

BREAKFAST SANDWICH DATA
Marylou's News, Inc.

Western Omelet	
<p>Omelet: Whole Eggs, Water, Medium Cheddar Cheese [Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (vegetable color)), Powdered Cellulose (to prevent caking)], Red Peppers, Green Peppers, Onions, Non-Fat Dry Milk, Modified Corn Starch, Salt, Seasoning Salt [Salt, Sugar, Spices including Paprika and Turmeric, Onion, Corn Starch, Garlic, Tricalcium Phosphate (prevents caking), Paprika Oleoresin (for color), and Natural Flavor], Xanthan Gum, Citric Acid, White Pepper. Sausage Crumbles: Pork, Water, Salt, Seasoning (Dextrose, Sugar, Spices, Spice Extratives, BHT, Propyl Gallate, Citric Acid, Sodium Phosphate). Pita Bread: Wheat Flour, Water, Yeast, Salt, Calcium Propionate.</p>	
Nutrition Facts	
Serving Size: 1 sandwich (113g)	
Amount Per Serving:	
Calories per Serving	210
Calories from Fat	80
Total Fat	9g
Saturated Fat	3g
Cholesterol	170mg
Sodium	510mg
Total Carbohydrate	21g
Dietary Fiber	1g
Sugars	2g
Protein	11g
<p>This product should not be consumed by those individuals with allergies to Eggs, Dairy, Sulfites, Corn, or Gluten.</p>	

Denver Omelet	
<p>Omelet: Whole Eggs, Water, Medium Cheddar Cheese [Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (vegetable color)), Powdered Cellulose (to prevent caking)], Red Peppers, Green Peppers, Onions, Non-Fat Dry Milk, Modified Corn Starch, Salt, Seasoning Salt [Salt, Sugar, Spices including Paprika and Turmeric, Onion, Corn Starch, Garlic, Tricalcium Phosphate (prevents caking), Paprika Oleoresin (for color), and Natural Flavor], Xanthan Gum, Citric Acid, White Pepper. HAM: Ham, Water, Sugar, Sea Salt, Rice Starch, Carrageenan, Celery Juice Powder, Natural Flavoring, Lactic Acid, and Starter Culture. Pita Bread: Wheat Flour, Water, Yeast, Sugar, Salt, Calcium Propionate.</p>	
Nutrition Facts	
Serving Size: 1 sandwich (113g)	
Amount Per Serving:	
Calories per Serving	190
Calories from Fat	60
Total Fat	7g
Saturated Fat	2.5g
Cholesterol	165mg
Sodium	530mg
Total Carbohydrate	21g
Dietary Fiber	1g
Sugars	3g
Protein	11g
<p>This product should not be consumed by those individuals with allergies to Eggs, Dairy, Sulfites, Corn, or Gluten.</p>	

Cheese Omelet	
<p>Omelet: Whole Eggs, non fat milk, cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, cream, sorbic acid [natural preservative], annatto (vegetable color), food starch [corn], salt, xanthan gum, citric acid [natural preservative], pepper. Pita Bread: Wheat flour, Water, Yeast, Sugar, Salt, Calcium Propionate.</p>	
Nutrition Facts	
Serving Size: 1 sandwich (106g)	
Amount Per Serving:	
Calories per Serving	200
Calories from Fat	63
Total Fat	7g
Saturated Fat	3g
Cholesterol	175mg
Sodium	445mg
Total Carbohydrate	24g
Dietary Fiber	4g
Sugars	1g
Protein	11g
<p>This product should not be consumed by those individuals with allergies to Eggs, Dairy, Corn, Sulfites, or Gluten.</p>	

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Bacon	
Cured with water, salt, sugar, smoke flavorings, sodium phosphate, sodium erythorbate, sodium nitrite	
Nutrition Facts	
Serving Size: 3 pieces	
Amount Per Serving:	
Calories per Serving	60
Calories from Fat	45
Total Fat	4.5g
Saturated Fat	3g
Cholesterol	15mg
Sodium	225mg
Total Carbohydrate	0
Dietary Fiber	0
Sugars	0
Protein	3g
This product should not be consumed by those individuals with allergies to Sulfites or Gluten.	

Egg	
Egg whites, Whole Eggs, Water, Modified Food Starch, Salt, Xanthan Gum, Citric Acid, White Pepper EDTA.	
Nutrition Facts	
Serving Size: 1 egg	
Amount Per Serving:	
Calories per Serving	90
Calories from Fat	30
Total Fat	3g
Saturated Fat	1g
Cholesterol	135mg
Sodium	410mg
Total Carbohydrate	3g
Dietary Fiber	0
Sugars	1g
Protein	12g
This product should not be consumed by those individuals with allergies to Eggs, Corn, Gluten, or Sulfites.	

Cheese	
Nutrition Facts	
Serving Size: 1 piece	
Amount Per Serving:	
Calories per Serving	60
Calories from Fat	41
Total Fat	5g
Saturated Fat	3g
Cholesterol	15mg
Sodium	260mg
Total Carbohydrate	2g
Dietary Fiber	0g
Sugars	2g
Protein	4g
This product should not be consumed by those individuals with allergies to Dairy, or Sulfites.	

Sausage	
pork, water, salt, spices, dextrose, sugar	
Nutrition Facts	
Serving Size: 1 patty	
Amount Per Serving:	
Calories per Serving	230
Calories from Fat	198
Total Fat	22g
Saturated Fat	0
Cholesterol	43mg
Sodium	370mg
Total Carbohydrate	1g
Dietary Fiber	0
Sugars	0
Protein	7g
This product should not be consumed by those individuals with allergies to Sulfites.	