

Clemson Dining Services Breakfast

Clemson Dining Services Breakfast									
Food Category	Food Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Na (mg)
Beverages									
Juice									
	Apple	8 oz	110	28	0	0	0	0	20
	Apple Berry	8 oz	137	33.8	0.8	0.2	0	0	5.8
	Kiwi Strawberry	8 oz	110	29	0	0	0	0	75
	Cranberry	8 oz	144	37	0	0	0	0	5
	Grape Blend	8 oz	120	32	0	0	0	0	20
	Orange	8 oz	110	27	0	0	0	0	15
Other									
	Cappuccino	8 oz	50	8	10	1.5	0.5	0	0
	Coffee, Decaf	8 oz	4.5	0.9	0.2	0	0	0	4.7
	Coffee, Regular	8 oz	9.5	0	0.3	0	0	0	3.2
	Hot Chocolate	6 oz	103	22.5	3.1	1.2	0.7	2	148
	Iced Tea, Cold or Hot	8 oz	2.4	0.7	0	0	0	0	7.1
	Iced Tea, Sweet	8 oz	64.3	16.7	0	0	0	0	7.1
Cereals									
Cold									
	Apple Jacks	1 cup	130	30	1	0.5	0	0	150
	Cap'n Crunch	1 cup	147	30.7	1.3	2	0.5	0	266.7
	Cheerios	1 cup	110	22	3	2	0	0	210
	Cinnamon Toast Crunch	1 cup	173	32	1.3	4.7	0.7	0	280
	Cocoa Krispies	1 cup	160	36	1.3	1.3	0.7	0	253.3
	Cocoa Pebbles	1 cup	160	34.7	1.3	1.3	Trace	0	213.3
	Cocoa Puffs	1 cup	120	26	1	1	0	0	170
	Corn Flakes	1 cup	100	24	2	0	0	0	200
	Corn Pops	1 cup	120	28	1	0	0	0	120
	Frosted Flakes	1 cup	160	37.3	1.3	0	0	0	200
	Fruit Loops	1 cup	120	28	1	1	0.5	0	150
	Fruity Pebbles	1 cup	147	32	1.3	1.3	0	0	213.3
	Golden Grahams	1 cup	160	33.3	1.3	1.3	Trace	0	360
	Granola with Raisins	1 cup	333	72.7	7.6	4.5	1.5	0	227.3
	Honey Nut Cheerios	1 cup	120	23	3	1.5	0	0	210
	Life	1 cup	160	33.3	4	2	0.3	0	213.3
	Lucky Charms	1 cup	120	25	2	1	0	0	200
	Mini Wheats	1 cup	175	41	5	1	0	0	5
	Raisin Bran	1 cup	190	45	5	1.5	0	0	350
	Rice Krispies	1 cup	96	23.2	1.6	0	0	0	256
	Special K	1 cup	110	22	7	0	0	0	220
	Trix	1 cup	120	26	1	1.5	0	0	190
	Wheaties	1 cup	110	24	3	1	0	0	220
Cooked									
	Grits	1 cup	142	31	3.4	0.5	0	0	5
	Grits, Cheddar Cheese	1/2 cup	222	16	10	13	7	83	276
	Grits, Roasted Shallot	1 cup	189	32.8	3.6	4.9	0.7	0	6.2
	Oatmeal	1 cup	145	25.3	6.1	2.3	0.4	0	2
Dairy									
	Coffee-Mate, Non-Dairy Creamer	1 tsp	10	1	0	0.6	0.5	0	0
	Cream	1 T	52	0.4	0.3	5.5	3.5	21	6
	Half & Half	1 T	20	0	0.1	1.7	1.1	6	6
	Milk, 1%	8 oz	102	11.7	8	2.6	1.6	10	123
	Milk, 2%	8 oz	121	11.7	8.1	4.7	2.9	18	122
	Milk, Chocolate 2%	8 oz	179	26	8	5	3.1	17	151
	Milk, Skim	8 oz	86	11.9	8.4	0.4	0.3	4	126
	Milk, Whole	8 oz	150	11.4	8	8.1	5.1	33	120
	Smoothie								
	with strawberries and peaches	8 oz	124	22.4	2.6	2.6	1.6	8.9	46.4
	Sour Cream	2 T	51	1	0.7	5	3	11	13
	Whipped Cream	1 T	12	1	0.1	0.9	0.9	0	1
	Yogurt, Dannon Light n Fit (all flavors)	6 oz	60	10	5	0	0	2.5	80
	Yogurt, Lowfat	6 oz	150	25	7	2.5	1.5	10	100.1
Eggs, Egg Dishes									
	Egg Salad	3 oz	141	1.2	4.9	12.8	2.4	167.2	212.4
	Egg, Hardboiled	1 each	78	0.6	6.3	5.3	1.6	212	62
	Eggs, Scrambled	6 oz	253	2	21	17	5	722	214
	Omelet, Plain Large (3 eggs)	1 each	303	4	20.4	22	6.6	645	513
	Quiche	1 slice	314	13	17	21	8	113	718

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Fruits									
	Apple	1 slice	2.4	0	0	0	0	0	0.2
	Apple Sauce, Unsweetened	1/2 cup	52	13.8	0.2	0.1	0	0	2
	Apples, Sautéed or Glazed	4 oz	175	26	0.3	8.7	1.7	0	103
	Apples, Spiced Cinnamon	5 oz	261	45.4	0.5	9.8	1.7	0	120.3
	Banana	1/2 each	53	13.5	0.6	0.2	0.1	0	0.6
	Banana Slices	1/4 cup	35	9	0.4	0	0	0	0.4
	Blueberries	1 cup	81	20.5	1	0.6	0	0	9
	Cantaloupe	1 cup	56	13.4	1.4	0	0	0	14
	Grapefruit	1 slice	26	6.6	0.5	0.1	0	0	0
	Grapes, Red	1 cup	58	15.8	0.6	0	0	0	2
	Honeydew	1 cup	60	15.6	0.8	0	0	0	17
	Mandarin Oranges	1/2 cup	77	20.4	0.6	0.1	0	0	8
	Orange	1 slice	15	3.8	0.3	0	0	0	0
	Peach	1/2 cup	70	17	1	0	0	0	10
	Pear	1/2 cup	60	14	0	0	0	0	5
	Pineapple	1/2 cup	39	10.2	0.4	0.1	0	0	0.8
	Pineapple, Grilled	1 slice	180	46	0	0	0	0	40
	Raisins	2 T	54	14.4	0.5	0.1	0	0	2
	Strawberries	1 cup	45	10.5	0.9	0	0	0	1
	Strawberry Topping	1/4 cup	52	14	0.6	0	0	0	3
	Watermelon	1 cup	51	11.5	1	0	0	0	3
Grain Products									
Bagels									
	Cinnamon Raisin	1 each	350	78	11	1	0	0	490
	Everything Bagel	1 each	340	75	13	2	0	0	820
	Plain	1 each	320	71	11	1	0	0	520
	Whole Wheat (contains 5g fiber)	1 each	310	61	11	2	0.5	0	450
Biscuits									
	Biscuits	1 each	212	27	4.2	10	3	1.8	348
Breads									
	Pumpnickel Bread	1 slice	80	16	3	1	0	0	200
	Rye Bread	1 slice	80	15	3	1	0	0	240
	Sourdough Bread	1 slice	93	20.7	3.7	0.8	0	0	230
	Whole Wheat Bread	1 slice	50	10	4	1	0	0	115
	White Bread	2 slices	120	24	4	1.5	0	0	220
Meats									
	Bacon	2 slices	92	0	4.8	7.9	2.8	13.6	255
	Breakfast Steaks	1 each	200	7	12	14	6	25	610
	Combeef Hash	3 oz	139	7.9	7.4	8.7	3.7	27.2	361.5
	Ham Steaks	3 oz	104	0	16.6	3.6	1.2	38.3	1079.3
	Pork Chops	1 each	287	8.6	27.6	15	5.4	78.5	873.2
	Sausage Links	1 each	48	0.1	2.6	4.1	1.4	11	168
	Sausage Patties	1 each	100	0.3	5.3	8.4	2.9	22	349
Other									
	Doughnut, Cake Glazed	1 each	192	22.9	2.3	10.3	2.4	14	181
	Doughnut, Yeast Glazed	1 each	242	26.6	3.8	13.7	3.5	4	205
	Doughnut, Yeast With Chocolate Coating	1 each	204	20.6	2.1	13.3	3.6	25	184
	Doughnut, Yeast With Jelly Filling	1 each	289	33.1	5	15.9	4	22	249
	French Toast	2 slices	298	32	10	14	3.5	150	622
	French Toast Sticks	4 sticks	310	45	5	12	3	0	410
	Hashbrowns	1/2 cup	180	17	2	11.5	0	0	110
	Homestyle Potatoes	3 oz	110	12.2	1.5	6.2	0.8	0	344.5
	Pancakes	1 each	74	14	2	1	0.2	5	239
	Waffles	1 each	260	58	6	1	0	0	1050
Sauces/Syrups/Condiments									
	Maple Syrup	1/4 cup	104	27	0	0	0	0	24
	Sausage Gravy	1/4 cup	98	4.3	4.2	7	2.4	14	204
	White Gravy	1/4 cup	62	4.3	2.3	4	1.2	3.1	273.8
	Brown Sugar	1 tsp.	11	2.9	0	0	0	0	0
	Ketchup	1 T	51	12	0	0	0	0	540