November			Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crepes	Includes: Two crepes, vanilla cream filling, blueberry and whipped topping		630	220	25	11	0	115	650	95	1	66	9
Wildfire Trio	Includes: Steak, Grilled Chicken, Three Shrimp, Bacon, Onions, Peppers, Wildfire Sauce		1040	520	58	16	0	295	2120	36	2	12	90
September			Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Honey Butter Chicken Biscuit Breakfast	Includes 2 Chicken fillets, biscuit, honey, butter		940	430	48	16	0	220	2460	58	<1	13	70
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	13
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Plus Bread	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
	*Plus, Choice of Side:	Grits (with butter)	240	180	21	7	0	25	280	13	<1	0	2
		Hashbrowns	200	110	12	2	1.5	0	160	28	3	1	2
		Homefries	250	150	17	2.5	0.5	0	690	24	2	2	3
Honey Butter and Chicken Breakfast	Includes: Hand-breaded Chicken Breast		650	300	33	10	0	55	929	38	4	<1	20
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	13
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	*Plus, Choice of Bread	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
		Banana Nut Bread	320	90	10	1.5	0	0	440	37	1	30	5

2,000 calories a day is used for general nutrition advice, but calorie needs vary