



# Hot Breakfast & Lunch

The nutritional values provided in this guide or shown on menus or menu boards should be considered approximations. Variations in nutritional values throughout this menu may occur due to deviations in preparation, availability of ingredients, seasonal changes, cooking processes and custom ordering. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. All of our food items are produced in facilities where known allergens are present. We cannot guarantee that any of our products are free from allergens (including dairy, eggs, soy, tree nuts, wheat and others) as we use shared equipment to store, prepare and serve them.

ITEM	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Turkey Sausage Sandwich	340	17	7	0	170	640	25	2	1	22
Plant-Powered Sandwich	390	20	8	0	0	1020	35	3	1	18
Bacon & Egg Burrito	500	27	12	0	230	900	51	1	2	21
Pork Sausage & Egg Burrito	490	26	11	0	230	810	51	1	2	20
Green Chile Burrito	460	19	9	0	180	690	51	2	1	15
Roasted Chicken & Golden Rice Burrito	460	16	6	0	60	790	53	2	1	20
Pesto Chicken Sandwich	560	23	6	0	115	1200	50	2	4	42
Bacon & Cheese Egg Bites	260	18	8	0	250	870	7	0	3	17
Three Cheese Egg Bites	230	15	8	0	270	550	6	0	2	16
Grilled Ham & Cheese Sandwich	470	22	13	0	76	450	43	0	7	22
Veggie Egg White Bites	200	11	6	0	30	680	9	<1	2	15

ITEM	INGREDIENTS
Turkey Sausage Sandwich	SOURDOUGH ENGLISH MUFFIN (WATER, ENRICHED UNBLEACHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID], WHOLE WHEAT FLOUR, YEAST, CONTAINS 2% OR LESS: SUGAR, VITAL WHEAT GLUTEN, CORNMEAL, SALT, DISTILLED VINEGAR, SOYBEAN OIL, YEAST NUTRIENT [AMMONIUM SULPHATE], ASCORBIC ACID, FUMARIC ACID, SODIUM DIACETATE, LACTIC ACID, CALCIUM PROPIONATE [MOLD INHIBITOR], POTASSIUM SORBATE [MOLD INHIBITOR], ENZYMES), EGG PATTY (CAGE-FREE WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, WHEY, SALT, NONFAT DRIED MILK, CITRIC ACID), TURKEY SAUSAGE (TURKEY, WATER, POTATO STARCH, DEXTROSE, SUGAR, SALT, POTASSIUM CHLORIDE, SPICES), JALAPENO MONTEREY JACK CHEESE (PASTEURIZED CULTURED MILK, JALAPENO AND BELL PEPPERS, SALT, ENZYMES), <b>CONTAINS: WHEAT, MILK, EGG, SOY</b>
Plant-Powered Sandwich	ENGLISH MUFFIN (WATER, ENRICHED UNBLEACHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], WHOLE WHEAT FLOUR, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SUGAR, VITAL WHEAT GLUTEN, CORNMEAL, SALT, DISTILLED VINEGAR, SOYBEAN OIL, YEAST NUTRIENT [AMMONIUM SULFATE], ASCORBIC ACID, FUMARIC ACID, SODIUM DIACETATE, LACTIC ACID, CALCIUM PROPIONATE [MOLD INHIBITOR], POTASSIUM SORBATE [MOLD INHIBITOR], ENZYMES); PLANT-BASED EGG PATTY (WATER, MUNG BEAN PROTEIN, EXPELLER-PRESSED CANOLA OIL, CORN STARCH, CONTAINS LESS THAN 2% OF: BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE], DEHYDRATED GARLIC, DEHYDRATED ONION, CARROT EXTRACTIVES [COLOR], TURMERIC EXTRACTIVES [COLOR], SALT, TRANSGLUTAMINASE); IMPOSSIBLE SAUSAGE (WATER, SOY PROTEIN CONCENTRATE, SUNFLOWER OIL, COCONUT OIL, 2% OR LESS OF: METHYLCELLULOSE, SALT, YEAST EXTRACT, CULTURED DEXTROSE, SPICES, FOOD STARCH MODIFIED, ONION POWDER, DEXTROSE, GARLIC POWDER, NATURAL FLAVORS, CITRIC ACID, SOY LEGHEMOGLOBIN, MIXED TOCOPHEROLS [ANTIOXIDANT]), SOY PROTEIN ISOLATE, VITAMINS & MINERALS: ZINC GLUCONATE, NIACIN [VITAMIN B3], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], RIBOFLAVIN [VITAMIN B2], VITAMIN B12); VEGAN CHEDDAR-STYLE CHEESE (DAIYA OAT CREAM BLEND [WATER, OAT FLOUR, PEA PROTEIN, CULTURES, ENZYMES], COCONUT OIL, MODIFIED POTATO STARCH, CORN STARCH, LESS THAN 2 PERCENT OF: KONJAC FLOUR, FRUIT AND VEGETABLE JUICE [FOR COLOR], YEAST EXTRACT, ANNATTO [FOR COLOR], SALT, TRICALCIUM PHOSPHATE, XANTHAN GUM, LACTIC ACID, NATURAL FLAVORS) <b>CONTAINS: WHEAT, SOY</b>
Bacon & Egg Burrito	FLOUR TORTILLA (ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING [SOYBEAN OIL, MONO AND DIGLYCERIDES, TOCOPHEROL (VITAMIN E) AND VITAMIN C PALMITATE], SALT, MONO AND DIGLYCERIDES, BAKING POWDER [ SODIUM BICARBONATE, CORNSTARCH, SODIUM ALUMINIUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], CALCIUM PROPIONATE, WHEAT GLUTEN, FUMARIC ACID, GUAR GUM, XANTHUM GUM, MICROCRYSTALLINE CELLULOSE, L-CYSTEINE [DOUGH CONDITIONER] COOKED POTATOES (POTATOES, SOYBEAN OIL, ONION POWDER, SALT, OREGANO, BASIL, ROSEMARY, THYME, SAGE, MARJORAM, SODIUM METABISULFITE [PRESERVATIVE]), SCRAMBLED EGGS (CAGE FREE LIQUID EGGS, WHOLE MILK, BUTTER [PASTEURIZED CREAM (FROM MILK), NATURAL FLAVORINGS], DISTILLED VINEGAR [FROM CORN], XANTHAN GUM, UNMODIFIED CORN STARCH, SALT), CHEDDAR AND MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR], POTATO STARCH, CORN STARCH, AND POWDERED CELLULOSE), DICED BACON (BACON CURED WITH WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, FLAVORING, SODIUM NITRITE) <b>CONTAINS: WHEAT, MILK, EGG, SOY</b>

Pork Sausage & Egg Burrito	<p>FLOUR TORTILLA (ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING [SOYBEAN OIL, MONO AND DIGLYCERIDES, TOCOPHEROL (VITAMIN E) AND VITAMIN C PALMITATE], SALT, MONO AND DIGLYCERIDES, BAKING POWDER [ SODIUM BICARBONATE, CORNSTARCH, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], CALCIUM PROPIONATE, WHEAT GLUTEN, FUMARIC ACID, GUAR GUM, XANTHUM GUM, MICROCRYSTALLINE CELLULOSE, L-CYSTEINE [DOUGH CONDITIONER] COOKED POTATOES (POTATOES, SOYBEAN OIL, ONION POWDER, SALT, OREGANO, BASIL, ROSEMARY, THYME, SAGE, MARJORAM, SODIUM METABISULFITE (PRESERVATIVE)), SCRAMBLED EGGS (CAGE FREE LIQUID EGGS, WHOLE MILK, BUTTER [PASTEURIZED CREAM (FROM MILK), NATURAL FLAVORINGS], DISTILLED VINEGAR [FROM CORN], XANTHAN GUM, UNMODIFIED CORN STARCH, SALT), CHEDDAR AND MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]), POTATO STARCH, CORN STARCH, AND POWDERED CELLULOSE), PORK SAUSAGE CRUMBLES (PORK, SPICES, WATER, SALT, CORN SYRUP SOLIDS, PAPRIKA, FLAVORING, SUGAR, EXTRACTIVES OF PAPRIKA AND ANNATO, LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE, LEMON OIL], BHA, BHT, CITRIC ACID, DISODIUM INOSINATE AND DISODIUM GUANYLATE, PROPYL GALLATE [TO PROTECT FLAVOR]), PICANTE SAUCE (CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), WATER, JALAPENO PEPPERS, ONIONS, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, NATURAL FLAVORING, GARLIC EXTRACT), CRUSHED RED CHILES</p> <p><b>CONTAINS: WHEAT, MILK, EGG, SOY</b></p>
Green Chile Burrito	<p>FLOUR TORTILLA (ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING [SOYBEAN OIL, MONO AND DIGLYCERIDES, TOCOPHEROL (VITAMIN E) AND VITAMIN C PALMITATE], SALT, MONO AND DIGLYCERIDES, BAKING POWDER [ SODIUM BICARBONATE, CORNSTARCH, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], CALCIUM PROPIONATE, WHEAT GLUTEN, FUMARIC ACID, GUAR GUM, XANTHUM GUM, MICROCRYSTALLINE CELLULOSE, L-CYSTEINE [DOUGH CONDITIONER] COOKED POTATOES (POTATOES, SOYBEAN OIL, ONION POWDER, SALT, OREGANO, BASIL, ROSEMARY, THYME, SAGE, MARJORAM, SODIUM METABISULFITE (PRESERVATIVE)), SCRAMBLED EGGS (CAGE FREE LIQUID EGGS, WHOLE MILK, BUTTER [PASTEURIZED CREAM (FROM MILK), NATURAL FLAVORINGS], DISTILLED VINEGAR [FROM CORN], XANTHAN GUM, UNMODIFIED CORN STARCH, SALT), CHEDDAR AND MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]), POTATO STARCH, CORN STARCH, AND POWDERED CELLULOSE), GREEN CHILES (GREEN CHILE PEPPERS, SALT, CITRIC ACID)</p> <p><b>CONTAINS: WHEAT, MILK, EGG, SOY</b></p>
Roasted Chicken & Golden Rice Burrito	<p>WHEAT FLOUR TORTILLA (ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% EACH OF THE FOLLOWING: VEGETABLE SHORTENING [SOYBEAN OIL, MONO &amp; DIGLYCERIDES, TOCOPHEROLS (VITAMIN E), VITAMIN C PALMITATE], SALT, MONO AND DIGLYCERIDES, BAKING POWDER [SODIUM BICARBONATE, CORNSTACH, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], CALCIUM PROPIONATE, WHEAT GLUTEN, FUMARIC ACID, GUAR GUM, XANTHAN GUM, MICROCRYSTALLINE CELLULOSE, L-CYSTEINE [DOUGH CONDITIONER]), SEASONED RICE (BASMATI RICE, CHICKEN STOCK [CHICKEN STOCK, SALT, CARROTS, CABBAGE, CELERY, ONIONS, PARSLEY], WATER, BUTTER [MILK, CREAM], SALT, SPICES [TURMERIC, CARDAMOM, CLOVES, DRIED LIME POWDER, SAFFLOWER, CINNAMON, RED PEPPER, BLACK PEPPER]), ROASTED CHICKEN (CHICKEN THIGH MEAT, WATER, CONTAINS 2% OR LESS OF SPICES, SALT, FLAVORING, PAPRIKA, OLIVE OIL, XANTHAN GUM), CHEDDAR CHEESE ([PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, COLOR ADDED], POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), FETA CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURE, ENZYMES AND POTATO STARCH [TO PREVENT CAKING]), ROASTED RED PEPPER (SOYBEAN OIL, SALT), ROASTED ONION (SOYBEAN OIL, SALT)</p> <p><b>CONTAINS: WHEAT, MILK, SOY</b></p>
Pesto Chicken Sandwich	<p>CHICKEN BREAST (CHICKEN BREAST, WATER, SALT, BAKING SODA, FLAVORING), TELERA ROLL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, SOUR CULTURE, CANOLA OIL, SUGAR, CONTAINS 2% OR LESS OF SALT, SEMOLINA, YEAST, ENZYMES), MOZZARELLA (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), BASIL PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE [PASTEURIZED PART-SKIM COWS' MILK, CHEESE CULTURES, SALT, ENZYMES], DEHYDRATED GARLIC, SALT), DRIED TOMATO AND GARLIC PESTO (WATER, CANOLA OIL, DRIED TOMATOES, PARMESAN CHEESE [PASTEURIZED PART-SKIM COWS' MILK, CHEESE CULTURE, SALT, ENZYMES], ONIONS, BASIL, GRANULATED GARLIC, GARLIC POWDER, SALT, BLACK PEPPER AND XANTHAN GUM)</p> <p><b>CONTAINS: WHEAT, MILK</b></p>
Bacon & Cheese Egg Bites	<p>EGGS, COTTAGE CHEESE, (SKIM MILK, MILK, LESS THAN 2%: CREAM, GUAR GUM, CALCIUM SULFATE, LOCUST BEAN GUM, CARRAGEENAN, MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, POTASSIUM PHOSPHATE, DEXTROSE, WATER, CITRIC ACID, LACTIC ACID, PHOSPHORIC ACID, NATURAL FLAVORINGS, SALT, POTASSIUM SORBATE, CALCIUM CHLORIDE, CULTURES, ENZYMES), RECONSTITUTED SKIM MILK, BACON (CURED WITH WATER, SALT, SUGAR, SODIUM ERYTHORBATE, SODIUM NITRITE, MAY CONTAIN SMOKE FLAVORING, DEXTROSE, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, SODIUM DIACETATE, FLAVORING, HONEY), PASTEURIZED PROCESS CHEDDAR AND MONTEREY JACK CHEESE (CHEESE (CULTURED MILK, SALT, ENZYMES), WATER, CREAM, SODIUM PHOSPHATES, SALT, SORBIC ACID (PRESERVATIVE), NATAMYCIN (PRESERVATIVE), VEGETABLE COLOR (ANNATTO AND PAPRIKA EXTRACT)), BUTTER (CREAM, SALT), CORN STARCH, SALT, GARLIC POWDER, ONION POWDER, XANTHAN GUM, CITRIC ACID.</p> <p><b>CONTAINS: MILK, EGG</b></p>
Three Cheese Egg Bites	<p>EGG, COTTAGE CHEESE (GRADE A SKIM MILK, MILK, CREAM, SEA SALT, CULTURES), RECONSTITUTED SKIM MILK, CHEDDAR CHEESE (CULTURED MILK, SALT ENZYMES, ANNATTO (COLOR)), CORN STARCH, PEPPER JACK CHEESE (CULTURED MILK, SALT, RED AND GREEN JALAPENO PEPPERS, SALT, ENZYMES), PARMESAN CHEESE (CULTURED PART-SKIM MILK, SALT, ENZYMES), BUTTER (CREAM, SALT), SALT, GARLIC POWDER, ONION POWDER, CITRIC ACID, XANTHAN GUM, WHITE PEPPER.</p> <p><b>CONTAINS: MILK, EGG</b></p>
Grilled Ham & Cheese	<p>WHITE BREAD (ALL PURPOSE FLOUR [BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, SUGAR, WHEY PROTEIN, CALCIUM PROPIONATE, DOUGH CONDITIONERS [ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CALCIUM SULFATE, SUNFLOWER OIL, ENZYMES], ENZYMES [ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)], MALTED BARLEY FLOUR, ASCORBIC ACID, ENZYMES], YEAST), SWISS CHEESE (PART SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), HAM (PORK, WATER, NATURAL SALT BLEND [POTASSIUM CHLORIDE, SEA SALT], TURBANADO SUGAR, SALT, CULTURED CELERY POWDER, CHERRY POWDER, SEA SALT), BUTTER (CREAM [MILK], NATURAL FLAVOR), PARMESAN CHEESE (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE [ADDED TO PREVENT CAKING], NATAMYCIN [MOLD INHIBITOR]), FILTERED HONEY, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEEDS, SALT, ARTIFICIAL FLAVOR). HONEY SHOULD NOT BE CONSUMED BY INFANTS UNDER 1 YEAR OLD.</p> <p><b>CONTAINS: MILK, WHEAT, HONEY</b></p>

Veggie Egg White Bites	EGG WHITES, COTTAGE CHEESE (SKIM MILK, MILK, CREAM, SEA SALT, CULTURES), PASTEURIZED PROCESS MONTEREY JACK CHEESE (MONTEREY JACK CHEESE, (CULTURED MILK, SALT ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, SALT, SORBIC ACID (PRESERVATIVE), NATAMYCIN (MAINTAINS FRESHNESS)), SMOKED GOUDA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT ENZYMES, NATURAL SMOKE FLAVOR), POWDERED CELLULOSE (TO PREVENT CAKING), CORN STARCH, VEGETABLE BLEND (DRIED RED PEPPERS, ONIONS, AND CHIVES), PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), SALT, XANTHAN GUM, CITRIC ACID. <b>CONTAINS: MILK, EGG</b>
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