

# CONVENIENT BREAKFAST OPTIONS



## Bowls

Under 5 g saturated fat and 600 mg sodium



### Smart Ones

Ham & Cheese Scramble

Cals	Carb	Fiber	Protein
190	12	1	18

### Just Crack an Egg

Rustic Scramble

110	6	1	9
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Denver Scramble

120	3	1	9
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### Jimmy Dean

Turkey Sausage Simple Scramble

150	3	0	18
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## Burritos & Wraps

No more than 4g saturated fat and 700 mg sodium

### Amy's

Bean and Cheddar Cheese Burrito\*

340	47	6	12
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Black Bean Burrito\*

290	44	5	8
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Gluten-Free Cheese with Beans and Rice Burrito

280	40	5	9
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Non-Dairy Bean and Rice Burrito

320	50	5	8
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### El Monterey

Signature Egg Sausage and Cheese Burrito

300	32	1	11
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Jalapeno Egg and Cheese Burrito

280	37	1	11
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Egg and Bacon Breakfast Burrito

300	36	1	11
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### Evol

Chicken Apple Sausage, Egg, and Smoked Gouda Burrito\*

280	37	4	12
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Egg and Green Chile Burrito

320	45	5	12
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Egg White and Spinach Burrito\*

230	35	4	11
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Spicy and Uncured Bacon and Egg Burrito

310	39	2	12
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### Good Food Made Simple

Simple Southwestern Veggie Egg White Breakfast Burrito

280	39	4	12
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Simple Egg, Cheese, and Turkey Sausage Breakfast Burrito

230	29	3	11
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Simple Egg, Cheese, and Veggies Breakfast Burrito

300	37	3	12
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\*Products are between 600-700 mg sodium

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## Burritos & Wraps (cntd.)



### Red's

Turkey Sausage, Egg, and Cheese Breakfast Burrito

Cals	Carb	Fiber	Protein
340	36	2	17



### Sweet Earth

Big Sur Breakfast Burrito

Cals	Carb	Fiber	Protein
290	32	6	18

## Muffins

Under 2 g saturated fat and 150 mg sodium

### Garden Lite's Veggies Made Great



Banana Chocolate Chip Muffin

Cals	Carb	Fiber	Protein
120	22	2	3

Blueberry Oat Muffin

Cals	Carb	Fiber	Protein
110	21	3	3

Double Chocolate Muffin

Cals	Carb	Fiber	Protein
110	19	1	4

## Sandwiches

Under 4 g saturated fat and 700 mg sodium

### Jimmy Dean Delights



Turkey Sausage English Muffin\*

Cals	Carb	Fiber	Protein
270	31	2	18

Egg White & Cheese Honey Wheat Muffin

Cals	Carb	Fiber	Protein
210	32	2	14

\*Includes 710 mg of sodium

### MorningStar Farms



Sausage Egg and Cheese Sandwich

Cals	Carb	Fiber	Protein
200	20	3	15