

Assorted Bagels

Type	Cost
Plain	\$1.49
Everything	\$1.49
Sesame	\$1.49
Poppy Seed	\$1.49
Egg	\$1.49
Honey Wheat	\$1.49
8-Grain	\$1.49
Pumpernickel	\$1.49
Blueberry	\$1.49
Cinnamon Raisin	\$1.49
Cranberry Orange	\$1.49
Jalapeño	\$1.49
Sun-Dried Tomato	\$1.49

Bagel Nutritional Information

Plain Bagel

Cal: 280, **Serving Size:** 4 oz, **Fat Cal:** 10, **Total Fat:** 1.5 g, **Sat Fat:** 0 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 590 mg, **Total Carb:** 57 g, **Fiber:** 2 g, **Sugars:** 3 g, **Protein:** 10 g, **Contains:** wheat, soy, gluten

Everything Bagel

Cal: 310, **Serving Size:** 4 oz, **Fat Cal:** 45, **Total Fat:** 5 g, **Sat Fat:** 1 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 550 mg, **Total Carb:** 55 g, **Fiber:** 3 g, **Sugars:** 3 g, **Protein:** 11 g, **Contains:** wheat, soy, gluten

Sesame Bagel

Cal: 280, **Serving Size:** 4 oz, **Fat Cal:** 10, **Total Fat:** 1.5 g, **Sat Fat:** 0 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 590 mg, **Total Carb:** 57 g, **Fiber:** 2 g, **Sugars:** 3 g, **Protein:** 10 g, **Contains:** wheat, soy, gluten

Poppy Seed Bagel

Cal: 280, **Serving Size:** 4 oz, **Fat Cal:** 10, **Total Fat:** 1.5 g, **Sat Fat:** 0 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 590 mg, **Total Carb:** 57 g, **Fiber:** 2 g, **Sugars:** 3 g, **Protein:** 10 g, **Contains:** wheat, soy, gluten

Egg Bagel

Cal: 290, **Serving Size:** 4 oz, **Fat Cal:** 12, **Total Fat:** 2 g, **Sat Fat:** 1 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 550 mg, **Total Carb:** 58 g, **Fiber:** 3 g, **Sugars:** 3 g, **Protein:** 11 g, **Contains:** wheat, soy, gluten, egg

Honey Wheat Bagel

Cal: 290, **Serving Size:** 4 oz, **Fat Cal:** 10, **Total Fat:** 1.5 g, **Sat Fat:** 0 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 560 mg, **Total Carb:** 59 g, **Fiber:** 5 g, **Sugars:** 6 g, **Protein:** 10 g, **Contains:** wheat, soy, gluten

8 Grain Bagel

Cal: 290, **Serving Size:** 4 oz, **Fat Cal:** 10, **Total Fat:** 1.5 g, **Sat Fat:** 0 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 560 mg, **Total Carb:** 59 g, **Fiber:** 7 g, **Sugars:** 6 g, **Protein:** 11 g, **Contains:** wheat, soy, gluten

Pumpernickel Bagel

Cal: 300, **Serving Size:** 4 oz, **Fat Cal:** 10, **Total Fat:** 1.5 g, **Sat Fat:** 0 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 550 mg, **Total Carb:** 62 g, **Fiber:** 2 g, **Sugars:** 3 g, **Protein:** 10 g, **Contains:** wheat, soy, gluten

Blueberry Bagel

Cal: 280, **Serving Size:** 4 oz, **Fat Cal:** 10, **Total Fat:** 1.5 g, **Sat Fat:** 0 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 570 mg, **Total Carb:** 58 g, **Fiber:** 2 g, **Sugars:** 5 g, **Protein:** 10 g, **Contains:** wheat, soy, gluten

Cinnamon Raisin Bagel

Cal: 290, **Serving Size:** 4 oz, **Fat Cal:** 10, **Total Fat:** 1.5 g, **Sat Fat:** 0 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 560 mg, **Total Carb:** 59 g, **Fiber:** 2 g, **Sugars:** 7 g, **Protein:** 10 g, **Contains:** wheat, soy, gluten

Cranberry Orange Bagel

Cal: 290, **Serving Size:** 4 oz, **Fat Cal:** 10, **Total Fat:** 1.5 g, **Sat Fat:** 0 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 560 mg, **Total Carb:** 59 g, **Fiber:** 2 g, **Sugars:** 7 g, **Protein:** 10 g, **Contains:** wheat, soy, gluten

Jalapeño Bagel

Cal: 310, **Serving Size:** 4 oz, **Fat Cal:** 45, **Total Fat:** 5 g, **Sat Fat:** 1 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 550 mg, **Total Carb:** 55 g, **Fiber:** 3 g, **Sugars:** 3 g, **Protein:** 11 g, **Contains:** wheat, soy, gluten

Sun-Dried Tomato Bagel

Cal: 280, **Serving Size:** 4 oz, **Fat Cal:** 10, **Total Fat:** 1.5 g, **Sat Fat:** 0 g, **Trans Fat:** 0 g, **Cholesterol:** 0 mg, **Sodium:** 500 mg, **Total Carb:** 55 g, **Fiber:** 2 g, **Sugars:** 4 g, **Protein:** 9 g, **Contains:** wheat, soy, gluten