | 170 | 0   | 0   | 0  | 0   | 0    | 39  | --   | 35 | 0     | 3  |
| Skim Milk                     | 12 oz     | 120 | 0   | 0   | 0  | 5   | 150  | 18  | --   | 18 | --    | 12 |
| 2% Milk                       | 12 oz     | 180 | 8   | 5   | 0  | 30  | 180  | 17  | 0    | 17 | 0     | 12 |
| Chocolate Milk                | 12 oz     | 230 | 4   | 2.5 | 0  | 25  | 300  | 36  | 0    | 33 | 16.5  | 12 |
| Raspberry Brisk Tea           | 12 oz     | 70  | --  | --  | -- | --  | 80   | 17  | --   | 17 | 17    | 0  |
| Pepsi                         | 12 oz     | 160 | 0   | 0   | 0  | 0   | 30   | 43  | 0    | 43 | 43.39 | 0  |
| Caffeine Free Pepsi           | 12 oz     | 150 | --  | --  | -- | --  | 30   | 42  | --   | 42 | --    | 0  |
| Diet Pepsi                    | 12 oz     | 0   | 0   | 0   | 0  | 0   | 60   | 0   | 0    | 0  | 0     | 0  |
| Caffeine Free Diet Pepsi      | 12 oz     | 0   | 0   | 0   | 0  | 0   | 60   | 0   | 0    | 0  | 0     | 0  |
| Wild Cherry Pepsi             | 12 oz     | 170 | 0   | 0   | 0  | 0   | 30   | 44  | 0    | 44 | 44.45 | 0  |
| Mountain Dew                  | 12 oz     | 170 | 0   | 0   | 0  | 0   | 55   | 47  | 0    | 47 | 46.56 | 0  |
| Diet Mountain Dew             | 12 oz     | 0   | --  | --  | -- | --  | 40   | 0   | --   | 0  | --    | 0  |
| Mug Root Beer                 | 12 oz     | 150 | 0   | 0   | 0  | 0   | 60   | 40  | 0    | 40 | 40.21 | 0  |