

Breakfast Sandwiches Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit D (mcg)	Calc (mg)	Iron (mg)	Pot (mg)
Morning Melt with English Muffin (450 - 680 Cals)																
Morning Melt with Bacon	1 sandwich	450	32	11	0	215	830	25	1	3	1	16	1	136	2	160
Morning Melt with a Sausage Patty	1 sandwich	680	51	17	0	275	1490	25	1	3	1	29	1	159	4	160
Morning Melt with a Turkey Sausage Patty	1 sandwich	490	33	12	0	245	1010	25	1	3	1	21	1	136	2	350
Morning Melt with a Plant Based Sausage Patty	1 sandwich	500	34	13	0	210	890	31	2	4	1	17	1	216	3	310
Morning Melt with Biscuit (660 - 890 Cals)																
Morning Melt with Bacon	1 sandwich	660	48	21	0	220	1620	39	1	4	0.99	17	1	171	4	180
Morning Melt with a Sausage Patty	1 sandwich	890	67	27	0.5	275	2290	39	1	4	0.99	31	1	193	6	180
Morning Melt with a Turkey Sausage Patty	1 sandwich	700	49	21	0	245	1800	39	1	4	0.99	23	1	171	4	380
Morning Melt with a Plant Based Sausage Patty	1 sandwich	710	50	22	0	210	1690	45	2	5	0.99	19	1	251	5	330
Farmhouse Sandwich																
Farmhouse Sandwich	1 sandwich	660	45	22	0	455	1340	35	1.3	4	0	27	2	262	3	240