

# BREAKFAST SANDWICHES

**ME** **My MEALS** **THE BASIC** 580 cal. \$4.35  
egg, cheese, choose 1 meat on a bagel  
Contains: Eggs, Gluten, Milk, Soy, Wheat

**ME** **My MEALS** **MEDITERRANEAN** 480 cal. \$4.80  
egg, spinach, tomato, feta on a bagel  
Contains: Eggs, Gluten, Milk, Soy, Wheat

**ME** **My MEALS** **SOUTHWESTERN** 530 cal. \$4.80  
egg, jalapeno, pepper jack, choose 1 meat on a bagel  
Contains: Eggs, Gluten, Milk, Soy, Wheat

## MEAT CHOICE

Ham 30 cal.  
Bacon 180 cal.  
Sausage Patty 140 cal.

## MEAL PLAN SIDE OPTIONS

Whole Fruit  
Bag of Chips

# COFFEE

12 oz 3 cal. \$2.90  
16 oz 4 cal. \$3.35  
20 oz 5 cal. \$3.50

**REFILL** \$2.05

**HERBAL TEA** 0 cal. \$2.50

# DELI SANDWICHES

**My MEALS** **THE DON\*** salami, ham and turkey 220 cal.

**My MEALS** **GRILLED CHICKEN\*** 180 cal.

**ME** **My MEALS** **OVEN ROASTED TURKEY** 30 cal.

**ME** **My MEALS** **HONEY BAKED HAM** 30 cal.

**ME** **My MEALS** **SALAMI** 180 cal.

**ME** **My MEALS** **BLT** 185 cal.

**ME** **My MEALS** **TUNA** 90 cal.

Contains: Eggs, Fish, Soy, Tree Nuts

**ME** **My MEALS** **VEGETARIAN** 5 cal.

Vegetarian

HALF \$4.90

WHOLE \$7.25

WHOLE OR HALF  
+ SIDE & DRINK  
**ME** \$10.95 **My MEALS**

½ SANDWICH +  
CUP OF SOUP  
**ME** \$10.95 **My MEALS**

## BREAD CHOICE

Country White 60 cal.  
Contains: Gluten, Wheat

Whole Grain 60 cal.  
Contains: Gluten, Wheat

Sub Roll 200 cal.  
Contains: Gluten, Wheat

Spinach 320 cal.  
Contains: Gluten, Wheat

White Tortilla 290 cal.  
Contains: Soy, Wheat

Tomato Basil Wrap  
300 cal.  
Contains: Gluten, Wheat



\*Upgrade for Don or Grilled Chicken \$1.05

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY.  
ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.



**Meal Exchange Entrées**

Includes side and designated beverage