

# ADDENDUM NO 01

CITY OF FAIRHOPE  
To

BID NO.025-12

JAIL INMATE MEALS 2012

FOR POLICE DEPARTMENT

The bid documents for this Bid shall be amended, revised and changed in the following particulars supplied by the Police Department:

1. Delete page: ITEM II, Instructions to Bidders, SPECIAL CONSIDERATIONS,  
Insert page: Item II Instructions to Bidders, rev 1 (see attached, Omitting SPECIAL CONSIDERATIONS)
2. Delete pages: ITEM III BID RESPONSE, pages 9 and 10  
Insert pages: ITEM III BID RESPONSE, pages 9 and 10 rev1 (see attached)
3. Delete page: "ADVERTISEMENT FOR BIDS"  
Insert page: "ADVERTISEMENT FOR BIDS rev1" (see attached)  
Follow adjusted instructions on page
4. Delete page of: "ITEM III, BID RESPONSE , Specifications page 7"  
Insert page: "ITEM III, BID RESPONSE Specifications rev1page 7 rev1" (see attached)  
Follow adjusted instructions on page
5. Delete 1st and 2nd pages of: "ITEM VI, SCOPE OF WORK and SPECIFICATIONS" (see attached)  
Insert 1<sup>st</sup> and 2<sup>nd</sup> pages: "ITEM VI, SCOPE OF WORK and SPECIFICATIONS rev1  
Note changes on page
6. Add Attachment A-- ITEMS ON WHICH TO BASE DAILY MEALS after ITEM X
- 7.

The following question was submitted by a potential bidder and the answer was provided by the Police Department.

QUESTION 1: What is the average inmate count?

ANSWER 1: Approximately twenty-five (25) to thirty (30) on a daily basis.

**Responders are to sign and include signed Addendum No.1 with submitted bid documents.**

Acknowledged:

\_\_\_\_\_  
Company

\_\_\_\_\_  
By

Daniel P. Ames  
Purchasing Manager  
City of Fairhope  
Posted: 06-25-2012

Sealed proposals will be received by the City of Fairhope of Baldwin County, Alabama, in the City of Fairhope offices, 555 South Section St. Fairhope, Alabama, until 2:00 P.M., July 9, 2012, and then publicly opened thereafter, for furnishing all labor and materials, and performing all work required by the City of Fairhope and described as follows:

**Bid Number 025-12, Jail Inmate Meal 2012**

Bid documents will be posted on the City of Fairhope Website: [www.cofairhope.com](http://www.cofairhope.com) or a copy may be obtained by e-mailing: [dan.ames@cofairhope.com](mailto:dan.ames@cofairhope.com). Specifications are on file and may be seen in the Purchasing Department of the City of Fairhope, Alabama, 555 S. Section Street. Prior to opening, Bid packages may be picked up at that location during normal operation, between 7:00 am and 4:00 pm local time.

Questions or comments pertaining to this bid must be presented in writing, sent as e-mail to the attention of the Purchasing Manager, Daniel P. Ames, P.O. Drawer 429, 555 South Section St., Fairhope, Al 36532, e-mail: [dan.ames@cofairhope.com](mailto:dan.ames@cofairhope.com), Seventy Two (72) hours prior to the bid opening or will be forever waived.

All bids must be on blank bid forms provided in the Bid Documents. Bids shall be accompanied by a Bid Security equal to 5% (percent) of the bid price, but in no event more than \$10,000.00. Bid Security shall be in the form of a Bid Bond signed by a bonding company authorized to do business in the State of Alabama, or a cashier's check payable to The City of Fairhope. **No Bid Security is required on bids less than \$10,000.00.**

A Performance Bond in the form and terms approved by the City of Fairhope in an amount not less than the sum bid will be required at the signing of the contract, and in addition, a bond in form and terms approved by the City of Fairhope in an amount not less than fifty percent (50%) of the contract price insuring payment for all labor and materials.

**THERE WILL BE A NON MANDATORY PRE-BID MEETING ON THURSDAY, JUNE 21, 2012, AT 9:00 a.m. , at the Public Services Building, 555 South Section St., Fairhope, Al 36632.**

The City of Fairhope is an Equal Opportunity Employer and requires that all contractors comply with the Equal Employment Opportunity laws and the provisions of the Contract Documents in this regard. The City also encourages and supports the utilization of Minority Business Enterprises on this and all public bids.

All bids, with their guarantee (when required), must be enclosed in a sealed, opaque envelope, clearly identified on the outside as a "**Sealed Bid**" with **Item Name, Bid Number, City of Fairhope's Name and Address and Bidder's Name and Address**. Each bid must be in a separate envelope. Bids made out in pencil will not be accepted.

Failure to observe the instructions contained herein will constitute grounds for rejection of your bid. The City reserves the right to accept or reject all bids or any portion thereof, and to waive informalities and to furnish any item of material or work to change the amount of the Contract, whichever is in the best interest of the City of Fairhope.

The Contractor must furnish to the City of Fairhope at the time of the signing of the contract a certificate of insurance coverage as provided in the contract documents which will include comprehensive insurance, Contractor's Automobile Liability Insurance, and where applicable , Owner's Protective Liability insurance, subcontractor's public liability and property damage insurance. The company that is awarded the bid must have Workman's Compensation Insurance on all of its employees if work is to be performed on City of Fairhope premises. General Liability Insurance, specifying coverage, must be maintained to hold the City of Fairhope harmless in the event of an accident. See bid packet for details.

No bids will be considered unless the bidder, whether resident or non-resident of Alabama, is properly qualified to submit a proposal for this type of work in accordance with all applicable laws of the State of Alabama. Where applicable, this shall include evidence of holding a current license from the State Licensing board for General Contractors, Montgomery, Alabama, as required by Chapter 8 of Title 34, of the Code of Alabama, 1975. In addition, the awarded vendor, if non-resident of the State, and if a corporation, shall show evidence of having qualified with the Secretary of State to do business in the State of Alabama. Bidder must have a current business license or purchase a business license with the City of Fairhope prior to work performed. No bids shall be withdrawn for the period of thirty (30) days subsequent to the opening of proposals without the consent of the City of Fairhope, Baldwin County, Alabama. Once completed, a tabulation of the responsive and responsible bids will be available for public viewing by visiting the following web address: [www.cofairhope.com](http://www.cofairhope.com).

Daniel P. Ames,  
Purchasing Manager  
City of Fairhope  
Posted 06-13-12

## ITEM II

### INSTRUCTIONS TO BIDDERS REV1

#### **BIDDING & PRICING**

1. Bidders will present their bid in a 'percentage discount below retail price' format, and supply a unit price per each item, and a total price (quantity = one each) for the bid items, based on pricing in effect on July 2, 2012.
2. The percentage discount below retail price bid, will remain constant for the entire duration of awarded bid, with the exception that increases in the percentage will be allowed.
3. The benchmark date of pricing listed on the proposal shall include all costs.
4. The proposal shall include add-on or deduct costs if any. The Owner will approve and return a copy of the proposal prior to any change implementation.

#### **COMPLIANCE**

1. All provisions and services will comply with all Federal, State and Local laws, and regulations.
2. The awarded vendor will be responsible for insuring that all products meet specifications before delivery.
3. Awarded vendor will make no substitutions for bid items without prior written approval of the City of Fairhope Purchasing Department.

#### **ORDERING**

1. Purchase Orders will be issued by the City of Fairhope Purchasing Department to the awarded vendor for provisions as needed.
2. If awarded vendor fails to fill Purchase Order or deliver on time, the City of Fairhope reserves the option to procure needed, comparable provisions from any source, and bill the awarded vendor for associated expenses generated by such failure.

#### **PACKAGING & DELIVERY**

1. Awarded vendor will supply a list of 'units per case' for each bid item.
2. Deliver provisions to Fairhope City Jail, or other designated City site, maintaining product in proper state, (example: frozen foods frozen, not thawed), in unopened, undamaged, manufacturer's original, protective packaging, product containers.
3. FOB City of Fairhope, as directed.
4. Delivery will be made at time and place set by City of Fairhope representative, within twenty four (24) hours of receipt of Purchase Order.

ITEM III

BID RESPONSE rev1

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Bid No.:**           **025-12**

**Bid Name:**       **JAIL INMATE MEALS 2012**

**Bid Duration:** One (1) year from signing date of contract, with the option to renew bid or contract for up to Two (2) additional years if terms and conditions, including pricing remain the same, and both parties are in agreement to renewing the bid or contract.

Bid will include all labor, materials, equipment, shipping and postage, overhead, profit, bonds, insurance and all other costs necessary to provide the complete services outlined within this contract and scope of work, on a per unit basis.

**We propose to meet or exceed the above specifications at:**

**\$ \_\_\_\_\_ total of bid prices per one each based on pricing in effect on July 2, 2012**

**\*\*\*\*\*ALL MEALS SHOULD BE MICROWAVABLE\*\*\*\*\***

**BREAKFAST, FROZEN, INDIVIDUAL SERVING,  
(Serving size to meet nutritional specs)**

	<b>BID PRICE PER EACH</b>	<b>UNITS PER CASE</b>	<b>BID PRICE PER CASE</b>
1. EGG & SAUSAGE	_____	_____	_____
2. EGG & BACON	_____	_____	_____
3. PANCAKES & SAUSAGE	_____	_____	_____
4. FRENCH TOAST & SAUSAGE	_____	_____	_____
5. HAM & CHEESE OMELET	_____	_____	_____
6. SAUSAGE & EGG SCRAMBLE	_____	_____	_____

**DINNERS, FROZEN, INDIVIDUAL SERVING,**

**(Serving size to meet nutritional specs)**

	<b>BID PRICE PER EACH</b>	<b>UNITS PER CASE</b>	<b>BID PRICE PER CASE</b>
1. BONELESS FRIED CHICKEN	_____	_____	_____
2. BONELESS BBQ RIBS	_____	_____	_____
3. COUNTRY FRIED CHICKEN	_____	_____	_____
4. CLASSIC FRIED CHICKEN	_____	_____	_____
5. MEATLOAF	_____	_____	_____
5. MEXICAN ENCHILADAS	_____	_____	_____
6. ROASTED TURKEY	_____	_____	_____
7. SALSIBURY STEAK	_____	_____	_____
8. VEAL PARMIGIANA	_____	_____	_____
9. BUFFALO CHICKEN	_____	_____	_____

**MISCELLANEOUS PROVISIONS rev 1**

	BID PRICE PER EACH	UNITS PER CASE	BID PRICE PER CASE
1. BREAD, WHITE, SANDWICH, 20 oz. loaf	_____	_____	_____
2. MILK, 2%, 1 gallon, plastic bottle	_____	_____	_____
3. ORANGES, per each	_____	_____	_____
4. APPLES, per each	_____	_____	_____
5. TEA BAGS, GALLON SIZE, 24 / BOX	_____	_____	_____
<b>TOTAL</b>	_____		

Each bid must give the full business address of the bidder and must be signed by him with his usual signature. Bids by partnerships must furnish the full names of all partners and must be signed with the partnership name by one of the members of the partnership, or by an authorized representative, followed by the signature and designation of the person signing. Bids by corporations must be signed with the legal name of the corporation followed by the name of the State of Incorporation and by the signature and designation of the president, secretary, or other person authorized to bind it in the matter. The name of each person shall also be typed or printed below the signature. A bid by a person who affixes to this signature the word "president," "secretary," "agent," or other designation without disclosing his principal, may be held to be the bid of the individual signing. When requested by the City of Fairhope, Baldwin County, Alabama, satisfactory evidence of the authority of the officer signing in behalf of the corporation shall be furnished.

The undersigned agrees to furnish the goods/services as requested by you for the City of Fairhope, Baldwin County, Alabama in your invitation to bid, and certifies that they will meet or exceed the specifications called for. The undersigned has read all information pertaining to this bid and has resolved all questions. It is also understood and agreed that all prices quoted are F.O.B. described in the bid documents and specifications. The undersigned also affirms he/she has not been in any agreement or collusion among bidders or prospective bidders in restraint of freedom of competition, by agreement to bid at a fixed price or to refrain from bidding or otherwise.

Witness our hands this \_\_\_\_ day of \_\_\_\_\_, 2012

**If Individual or Partnership**

\_\_\_\_\_  
(Name of Individual or Partnership)

\_\_\_\_\_  
(Name of Partner Print)

\_\_\_\_\_  
(Name of Representative Authorized to sign Bids and Contracts for the firm Print)

\_\_\_\_\_  
(Name of Partner Print)

\_\_\_\_\_  
(Name of Representative Authorized to sign Bids and Contracts for the firm Signature)

\_\_\_\_\_  
(Address)

\_\_\_\_\_  
(Address)

\_\_\_\_\_  
(Address)

**SCOPE OF WORK and SPECIFICATIONS rev1****Service to include:**

- a. Provide meal provisions to City Jail, as per specifications.
- b. Deliver provisions to Fairhope City Jail, or other designated City site.
- c. Provide delivery within 24 hours of receipt of order, delivery time every week specified by City of Fairhope, inside delivery if required.

**Weekly Estimate (Example)**

<b><u>for 20 inmates per day</u></b>	<b><u>for 7 days</u></b>	<b><u>quantity needed</u></b>
40 Dinner Meals	280 Meals	23 Cases
20 Breakfast Meals	140 Meals	12 Cases
3 Bread Loafs	21 Loafs	21 Loafs
1.5 Gallons of Milk	10.5 Gallons	11 Gallons
20 Oranges	140 Oranges	12 Bags of Oranges

**(Inmates are given (1) one, (8) eight ounce cup every meal)**

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**Recommended Daily Nutrition:****All meals MUST meet or exceed the following:**

Calories:	2000
Total Fat:	55g or 25% of total calories
Saturated Fat:	no more than 10% of total calories
Carbohydrates:	275g or 55% of total calories
Protein:	100g or 20% of total calories

**SPECIFICATIONS**

Daily meals served at the jail must accumulatively contain the following: A minimum of 2000 calories, total fat 55g or 25% of total calories, saturated fat no more than 10% of total calories, carbohydrates 275 g or 55% of total calories, and protein 100 g or 20% of total calories.

## ITEMS ON WHICH TO BASE DAILY MEALS:

Meal: **BONELESS FRIED CHICKEN**  
Contains: Boneless fried chicken patties, Mashed potatoes, corn and chocolate brownie  
Weight: (approx.) 16 oz  
Calories (min) 860  
Fat (total) 39g  
Carbohydrates 85g  
Protein 38g

Meal: **BONELESS BBQ RIBS**  
Contains: Pork patties w/BBQ sauce, mashed potatoes, mixed vegetables and  
chocolate brownie  
Weight: (approx.) 16 oz  
Calories (min) 810  
Fat (total) 36g  
Carbohydrates 98g  
Protein 25g

Meal: **COUNTY FRIED CHICKEN**  
Contains: Fried Chicken patties with country gravy, mashed potatoes mixed  
vegetables and apple  
Dessert  
Weight: (approx.) 16 oz  
Calories(min) 570  
Fat (total) 27g  
Carbohydrates (total) 53g  
Protein 20g

Meal: **CLASSIC FRIED CHICKEN**  
Contains: White and dark meat chicken portions, mashed potatoes, corn,  
and chocolate brownie  
Weight: (approx.) 16 oz  
Calories (min) 1030  
Fat (total) 62g  
Carbohydrates (total) 63g  
Protein 51g

Meal: **MEATLOAF**  
Contains: Meatloaf and brown gravy, mashed potatoes, mixed vegetables  
and chocolate brownie  
Weight: (approx.) 16 oz  
Calories (min) 660  
Fat (total) 35g  
Carbohydrates (total) 61g  
Protein 26g

Meal: **MEXICAN ENCHILADAS**  
Contains: Beef enchiladas covered in chili cheese sauce, Mexican-style rice, refried beans and pudding  
Weight:(approx.) 17 oz  
Calories: (min) 600  
Fat: (total) 24g  
Carbohydrates (total) 86g  
Protein 18g

Meal: **ROASTED TURKEY**  
Contains: White meat turkey w/gravy, seasoned stuffing, mashed potatoes, mixed vegetables and chocolate brownie  
Weight: (approx.) 16 oz  
Calories (min) 460  
Fat (total) 12g  
Carbohydrates (total) 64g  
Protein 20g

Meal: **SALISBURY STEAK**  
Contains: Salisbury steak patties in mushroom and onion gravy, mashed potatoes, green beans and chocolate brownie  
Weight: (approx.) 16 oz  
Calories: (min) 600  
Fat (total) 35g  
Carbohydrates (total) 50g  
Protein 24g

Meal: **VEAL PARMIGIANA**  
Contains: Breaded chopped veal patties, covered in mozerella cheese, pasta in tomato sauce, green beans and chocolate brownie  
Weight (approx.) 15.5 oz  
Calories: (min) 640  
Fat (total) 25g  
Carbohydrates (total) 79g  
Protein 28g

Meal: **BUFFALO CHICKEN**  
Contains: Fried chicken strips with buffalo sauce, mashed potatoes, and Sweet corn  
Weight:(approx.) 14.5 oz  
Calories: (min) 730  
Fat (total) 34g  
Carbohydrates (total) 58g  
Protein: 37g

Meal: **EGG AND SAUSAGE**  
Contains: scrambled eggs, sausage and hashbrowns  
Weight: 6.25 oz  
Calories: (min) 320  
Fat: (total) 21g  
Carbohydrates (total) 17g  
Protein 16g

Meal: **EGG AND BACON**  
Contains: Scrambled eggs, bacon and hashbrowns  
Weight: (approx.) 5.2 oz  
Calories: 310  
Fat: (total) 22g  
Carbohydrates: (total) 16g  
Protein: 13g

Meal: **PANCAKES AND SAUSAGE**  
Contains: Pancakes and sausage  
Weight: (approx.) 6 oz  
Calories: (min) 410  
Fat: (total) 14g  
Carbohydrates: (total) 57g  
Protein: 15g

Meal: **FRENCH TOAST AND SAUSAGE**  
Contains: **French toast and sausage**  
Weight: (approx.) 5.5 oz  
Calories: (min) 350  
Fat: (total) 16g  
Carbohydrates: (total) 40g  
Protein: 13g

Meal: **HAM AND CHEESE OMLET**  
Contains: Ham and cheese omelet with seasoned home fries  
Weight: (approx.) 5.2 oz  
Calories: (min) 240  
Fat: (total) 14g  
Carbohydrates: (total) 17g  
Protein: 12g

Meal: **SAUSAGE AND EGG SCRAMBLE**  
Contains: Sausage and scrambled eggs  
Weight: (approx.) 6.8 oz  
Calories: (min) 300  
Fat: (total) 17g  
Carbohydrates: (total) 22g  
Protein: 15g

Vendor **must acknowledge** **VENDOR COMPLIANCE**. If **NO**, a full explanation must be made on or below line, or on an extra sheet attached to back of bid form, with “see attachment” in the appropriate blank. Attach support data for substitution being equal to or better than specified. If vendor does not acknowledge **VENDOR COMPLIANCE**, it will be understood that vendor cannot fulfill said specifications.

Rev1

The provisions will be:  
**BREAKFAST, FROZEN, INDIVIDUAL SERVING,**

(Serving size to meet nutritional specs)

**ALL MEALS ARE TO BE MICROWAVABLE**

The provisions will be:  
**BREAKFAST, FROZEN, INDIVIDUAL SERVING,**

(Serving size to meet nutritional specs)

	COMPLY (YES / NO)
1 EGG & SAUSAGE	_____
2 EGG & BACON EGGS	_____
3 PANCAKES & SAUSAGE	_____
4 FRENCH TOAST & SAUSAGE	_____
5 HAM & CHEESE OMELET	_____
6. SAUSAGE & EGG SCRAMBLE	_____

**DINNERS, FROZEN, INDIVIDUAL SERVING,**  
 (Serving size to meet nutritional specs)

1. BONELESS FRIED CHICKEN	_____
2. BONELESS BBQ RIBS	_____
3. COUNTRY FRIED CHICKEN	_____
4. CLASSIC FRIED CHICKEN	_____
5. MEATLOAF	_____
5. MEXICAN ENCHILADAS	_____
6. ROASTED TURKEY	_____
7. SALSIBURY STEAK	_____
8. VEAL PARMIGIANA	_____
9. BUFFALO CHICKEN	_____

**MISCELLANEOUS PROVISIONS**

1. BREAD, WHITE, SANDWICH, 20 oz. loaf	_____
2. MILK, 2%, 1 gallon, plastic bottle	_____
3. ORANGES, per each	_____
4. APPLES, per each	_____
5. TEA BAGS, GALLON SIZE, 24 / BOX	_____

**ATTACHMENT A**  
**ITEMS ON WHICH TO BASE DAILY MEALS**

:

Meal: **BONELESS FRIED CHICKEN**  
Contains: Boneless fried chicken patties, Mashed potatoes, corn and chocolate brownie  
Weight: (approx.) 16 oz  
Calories (min) 860  
Fat (total) 39g  
Carbohydrates 85g  
Protein 38g

Meal: **BONELESS BBQ RIBS**  
Contains: Pork patties w/BBQ sauce, mashed potatoes, mixed vegetables and chocolate brownie  
Weight: (approx.) 16 oz  
Calories (min) 810  
Fat (total) 36g  
Carbohydrates 98g  
Protein 25g

Meal: **COUNTY FRIED CHICKEN**  
Contains: Fried Chicken patties with country gravy, mashed potatoes mixed vegetables and apple  
Dessert  
Weight: (approx.) 16 oz  
Calories(min) 570  
Fat (total) 27g  
Carbohydrates (total) 53g  
Protein 20g

Meal: **CLASSIC FRIED CHICKEN**  
Contains: White and dark meat chicken portions, mashed potatoes, corn, and chocolate brownie  
Weight: (approx.) 16 oz  
Calories (min) 1030  
Fat (total) 62g  
Carbohydrates (total) 63g  
Protein 51g

Meal: **MEATLOAF**  
Contains: Meatloaf and brown gravy, mashed potatoes, mixed vegetables and chocolate brownie  
Weight: (approx.) 16 oz  
Calories (min) 660  
Fat (total) 35g  
Carbohydrates (total) 61g  
Protein 26g

Meal: **MEXICAN ENCHILADAS**  
Contains: Beef enchiladas covered in chili cheese sauce, Mexican-style rice, refried beans and pudding  
Weight:(approx.) 17 oz  
Calories: (min) 600  
Fat: (total) 24g  
Carbohydrates (total) 86g  
Protein 18g

Meal: **ROASTED TURKEY**  
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Weight: (approx.) 16 oz  
Calories (min) 460  
Fat (total) 12g  
Carbohydrates (total) 64g  
Protein 20g

Meal: **SALISBURY STEAK**  
Contains: Salisbury steak patties in mushroom and onion gravy, mashed potatoes, green beans and chocolate brownie  
Weight: (approx.) 16 oz  
Calories: (min) 600  
Fat (total) 35g  
Carbohydrates (total) 50g  
Protein 24g

Meal: **VEAL PARMIGIANA**  
Contains: Breaded chopped veal patties, covered in mozerella cheese, pasta in tomato sauce, green beans and chocolate brownie  
Weight (approx.) 15.5 oz  
Calories: (min) 640  
Fat (total) 25g  
Carbohydrates (total) 79g  
Protein 28g

Meal: **BUFFALO CHICKEN**  
Contains: Fried chicken strips with buffalo sauce, mashed potatoes, and Sweet corn  
Weight:(approx.) 14.5 oz  
Calories: (min) 730  
Fat (total) 34g  
Carbohydrates (total) 58g  
Protein: 37g

Meal: **EGG AND SAUSAGE**  
Contains: scrambled eggs, sausage and hashbrowns  
Weight: 6.25 oz  
Calories: (min) 320  
Fat: (total) 21g  
Carbohydrates (total) 17g  
Protein 16g

Meal: **EGG AND BACON**  
Contains: Scrambled eggs, bacon and hashbrowns  
Weight: (approx.) 5.2 oz  
Calories: 310  
Fat: (total) 22g  
Carbohydrates: (total) 16g  
Protein: 13g

Meal: **PANCAKES AND SAUSAGE**  
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Weight: (approx.) 6 oz  
Calories: (min) 410  
Fat: (total) 14g  
Carbohydrates: (total) 57g  
Protein: 15g

Meal: **FRENCH TOAST AND SAUSAGE**  
Contains: **French toast and sausage**  
Weight: (approx.) 5.5 oz  
Calories: (min) 350  
Fat: (total) 16g  
Carbohydrates: (total) 40g  
Protein: 13g

Meal: **HAM AND CHEESE OMLET**  
Contains: Ham and cheese omelet with seasoned home fries  
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Fat: (total) 14g  
Carbohydrates: (total) 17g  
Protein: 12g

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Contains: Sausage and scrambled eggs  
Weight: (approx.) 6.8 oz  
Calories: (min) 300  
Fat: (total) 17g  
Carbohydrates: (total) 22g  
Protein: 15g