

Calorie Count

Hard boiled eggs: *80 calories per serving (serving size: 1 egg)*

Oatmeal: *150 calories per serving (serving size is 1/2 cup (40g))*

Bagels: *260 calories per serving (serving size is 1 bagel)*

Cream Cheese Spreads: *90 calories per serving (serving size is 1 oz)*

Southwest Tofu Scramble: *126 per serving (recipe does give serving size)*

Fruit Display: *177 calories per 1 cup serving (calorie count may adjust to fruit in display)*

Orange Juice: *111 calories per 1 cup (248g)*

Apple Juice: *113 calories per 1 cup (248g)*

Cranberry Juice: *117 calories per 1 cup (253g)*

Hot Tea without cream and sugar: *2 calories per 8 fl oz*

Hot Chocolate: *194 calories per 1 cup (250g)*

Coffee without cream and sugar: *1 calorie per 8 fl oz*

Island Fruit Salad: *53 calories per serving*

Assorted Bag of Chips: *140-160 calories per package*

Assorted Cookies: *120-160 calories per cookie*

Frittata: *177 calories per serving*

Honey Oat Granola: *190 calories per 1/2 cup*

Grilled Chicken w/ Tarragon Cream: *251 calories per serving*

Grilled Chicken w/ Teriyaki: *130 calories per serving*

Stuffed Red Bell Pepper: *320 calories per serving*

Grilled Tofu Skewers: *136 calories per serving*

Pasta Salad: *433 calories per serving*