

Food Item	Portion Size	Carb Count
Biscuit & Gravy	1 each	51.5 grams
Blueberry Piggletstick	1 each	25 grams
Blueberry Piggletstick w/Syrup	1 each	55 grams
Cheddar Cheese Omelet 2oz	1 each	1 gram
Chicken Biscuit	1 each	31 grams
Chicken w/o Biscuit	1 each	8 grams
Egg & Cheese English Muffin	1 each	29.5 grams
Ham Biscuit	1 each	23.43 grams
Ham & Cheese Biscuit	1 each	23.93 grams
Ham/Egg/Cheese Biscuit	1 each	23.93 grams
Original Piggletstick	1 each	20 grams
Original Piggletstick w/Syrup	1 each	50 grams
Sausage & Cheese Biscuit	1 each	26 grams
Sausage & Egg Biscuit	1 each	25.85 grams
Sausage Biscuit	1 each	23.5 grams
Sausage/Egg/Cheese Biscuit	1 each	24 grams
Sausage Patty	1 each	.5 grams
Scrambled Eggs	per 100 grams	2.2 grams
Yogurt=		
Raspberry Rainbow	1-4 oz	20 grams
Strawberry Banana Blast	1-4 oz	20 grams
Triple Cherry	1-4 oz	17 grams
String Cheese=		
Cheddar Cheese	1 oz each	0 grams
Mozzarella Cheese	1 oz each	1 gram