

# classic

KITCHEN

AVAILABLE  
EVERYDAY!

## TOAST *75 cal*

White, Wheat, Sour Dough

## BAGELS *245 cal*

Assorted

## YOGURT *149 cal*

Vanilla, Strawberry

## FRESH FRUIT

description

## FRESH CUT FRUIT

## SPREADS

Butter, Peanut butter, Plain  
and Strawberry Cream Cheese  
Grape and Strawberry Jelly

## MAKE YOUR OWN

## WAFFLE *82 cal*

Plain, Blueberry,  
Chocolate Chip

2,000 calories a day is used for general  
nutrition advice, but calorie needs vary.  
Additional nutrition information  
available upon request.

**classic**  
KITCHEN

**BREAKFAST**

**SUNDAY**

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

**SCRAMBLED EGGS**

*91 cal*

**SAUSAGE PATTIES**

*204 cal*

**PANCAKES**

*64 cal*

**DICED POTATOES**

*160 cal*

 = BeWell Healthy Option  = Not made with gluten  = Vegetarian  = Vegan

**classic**  
KITCHEN

**BREAKFAST**

**MONDAY**

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

**SCRAMBLED EGGS**

*91 cal*

**SAUSAGE LINKS**

*391 cal*

**PANCAKES**

*64 cal*

**HASH BROWNS**

*160 cal*

 = BeWell Healthy Option  = Not made with gluten  = Vegetarian  = Vegan

**classic**  
KITCHEN

**BREAKFAST**

**TUESDAY**

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

**SCRAMBLED EGGS**

*91 cal*

**BREAKFAST HAM**

*203 cal*

**FRENCH TOAST**

*149 cal*

**FRIED POTATOES  
W/PEPPERS**

*264 cal*

 = BeWell Healthy Option  = Not made with gluten  = Vegetarian  = Vegan

**classic**  
KITCHEN

**BREAKFAST**

**WEDNESDAY**

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

**SCRAMBLED EGGS**

*91 cal*

**SAUSAGE LINKS**

*391 cal*

**PANCAKES**

*64 cal*

**ROASTED POTATOES**

*200 cal*

 = BeWell Healthy Option  = Not made with gluten  = Vegetarian  = Vegan

**classic**  
KITCHEN

**BREAKFAST**

**THURSDAY**

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

**SCRAMBLED EGGS**

*91 cal*

**SAUSAGE**

*391 cal*

**BISCUITS AND GRAVY**

*508 cal*

**HASH BROWNS**

*160 cal*

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**classic**  
KITCHEN

**BREAKFAST**

**FRIDAY**

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

**SCRAMBLED EGGS**

*91 cal*

**SAUSAGE PATTIES**

*204 cal*

**FRENCH TOAST**

*149 cal*

**TATER TOTS**

*212 cal*

 = BeWell Healthy Option  = Not made with gluten  = Vegetarian  = Vegan