

BREAKFAST OPTIONS



Breakfast Sandwiches

Kroger

Kroger Ham, Egg, & Cheese English Muffin

Cals Sat. Fat Sodium Carb Fiber Protein

240 2.5 640 30 1 12



Jimmy Dean Delights

Applewood Chicken Sausage & Egg White

250 3.5 490 29 1 17



Canadian Bacon Egg & Cheese

220 4 610 25 0 12



Egg White & Cheese Honey Wheat Muffin

230 2.5 690 32 2 14



Sandwich Bro's

Egg White & Turkey Sausage Flatbread Sandwich

150 1.5 470 14 1 11



Breakfast Burrito/Wraps

El Monterey

Simply Egg Turkey Sausage and Cheese Burrito

Cals Sat. Fat Sodium Carb Fiber Protein

230 2.5 400 29 3 11



Chipotle Chicken Breakfast Burrito

270 3 450 33 1 12



Jalapeno Egg & Cheese Burrito

270 3 560 37 1 10



Smart Ones

American Favorites - Egg, Sausage, & Cheese

240 2.5 560 32 7 11



Amy's

Bean & Cheddar Cheese Burrito

310 2.5 580 45 7 11



Black Bean Burrito

290 0.5 680 45 7 8



Gluten-Free Cheese with Bean & Rice

260 2 430 37 5 9



Non-Dairy Bean & Rice Burrito

320 1 580 52 8 10



Good Food Made Simple

Simple Egg, Cheese, & Turkey Sausage Burrito

310 4 540 35 3 14



Sweet Earth

Big Sur Breakfast Burrito

390 1 530 44 6 24



All breakfast selections are no more than 4 g saturated fat and less than 700 mg sodium

BREAKFAST OPTIONS



Breakfast Bowls



dr. Praeger's

Hearty Breakfast Bowl

Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
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270

3.5

450

28

1

12



Egg White and Kale Breakfast Bowl

200

3

510

22

3

12



Smart Ones

Ham & Cheese Scramble

190

3.5

600

12

1

18

