

BREAKFAST CASSEROLE



\$7 per bowl

Pick up on Tuesday, September 17th:

- 48th & Maine (11:15-11:30 am) – dropped off at your department
- Blessing Hospital Cafeteria (Noon – 6:30 pm) – grocery cooler
- Wellness Center (Noon-5 pm); 8-5 pm Wednesday, September 18th

To place an order, please email:

blessingwellnesscenter@blessinghealth.org or call us at: 217-214-5858

Orders and payments due by 2 pm on Friday, September 13th.

LIMITED SUPPLY AVAILABLE

Ingredients: Hashbrowns, turkey sausage, eggs, cheese, pepper, onion, garlic, black pepper

Contains: Milk, Eggs

Nutrition Facts

Serving Size: 1 bowl

Amount per serving

Calories: 290

Total Fat: 16 g

Saturated Fat: 6 g

Sodium: 750 mg

Total Carbohydrates: 16 g

Fiber: 2 g

Sugar: 4 g

Protein: 24 g