

Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BAGELS & SPREADS												
Asiago Cheese Bagel	1 Bagel	320	50	5	3	0	15	540	55	2	4	14
Blueberry Bagel	1 Bagel	290	10	1	0	0	0	390	61	2	10	10
Cinnamon Crunch Bagel	1 Bagel	430	60	7	5	0	0	380	82	2	32	9
Cinnamon Swirl & Raisin Bagel	1 Bagel	320	15	1.5	1	0	0	410	65	3	12	10
Everything Bagel	1 Bagel	290	15	1.5	0	0	0	560	58	2	4	10
Plain Cream Cheese Spread - 1.75 oz	1 Container	180	150	17	11	0	50	135	4	0	2	2
Plain Cream Cheese Spread - 8 oz	2 Tbsp	110	90	10	7	0	30	85	3	0	1	1
Reduced Fat Honey Walnut Cream Cheese Spread - 1.75 oz	1 Container	140	90	10	6	0	30	170	8	0	8	3
Reduced Fat Honey Walnut Cream Cheese Spread - 8 oz	2 Tbsp (30g)	80	50	6	3.5	0	20	105	5	0	5	2
Multigrain Bagel Flat	1 Bagel Flat	180	25	3	0	0	0	460	32	3	1	7
Plain Bagel	1 Bagel	280	10	1	0	0	0	410	57	2	4	10
Sesame Bagel	1 Bagel	300	25	3	0	0	0	410	58	2	4	11
BREADS												
Artisan Ciabatta	2 oz (about 3 1/2 inch slice/ 57g)	150	10	1.5	0	0	0	280	30	1	0	6
Black Pepper Focaccia	2 oz (57g / about 5 inch slice)	140	15	1.5	0	0	0	350	26	1	0	5
Bread Portion - Half Sandwich & Breakfast - Artisan Ciabatta	1/4 Loaf	200	15	2	0	0	0	360	38	2	1	7
Bread Portion - Half Sandwich & Breakfast - Black Pepper Focaccia	1/4 Loaf	180	20	2	0	0	0	440	33	1	1	6
Bread Portion - Half Sandwich & Breakfast- Classic White Miche	1 Slice	190	40	4.5	2.5	0	15	300	31	1	4	6
Bread Portion - Half Sandwich & Breakfast - Country Rustic Sourdough	1 Slice	110	5	0	0	0	0	190	22	1	0	4



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Bread Portion - Half Sandwich & Breakfast - French Baguette	1/4 Baguette	270	10	1	0	0	0	680	54	2	1	10
Bread Portion - Half Sandwich & Breakfast - Tomato Basil Miche	1 Slice	150	5	0.5	0	0	0	360	30	1	1	5
Bread Portion - Uniced Cinnamon Roll	1 uniced cinnamon roll	400	160	18	10	0	40	360	55	2	20	7
Classic White Miche	2 oz (about 2/3 inch slice / 57g)	160	35	4	2	0	10	260	27	1	4	6
Country Rustic Sourdough	2 oz (about 2/3 inch slice / 57 g)	130	5	0	0	0	0	240	28	1	0	5
Croissant	1 Croissant	270	120	14	6	0	0	250	32	1	4	5
French Baguette	2 oz (57g / about 2 3/4 inch slice)	150	5	0	0	0	0	370	30	1	1	5
New England Roll	1 Roll	250	40	4.5	1.5	0	10	440	44	1	5	9
Sourdough Bread Bowl	1 Bread Bowl	670	40	4.5	0	0	0	1160	130	4	2	27
Tomato Basil Miche	2 oz (57g / about 1/2 inch slice)	130	5	0	0	0	0	330	27	1	1	5
Whole Grain Lahvash	1 Lahvash	170	35	4	0.5	0	0	310	25	9	3	12
BREAKFAST												
Bacon, Egg & Cheese on Ciabatta	1 Sandwich	430	180	20	9	0	295	760	40	2	1	22
Bacon Double Take on Black Pepper Focaccia	1 Sandwich	510	260	29	14	0	315	1360	37	1	2	27
Bacon, Egg & Cheese on Croissant	1 Sandwich	500	290	32	14	0	295	650	33	1	4	20
Chipotle Chicken, Egg & Avo on Ciabatta	1 Sandwich	550	270	30	10	0	315	1010	44	3	2	27
Classic Avo Toast	1 Toast	230	100	11	1.5	0	0	250	27	5	1	5
Egg Whites	1 Portion	30	5	0	0	0	0	100	1	0	0	6
Souffle - Four Cheese	1 Souffle	470	270	30	16	1	185	830	36	1	8	14
Garden Avo & Egg White on Multigrain Bagel Flat	1 Sandwich	340	130	14	5	0	20	720	36	5	3	19
Garden Avo Toast	1 Toast	350	210	24	3.5	0	15	330	29	5	1	6
Ham, Egg & Cheese on Ciabatta	1 Sandwich	410	150	17	8	0	300	930	40	2	1	25
Asiago Sausage & Egg on Asiago Bagel	1 Sandwich	810	450	50	20	0.5	345	1460	58	2	5	32
Sausage, Egg & Cheese on Ciabatta	1 Sandwich	590	320	35	15	0	320	1010	40	2	1	27

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Sausage, Egg & Cheese on Croissant	1 Sandwich	660	420	47	21	0	320	900	34	1	4	25
Scrambled Egg	1 egg	90	60	7	3	0	265	90	1	0	0	8
Egg & Cheese on Ciabatta	1 Sandwich	380	140	16	7	0	285	610	40	2	1	20
Egg & Cheese on Croissant	1 Sandwich	450	250	27	13	0	285	500	33	1	4	18
Souffle - Spinach & Bacon	1 Souffle	550	330	37	19	1	195	940	36	1	8	19
Steak & Wake on Ciabatta	1 Sandwich	470	170	19	9	0	320	920	41	2	1	33
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	370	130	14	2	0	0	170	52	7	17	8
Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping without pecans	1 Bowl	260	35	4	1	0	0	170	50	6	16	7
DRESSINGS & SAUCES												
Sauce - Apple Cider Vinegar BBQ Sauce - Sandwich Portion	1 portion	20	0	0	0	0	0	110	5	0	5	0
Dressing - Asian Sesame Vinaigrette - Half	1 1/2 Tbsp	50	40	4.5	0.5	0	0	150	2	0	2	0
Dressing - Asian Sesame Vinaigrette - Whole	3 Tbsp	100	80	9	1.5	0	0	290	4	0	4	0
Dressing - Balsamic Vinaigrette - Half	1 1/2 Tbsp	50	35	4	0.5	0	0	150	4	0	4	0
Dressing - Balsamic Vinaigrette - Whole	3 Tbsp	110	70	8	1	0	0	300	8	0	8	0
Dressing - Caesar - Half	1 1/2 Tbsp	90	80	9	1.5	0	15	140	1	0	1	0
Dressing - Caesar - Whole	3 Tbsp	180	160	18	3	0	30	290	2	0	2	1
Sauce - Chipotle Aioli - Sandwich Portion	1 Portion	100	100	11	1.5	0	10	130	1	0	0	0
Sauce - Garlic Aioli - Sandwich Portion	1 portion	110	110	12	2	0	15	80	0	0	0	0
Dressing - Greek Dressing - Sandwich Portion	1 Portion	40	35	4	0.5	0	0	50	0	0	0	0
Dressing - Greek Dressing - Half	1 1/2 Tbsp	110	110	12	1.5	0	0	150	0	0	0	0
Dressing - Greek Dressing - Whole	3 Tbsp	230	220	25	3.5	0	0	290	1	0	0	0
Dressing - Green Goddess Dressing - Sandwich Portion	1 Portion	30	20	2	0	0	0	55	1	0	1	1
Dressing - Green Goddess - Half	1 1/2 tbsp	45	30	3.5	0	0	0	80	2	0	1	1

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Dressing - Green Goddess - Whole	3 tbsp	90	60	7	1	0	5	160	4	0	3	2
Spread - Hummus - Sandwich Portion	1 portion	60	40	4.5	0.5	0	0	150	4	1	1	2
Sauce - Mayonnaise - Sandwich Portion	1 portion	130	130	14	1.5	0	10	115	0	0	0	0
Dressing - Ranch Dressing - Sandwich Portion	1 portion	80	70	8	1	0	5	120	2	0	1	0
Dressing - Ranch - Half	1 1/2 Tbsp	100	90	10	1.5	0	10	150	2	0	1	0
Dressing - Ranch - Whole	3 Tbsp	200	190	21	3	0	20	310	4	0	2	1
Spread - Green Chile Salsa Verde - Sandwich Portion	1 Portion	60	50	6	2	0	15	150	1	0	1	1
Sauce - Signature Sauce - Sandwich Portion	1 portion	90	70	8	1	0	10	90	4	0	2	0
Dressing - White Balsamic Vinaigrette flavored with Apple - Half	1 1/2 Tbsp	80	60	6	1	0	0	85	5	0	5	0
Dressing - White Balsamic Vinaigrette flavored with Apple - Whole	3 Tbsp	160	120	13	2	0	0	170	11	0	10	0
Creamy Tomato - Dipper Portion	4 fl oz	110	70	7	4.5	0	20	350	10	0	6	1
Bistro French Onion - Dipper Portion	4 fl oz	40	10	1	0.5	0	5	530	7	0	4	1
DRINKS												
Additional Shot of Caramel Syrup	1 Shot	50	0	0	0	0	0	45	12	0	10	0
Additional Shot of Espresso	1 fl oz (30 mL)	5	0	0	0	0	0	0	0	0	0	0
Additional Shot of Madagascar Vanilla Syrup	1 Shot	20	0	0	0	0	0	0	5	0	5	0
Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	210	0	0	0	0	0	15	52	0	48	0
Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	320	5	0	0	0	0	20	78	0	72	0
Agave Lemonade - Serves 4 - Group	1 container	670	5	1	0	0	0	40	165	0	153	1
Agave Lemonade - Serves 8 - Group	2 containers	1350	15	1.5	0	0	0	80	331	0	307	2
AHA Blueberry Pomegranate Sparkling Water- 12 fl oz can	12 fl oz can	0	0	0	0	0	0	0	0	0	0	0
AHA Lime Watermelon Sparkling Water- 12 fl oz can	12 fl oz can	0	0	0	0	0	0	0	0	0	0	0

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Americano - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	15	1	0	0	0
Unsweetened Iced Tea - Serves 4 - Group	1 Container	20	0	0	0	0	0	60	6	0	0	0
Unsweetened Iced Tea - Serves 8 - Group	2 Containers	40	0	0	0	0	0	115	12	0	0	0
Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	250	0	0	0	0	0	45	63	1	58	1
Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	380	5	0	0	0	0	65	95	1	87	1
Blueberry Lavender Lemonade - Naturally Flavored - Serves 4 - Group	1 Container	810	5	1	0	0	0	140	202	2	186	2
Blueberry Lavender Lemonade - Naturally Flavored - Serves 8 - Group	2 Containers	1620	15	1.5	0	0	0	290	404	4	371	3
Bottled Passionfruit Papaya Naturally Flavored Iced Green Tea	1 Bottle (500 mL)	130	0	0	0	0	0	0	31	0	28	0
Bottled Water	16.9 fl oz (500mL)	0	0	0	0	0	0	10	0	0	0	0
British Breakfast Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz Can- Lemon	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz - Lime	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Cafe Blend Dark Roast Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe blend Dark Roast Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4
Cafe Blend Light Roast Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4
Cafe Blend Light Roast Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe Blend Light Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Caffe Latte - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	12	0	11	8
Caffe Latte - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	135	15	0	14	10
Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	100	0	0	0	0
Caffeine Free Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0



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Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	85	60	0	59	0
Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	125	90	0	89	0
Cappuccino - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	12	0	11	8
Cappuccino - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	135	15	0	14	10
Caramel Latte - 16 fl oz	16 fl oz (473 mL)	330	80	9	6	0	35	260	51	0	44	9
Caramel Latte - 20 fl oz	20 fl oz (591mL)	400	90	10	7	0	40	330	66	0	56	11
Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	280	70	7	4.5	0	30	150	41	0	40	12
Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	230	50	6	4	0	25	125	33	0	32	10
Citrus Punch - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	290	0	0	0	0	0	40	69	0	69	0
Citrus Punch - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	430	0	0	0	0	0	60	104	0	104	0
Citrus Punch - Naturally Flavored - Serves 4 - Group	1 Container	920	0	0	0	0	0	125	221	0	221	0
Citrus Punch - Naturally Flavored - Serves 8 - Group	2 Containers	1840	0	0	0	0	0	250	443	0	442	1
Blue Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0
Half & Half - 1 fl oz	1 fl oz	40	30	3.5	2	0	10	10	1	0	0	1
Pink Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0
Sugar	1 packet	10	0	0	0	0	0	0	3	0	3	0
Turbinado Cane Sugar Packet	1 Packet	20	0	0	0	0	0	0	4	0	4	0
Yellow Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0
1 pump of Cane Sugar Syrup	1 pump	20	0	0	0	0	0	0	5	0	5	0
Coke - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	65	67	0	67	0
Coke - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	95	100	0	100	0
Coke 20 fl oz Bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	80	68	0	68	0
Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0



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Coke Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	100	0	0	0	0
Dasani Lemon - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Dasani Lime - 12 fl oz can	12 oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Decaf Coffee - Group	1 Container	15	0	0	0	0	0	70	0	0	0	4
Decaf Coffee - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	10	0	0	0	0
Decaf Coffee - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	10	0	0	0	1
Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	120	0	0	0	0
20 oz Diet Coke Bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	120	0	0	0	0
Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	180	0	0	0	0
Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	90	1	0	1	0
Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	140	1	0	1	0
Diet Mountain Dew - 12 fl oz can	12 fl oz Can (355 mL)	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0
Dr Pepper - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	100	66	0	64	0
Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	75	65	0	64	0
Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	110	98	0	96	0
Drive Thru - Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	130	0	0	0	0	0	10	32	0	29	0
Drive Thru - Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	190	0	0	0	0	0	15	48	0	44	0
Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	150	0	0	0	0	0	30	37	0	34	0



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Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	210	0	0	0	0	0	45	53	0	48	0
Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Caffeine Free Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	50	38	0	37	0
Drive Thru - Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	80	57	0	56	0
Drive Thru - Citrus Punch - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	170	0	0	0	0	0	25	41	0	41	0
Drive Thru - Citrus Punch - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	240	0	0	0	0	0	40	58	0	57	0
Drive Thru - Coke - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	40	42	0	42	0
Drive Thru - Coke - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	60	63	0	63	0
Drive Thru - Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	110	0	0	0	0
Drive Thru - Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Drive Thru - Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	85	1	0	0	0
Drive Thru - Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	45	41	0	40	0
Drive Thru - Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	70	61	0	60	0
Drive Thru - Fanta Orange - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	40	42	0	42	0
Drive Thru - Fanta Orange - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	65	63	0	63	0
Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	70	0	0	0	0	0	50	19	0	19	0



Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Drive Thru - Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	110	0	0	0	0	0	75	28	0	28	0
Drive Thru - Mountain Dew - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	55	46	0	46	0
Drive Thru - Mountain Dew - 30 fl oz	30 fl oz (887 mL)	260	0	0	0	0	0	80	69	0	69	0
Drive Thru - Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	60	40	0	40	0
Drive Thru - Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	90	60	0	59	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz	20 fl oz (591 mL)	80	0	0	0	0	0	10	21	0	20	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	120	0	0	0	0	0	15	29	0	29	0
Drive Thru - Pepsi - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	43	0	43	0
Drive Thru - Pepsi - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	65	0	64	0
Drive Thru - Pepsi Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	55	39	0	39	0
Drive Thru - Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	85	58	0	58	0
Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	10	0	0	0	0	0	10	2	0	1	0
Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	10	0	0	0	0	0	15	3	0	1	0
Drive Thru - Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	90	0	0	0	0	0	120	23	0	23	0
Drive Thru - Powerade Mountain Blast - 30 Fl oz	30 fl oz (887 mL)	130	0	0	0	0	0	180	35	0	34	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Sprite - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	70	38	0	38	0
Drive Thru - Sprite - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	105	57	0	57	0
Drive Thru - Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	43	0	43	0

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Drive Thru - Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	50	61	0	61	0
Drive Thru - Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	190	0	0	0	0	0	35	49	0	49	0
Drive Thru - Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	270	0	0	0	0	0	50	71	0	70	0
Drive Thru - Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	160	42	0	41	0
Drive Thru - Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	240	62	0	62	0
Drive Thru - Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	150	0	0	0	0
Drive Thru - Tropicana Light Lemonade - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	220	0	0	0	0
Drive Thru - Unsweetened Iced Tea - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	15	1	0	0	0
Drive Thru - Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	20	2	0	0	0
Drive Thru - Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	44	0	44	0
Drive Thru - Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	66	0	66	0
Drive-Thru - Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Drive-Thru - Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	95	0	0	0	0
Espresso	2 fl oz (59 mL)	5	0	0	0	0	0	10	1	0	0	0
Fanta Orange - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	65	66	0	66	0
Fanta Orange - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	100	99	0	99	0
Gold Peak Unsweetened Iced Tea - 18.5 fl oz	18.5 fl oz (547 mL)	0	0	0	0	0	0	55	0	0	0	0
Hazelnut Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4
Hazelnut Flavored Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1
Hazelnut Flavored Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Honest Berry Hibiscus Iced Tea - 16.9 fl oz bottle	16.9 fl oz bottle	100	0	0	0	0	0	5	26	0	25	0
Honey Ginseng Green Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Hot Chocolate - 16 fl oz	16 fl oz (473 mL)	390	90	10	6	0	35	210	65	3	48	11
Hot Chocolate - 20 fl oz	20 fl oz (591 mL)	470	100	11	7	0	40	260	80	4	59	14
Hot Chocolate - Group	1 Container	3590	1650	183	117	5	600	1240	441	19	288	58
Iced Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	0



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Iced Cafe Blend Dark Roast Coffee - 20 fl oz - no ice	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Iced Cafe Blend Dark Roast Coffee - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	15	0	0	0	0
Iced Cafe Blend Dark Roast Coffee - 30 fl oz - no ice	30 fl oz (887 mL)	10	0	0	0	0	0	20	0	0	0	1
Iced Caffe Latte - 20 fl oz	20 fl oz (591 mL)	160	60	6	4	0	25	135	15	0	14	10
Iced Caramel Latte - 20 fl oz	20 fl oz (591 mL)	360	90	10	7	0	40	280	54	0	47	11
Iced Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	230	50	6	4	0	25	130	33	0	32	10
Iced Mocha Latte - 20 fl oz	20 fl oz (591 mL)	370	100	11	7	0	40	220	56	2	42	13
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	280	90	10	7	0	40	150	35	0	34	11
Kids Organic Apple juice	6.75 fl oz (200 mL)	100	0	0	0	0	0	10	24	0	23	0
Kids Organic Chocolate Milk	8 fl oz (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8
Kids Organic White Milk	8 fl oz (237 mL)	110	20	2.5	1.5	0	10	130	13	0	12	8
Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	110	0	0	0	0
Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	160	0	0	0	0
Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	120	0	0	0	0	0	80	30	0	30	0
Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	170	0	0	0	0	0	120	45	0	45	0
Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	250	80	9	6	0	35	120	32	0	31	9
Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	300	90	10	7	0	40	150	41	0	40	11
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	300	45	5	3	0	20	75	51	1	42	13
Minute Maid Orange Juice - 12 fl oz bottle	12 fl oz (355 mL)	220	0	0	0	0	0	30	51	0	45	0
Mocha Latte - 16 fl oz	16 fl oz (473 mL)	340	90	10	6	0	35	190	53	2	39	11
Mocha Latte - 20 fl oz	20 fl oz (591 mL)	430	100	11	7	0	40	240	69	3	51	13
Mountain Dew - 12 fl oz can	1 can (355 mL)	170	0	0	0	0	0	60	46	0	46	0
Mountain Dew - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	85	73	0	73	0
Mountain Dew- 20 fl oz bottle	20 fl oz bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0
Mountain Dew - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	130	110	0	110	0



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Effective: 1/8/2025 Version 1

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Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	95	64	0	63	0
Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	140	96	0	95	0
Orange Ginger Mint Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	10	36	0	35	0
Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	15	53	0	53	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 4 - Group	1 Container	470	0	0	0	0	0	35	114	0	113	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 8 - Group	2 Containers	930	0	0	0	0	0	65	227	0	226	0
Pepsi - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	50	69	0	69	0
Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	55	69	0	69	0
Pepsi - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	80	103	0	103	0
Pepsi 12 fl oz can	12 fl oz can (355 mL)	150	0	0	0	0	0	30	41	0	41	0
Pepsi Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Pepsi Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	90	61	0	61	0
Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	135	92	0	92	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	15	0	0	0	0	0	10	3	0	2	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	20	0	0	0	0	0	15	5	0	3	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 4 - Group	1 Container	45	0	0	0	0	0	35	10	0	6	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 8 - Group	2 Containers	90	0	0	0	0	0	75	21	0	11	0



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Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	190	37	0	36	0
Powerade Mountain Blast - 30 Fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	280	55	0	55	0
Premium Orange Juice - Serves 4 - Group	2 Containers	900	0	0	1.5	0	0	30	204	0	180	17
Premium Orange Juice - Serves 8- Group	2 Containers	1800	0	0	3	0	0	60	408	0	360	33
Premium OJ 11.5 fl oz	1 Bottle	160	0	0	0	0	0	5	37	0	32	2
SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
SoBe Life Water Yumberry Pomegranate - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	120	1	0	0	0
Sprite - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	115	61	0	61	0
Sprite - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	170	91	0	91	0
Sprite 20 fl oz Bottle	20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0
Sprite Zero - 20 fl oz bottle	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	55	68	0	68	0
Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	85	97	0	97	0
Starry Lemon Lime 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	35	39	0	39	0
Starry Lemon Lime 20 fl oz bottle	20 fl oz bottle (591mL)	250	0	0	0	0	0	55	68	0	68	0
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	2.5	1.5	0	10	40	51	4	36	7
Strawberry Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	260	40	4.5	2.5	0	20	70	43	2	37	12
Sweet Iced Tea - Serves 4- Group	1 Container	350	0	0	0	0	0	50	87	0	81	0
Sweet Iced Tea - Serves 8 - Group	2 Containers	690	0	0	0	0	0	105	175	0	163	0
Sweet Iced Tea 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	28	0	27	0
Sweet Iced Tea 30 fl oz	30 fl oz (887 mL)	150	0	0	0	0	0	15	38	0	36	0
Tropical Green Smoothie - 16 fl oz	16 fl oz (473mL)	190	5	0.5	0	0	0	30	46	3	36	1
Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	290	0	0	0	0	0	55	78	0	78	0

Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

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Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	85	113	0	112	0
Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	260	67	0	66	0
Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	390	100	0	99	0
Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	230	0	0	0	0
Tropicana Light Lemonade - 30 fl oz	30 fl oz (887 mL)	15	0	0	0	0	0	350	0	0	0	0
Unsweetened Iced Tea - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	20	2	0	0	0
Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	25	3	0	0	0
Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	70	0	70	0
Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	390	0	0	0	0	0	80	106	0	105	0
PASTRIES & SWEETS												
Muffin - Blueberry	1 Muffin	510	160	18	3.5	0	65	390	79	8	35	7
Brownie	1 Brownie	470	160	18	6	0	115	95	69	4	50	7
Cookie - Candy	1 Cookie	480	200	22	13	0.5	80	310	68	1	37	4
Muffie - Chocolate Chip	1 Muffie	340	120	13	4.5	0	35	200	51	3	22	5
Cookie - Chocolate Chipper	1 Cookie	390	170	18	11	0	40	330	52	2	31	4
Pastry - Chocolate Croissant	1 Croissant	410	190	21	13	0.5	45	300	49	2	16	7
Cookie - Chocolate Coconut Macaroon	1 macaroon	190	90	10	9	0	0	85	23	3	19	2
Cookie - Coconut Macaroon	1 macaroon	190	90	10	10	0	0	95	24	2	20	2
Cranberry Orange Loaf Slice - Naturally Flavored	1 Slice	360	120	13	2.5	0	50	310	53	1	32	5
Dozen Chocolate Chipper Cookies	1 cookie	390	170	18	11	0	40	330	52	2	31	4
Dozen Mixed Cookies	1 container	4840	1930	215	126	6	645	3430	683	20	394	46
Cookie - Kitchen Sink	1 Cookie	820	400	44	29	1	95	760	99	2	56	8
Mini - Brownie	1 Mini Brownie	120	40	4.5	1.5	0	30	25	17	1	12	2
Mini Cookie - Candy	1 Mini Cookie	130	50	6	3.5	0	20	75	18	0	10	1
Mini Cookie - Oatmeal Raisin with Berries	1 Cookie	90	30	3	2	0	15	45	14	1	8	1
Mini Scone - Orange	1 mini scone	180	60	7	4.5	0	25	290	26	1	13	3

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Cookie - Oatmeal Raisin with Berries	1 Cookie	350	110	13	7	0	55	170	55	2	33	4
Scone - Orange	1 Scone	550	190	21	13	1	80	860	77	2	39	8
Pastry - Almond	1 Pastry	480	250	28	13	1	75	300	50	3	21	9
Pastry - Cherry	1 Pastry	340	130	14	8	0.5	40	320	48	1	22	6
Pastry - Pecan Braid	1 Pastry	450	220	24	8	0	30	180	53	3	25	6
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	2.5	0	10	85	13	0	8	1
Cookie - Heart Shaped Shortbread	1 Cookie	440	190	21	13	1	65	200	57	1	32	4
Cinnamon Roll	1 Roll	520	160	18	10	0	40	400	84	2	48	7
Tulip Shaped Shortbread Cookie	1 Cookie	440	190	21	13	1	65	210	57	1	32	4
SALADS												
Asian Sesame Chicken- Half	1/2 Salad	220	110	12	1.5	0	45	510	13	3	4	17
Asian Sesame Chicken- Half (no nuts)	1/2 Salad	180	80	8	1.5	0	45	510	12	2	4	16
Asian Sesame Chicken - Whole	1 Salad	450	220	24	3	0	95	1030	26	5	8	35
Asian Sesame Chicken - Whole (no nuts)	1 Salad	360	150	17	2.5	0	95	1030	23	4	7	32
Balsamic Chicken Greens with Grains Salad - Half	1/2 Salad	300	130	15	3.5	0	55	660	24	4	6	20
Balsamic Chicken Greens with Grains Salad - Whole	1 Salad	590	270	30	7	0.5	110	1330	47	8	12	39
Balsamic Greens with Grains Salad - Half	1/2 Salad	230	120	14	3	0	10	380	23	4	6	6
Balsamic Greens with Grains Salad - Whole	1 Salad	460	250	28	6	0	15	760	46	8	11	12
Caesar Salad - Half	1/2 Salad	210	130	15	4	0	25	440	12	2	2	6
Caesar Salad - Whole	1 Salad	410	270	30	8	0	50	870	24	4	5	12
Caesar with Chicken Salad - Half	1/2 Salad	270	140	16	4.5	0	75	720	13	2	3	19
Caesar with Chicken Salad - Whole	1 Salad	550	280	31	9	1	145	1440	25	4	5	39
Fuji Apple Chicken Salad - Half	1/2 Salad	280	140	16	3	0	55	480	18	2	11	17
Fuji Apple Chicken Salad without pecans - Half	1/2 Salad	230	100	11	2.5	0	55	480	17	2	11	16
Fuji Apple Chicken Salad - Whole	1 Salad	560	290	32	6	0.5	110	960	36	5	22	33

Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

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Fuji Apple Chicken Salad without pecans - Whole	1 Salad	450	190	22	5	0.5	110	960	34	4	22	32
Greek Salad - Half	1/2 Salad	210	160	18	4.5	0	15	570	9	2	4	4
Greek Salad - Whole	1 Salad	420	330	36	9	0	30	1130	17	4	8	8
Greek Salad with Chicken - Half	1/2 Salad	270	170	19	4.5	0	60	850	9	2	4	18
Greek Salad with Chicken - Whole	1 Salad	550	340	38	9	0.5	125	1700	19	4	9	35
Green Goddess Cobb Salad with Chicken - Half	1/2 Salad	250	130	14	3.5	0	150	590	11	3	5	21
Green Goddess Cobb Salad with Chicken - Whole	1 Salad	510	260	29	7	0	300	1180	22	7	11	43
Mediterranean Chicken Greens with Grains Salad - Half	1/2 Salad	340	180	20	4	0	55	700	21	3	3	19
Mediterranean Chicken Greens with Grains Salad - Whole	1 Salad	670	360	40	8	0.5	110	1390	42	6	7	38
Mediterranean Greens with Grains Salads - Half	1/2 Salad	270	170	19	3.5	0	10	410	20	3	3	5
Mediterranean Greens with Grains Salads - Whole	1 Salad	540	350	39	7	0	15	820	41	6	6	11
Ranch Cobb Salad - Half	1/2 Salad	230	170	19	5	0	120	480	9	1	5	8
Ranch Cobb Salad - Whole	1 Salad	460	330	37	10	0	240	950	18	3	10	16
Southwest Chicken Ranch Salad - Half	1/2 Salad	330	200	22	3.5	0	60	520	18	5	5	17
Southwest Chicken Ranch Salad - Whole	1 Salad	670	400	44	7	0.5	120	1050	36	9	11	34
SANDWICHES												
Asiago Bagel Stacks Sandwich - Chicken Roma	1 Sandwich	580	220	24	8	0.5	90	1020	58	2	6	32
Asiago Bagel Stacks Sandwich - Spicy Steak	1 Sandwich	590	200	23	11	0.5	90	1340	59	3	6	39
Asiago Bagel Stacks Sandwich - Zesty Tuscan	1 Sandwich	660	280	31	12	0	110	1510	58	2	5	38
Bacon Turkey Bravo on Tomato Basil - Half	1/2 Sandwich	430	190	21	7	0	75	1330	38	2	5	24
Bacon Turkey Bravo on Tomato Basil - Whole	1 Sandwich	860	380	42	14	0.5	145	2650	75	3	10	47



Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Chicken Bacon Rancher on Black Pepper Focaccia Round - Half	1/2 Sandwich	450	190	22	7	0	85	1140	37	1	2	27
Chicken Bacon Rancher on Black Pepper Focaccia Round - Whole	1 Sandwich	900	390	43	15	1	165	2280	73	3	4	54
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	460	220	24	7	0	65	1240	38	3	2	24
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Whole	1 Sandwich	920	440	49	14	0.5	135	2470	75	7	4	48
Ciabatta Cheesesteak - Half	1/2 Sandwich	520	230	26	7	0	60	940	46	2	6	26
Ciabatta Cheesesteak - Whole	1 Sandwich	1040	460	52	15	0.5	125	1880	91	5	13	53
Cranberry Walnut Chicken Salad on Country Rustic - Half	1/2 Sandwich	330	160	18	1.5	0	35	390	30	2	7	13
Cranberry Walnut Chicken Salad on Country Rustic - Whole	1 Sandwich	670	330	36	3	0	65	790	60	4	13	26
Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	410	200	22	13	1	65	1280	36	1	6	16
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	810	390	44	26	1.5	130	2570	72	2	13	33
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Half	1/2 Sandwich	450	250	27	8	0	90	820	27	3	2	25
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Whole	1 Sandwich	900	490	54	16	1	180	1640	55	6	4	50
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	250	60	7	2	0	10	650	38	3	4	9
Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	490	120	14	3.5	0	15	1300	76	6	9	18
Smokehouse BBQ Chicken on Artisan Ciabatta - Half	1/2 Sandwich	370	90	10	4.5	0	60	1130	45	2	6	25
Smokehouse BBQ Chicken on Artisan Ciabatta - Whole	1 Sandwich	730	180	20	9	0	115	2250	90	4	11	49
Spicy Fiesta Chicken on Ciabatta - Half	1/2 Sandwich	430	140	16	7	0.5	80	950	45	2	3	27



Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

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Spicy Fiesta Chicken on Ciabatta - Whole	1 Sandwich	850	280	32	14	1	160	1890	89	4	6	54
Toasted Frontega Chicken® on Black Pepper Focaccia - Half	1/2 Sandwich	390	160	18	5	0	60	1180	36	2	2	23
Toasted Frontega Chicken® on Black Pepper Focaccia - Whole	1 Sandwich	790	320	36	10	0.5	120	2360	73	4	5	45
Toasted Garden Caprese Melt - Half	1/2 sandwich	450	210	24	8	0	40	650	43	2	4	16
Toasted Garden Caprese Melt - Whole	1 Sandwich	890	420	47	16	0.5	80	1310	85	4	7	32
Toasted Italiano on Baguette - Half	1/2 Sandwich	640	290	32	10	0	75	2100	58	2	2	30
Toasted Italiano on Baguette - Whole	1 Sandwich	1280	580	64	20	0	155	4200	116	4	5	60
Tomato Basil BLT on Tomato Basil Miche - Half	1/2 Sandwich	380	210	23	5	0	30	800	33	2	3	11
Tomato Basil BLT on Tomato Basil Miche - Whole	1 Sandwich	760	420	47	10	0	55	1600	65	3	6	21
Tuna Salad on Country Rustic Sourdough - Half	1/2 Sandwich	270	130	14	2.5	0	25	530	25	2	2	12
Tuna Salad on Country Rustic Sourdough - Whole	1 Sandwich	550	260	28	4.5	0	50	1060	49	4	4	24
Turkey & Cheddar on Country Rustic Sourdough - Half	1/2 Sandwich	410	220	24	6	0	65	1080	26	1	3	21
Turkey & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	810	440	49	13	0	130	2160	52	3	5	41
French Onion Ciabatta Dipper - Half	1/2 Sandwich + Dipper	580	250	28	10	0	85	1640	47	2	5	35
French Onion Ciabatta Dipper - Whole	1 Sandwich + Dipper	1130	500	56	19	1	170	2820	88	5	6	69
Spicy Chicken Ciabatta Dipper - Half	1/2 Sandwich + Dipper	510	190	22	11	0.5	95	1330	52	2	7	28
Spicy Chicken Ciabatta Dipper - Whole	1 Sandwich + Dipper	910	320	36	17	1	170	2320	93	4	9	56
KIDS												
Broccoli Cheddar - Cup	1 Cup	240	140	16	13	1.5	45	1010	17	1	6	8
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	810	390	44	26	1.5	130	2570	72	2	13	33

Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

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Kids Ham & American Cheese on Classic White Miche - Whole	1 Sandwich	650	220	25	14	0.5	115	2520	68	2	11	39
Kids Turkey & American Cheese on Classic White Miche - Whole	1 Sandwich	670	230	25	13	1	125	2480	68	2	11	42
Mac & Cheese- Cup	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16
SIDES												
Side - Apple	1 Apple	80	0	0	0	0	0	0	22	5	16	0
Banana	1 Banana	90	5	0	0	0	0	0	23	3	12	1
Side Portion - French Baguette	2.4 oz (69g / about 3 1/3 inch slice)	180	5	0.5	0	0	0	450	36	1	1	7
Fruit Cup	1 Container	60	0	0	0	0	0	20	14	1	9	1
Greek Yogurt with Mixed Berries	1 Parfait	250	80	9	4.5	0	25	80	29	2	17	16
Kettle Cooked Potato Chips	1 package	150	80	9	1	0	0	75	17	0	<1	2
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	240	1	0	0	0
SOUPS & MAC												
Bacon Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1200	370	41	19	1	95	2500	164	4	10	45
Bacon Mac & Cheese - Group	1 Container	2110	1300	145	76	4.5	370	5310	136	0	31	74
Bacon Mac & Cheese - Bowl	About 2 Cups	1060	660	73	38	2	185	2680	68	0	15	37
Bacon Mac & Cheese - Cup	About 1 Cup	530	330	36	19	1	95	1340	34	0	8	18
Bistro French Onion Soup - Group	1 Container	720	290	32	15	1	70	4770	82	2	29	24
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	860	110	13	4.5	0	20	2490	153	5	10	33
Bistro French Onion - Bowl	1 1/2 Cups	280	110	12	6	0	25	1990	33	1	13	9
Bistro French Onion - Cup	1 Cup	190	70	8	4	0	20	1330	22	1	8	6
Broccoli Cheddar - Bowl	1 1/2 Cups	360	210	24	19	2.5	65	1520	25	1	9	13
Broccoli Cheddar - Cup	1 Cup	240	140	16	13	1.5	45	1010	17	1	6	8
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	910	180	20	13	1.5	45	2170	147	5	8	35
Broccoli Cheddar Soup - Group	1 Container	840	500	55	44	6	155	3540	58	3	20	29
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	280	140	16	8	0.5	40	1410	27	3	7	8

Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

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Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	860	130	15	6	0	30	2100	149	6	7	32
Cream of Chicken & Wild Rice - Cup	1 Cup	190	90	10	5	0	30	940	18	2	5	5
Cream of Chicken and Wild Rice - Group	1 Container	650	330	36	19	1.5	100	3280	64	6	17	18
Hearty Fireside Chili - Bowl	1 Bowl	410	140	15	7	0	25	1730	49	9	8	19
Hearty Fireside Chili - Bread Bowl	1 Bread bowl with soup	940	130	14	5	0	15	2310	163	11	7	40
Hearty Fireside Chili - Cup	1 Cup	270	90	10	5	0	15	1150	32	6	5	13
Hearty Fireside Chili - Group	1 Container	950	320	35	17	0	60	4030	113	22	19	45
Homestyle Chicken Noodle Soup - Bowl	1 bowl	180	40	4.5	1	0	45	1560	19	1	4	14
Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	790	60	7	1.5	0	30	2200	143	5	4	36
Homestyle Chicken Noodle Soup - Cup	1 cup	120	25	3	1	0	30	1040	13	1	2	10
Homestyle Chicken Noodle Soup - Group	1 container	430	90	10	3	0	105	3640	45	3	8	33
Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1150	330	36	18	1	85	2310	164	4	9	43
Mac & Cheese - Group	1 Container	1930	1160	128	70	4	335	4590	134	0	29	65
Mac & Cheese - Bowl	About 2 Cups	960	580	64	35	2	165	2300	67	0	15	32
Mac & Cheese- Cup	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16
Rustic Baked Potato Soup - Bowl	1 Bowl	340	220	25	16	0	90	1330	19	4	0	12
Rustic Baked Potato Soup - Bread Bowl	1 Bread bowl with soup	890	180	20	11	0	60	2030	143	7	2	34
Rustic Baked Potato Soup - Cup	1 Cup	220	140	16	10	0	60	870	12	3	0	7
Rustic Baked Potato Soup - Group	1 Container	790	510	56	36	0	205	3060	44	9	0	26
Vegetarian Autumn Squash Soup - Bowl	1 1/2 Cups	330	150	16	7	0	50	1210	41	5	33	8
Vegetarian Autumn Squash Soup - Bread Bowl	1 Bread bowl with soup	880	140	15	5	0	35	1960	158	8	24	32
Vegetarian Autumn Squash Soup - Cup	1 Cup	210	100	11	5	0	35	800	27	3	22	5
Vegetarian Autumn Squash Soup - Group	1 Container	760	340	38	17	0	120	2810	96	11	77	19
Vegetarian Creamy Tomato Soup - Bowl	1 1/2 Cups	370	210	23	13	0.5	55	1120	35	1	17	4
Vegetarian Creamy Tomato Soup - Cup	1 Cup	250	140	16	9	0	40	770	25	1	12	3
Vegetarian Creamy Tomato Soup - Group	1 Container	900	510	56	31	1.5	130	2710	89	2	40	10
Vegetarian Creamy Tomato - Bread Bowl	1 Bread bowl with soup	920	180	20	9	0	40	1930	155	5	14	30



Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
CATERING												
Catering Butter Pat	1 pat	35	35	4	2.5	0	10	35	0	0	0	0
Catering Asian Sesame Chicken Salad - serves 10	2 Containers	2270	1100	122	16	2.5	465	5160	137	30	43	175
Catering Asian Sesame Chicken Salad - serves 10 (no nuts)	2 Containers	1850	760	85	13	2.5	465	5160	122	22	39	160
Catering Asian Sesame Chicken Salad - serves 5	1 Container	1140	550	61	8	1	235	2580	68	15	21	88
Catering Asian Sesame Chicken Salad - serves 5 (no nuts)	1 Container	930	380	42	6	1	235	2580	61	11	20	80
Catering Asian Sesame Salad - Half	1/2 Salad	160	100	11	1.5	0	0	230	12	3	4	4
Catering Asian Sesame Salad - serves 10	2 Containers	1610	1020	113	13	0.5	0	2320	128	30	39	39
Catering Asian Sesame Salad - serves 5	1 Container	810	510	56	6	0	0	1160	64	15	19	19
Catering Asian Sesame Salad - Whole	1 Salad	320	200	23	2.5	0	0	460	25	5	7	7
Catering Asian Sesame Salad - Half (no nuts and no chicken)	1/2 Salad	120	70	8	1	0	0	230	11	2	3	2
Catering Asian Sesame Salad - Whole (no nuts and no chicken)	1 Salad	230	140	15	2	0	0	460	22	4	7	4
Catering Asian Sesame Salad - serves 10 (no nuts and no chicken)	2 Containers	1190	680	76	10	0.5	0	2320	113	22	36	24
Catering Asian Sesame Salad - serves 5 (no nuts and no chicken)	1 Container	600	340	38	5	0	0	1160	57	11	18	12
Catering Balsamic Chicken Greens with Grains Salad - Serves 10	2 Containers	3000	1340	149	34	2.5	545	6740	243	44	65	197
Catering Balsamic Chicken Greens with Grains Salad - Serves 5	1 Container	1500	670	74	17	1.5	275	3370	121	22	32	99
Catering Balsamic Greens with Grains Salad - Serves 10	2 Containers	2340	1260	140	31	0.5	80	3900	234	44	61	61



Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

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Catering Balsamic Greens with Grains Salad - Serves 5	1 Container	1170	630	70	15	0	40	1950	117	22	31	30
Catering Caesar Salad - Serves 10	2 Containers	2280	1500	167	43	2.5	290	4680	126	22	27	61
Catering Caesar Salad - Serves 5	1 Container	1140	750	83	22	1.5	145	2340	63	11	13	30
Catering Caesar Salad with Chicken - Serves 10	2 Containers	2940	1580	176	46	4.5	760	7510	134	22	31	197
Catering Caesar Salad with Chicken - Serves 5	1 Container	1470	790	88	23	2	380	3760	67	11	15	99
Catering Chipotle Aioli for Breakfast Sandwiches	about 0.5 oz	90	90	10	1.5	0	10	125	1	0	0	0
Catering French Baguette	1 Baguette	1060	35	3.5	1	0	0	2700	217	8	4	40
Catering Fruit Bowl - Serves 10	1 container	550	20	2	0	0	0	190	140	10	93	9
Catering Fruit Bowl - Serves 5	1 container	280	10	1	0	0	0	95	70	5	46	4
Catering Fuji Apple - Half	1/2 Salad	210	140	15	3	0	10	190	17	2	11	3
Catering Fuji Apple Salad - serves 10	2 Containers	2320	1470	163	30	1.5	75	2140	188	26	120	31
Catering Fuji Apple Salad - serves 5	1 Container	1160	730	82	15	1	40	1070	94	13	60	15
Catering Fuji Apple - Whole	1 Salad	430	270	30	6	0	15	390	35	5	22	6
Catering Fuji Apple without pecans - Half	1/2 Salad	160	90	10	2.5	0	10	190	16	2	11	2
Catering Fuji Apple Salad without pecans - serves 10	2 Containers	1790	1010	112	25	1.5	75	2130	177	21	117	24
Catering Fuji Apple Salad without pecans - serves 5	1 Container	900	500	56	13	1	40	1070	89	11	58	12
Catering Fuji Apple without pecans - Whole	1 Salad	320	180	20	4.5	0	15	390	32	4	21	5
Catering Fuji Apple with Chicken Salad without Pecans- Serves 5	1 Container	1230	540	60	14	2	270	2480	93	11	60	80
Catering Fuji Apple with Chicken Salad - Serves 10	2 Containers	2990	1550	172	33	3.5	545	4970	197	26	123	167
Catering Fuji Apple with Chicken Salad - Serves 5	1 Container	1490	770	86	17	2	270	2490	98	13	62	84



Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Catering Fuji Apple with Chicken Salad without Pecans- Serves 10	2 Containers	2450	1090	121	28	3.5	545	4970	186	21	121	160
Catering Garlic Aioli for Breakfast Sandwiches	about 0.5 oz	110	110	12	2	0	15	75	0	0	0	0
Catering Greek Salad - Serves 10	2 Containers	2340	1860	207	47	1.5	150	6080	92	25	42	41
Catering Greek Salad - Serves 5	1 Container	1170	930	103	24	1	75	3040	46	13	21	21
Catering Greek Salad with Chicken - Serves 10	2 Containers	3000	1940	216	50	3.5	620	8920	100	25	46	178
Catering Greek Salad with Chicken - Serves 5	1 Container	1500	970	108	25	1.5	310	4460	50	13	23	89
Catering Green Goddess Cobb Salad with Chicken - Serves 10	2 Containers	2650	1360	151	36	2.5	1505	6090	119	35	58	217
Catering Green Goddess Cobb Salad with Chicken - Serves 5	1 Container	1320	680	75	18	1	755	3040	59	18	29	108
Catering Ham & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	790	430	48	13	0	120	2200	52	3	5	38
Catering Mediterranean Chicken Greens with Grains Salad- Serves 10	2 Containers	3530	1980	220	42	3	545	7030	210	33	34	188
Catering Mediterranean Chicken Greens with Grains Salad- Serves 5	1 Container	1760	990	110	21	1.5	270	3510	105	16	17	94
Catering Mediterranean Greens with Grains Salad- Serves 10	2 Containers	2870	1900	211	39	1	75	4190	202	33	30	52
Catering Mediterranean Greens with Grains Salad- Serves 5	1 Container	1430	950	105	19	0	40	2100	101	16	15	26
Catering Ranch Cobb Salad - Serves 10	2 Containers	2440	1780	198	52	1.5	1200	4960	95	17	50	79
Catering Ranch Cobb Salad - Serves 5	1 Container	1220	890	99	26	1	600	2480	48	8	25	40
Catering Southwest Chicken Ranch Salad - Serves 10	2 Containers	3470	2100	234	37	3.5	605	5420	190	49	57	172
Catering Southwest Chicken Ranch Salad - Serves 5	1 Container	1730	1050	117	19	1.5	305	2710	95	24	29	86



Panera Bread® Nutrition Guide - US

Effective: 1/8/2025 Version 1

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
NON-TRADITIONAL GRAB N GO												
Chicken Caesar Wrap	1 Wrap	480	200	22	5	0	80	1050	39	13	6	35
Green Goddess Chicken Wrap	1 Wrap	460	160	18	3.5	0	55	1010	44	14	9	34
Hard Boiled Eggs	1 Container	150	100	11	3.5	0	375	125	1	0	1	13
Frontega Chicken Wrap	1 Wrap	460	190	21	6	0	60	1160	37	12	5	33
Turkey & Cheddar Wrap	1 wrap	470	200	23	6	0	60	1250	38	12	5	33
Value Duets												
Value Duet - Caesar Salad & Homestyle Chicken Noodle Soup	1 Value Duet Meal	330	160	18	5	0	55	1480	25	3	5	15
Value Duet - Greek Salad & Creamy Tomato Soup	1 Value Duet Meal	460	310	34	13	0.5	55	1330	33	3	15	7
Value Duet - Grilled Cheese & Creamy Tomato Soup	1 Value Duet Meal	660	340	38	22	1	100	2050	61	2	18	19
Value Duet - Mediterranean Veggie & Creamy Tomato Soup	1 Value Duet Meal	500	210	23	11	0	45	1410	63	4	16	12
Value Duet - Toasted Smokehouse BBQ Chicken Sandwich & Creamy Tomato Soup	1 Value Duet Meal	630	270	30	16	0.5	105	1780	65	2	20	25
Value Duet - Tuna Sandwich & Creamy Tomato Soup	1 Value Duet Meal	530	270	30	11	0	60	1290	50	2	13	15
Value Duet - Turkey & Cheddar Sandwich & Cream of Chicken & Wild Rice Soup	1 Value Duet Meal	590	310	35	12	0.5	95	2020	44	3	8	26