

Panera

Better Choices

Main Dish

- Bagel: 1 of any bagel
- 1 cheese, chocolate or pecan braid, pastry
- Croissant
- Caesar salad with an apple
- Asian Sesame Chicken Salad with an apple
- Fuji Apple Chicken Salad (no tomato) with an apple
- Classic Café Salad (no tomato) with any side listed

Sides

- Three cheese bread (1 piece)
- Three seed bread (1 piece)
- Whole grain bread (1 piece)
- 2 oz any cream cheese

Desserts

- Brownies: 1 of any brownie
- Cookies: 1 chocolate chipper, chocolate duet, shortbread, cookie

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