

The nutritional values provided in this guide or shown on menus or menu boards should be considered approximations. Variations in nutritional values throughout this menu may occur due to deviations in preparation, availability of ingredients, seasonal changes, cooking processes and custom ordering. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. All of our food items are produced in facilities where known allergens are present. We cannot guarantee that any of our products are free from allergens (including dairy, eggs, soy, tree nuts, wheat and others) as we use shared equipment to store, prepare and serve them.



Food Menu Nutritionals_Hot Breakfast (Nor. Cal)

Product Category	Supplier	Item	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hot Breakfast	Sonoma Muffin Works	Egg, Turkey Sausage, Cheese Sandwich	380	19	7	0	205	750	26	2	2	24
Hot Breakfast	Sonoma Muffin Works	Plant-Powered Sandwich	400	21	9	0	0	890	34	4	0	21
Hot Breakfast	Sonoma Muffin Works	Potato, Egg, Cheese & Bacon Burrito	490	27	12	0	250	900	37	<1	2	22
Hot Breakfast	Sonoma Muffin Works	Potato, Egg, Cheese & Sausage Burrito	470	26	11	0	250	750	37	<1	2	20
Hot Breakfast	Sonoma Muffin Works	Potato, Egg, Green Chile & Cheese Burrito	370	19	10	0	210	670	30	2	1	16
Hot Breakfast	Sonoma Muffin Works	Sausage Frittata	270	20	9	0	335	410	2	1	0	18
Hot Breakfast	Sonoma Muffin Works	Veggie Frittata	260	19	9	0	335	390	2	1	0	17
Hot Breakfast	Starter Bakery	Quiche Lorraine	630	43	24	0	330	840	44	1	6	18
Hot Breakfast	Starter Bakery	Quiche Seasonal Veggie	450	29	16	0	235	670	36	2	6	13

Product Category	Supplier	Item	Ingredients
Hot Breakfast	Sonoma Muffin Works	Egg, Turkey Sausage, Cheese Sandwich	EGG PATTY (WHOLE EGGS, WHEY, SKIM MILK, SOYBEAN OIL), TURKEY SAUSAGE (TURKEY, WATER, POTATO STARCH, DEXTROSE, SUGAR, SALT, POTASSIUM CHLORIDE, SPICES), MONTEREY JACK CHEESE (PASTEURIZED CULTURED MILK, JALAPENO AND BELL PEPPERS, SALT, ENZYMES), SOURDOUGH ENGLISH MUFFIN (WATER, ENRICHED UNBLEACHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID], WHOLE WHEAT FLOUR, YEAST, SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS: SALT, DISTILLED VINEGAR, VEGETABLE OIL [CANOLA AND/OR SOY], YEAST NUTRIENT [AMMONIUM SULPHATE], DOUGH CONDITIONERS [PROTEASE, ASCORBIC ACID, MONODIGLYCERIDES], FUMARIC ACID, SODIUM DIACETATE, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE [MOLD INHIBITORS], ENZYMES, NONFAT DRY MILK) CONTAINS: MILK, EGG, SOY, WHEAT
Hot Breakfast	Sonoma Muffin Works	Plant-Powered Sandwich	ENGLISH MUFFIN (WATER, ENRICHED UNBLEACHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID], WHOLE WHEAT FLOUR, YEAST, SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF: CORNMEAL, SALT, DISTILLED VINEGAR, SOY-BEAN OIL, YEAST NUTRIENT, ASCORBIC ACID, FUMARIC ACID, SODIUM DIACETATE, LACTIC ACID, SILICON DIOXIDE, CALCIUM PROPIONATE AND POTASSIUM SORBATE [MOLD INHIBITORS], CALCIUM SULFATE, ENZYMES); JUST PLANT-BASED FOLDED PATTY (WATER, MUNG BEAN PROTEIN ISOLATE, EXPELLER-PRESSED CANOLA OIL, CORN STARCH, CONTAINS 2% OR LESS OF: BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE], DEHYDRATED GARLIC, DEHYDRATED ONION, NATURAL CARROT EXTRACTIVES [COLOR], NATURAL TURMERIC EXTRACTIVES [COLOR], SALT, TRANSGLUTAMINASE); BEYOND BREAKFAST SAUSAGE (WATER, REFINED COCONUT OIL, PEA PROTEIN*, EXPELLER-PRESSED CANOLA OIL, NATURAL FLAVORS, DRIED YEAST, RICE PROTEIN, CHICORY ROOT FIBER, PEA FIBER, METHYLCELLULOSE, YEAST EXTRACT, APPLE EXTRACT, POMEGRANATE EXTRACT, SALT, VINEGAR, LEMON JUICE CONCENTRATE, SUNFLOWER LECITHIN, BEET JUICE EXTRACT [COLOR], CARROT); VEGAN CHEDDAR-STYLE CHEESE (FILTERED WATER, POTATO STARCH, COCONUT OIL, EXPELLER PRESSED: CANOLA AND/OR SAFFLOWER OIL, TRICALCIUM PHOSPHATE, VEGAN NATURAL FLAVORS, SALT, PEA PROTEIN*, XANTHAN GUM, LACTIC ACID [VEGAN], KONJAC GUM, FRUIT AND/OR VEGETABLE JUICE COLOR, ANNATTO COLOR, YEAST EXTRACT, VEGAN ENZYME, VITAMIN B12). CONTAINS: WHEAT
Hot Breakfast	Sonoma Muffin Works	Potato, Egg, Cheese & Bacon Burrito	COOKED POTATOES (POTATOES, SOYBEAN OIL, GARLIC POWDER, ONION POWDER, SALT, OREGANO, BASIL, ROSEMARY, THYME, SAGE, MARJORAM, SODIUM METABISULFITE [PRESERVATIVE]), SCRAMBLED EGGS (WHOLE EGGS, SKIM MILK, SOYBEAN OIL, MODIFIED CORN STARCH, SALT, XANTHAN GUM, LIQUID PEPPER EXTRACT, CITRIC ACID, NATURAL AND ARTIFICIAL BUTTER FLAVOR [BUTTER {CREAM}, LIPOLYZED BUTTER OIL, MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, SOYBEAN OIL AND ANNATTO EXTRACT]), FLOUR TORTILLA (ENRICHED BLEACHED WHEAT FLOUR [BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, PALM FRUIT SHORTENING, SOY LECITHIN, ALUMINUM FREE BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE], SEA SALT, MONOGLYCERIDE, DEXTROSE, YEAST, SODIUM BICARBONATE, ENZYME, SODIUM METABISULFITE, TO MAINTAIN FRESHNESS [SORBIC ACID, CALCIUM PROPIONATE, POTASSIUM SORBATE]), CHEESE (CHEDDAR CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR], MONTEREY JACK CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES], TO PREVENT CAKING CHEESE MAY CONTAIN: POWDERED CELLULOSE, POTATO STARCH OR CORN STARCH), DICED BACON (PORK CURED WITH WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, FLAVORING, SODIUM NITRITE) CONTAINS: MILK, EGG, SOY, WHEAT

Hot Breakfast	Sonoma Muffin Works	Potato, Egg, Cheese & Sausage Burrito	COOKED POTATOES (POTATOES, SOYBEAN OIL, GARLIC POWDER, ONION POWDER, SALT, OREGANO, BASIL, ROSEMARY, THYME, SAGE, MARJORAM, SODIUM METABISULFITE [PRESERVATIVE]), SCRAMBLED EGGS (WHOLE EGGS, SKIM MILK, SOYBEAN OIL, MODIFIED CORN STARCH, SALT, XANTHAN GUM, LIQUID PEPPER EXTRACT, CITRIC ACID, NATURAL AND ARTIFICIAL BUTTER FLAVOR [BUTTER {CREAM}, LIPOLYZED BUTTER OIL, MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, SOYBEAN OIL AND ANNATO EXTRACT]), FLOUR TORTILLA (ENRICHED BLEACHED WHEAT FLOUR [BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, PALM FRUIT SHORTENING, SOY LECITHIN, ALUMINUM FREE BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE], SEA SALT, MONOGLYCERIDE, DEXTROSE, YEAST, SODIUM BICARBONATE, ENZYME, SODIUM METABISULFITE, TO MAINTAIN FRESHNESS [SORBIC ACID, CALCIUM PROPIONATE, POTASSIUM SORBATE]), CHEESE (CHEDDAR CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR], MONTEREY JACK CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES], TO PREVENT CAKING CHEESE MAY CONTAIN: POWDERED CELLULOSE, POTATO STARCH OR CORN STARCH), PICANTE SAUCE (WATER, TOMATO CONCENTRATE, JALAPENO PEPPERS, ONIONS, DISTILLED VINEGAR, SALT, GARLIC, NATURAL FLAVORING), SAUSAGE CRUMBLES (PORK, SPICES, WATER, SALT, CORN SYRUP SOLIDS, PAPRIKA, GARLIC, SUGAR, LEMON JUICE POWDER, BHA, BHT, CITRIC ACID, DISODIUM INOSINATE AND DISODIUM GUANYLATE, PROPYL GALLATE), CRUSHED RED CHILES CONTAINS: MILK, EGG, SOY, WHEAT
Hot Breakfast	Sonoma Muffin Works	Potato, Egg, Green Chile & Cheese Burrito	COOKED POTATOES (POTATOES, SOYBEAN OIL, GARLIC POWDER, ONION POWDER, SALT, OREGANO, BASIL, ROSEMARY, THYME, SAGE, MARJORAM, SODIUM METABISULFITE [PRESERVATIVE]), SCRAMBLED EGGS (WHOLE EGGS, SKIM MILK, SOYBEAN OIL, MODIFIED CORN STARCH, SALT, XANTHAN GUM, LIQUID PEPPER EXTRACT, CITRIC ACID, NATURAL AND ARTIFICIAL BUTTER FLAVOR [BUTTER {CREAM}, LIPOLYZED BUTTER OIL, MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, SOYBEAN OIL AND ANNATO EXTRACT]), FLOUR TORTILLA (ENRICHED BLEACHED WHEAT FLOUR [BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, PALM FRUIT SHORTENING, SOY LECITHIN, ALUMINUM FREE BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE], SEA SALT, MONOGLYCERIDE, DEXTROSE, YEAST, SODIUM BICARBONATE, ENZYME, SODIUM METABISULFITE, TO MAINTAIN FRESHNESS [SORBIC ACID, CALCIUM PROPIONATE, POTASSIUM SORBATE]), GREEN CHILE PEPPER (GREEN CHILE PEPPER, SALT, CITRIC ACID), CHEESE (CHEDDAR CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR], MONTEREY JACK CHEESE [CULTURED PASTEURIZED MILK, SALT, ENZYMES], TO PREVENT CAKING: CHEESE MAY CONTAIN POWDERED CELLULOSE, POTATO STARCH OR CORN STARCH) CONTAINS: MILK, EGG, SOY, WHEAT
Hot Breakfast	Sonoma Muffin Works	Sausage Frittata	CAGE FREE WHOLE EGGS, CHEDDAR AND MONTEREY JACK CHEESE (PASTEURIZED MILK CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR], POTATO STARCH, CORN STARCH, AND POWDERED CELLULOSE [TO PREVENT CAKING]), WHOLE MILK (MILK, VITAMIN D3), RED BELL PEPPERS, DEHYDRATED ONION, PORK SAUSAGE CRUMBLES (PORK, WATER, SPICES, SALT, CORN SYRUP SOLIDS, PAPRIKA, GRANULATED GARLIC, SUGAR, LEMON JUICE POWDER, BHA, BHT, CITRIC ACID), TABASCO SAUCE (RED PEPPERS, SALT, DISTILLED WHITE VINEGAR), RED CHILE FLAKES, SALT, PEPPER. CONTAINS: MILK, EGG
Hot Breakfast	Sonoma Muffin Works	Veggie Frittata	CAGE FREE WHOLE EGGS, CHEDDAR AND MONTEREY JACK CHEESE (PASTEURIZED MILK CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR], POTATO STARCH, CORN STARCH, AND POWDERED CELLULOSE [TO PREVENT CAKING]), WHOLE MILK (MILK, VITAMIN D3), RED BELL PEPPERS, DEHYDRATED ONION, TABASCO SAUCE (RED PEPPERS, SALT, DISTILLED WHITE VINEGAR), CHIVES, SALT, PEPPER. CONTAINS: MILK, EGG
Hot Breakfast	Starter Bakery	Quiche Lorraine	INGREDIENTS: UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), CREAM (MILK), WHOLE MILK (MILK), BUTTER (MILK), EGGS (EGG), SWISS CHEESE (MILK), EGG YOLKS (EGG), WATER, BACON, YELLOW ONIONS, POWDERED SUGAR (SUGAR, CORNSTARCH), SEA SALT, NUTMEG, BLACK PEPPER " CONTAINS: MILK, EGG, WHEAT
Hot Breakfast	Starter Bakery	Quiche Seasonal Veggie	UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), CREAM (MILK), WHOLE MILK (MILK), ASPARAGUS, BUTTER (MILK), EGGS, MUSHROOMS, CARROTS, PARMESAN CHEESE (MILK), EGG YOLKS, WATER, YELLOW ONIONS, POWDERED SUGAR (SUGAR, CORNSTARCH), SEA SALT, NUTMEG, BLACK PEPPER CONTAINS: MILK, EGG, WHEAT

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