¡Por Vida!™

Healthy Restaurants Coalition

A Better Choice "For Life"

Berry-ola Oatmeal with Fruit Cup

Calories: 576 • Total Fat 9g • Saturated Fat: 2g • Sodium: 61mg

Egg Byte Omelette

Calories: 110 • Total Fat 0g • Saturated Fat: 0g • Sodium: 302 mg

Fruit Bowl

Calories: 115 • Total Fat 0g • Saturated Fat: 0g • Sodium: 24 mg

Fresh Fruit and Yogurt

Calories: 355 • Total Fat 7g • Saturated Fat: 3g • Sodium: 110mg

Morning Harvest with Fruit Cup

Calories: 485 • Total Fat 6g • Saturated Fat: 2g • Sodium: 54 mg

The EGG&I™

Breakfast & Lunch

Serving Our Friends Daily

Above selections certified as **¡Por Vida!** by the San Antonio Dietetic Association
For more information, please visit: www.sanantonio.gov/health/porvida

¡Por Vida!™

Healthy Restaurants Coalition

A Better Choice "For Life"

Egg Byte Omelette, Fruit Cup, and Raisin Toast

Calories: 349 • Total Fat 2g • Saturated Fat: 0g • Sodium: 741mg

Egg Byte Omelette, Fruit Cup, and English Muffin

Calories: 304 • Total Fat 1g • Saturated Fat: 0g • Sodium: 701mg

Egg Byte Omelette and Fruit Cup

Calories: 177 • Total Fat 0g • Saturated Fat: 0g • Sodium: 314mg

Egg Byte Omelette, Fruit Cup, and Salsa

Calories: 189 • Total Fat 02g • Saturated Fat: 0g • Sodium: 481mg

Mediterranean Frittata with Fruit Cup

Calories: 301 • Total Fat 7g • Saturated Fat: 3g • Sodium: 706mg

The EGG&I™

Breakfast & Lunch

Serving Our Friends Daily

Above selections certified as **¡Por Vida!** by the San Antonio Dietetic Association
For more information, please visit: www.sanantonio.gov/health/porvida

¡Por Vida!™

Healthy Restaurants Coalition

A Better Choice "For Life"

Fresh Fruit & Yogurt with Wheat Toast

Calories: 555 • Total Fat 9g • Saturated Fat: 3g • Sodium: 470mg

Fresh Fruit & Yogurt with English Muffin

Calories: 470 • Total Fat 8g • Saturated Fat: 3g • Sodium: 330mg

Morning Harvest, Fruit Cup, and Wheat Toast

Calories: 685 • Total Fat 8g • Saturated Fat: 2g • Sodium: 414mg

Morning Harvest, Fruit Cup, and Raisin Toast

Calories: 645 • Total Fat 8g • Saturated Fat: 2g • Sodium: 314mg

Morning Harvest, Fruit Cup, and English Muffin

Calories: 600 • Total Fat 7g • Saturated Fat: 2g • Sodium: 274mg

The EGG&I™

Breakfast & Lunch

Serving Our Friends Daily

Above selections certified as **¡Por Vida!** by the San Antonio Dietetic Association
For more information, please visit: www.sanantonio.gov/health/porvida