

## Panera Bread

### Breakfast

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast Sandwiches						
Avocado, Egg White & Spinach Breakfast Power Sandwich	410	6	590	52	7	22
Breakfast Favorites						
Steel Cut Oatmeal with Apple Chips & Pecans	370	2	170	53	9	6
Steel Cut Oatmeal with Strawberries & Pecans	340	2	160	52	9	6
Steel Cut Oatmeal with Almonds, Quinoa & Honey	300	1	220	51	8	8

### Bagels & Cream Cheese Spreads

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Bagels						
Blueberry Bagel	340	0	430	69	3	10
Cinammon Swirl & Raisin Bagel	320	1	410	66	3	10
Plain Bagel	290	0	410	58	2	10
Sprouted Grain Bagel Flat	240	0	300	48	5	8
Whole Grain Bagel	330	0	460	67	7	13
Sesame Bagel	300	0	410	58	2	10
Cream Cheese Spreads (1 oz Portion)						
Reduced-Fat Plain Cream Cheese	70	4	120	1	0	3
Reduced-Fat Hazelnut Cream Cheese	80	3.5	110	3	0	3
Reduced-Fat Roasted Vegetable Medley Cream Cheese	60	3	130	2	1	2
Reduced-Fat Wild Blueberry Cream Cheese	80	3	100	6	1	2
Reduced-Fat Honey Walnut Cream Cheese	80	3.5	105	4	0	2

### Sandwiches (half portion)

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Mediterranean Veggie Sandwich on Tomato Basil (half)	220	1.5	620	33	3	9
Roasted Turkey and Caramelized Kale Panini (half)	300	3	660	30	2	14
Roasted Turkey & Avocado BLT on Sourdough (half)	340	3.5	590	26	3	16
Steak & Arugula on Sourdough (half)	250	4	430	25	2	16
Tuna Salad Sandwich on Black Pepper Focaccia (half)	330	2.5	680	29	2	14
Turkey Breast Sandwich on Whole Grain (half)	270	1.5	590	32	5	18
Napa Almond Chicken Salad on Country Rustic	310	2.5	340	30	2	14

### Soups

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Low-Fat Chicken Noodle Soup (cup)	110	1	930	13	2	10
Turkey Chili (cup)	230	1.5	760	26	1	16

### Bowls

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Vegan Lentil Quinoa Broth	270	1	1180	43	9	10
Soba Noodle Bowl with Chicken	380	1.5	1190	46	4	30



### Salads

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Ancient Grain & Arugula with Chicken (half)	180	1	135	19	3	15
Ancient Grain & Arugula with Chicken (whole)	360	2	270	37	5	30
Asian Sesame Salad with Chicken (half)	200	1.5	270	13	2	16
Asian Sesame Salad with Chicken (whole)	410	3	540	25	4	32
Caesar Salad (half)	160	3	300	7	1	5
Caesar Salad (whole)	320	6	600	14	2	10
Caesar Salad with Chicken (half)	220	3.5	390	8	1	17
Caesar Salad with Chicken (whole)	450	7	600	17	2	35
Fuji Apple Salad with Chicken (half)	280	3.5	290	18	3	14
Fuji Apple Salad with Chicken (whole)	570	7	590	36	6	33
Greek Salad (half)	200	4	590	5	2	4
Roasted Beet, Quinoa & Citrus Salad (whole)	490	6	660	49	9	12
Seasonal Greens Salad (half)	90	1	75	10	2	2
Seasonal Greens Salad (whole)	180	1.5	150	20	4	4
Spicy Thai Salad with Chicken (half)	260	1.5	380	21	4	21
Spicy Thai Salad with Chicken (full)	510	3	750	41	8	42

### Dressing (half or 1.5 TBSP)

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Low Fat Thai Chile Vinaigrette	25	0	80	4	0	0
Reduced Fat Balsamic Vinaigrette	60	1	60	5	0	0
Chili Lime Rojo Ranch	40	0.5	60	1	0	1

### Kids

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Kids Greek Salad	200	4	510	7	2	4
Kids Seasonal Greens	90	1	75	10	2	2
Kids Caesar Salad	160	3	300	7	1	5
Kids Blueberry Squeezable Yogurt	50	0	35	9	0	2
Kids Strawberry Squeezable Yogurt	50	0	35	8	0	2
Kid's Turkey Chili (cup)	230	1.5	760	26	1	16
Kid's Peanut Butter & Jelly on Whole Grain (whole)	370	2.5	410	49	6	12
Kid's Low Fat Chicken Noodle	110	1	930	12	1	10

### Sides

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Sprouted Whole Grain Roll	170	0	360	33	3	6
Apple	80	0	0	21	4	0
Panera Potato Chips	150	0.5	150	17	1	2
Pickle Spear	5	0	240	1	0	0