

Buffalo State College

Selona Grill Nutritional Information

Breakfast Menu Items

Item	Portion	Calories	Fat Cal	Fat	Sat. Fat	Sugars	Cholesterol	Sodium	Carbs	Fiber	Protein
Ham & Cheese Muffin	1 sandwich	280	120	13g	5g	2g	275mg	740mg	23g	1g	16g
Sausage & Cheese Muffin	1 sandwich	460	270	30g	12g	2g	310mg	950mg	23g	1g	22g
Bacon & Cheese Muffin	1 sandwich	330	160	18g	8g	2g	290mg	760mg	23g	1g	17g
Egg & Cheese Muffin	1 sandwich	260	120	13g	5g	2g	20mg	569mg	23g	1g	14g
Classic Omelet	1 sandwich	420	300	33g	16g	1g	560mg	580mg	2g	0g	29g
Breakfast Burrito with Ham	1 sandwich	810	390	43g	20g	6g	590mg	2450mg	58g	6g	48g
Breakfast Burrito with Sausage	1 sandwich	950	530	59g	26g	5g	605mg	2140mg	58g	6g	46g
Breakfast Burrito with Bacon	1 sandwich	810	410	46g	21g	8g	565mg	1940mg	57g	6g	41g
Meatless Breakfast Burrito	1 sandwich	400	280	33g	26g	5g	605mg	2140mg	58g	6g	46g
Scrambled Eggs	1 serving	200	140	15g	5g	1g	505mg	200mg	1g	0g	15g
Buttermilk Pancakes	2 pancakes	230	60	7g	2g	7g	20mg	580mg	37g	1g	5g
Blueberry Pancakes	2 pancakes	230	60	7g	2.5g	8g	20mg	600mg	39g	2g	5g
Chocolate Chip Pancakes	2 pancakes	420	150	17g	2g	26g	20mg	580mg	37g	1g	7g
French Toast Sticks with Syrup	4 sticks	630	290	32g	4g	14g	0g	520mg	82g	0g	6g
Side of Ham	3 oz.	138	40	7g	3g	0g	48mg	400mg	4g	0g	13g
Side of Bacon	2 slices	92	70	6g	3g	0mg	18mg	370mg	0g	0g	6g
Side of Sausage	1 patty	240	140	23g	8g	2g	50mg	600mg	2g	0g	9g
Hashbrown	1 hashbrown	238	205	14g	7g	0g	15mg	270mg	26g	0g	3g
Toast	1 slice	23	10	.3g	0g	.4g	0mg	55mg	4g	0g	.7g

Nutrient Information Disclaimer

The nutrient information displayed for Sodexo recipes represent the know amount of a particular nutrient in a recipe. The recipes were analyzed using a database and additional information from food manufacturers. The data are averages only, and should be used as a guide.

Various factors including diet of an animal, and food processing methods influence the amounts of fats in food. However, we hope this information will be useful to you, and assist you in your desire to achieve good health through healthful eating.