

# Wall/Gates Breakfast

updated

Fall 2021

| Location   | Serving Size | Calories | Fat | Carbs | Fiber | Protein | Vegan | Vegetarian | Gluten Free | Allergy or Contains        |
|--|--------------|----------|-----|-------|-------|---------|-------|------------|-------------|----------------------------|
| Burritos (12" Tortilla, Egg, Potatos, Cheese)              | ~4oz         | 625      | 27  | 70    | 3     | 28      |       |            |             | Wheat,Milk,Soy,Egg         |
| add sausage  | 1 patty      | 150      | 14  | 0     | 0     | 3       |       |            | ✓           | Pork                       |
| add bacon  | 2 slices     | 80       | 7   | 0     | 0     | 5       |       |            | ✓           | Pork                       |
| add chorizo  | 2 oz         | 160      | 15  | 3     | 1     | 8       |       |            | ✓           | Pork,Soy                   |
| <b>Breakfast Biscuit Options</b>                           |              |          |     |       |       |         |       |            |             |                            |
| Bacon Biscuit  | 1 biscuit    | 260      | 15  | 22    | 1     | 9       |       |            |             | Wheat,Milk,Soy,Pork        |
| Sausage Biscuit  | 1 biscuit    | 330      | 22  | 22    | 1     | 7       |       |            |             | Wheat,Milk,Soy,Pork        |
| Sausage, Egg & Cheese Biscuit                              | 1 biscuit    | 470      | 33  | 24    | 1     | 15      |       |            |             | Wheat,Milk,Soy,Egg,Pork    |
| Chicken Biscuit  | 1 biscuit    | 350      | 18  | 30    | 1     | 16      |       |            |             | Wheat,Milk,Soy             |
| Biscuits (2) & Gravy                                       | 2 biscuit    | 450      | 20  | 56    | 2     | 26      |       | ✓          |             | Wheat, Milk,Soy,Egg        |
| <b>Specialty Breakfast Sandwich Options</b>                |              |          |     |       |       |         |       |            |             |                            |
| Toaster Sandwich (with Egg & Cheese on Texas Toast)        | 1 sandwich   | 340      | 13  | 40    | 0     | 14      |       | ✓          |             | Wheat, Soy                 |
| add bacon  | 2 slices     | 80       | 7   | 0     | 0     | 5       |       |            | ✓           | Pork                       |
| add sausage  | 1 patty      | 150      | 14  | 0     | 0     | 3       |       |            | ✓           | Pork                       |
| Croissant Sandwich (with Egg & Cheese on croissant)        | 1 sandwich   | 330      | 21  | 24    | 1     | 11      |       | ✓          |             | Wheat, Milk, Egg, Soy      |
| add bacon  | 2 slices     | 80       | 7   | 0     | 0     | 5       |       |            | ✓           | Pork                       |
| add sausage  | 1 patty      | 150      | 14  | 0     | 0     | 3       |       |            | ✓           | Pork                       |
| <b>Other Breakfast Items</b>                               |              |          |     |       |       |         |       |            |             |                            |
| Red Raider Breakfast (Scrambled Eggs, Biscuit, Hash Brown) | 1 breakfast  | 537      | 34  | 47    | 3.5   | 16.5    |       | ✓          |             | Wheat, Milk, Egg, Soy,Whey |
| add egg patty  | 1 patty      | 70       | 5   | 1     | 0     | 4       |       |            |             | Milk(Whey), Soy, Egg       |
| add bacon  | 2 slices     | 80       | 7   | 0     | 0     | 5       |       |            | ✓           | Pork                       |
| add sausage  | 1 patty      | 150      | 14  | 0     | 0     | 3       |       |            | ✓           | Pork                       |
| <b>Breakfast Sides</b>                                     |              |          |     |       |       |         |       |            |             |                            |
| Scrambled Eggs   | 3.5oz        | 122      | 7.5 | 2.5   | 0     | 10.5    |       | ✓          |             | Milk,Egg                   |
| Egg patty  | 1 patty      | 70       | 5   | 1     | 0     | 4       |       |            |             | Milk(Whey), Soy, Egg       |
| Sausage Patty  | 2 patties    | 300      | 28  | 0     | 0     | 6       |       |            | ✓           | Pork                       |
| Bacon  | 2 slices     | 80       | 7   | 0     | 0     | 5       |       |            | ✓           | Pork                       |
| Hashbrown Patty  | 1 patty      | 237      | 15  | 23    | 2.5   | 2.5     | ✓     | ✓          | ✓           | Soy                        |
| Hashbrowns (Shredded)                                      | 3.5oz        | 160      | 6.5 | 21    | 0     | 2.5     |       | ✓          | ✓           | Soy (May contain: Milk)    |
| Breakfast Potatoes   | 3oz          | 110      | 3   | 19    | 2     | 2       | ✓     | ✓          | ✓           | Soy                        |
| Corn Tortilla  | 1 tortilla   | 130      | 1.5 | 25    | 2     | 3       | ✓     | ✓          | ✓           | Corn, Soy                  |
| Flour Tortilla   | 12"          | 283      | 7   | 47    | 1     | 8       | ✓     | ✓          |             | Wheat,Soy                  |
| Texas Toast  | 2 slices     | 200      | 2   | 38    | <1    | 6       |       | ✓          |             | Wheat, Soy                 |
| Biscuit  | 1 biscuit    | 180      | 8   | 22    | 1     | 4       |       | ✓          |             | Wheat, Milk, Whey, Soy     |
| Croissant  | 1 croissant  | 190      | 10  | 22    | 1     | 3       |       |            |             | Wheat, Soy, Egg            |
| Extra Shredded Cheese                                      | 1oz          | 110      | 9   | 1     | 0     | 7       |       | ✓          | ✓           | Milk                       |

