

EGG•SELLENT Sandwiches

		CALORIES
SANTA FE BURRITO	  	816
BAGEL SANDWICH	  	815
BACON, EGG & CHEESE CROISSANT	 	593
EGG & CHEESE CROISSANT	  	432
SAUSAGE, EGG & CHEESE CROISSANT	 	600
BAGEL w/CREAM CHEESE	 	374
BAGEL w/BUTTER	 	361

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GRAB-N-GO

CALORIES

FRESH FRUIT CUP	  	151
GREEK YOGURT PARFAIT	  	244
CINNOBABIES	 	500
MUFFIN		405
VEGETABLE CUP	  	201
WHOLE FRUIT	  	48
CHIPS		240
COOKIE	 	328

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NUTRITIONAL

BENEFITS GUIDE



HIGH IN CALCIUM



LOW CHOLESTEROL



HIGH IN VITAMIN A & C



HIGH IN PROTEIN



HIGH IN FIBER



LOW FAT



HIGH IN IRON



UNDER 500 CALORIES

FULL MENU

Caloric Counts

INNOVATIVE | ON TREND

HEALTHY | MENU ITEMS

NSA
BETHESDA
Building 62



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