Bruegger’s Bagels
Better Choices

Main Dish

- Bagel with butter or jelly:
  1 of any bagel **except** asiago parmesan, sourdough
- Softwich: 1 of any softwich **except** Asiago or plain
- Garden veggie bagel sandwich minus cream cheese
- Caesar salad (no chicken)
- Mandarin salad (no chicken)

Sides

- None

Desserts

Ingredients unknown

Funded by NIH/NIDDK grant. Materials are to be used for educational purposes only. If any other use is intended contact The Case Center for Reducing Health Disparities at (216) 778-8484 or www.reducedisparity.org. This information is current as of September 2009.