

# Convenient Breakfast Options



## Bowls

Under 5 g saturated fat and 600 mg sodium  
\*660 mg sodium



### Smart Ones

Ham & Cheese Scramble with Egg\*

Ham & Cheese Scramble w/ Egg Whites, and Potatoes\*



### Just Crack an Egg

Rustic Scramble

Denver Scramble

Smoked Ham



### Jimmy Dean

Turkey Sausage Simple Scramble



### Tattooed Chef

Plant Based Bacon Breakfast Bowl

Cals	Carb	Fiber	Protein
190	12	1	18
200	13	1	18
110	6	1	9
120	3	1	9
130	6	1	9
150	3	0	18
380	32	3	12

## Burritos & Wraps

No more than 4g saturated fat and 700 mg sodium

### Amy's

Bean and Cheddar Cheese Burrito\* Black Bean Burrito\* Gluten-Free Cheese with Beans and Rice Burrito Non-Dairy Bean and Rice Burrito

### El Monterey

Signature Sausage Cheese & Potato Burrito  
Egg & Bacon Burrito  
Jalapeno Egg & Cheese Burrito  
Signature Egg Sausage & Cheese Burrito

### Evol

Egg & Green Chile Burrito  
Sausage Egg & Cheese Burrito

### Red's

Turkey Sausage Egg & Cheese Burrito  
Cheese & Bean Burrito

Cals	Carb	Fiber	Protein
340	47	6	12
290	44	5	8
280	40	5	9
290	33	1	10
300	36	1	12
280	37	1	11
300	32	1	11
320	45	5	12
360	37	2	12
310	31	4	14
330	48	4	12

\*Products are between 600-700 mg sodium

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# Convenient Breakfast Options



## Egg Bites/Frittatas

No more than 5g saturated fat and 350 mg sodium



### Eggland's Best

Bacon & Cheese Egg Rounds  
Sausage & Cheese Egg Rounds

Cals	Carb	Fiber	Protein
130	6	1	9
110	0	0	8

### Garden Lites Veggies Made Great

Spinach Egg White Frittata

70	5	1	5
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## Muffins

Under 2 g saturated fat and 150 mg sodium

### Garden Lite's Veggies Made Great

Banana Chocolate Chip Muffin  
Blueberry Oat Muffin Double  
Chocolate Muffin

Cals	Carb	Fiber	Protein
120	22	2	3
110	21	3	3
110	19	1	4

### Good & Gather

Frozen GF Blueberry Muffins with Zucchini and Oats

160	23	0	2
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## Sandwiches

Under 4 g saturated fat and 700 mg sodium  
\*5 g saturated fat

### Jimmy Dean Delights

Turkey Sausage , Egg White & Cheese English Muffin\*  
Egg White & Cheese Honey Wheat Muffin

Cals	Carb	Fiber	Protein
270	31	2	18
230	32	2	14

### Red's

Eggwich Sandwich\*

200	5	0	16
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### Sandwich Bro's

Chicken Melt Flatbread Sandwich

180	17	1	10
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