

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