Panera

➢ The following items from Panera contain phosphorus additives:

Focaccia breads
Cinnamon raisin bread
Honey wheat bread
Tomato basil bread
White Whole Grain bread
Apple Pastry, Cherry pastry
Apple Cherry Cheese Pastry Ring
Bundt cakes
Muffins & muffies Scones
Bear claw
Cinnamon Roll
Cobblestone
Pecan Roll
Egg soufflés
Grilled breakfast sandwiches
All Kid’s Sandwiches
Chopped Chicken Cobb Salad

All Paninis
Bacon Turkey Bravo Sandwich
Italian Combo Sandwich
Mediterranean Veggie Sandwich
Sierra Turkey Sandwich
Smoked Ham and Swiss Sandwich
Tuna Salad Sandwich
Chipotle Chicken Sandwich
Frozen Mocha and Caramel beverages
Baked Potato Soup
Broccoli Cheddar Soup
Low Fat Garden Vegetable Soup
New England Clam Chowder

➢ These foods add phosphorus to your diet.
➢ Avoid menu items that consist of these foods.

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