**HEALTHY IN A HURRY**

### BREAKFAST

- **Egg McMuffin**
  - 310 calories
  - 13g fat
  - 30g carbs

- **Sausage Burrito**
  - 310 calories
  - 17g fat
  - 25g carbs

- **Fruit & Maple Oatmeal**
  - 320 calories
  - 4.5g fat
  - 64g carbs

- **Americano Coffee**
  - 0 calories

- **Water/Diet Soda/Unsweetened Tea**
  - 0 calories

### LUNCH/DINNER

- **Hamburger**
  - 250 calories
  - 9g fat

- **Filet-O-Fish no tartar sauce**
  - 300 calories
  - 10g fat

- **Fruit & Maple Oatmeal**
  - 320 calories
  - 4.5g fat

- **Cheesy Toasted Breakfast Burrito**
  - 350 calories
  - 17g fat

- **Premium Coffee**
  - 10 calories

- **Power Menu Bowl**
  - 380 calories

### Additional Menus

- **Fiesta Potato**
  - 44g carbs

- **Sausage**
  - 38g carbs

- **Fiesta Tortilla strips**

- **Easy Avocado Ranch Sauce**

- **Easy Chipotle Sauce**

- **2 Crunchy Taco Supreme**
  - 380 calories
  - 22g fat

- **Power Menu Bowl**
  - 430 calories
  - 19g fat

### QR Code

Scan the QR code for more information.
HEALTHY IN A HURRY

SUBWAY

6-inch Veggie Delight
210 calories 3g fat
39g carbs 10g protein

OR

Grilled Chicken Wrap
470 calories 11g fat
54g carbs 27g protein

Grilled Chicken Salad
130 calories 3g fat
10g carbs 19g protein

6-inch Oven Roasted Turkey
270 calories 4g fat
40g carbs 22g protein

OR

Rotisserie-Style
Chicken Protein Bowl
220 calories 8g fat
8g carbs 31g protein

OR

Black Forest Ham Protein Bowl
170 calories 5g fat
12g carbs 21g protein

OR

Water/Diet Soda
0 calories

BREAKFAST

Egg & Cheese Croissant
340 calories 21g fat
28g carbs 11g protein

OR

Chorizo, Egg & Cheese
Taco
400 calories 20g fat
37g carbs 16g protein

OR

Half Turkey Sub
370 calories 16g fat
35g carbs 23g protein

Half Gardener Sub
320 calories 14g fat
36g carbs 13g protein

OR

Sausage, Egg & Cheese
Taco
410 calories 22g fat
38g carbs 15g protein

OR

Bacon, Egg & Cheese
Taco
410 calories 22g fat
36g carbs 16g protein

Coffee
0 calories 0g fat
1g carb 0g protein

LUNCH/DINNER

Gardener Wrap
470 calories 20g fat
56g carbs 15g protein

Water/Diet Soda/Unsweetened Tea
0 calories

*The calories do not include sauces/dressing. If added, calories will increase.*