

Behavioral Health Menu Nutrition Report

For additional support or questions, please contact the Patient Dining Call Center. Contact information can be found on the patient menu at your local Mayo Clinic location.

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Breakfast Entrées									
Texas Toast French Toast	214	2.2	0.5	35	12	418	2	228	egg, liquid, substitute, cholesterol free, pasteurized, fresh flavoring, extract, vanilla, imitation * milk, skim * spice, cinnamon, ground * oil, cooking spray * bread, texas, sliced, alpha, 1.45 oz
WW French Toast	147	1.5	0.3	20	12	317	3	237	egg, liquid, substitute, cholesterol free, pasteurized, fresh spice, cinnamon, ground * flavoring, extract, vanilla, imitation * milk, skim * oil, cooking spray, grilling bread, whole wheat, sliced, 1 oz, local
French Toast	152	1.2	0.0	24	10	320	1	166	egg, liquid, substitute, cholesterol free, pasteurized, fresh spice, cinnamon, ground * flavoring, extract, vanilla, imitation * milk, skim * bread, white, slice, 1.08 oz, bimbo
GF French Toast	315	12.9	2.2	38	11	494	1	249	spice, cinnamon, ground * milk, skim * flavoring, extract, vanilla, imitation * egg, liquid, whole, w/citric acid, includes cage free, fresh bread, white sandwich, udi's, gluten free, 1.5 oz, frozen
WW French Toast w/Strawber	159	1.6	0.3	23	12	318	3	295	egg, liquid, substitute, cholesterol free, pasteurized, fresh spice, cinnamon, ground * flavoring, extract, vanilla, imitation * milk, skim * oil, cooking spray, grilling bread, whole wheat, sliced, 1 oz, local strawberries, fresh, quartered
WW French Toast w/Blueber	167	1.6	0.3	25	12	318	4	264	egg, liquid, substitute, cholesterol free, pasteurized, fresh spice, cinnamon, ground * flavoring, extract, vanilla, imitation * milk, skim * oil, cooking spray, grilling bread, whole wheat, sliced, 1 oz, local blueberries, fresh
French Toast w/Strawber	164	1.3	0.0	27	10	320	2	224	egg, liquid, substitute, cholesterol free, pasteurized, fresh spice, cinnamon, ground * flavoring, extract, vanilla, imitation * milk, skim * bread, white, slice, 1.08 oz, bimbo strawberries, fresh, quartered
French Toast w/Blueber	172	1.3	0.0	29	10	320	2	193	egg, liquid, substitute, cholesterol free, pasteurized, fresh spice, cinnamon, ground * flavoring, extract, vanilla, imitation * milk, skim * bread, white, slice, 1.08 oz, bimbo blueberries, fresh
Pancakes	167	2.3	0.9	33	4	519	1	88	water mix, pancake, buttermilk, gold medal, golden valley, dry oil, cooking spray *
Pancakes w/Strawber	179	2.4	0.9	36	4	519	2	146	water mix, pancake, buttermilk, gold medal, golden valley, dry oil, cooking spray * strawberries, fresh, quartered
Pancakes w/Blueber	187	2.4	0.9	38	4	519	2	115	water mix, pancake, buttermilk, gold medal, golden valley, dry oil, cooking spray * blueberries, fresh
Spring Harvest Avocado Toast	276	18.1	2.8	26	8	514	9	621	avocado, fresh salt, kosher juice, lemon, fresh pressed * spice, pepper, black, cracked bread, whole wheat, slice, .88 oz, alpha tomatoes, grape, fresh, halved asparagus, fresh oil, olive, extra virgin cheese, parmesan, shaved salt, kosher sugar, granulated water, cold juice, lemon, fresh pressed * thyme, fresh, chopped vinegar, rice, seasoned, marukan * onions, red, fresh, julienne sliced
Avocado Toast on 1/2 bagel	140	5.1	0.7	21	4	142	3	183	bagel, plain, 2.3 oz, frozen avocado, fresh
Egg & Chz on WW English Muff	256	11.6	5.0	25	13	394	3	171	milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's oil, canola cheese, cheddar, mild, loaf, sliced, .5 oz english muffin, whole wheat, 2 oz
B.E.C on WW English Muffin	356	18.8	7.6	24	22	744	3	260	english muffin, whole wheat, 2 oz egg, fresh, large, cage free, hfac, pasteurized, deb-el bacon, sliced, raw, 18/22, frozen *menu more cheese, cheddar, mild, pre-sliced, .75 oz
S.E.C on WW English Muffin	539	36.4	14.5	27	25	825	3	244	english muffin, whole wheat, 2 oz milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's oil, cooking spray * sausage patty, pork, jimmy dean, fc, 1.5 oz, frozen cheese, cheddar, mild, loaf
Egg/Chz on English Muffin	391	19.6	8.6	33	20	458	1	214	english muffin, plain, 2 oz cheese, cheddar, mild, loaf milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's oil, cooking spray *
B.E.C on English Muffin	478	26.2	10.8	33	26	772	1	307	english muffin, plain, 2 oz bacon, sliced, raw, 18/22, frozen *menu more cheese, cheddar, mild, loaf milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's oil, cooking spray *
Egg Potato & Veg Skillet	221	11.6	3.6	21	9	105	2	444	oil, canola onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4" potatoes, diced, peeled, roasted, fc, 5/8" spice, paprika, ground parsley, fresh, chopped basil, fresh, chiffonade cut * oregano, fresh, chopped * cilantro, fresh, chopped lemon, fresh, zested egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's oil, canola
Curried Tofu Scramble	215	11.8	1.3	9	19	103	6	343	tofu, extra firm, including liquids oil, canola spinach, fresh onion red fresh mushroom button fresh; 1/10 lb peppers, bell, red, fresh, diced, small, 1/4" sauce, soy, less sodium, gluten free, lee kum kee, bulk * spice, curry powder
Egg & Chz Breakfast Burrito	391	20.0	8.9	38	18	604	2	257	egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's oil, canola tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" pepper jalapeno fresh juice, lime, fresh pressed salt, kosher cilantro, fresh, chopped cheese, cheddar, mild, pre-shredded, feathered tortilla wrap, flour, 10", ole mexican
B.E.C Breakfast Burrito	436	23.2	10.1	39	21	944	2	320	egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's oil, canola bacon, sliced, raw, 18/22, frozen *menu more tortilla wrap, flour, 10", ole mexican cheese, cheddar, mild, pre-shredded, feathered tortilla wrap, flour, 10", ole mexican
Tofu Breakfast Burrito	415	17.8	4.3	43	25	503	7	395	tofu, extra firm, including liquids oil, canola spinach, fresh onion red fresh mushroom button fresh; 1/10 lb peppers, bell, red, fresh, diced, small, 1/4" sauce, soy, less sodium, gluten free, lee kum kee, bulk * spice, curry powder tortilla wrap, flour, 10", ole mexican
Chz Omelet	276	20.2	8.9	2	21	346	0	178	cheese, cheddar, mild, pre-shredded, feathered egg, liquid, whole, w/citric acid, includes cage free, fresh oil, cooking spray, grilling
Mediterranean Omelet	256	17.8	8.4	6	18	679	1	320	tomatoes, fresh, small diced, 1/4" * peppers, red, roasted, whole, canned, drained, diced, 1/4" egg, fresh, cage free cheese, feta, crumbled basil, fresh, leaf oil, canola
Mushroom Spinach & Chz Omel	366	26.1	14.0	4	29	605	0	344	egg, fresh, cage free spinach, fresh mushroom button fresh; 1/10 lb milk, whole * cheese, provolone, loaf, sliced, .75 oz oil, canola
Breakfast Scramble Bowl	365	21.6	8.4	24	19	378	2	557	egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's oil, canola spice, paprika, ground potatoes, diced, peeled, roasted, fc, 5/8" parsley, fresh, chopped basil, fresh, chiffonade cut * oregano, fresh, chopped * cilantro, fresh, chopped lemon, fresh, zested oil, olive sausage link, turkey, 1 oz, rtc, frozen *menu less cheese, cheddar, mild, pre-shredded *
Breakfast Sides									
Breakfast Potatoes	127	4.7	0.4	20	2	124	2	348	oil, canola onions, yellow, fresh, small diced, 1/4" potatoes, diced, peeled, roasted, fc, 5/8" salt, kosher spice, pepper, black, ground, fine parsley, fresh, chopped
Cottage Chz	81	1.2	0.7	3	14	459	0	97	cottage cheese, lowfat, 1%
Hard Fried Egg	63	4.2	1.4	0	6	62	0	61	egg, fresh, cage free oil, cooking spray *

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Hard Boiled Egg (cold)	68	4.7	1.4	0	6	55	0	55	egg, hard cooked, includes cage free
Scrambled Eggs	156	11.5	4.6	2	10	140	0	138	milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's oil, canola
Egg Whites	63	0.2	0.0	1	13	202	0	198	egg, liquid, whites, includes cage free, pasteurized, fresh oil, cooking spray *
Low Chol Scrambled Egg	69	0.9	0.1	2	11	223	0	195	milk, skim * egg, liquid, substitute, cholesterol free, pasteurized, fresh oil, canola
Bacon	44	3.3	1.1	0	3	157	0	46	bacon, sliced, raw, 18/22, frozen *menu more
Pork Sausage Patty	178	16.8	5.9	1	5	316	0	0	sausage patty, pork, jimmy dean, fc, 1.5 oz, frozen
Turkey Bacon	18	1.4	0.5	0	1	64	0	11	bacon, turkey, sliced, raw, frozen *menu less
Turkey Sausage	35	2.5	0.8	0	4	140	0	48	sausage link, turkey, 1 oz, rtc, frozen *menu less
Fruits									
Apple	68	0.2	0.0	18	0	1	3	140	apples, red delicious, 125 count, fresh
Applesauce	49	0.1	0.0	13	0	2	1	87	applesauce, unsweetened, bulk *
Banana	105	0.4	0.1	27	1	1	3	422	banana, medium, 100-120 ct, fresh
Fruit Cup	34	0.2	0.0	9	1	8	1	167	honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, capped, halved
Grapes	54	0.1	0.0	14	1	2	1	150	grapes, red seedless, fresh
Orange	97	0.2	0.0	24	2	0	5	373	orange, 88 count, fresh
Mandarin Oranges	34	0.0	0.0	9	1	5	1	123	orange, mandarin sections, juice pack, canned, drained
Peaches	40	0.0	0.0	10	1	4	1	115	peaches, diced, juice pack, canned, drained
Pears	52	0.1	0.0	14	0	4	2	100	pears, diced, juice pack, canned, drained
Stewed Prunes	66	0.1	0.0	17	1	1	2	199	prunes, juice pack, pitted, canned, including liquids
Cereals									
Apple Cinn Cream of Wheat	125	0.5	0.1	27	3	86	2	71	salt, kosher water cereal, cream of wheat, dry * applesauce, unsweetened, bulk * spice, cinnamon, ground *
Cream of Wheat	98	0.4	0.1	20	3	9	1	34	water, warm cereal, cream of wheat, dry *
Cream of Rice	84	0.0	0.0	20	1	110	0	19	water salt, kosher cereal, cream of rice, dry
Grits	105	0.5	0.1	22	2	6	1	42	water cereal, grits, quick, enriched, dry *
Oatmeal	107	1.8	0.3	19	4	8	3	105	water cereal, oatmeal, old fashioned, dry
GF Bob's Red Mill Oatmeal	210	5.0	1.0	33	7	160	7	212	cereal oatmeal certified gf, bob's red mill
Cheerios	72	1.3	0.3	14	2	97	2	123	cereal, cheerios, bowl, pc
Frosted Mini Wheats	100	0.5	0.0	24	2	0	3	70	cereal, frosted mini wheats, 1 oz, pc
Raisin Bran	110	0.5	0.0	28	3	120	4	160	cereal, raisin bran, bowl, 1.25 oz, pc
GF Rice Chex	73	0.2	0.1	17	1	160	0	35	cereal, rice chex, gf, bowl, pc
Rice Krispies ea	100	0.0	0.0	22	2	125	0	20	cereal, rice krispies, .88 oz, pc
Yogurts									
Lt Peach Yogurt	77	0.3	0.2	15	5	74	0	261	yogurt, peach, light, yoplait, 6 oz, pc
LF Strawberry Yogurt	112	0.8	0.4	23	4	56	0	180	yogurt, strawberry, low fat, bulk
LF Van Yogurt	75	0.4	0.0	15	2	38	0	120	yogurt, vanilla, low fat, parfait, 64 oz, pouch
Blueberry Greek Yogurt	110	0.0	0.0	16	11	55	1	188	yogurt, blueberry, greek, chobani, 5.3 oz, pc
Plain FF Greek Yogurt	60	0.0	0.0	4	11	43	0	188	yogurt, plain, greek, fat free, chobani, bulk
Van Greek Yogurt	110	0.0	0.0	15	12	60	0	188	yogurt, vanilla, greek, chobani, 5.3 oz, pc
Fruit & Yogurt Parfait	135	3.6	0.3	23	4	48	3	271	cereal, granola, no raisins, lowfat, bulk seeds, flax seeds, golden, ground honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, halved yogurt, vanilla, low fat, parfait, 64 oz, pouch
Bakery									
Blueberry Muffin	134	1.4	0.3	29	2	268	0	3	blueberries, unsweetened, frozen-iqf flour, all purpose water mix muffin low fat variety 6/4.5 lb
GF Blueberry Muffin	270	9.0	2.5	39	3	258	1	51	muffin, blueberry, gluten free, udi's, 3 oz, pc
Bagel	180	1.0	0.0	36	6	280	1	60	bagel, plain, 2.3 oz, frozen
WW English Muffin	120	1.0	0.0	23	5	230	3	90	english muffin, whole wheat, 2 oz
Plain English Muffin	150	1.0	0.0	30	5	180	1	60	english muffin, plain, 2 oz
WW Bread	70	0.5	0.0	13	4	150	2	0	bread, whole wheat, slice, .88 oz, alpha
GF WG Bread	130	4.5	0.0	21	2	230	1	83	bread, whole grain, udi's, gluten free, frozen
Rye Bread	109	1.4	0.3	20	4	253	2	70	bread, rye, deli, sliced, 1.5 oz
White Bread	75	0.8	0.0	15	3	131	1	25	bread, white, slice, 1.08 oz, bimbo
GF White Bread	150	5.0	0.3	24	2	270	1	92	bread, white sandwich, udi's, gluten free, 1.5 oz, frozen
Soups									
Chx Ndle Soup 12fioz	203	7.2	1.1	26	9	874	3	347	carrot cello pack fresh; 48/1 lb onions, yellow, fresh, small diced, 1/4" celery, fresh, small diced, 1/4" oil, canola flour, all purpose water base, chicken, all natural, gluten free, minors * pasta, egg noodles, extra wide, dry spice, bay leaf * spice, allspice, ground salt, kosher spice, pepper, white, ground * chicken, pulled, dark/white, 65/35, fc parsley, fresh, chopped
Chx Ndle Soup 6fioz	102	3.6	0.5	13	5	437	1	173	carrot cello pack fresh; 48/1 lb onions, yellow, fresh, small diced, 1/4" celery, fresh, small diced, 1/4" oil, canola flour, all purpose water base, chicken, all natural, gluten free, minors * pasta, egg noodles, extra wide, dry spice, bay leaf * spice, allspice, ground salt, kosher spice, pepper, white, ground * chicken, pulled, dark/white, 65/35, fc parsley, fresh, chopped

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Three Bean Chili Soup 12floz	300	6.6	0.6	48	15	470	17	1006	beans, kidney, dry beans, navy, dry beans, black, dry water spice, bay leaf * salt, kosher peppers, bell, green, fresh, diced, small, 1/4" peppers, bell, red, fresh, diced, small, 1/4" onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped oil, canola tomatoes, roma, fresh, small diced, 1/4" spice, chili powder * spice, oregano, dried, crumbled spice, pepper, red chili, crushed, flakes salt, kosher cilantro, fresh, chopped onions, green, scallion, bunch, fresh, sliced, 1/4"
Three Bean Chili Soup 6floz	150	3.3	0.3	24	8	235	8	503	beans, kidney, dry beans, navy, dry beans, black, dry water spice, bay leaf * salt, kosher peppers, bell, green, fresh, diced, small, 1/4" peppers, bell, red, fresh, diced, small, 1/4" onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped oil, canola tomatoes, roma, fresh, small diced, 1/4" spice, chili powder * spice, oregano, dried, crumbled spice, pepper, red chili, crushed, flakes salt, kosher cilantro, fresh, chopped onions, green, scallion, bunch, fresh, sliced, 1/4"
Tomato Basil Soup 12floz	133	9.1	1.3	13	2	424	6	569	oil, olive, extra virgin onions, yellow, fresh, small diced, 1/4" celery, fresh, diced, medium, 1/2" carrots, fresh, small diced, 1/4" * garlic cloves, peeled, fresh, chopped sugar, granulated seasoning, garlic herb, salt free * spice, oregano, dried, crushed * salt, kosher water base, vegetable, gluten free, no msg, minor's *menu more * tomato puree, canned tomatoes, diced in juice, no added salt, ang mia, canned basil, fresh, chopped
Tomato Basil Soup 6floz	67	4.5	0.6	7	1	212	3	285	oil, olive, extra virgin onions, yellow, fresh, small diced, 1/4" celery, fresh, diced, medium, 1/2" carrots, fresh, small diced, 1/4" * garlic cloves, peeled, fresh, chopped sugar, granulated seasoning, garlic herb, salt free * spice, oregano, dried, crushed * salt, kosher water base, vegetable, gluten free, no msg, minor's *menu more * tomato puree, canned tomatoes, diced in juice, no added salt, ang mia, canned basil, fresh, chopped
Veg Soup 12floz	83	1.1	0.1	18	2	753	4	368	carrot cello pack fresh; 48/1 lb celery, fresh, small diced, 1/4" oil, canola onions, yellow, fresh, small diced, 1/4" spice, pepper, black, ground, fine water potatoes, pre-peeled, fresh, diced, 1/4" base, vegetable, gluten free, no msg, minor's *menu more * beans, green, cut, frozen okra, cut, frozen tomatoes, diced in juice, no added salt, ang mia, canned cornstarch water
Veg Soup 6floz	41	0.5	0.1	9	1	377	2	184	carrot cello pack fresh; 48/1 lb celery, fresh, small diced, 1/4" oil, canola onions, yellow, fresh, small diced, 1/4" spice, pepper, black, ground, fine water potatoes, pre-peeled, fresh, diced, 1/4" base, vegetable, gluten free, no msg, minor's *menu more * beans, green, cut, frozen okra, cut, frozen tomatoes, diced in juice, no added salt, ang mia, canned cornstarch water
Beef Broth 6floz	12	0.8	0.8	2	0	617	0	2	water, hot broth, beef, bag in a box, concentrate x 20, savory, 4.5 l *
Chx Broth 6floz	16	0.8	0.0	2	0	617	0	2	water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l
Veg Broth 6floz	16	0.0	0.0	4	0	291	0	42	water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l *
Side Salads									
Caesar Sld	33	1.4	0.3	4	2	68	1	163	lettuce, romaine, fresh, chopped, 1/2" tomatoes, grape, fresh, halved cheese, parmesan, pre-shredded, fancy croutons, seasoned, bulk
Garden Sld	16	0.2	0.0	3	1	12	1	194	lettuce, romaine, fresh, shredded carrots, fresh, julienne sliced lettuce, salad mix, spring (mesclun) cucumbers, fresh, peeled, small diced, 1/4" cabbage, red, pre-shredded, fresh tomato grape frsh
Vegetables & Hummus	214	9.6	1.3	25	9	454	8	370	hummus, traditional, grecian delight, frozen lettuce, leaf, individual leaf, fresh celery, fresh, sticks, 3" carrots, pre-cut, stick, fresh, sticks cucumber fresh; 1/12 ct 6gm = 1 slice
Entrée Salads									
Mediterranean Sld	142	4.5	1.5	21	6	679	4	428	salt, kosher sugar, granulated water, cold vinegar, rice, seasoned, marukan * juice, lemon, fresh pressed * thyme, fresh, chopped onions, red, fresh, julienne sliced oil, cooking spray, grilling bread, pita, whole wheat, pocket, 6" * lettuce, salad mix, spring (mesclun) cucumber fresh; 1/12 ct 4gm = 1 slice cheese, feta, crumbled tomatoes, grape, fresh, halved olives, kalamata, pitted, halved
Caesar Sld	100	4.7	0.9	12	5	233	2	300	lettuce, romaine, fresh, chopped, 1/2" tomatoes, grape, fresh, halved cheese, parmesan, pre-shredded, fancy croutons, seasoned, bulk
GF Caesar Sld	38	1.6	0.9	4	3	92	2	252	tomatoes, fresh, wedges, 8/tomato lettuce, romaine, fresh, chopped, 1/2" cheese, parmesan, pre-shredded, fancy
Garden Sld	32	0.4	0.1	7	2	25	3	389	lettuce, romaine, fresh, shredded carrots, fresh, julienne sliced lettuce, salad mix, spring (mesclun) cucumbers, fresh, peeled, small diced, 1/4" cabbage, red, pre-shredded, fresh tomato grape frsh
Cottage Chz & Fruit Plate	187	1.6	0.8	30	16	472	3	506	cottage cheese, lowfat, 1% cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, capped, sliced, 1/4" pineapple, fresh, cubed, 1/2" grapes, red seedless, fresh
Turkey Cobb Sld	385	22.1	9.0	10	39	925	4	1112	bacon, turkey, sliced, raw, frozen *menu less lettuce, romaine, fresh, chopped, 1/2" cheese, cheddar, mild, pre-shredded, feathered tomatoes, fresh, small diced, 1/4" * egg, hard cooked, includes cage free, diced turkey, breast, skinless, reduced sodium, fc *menu less
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola
Grilled Salmon 3oz	206	11.8	1.5	1	23	54	0	595	juice, lemon, bulk parsley, fresh, chopped basil, fresh, chiffonade cut * oregano, fresh, chopped * cilantro, fresh, chopped lemon, fresh, zested fish, salmon, atlantic, wild, fillet, fresh oil, canola
Tofu 1/4c	48	3.0	0.4	1	5	4	0	76	tofu, firm, cubed, 1"
Chickpeas	231	10.6	0.9	27	8	498	7	298	beans, garbanzo, low sodium, canned, drained, rinsed oil, canola juice, lemon, fresh pressed * salt, kosher seasoning, greek freak mediterranean, salt free, spiceology, bulk
Salad Dressings									
Balsamic Vinaigr	57	4.7	0.5	5	0	190	0	0	salad dressing, balsamic, bulk
Caesar	152	16.2	2.5	1	1	284	0	0	salad dressing, caesar, creamy, bulk
French	120	11.0	1.5	5	0	250	0	0	salad dressing, french, creamy, bulk
Italian	21	1.9	0.3	1	0	128	0	10	salad dressing, italian, .44 oz, pc
Ranch	45	4.5	0.5	1	0	120	0	0	salad dressing, ranch, 12 gm, pc
Oil & Balsamic Vinegar	175	18.9	2.6	2	0	3	0	11	vinegar, balsamic oil, olive
Honey Dijon Balsamic Vinaigr	139	10.9	0.8	11	0	33	0	12	vinegar, balsamic vinegar, red wine salt, kosher mustard, dijon shallots, peeled, fresh, chopped, 1/4" honey, bulk oil, canola spice, pepper, black, ground basil, fresh, chopped oil, canola
Handhelds									
Mediterranean Wrap	318	11.7	3.8	46	8	768	7	359	salt, kosher sugar, granulated water, cold vinegar, rice, seasoned, marukan * juice, lemon, fresh pressed * thyme, fresh, chopped onions, red, fresh, julienne sliced tortilla wrap, flour, whole wheat, 10", ole mexican hummus, kronos lettuce, leaf, individual leaf, fresh tomatoes, fresh, each slice cucumber fresh; 1/12 ct 4gm = 1 slice peppers, red, roasted, strips, canned, drained< julienne
Turkey Club Sandwich	569	23.7	8.9	44	47	1252	8	1108	bacon, sliced, raw, 18/22, frozen *menu more bread, multigrain, sliced, 1 oz, local mayonnaise, light, kraft cheese, swiss, pre-sliced, .5 oz turkey, breast, skinless, reduced sodium, fc *menu less tomatoes, fresh, each slice lettuce, leaf, individual leaf, fresh cheese, cheddar, mild, pre-sliced, .5 oz turkey, breast, skinless, reduced sodium, fc *menu less

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Turkey/Ched on WW Bread	306	9.5	4.2	28	29	772	4	465	cheese, cheddar, mild, loaf turkey, breast, skinless, reduced sodium, fc *menu less bread, whole wheat, slice, .88 oz, alpha
Turkey/Swiss on WW Bread	286	6.7	3.0	28	30	718	4	464	cheese, swiss, reduced fat, loaf turkey, breast, skinless, reduced sodium, fc *menu less bread, whole wheat, slice, .88 oz, alpha
Turkey/Ched on White Bread	317	10.0	4.2	31	26	733	1	515	cheese, cheddar, mild, loaf turkey, breast, skinless, reduced sodium, fc *menu less bread, white, slice, 1.08 oz, bimbo
Turkey/Swiss on White Bread	297	7.2	3.0	31	27	679	1	514	cheese, swiss, reduced fat, loaf turkey, breast, skinless, reduced sodium, fc *menu less bread, white, slice, 1.08 oz, bimbo
Turkey/Ched on WG GF Bread	426	17.5	4.2	44	25	932	2	632	cheese, cheddar, mild, loaf turkey, breast, skinless, reduced sodium, fc *menu less bread, whole grain, udi's, gluten free, frozen
Turkey/Swiss on WG GF Bread	406	14.7	3.0	44	26	878	2	630	cheese, swiss, reduced fat, loaf turkey, breast, skinless, reduced sodium, fc *menu less bread, whole grain, udi's, gluten free, frozen
Turkey on WW Bread	221	2.4	0.2	27	24	633	4	449	bread, whole wheat, slice, .88 oz, alpha turkey, breast, skinless, reduced sodium, fc *menu less
Turkey on White Bread	231	2.9	0.2	30	21	594	1	499	bread, white, slice, 1.08 oz, bimbo turkey, breast, skinless, reduced sodium, fc *menu less
Turkey on WG GF Bread	341	10.4	0.2	43	20	793	2	615	bread, whole grain, udi's, gluten free, frozen turkey, breast, skinless, reduced sodium, fc *menu less
Chx Salad on WW Bread	392	12.6	2.8	28	40	503	4	320	chicken, diced, dark/white, 80/20, low sodium, fc, frozen basil, fresh, chopped parsley, italian, fresh, chopped * vinegar, red wine thyme, fresh, chopped spice, paprika, ground mayonnaise, light, kraft yogurt, plain, fat free, yopla, 32 oz bread, whole wheat, slice, .88 oz, alpha
Chx Salad on White Bread	403	13.5	3.2	30	37	481	2	391	chicken, diced, dark/white, 80/20, low sodium, fc, frozen basil, fresh, chopped parsley, italian, fresh, chopped * vinegar, red wine thyme, fresh, chopped spice, paprika, ground mayonnaise, light, kraft yogurt, plain, fat free, yopla, 32 oz bread, white, slice, 1 oz, local
Egg Salad on White Bread	241	8.1	1.7	31	11	417	1	119	bread, white, slice, 1.08 oz, bimbo spice, garlic powder salt, kosher spice, pepper, black, ground, fine egg, hard cooked, includes cage free, diced mayonnaise, light, kraft mustard, yellow spice, onion powder
Tuna on White Bread	275	8.1	1.1	30	20	611	1	193	fish, tuna, chunk light, fad free, water packed, drained *menu more parsley, italian, fresh, chopped * basil, fresh, chopped oregano, fresh, chopped * vinegar, white wine mayonnaise, light, kraft bread, white, slice, 1.08 oz, bimbo
Peanut Butter & Jelly	412	18.6	3.5	48	13	417	3	232	jelly, grape, bulk peanut butter, creamy bread, white, slice, 1.08 oz, bimbo
Caprese Melt	560	29.3	12.6	48	26	956	2	257	mayonnaise, regular, kraft, bulk juice, lime, fresh pressed basil, fresh, chopped bread, sourdough, slice, 1.5 oz local tomatoes, fresh, each slice cheese, mozzarella, pre-sliced, .9 oz, fresh basil, fresh, leaf oil, cooking spray, grilling
Chz Quesadilla	429	24.9	13.7	36	19	770	1	95	tortilla wrap, flour, 10", ole mexican cheese, cheddar, mild, pre-shredded, feathered
Chicken Quesadilla	517	27.9	14.4	36	34	864	1	271	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola oil, cooking spray, grilling cheese, cheddar, mild, pre-shredded * tortilla wrap, flour, 10", ole mexican
Veg Burger on WW Bun	350	9.0	2.0	52	20	820	8	520	bun, hamburger, whole wheat, 2.75 oz, 4", bimbo oil, cooking spray * burger, meatless, black bean, 3.3 oz
Veg Burger on White Bun	370	8.5	1.0	57	20	790	6	350	bun, hamburger, white, 2.75 oz oil, cooking spray * burger, meatless, black bean, 3.3 oz
Grilled Chx on WW Bun w/L&T	330	7.6	2.1	35	31	526	3	500	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola bun, hamburger, whole wheat, 2.75 oz, 4", bimbo lettuce, leaf, individual leaf, fresh tomatoes, fresh, each slice
Grilled Chx on WW Bun	325	7.6	2.1	34	30	523	3	437	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola bun, hamburger, whole wheat, 2.75 oz, 4", bimbo
Grilled Chx on White Bun	345	7.1	1.1	39	30	493	1	267	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola bun, hamburger, white, 2.75 oz
Grilled Chx on GF Bun	375	11.6	1.6	44	29	583	5	395	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola bun, hamburger, classic, gluten free, udi's, 3.2 oz
Grilled Chz Sandwich	314	16.1	8.4	26	17	536	3	176	bread, whole wheat, sliced, 1 oz, local cheese, cheddar, mild, pre-sliced, .75 oz oil, cooking spray, grilling
Grilled Chz on GF Bread	539	31.8	13.4	49	14	819	1	218	bread, white sandwich, udi's, gluten free, 1.5 oz, frozen cheese, cheddar, mild, pre-sliced, .75 oz butter, unsalted
WW Grilled Chz w/Bacon	398	21.7	10.2	28	24	891	4	125	bread, whole wheat, slice, .88 oz, alpha bacon, sliced, raw, 18/22, frozen *menu more cheese, cheddar, mild, loaf oil, cooking spray, grilling
Grilled Chz w/Bacon	409	22.2	10.2	31	21	852	1	175	bread, white, slice, 1.08 oz, bimbo bacon, sliced, raw, 18/22, frozen *menu more cheese, cheddar, mild, loaf oil, cooking spray, grilling
Chx Caesar Wrap	217	9.7	2.8	19	16	360	1	278	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola lettuce, romaine, fresh, chopped, 1/2" cheese, parmesan, pre-shredded, fancy salad dressing, caesar, creamy, bulk tortilla wrap, flour, 10", ole mexican tomatoes, fresh, each slice
BLT Sandwich	540	27.1	7.4	47	26	1384	3	480	salt, kosher mayonnaise, regular, kraft, bulk bacon, sliced, raw, 18/22, frozen *menu more bread, sourdough, slice, 1.5 oz local lettuce, leaf, individual leaf, fresh tomatoes, fresh, each slice
Patty Melt	467	23.4	9.5	28	34	377	2	375	beef patty, 20% fat, raw, 5.3 oz, frozen bread, white, slice, 1 oz, local cheese, swiss, pre-sliced, .5 oz
Tuna Melt	392	16.9	5.4	28	33	905	4	207	fish, tuna, chunk light, fad free, water packed, drained *menu more parsley, italian, fresh, chopped * basil, fresh, chopped oregano, fresh, chopped * vinegar, white wine mayonnaise, light, kraft cheese, cheddar, mild, loaf bread, whole wheat, slice, .88 oz, alpha
Chicken Soft Taco	300	14.6	7.1	17	25	456	2	331	chicken, breast, boneless, skinless, nae, 4 oz, koch, raw spice, pepper, white, ground * spice, cumin, ground oil, canola juice, lime tortilla wrap, flour, 6", ole mexican lettuce, iceberg, fresh, shredded tomatoes, fresh, small diced, 1/4" * cheese, cheddar, mild, pre-shredded, feathered
Southwest Beef Soft Tacos ea	349	16.3	6.7	30	21	547	5	485	beef, ground, 80/20, raw *menu more peppers, bell, green, fresh, diced, small, 1/4" onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped spice, chili powder * spice, cumin, ground spice, pepper, black, ground, fine sauce, marinara, canned salt, kosher juice, lime, fresh pressed cheese, cheddar, sharp, loaf, shredded tomatoes, diced with chiles, canned, drained tortilla, corn, white, 6"
Ketchup	10	0.0	0.0	3	0	95	0	24	ketchup, 9 g, pc
Mustard	3	0.2	0.0	0	0	63	0	9	mustard, pc
Lt Mayonnaise	37	3.7	0.6	1	0	102	0	0	mayonnaise, light, kraft
Sour Cream	56	5.5	2.9	1	1	9	0	35	sour cream, 1 oz, pc
Medium Salsa	9	0.1	0.0	2	0	230	1	89	sauce, salsa, thick and chunky, medium
Pico de Gallo	7	0.1	0.0	2	0	21	0	71	tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" pepper jalapeno fresh juice, lime, fresh pressed salt, kosher cilantro, fresh, chopped
BBQ Sauce	48	0.1	0.0	11	0	283	0	87	sauce, barbecue, kansas city classic
Cholula Sauce	3	0.1	0.0	0	0	137	0	8	sauce cholula,pc

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Pasta									
Rotini Pasta w/Alfredo	851	43.3	12.9	84	30	1244	5	395	pasta, rotini, dry water, boiling salt, kosher oil, canola sauce, cheese, white, rtu, frozen * parsley, italian, fresh, chopped * cheese, parmesan, pre-shredded, fancy
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola
Meatball Marinara	347	16.9	5.9	25	23	366	2	339	pasta, rotini, dry salt, kosher water, boiling butter, unsalted, melted * garlic cloves, peeled, fresh, chopped parsley, fresh, chopped oregano, fresh, chopped * vinegar, red wine onions, vidalia, fresh, chopped, 1/4" * oil, canola beef, ground, 80/20, raw *menu more turkey, ground, 85% lean, nae, raw, frozen *menu less * bread crumbs, panko japanese, golden dipt * cheese, parmesan, grated sauce, hot, louisiana * egg, fresh, large, cage free, hfac, pasteurized, deb-el basil, fresh, chopped sauce, marinara, canned basil, fresh, chiffonade cut * cheese, parmesan, pre-shredded, fancy
Rotini Pasta w/Alfredo	851	43.3	12.9	84	30	1244	5	395	pasta, rotini, dry water, boiling salt, kosher oil, canola sauce, cheese, white, rtu, frozen * parsley, italian, fresh, chopped * cheese, parmesan, pre-shredded, fancy
Rotini Pasta w/Marinara	568	11.7	1.6	96	18	924	10	765	pasta, rotini, dry water, boiling salt, kosher oil, canola sauce, marinara, canned parsley, italian, fresh, chopped * cheese, parmesan, pre-shredded, fancy
Pasta Primavera	454	17.6	1.5	62	14	64	7	597	water, boiling pasta, rotini, dry broccoli, fresh, pieces, 1/2" peas, green, frozen carrots, fresh, sliced, 1/2" mushroom button fresh; 1/10 lb squash, zucchini, fresh, half slice, 1/4" tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" oil, canola
WW Penne Pasta w/Marinara	379	5.1	0.6	74	14	799	11	545	salt, kosher water, boiling pasta, penne, whole grain, dry oil, canola sauce, marinara, canned
WW Penne Pasta w/Veg Gravy	338	4.7	0.6	67	12	510	8	220	salt, kosher water, boiling pasta, penne, whole grain, dry oil, canola water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * cornstarch water
Entrees									
Roasted Salmon 3oz	166	7.8	1.2	0	23	344	0	556	oil, olive salt, sea fish, salmon, atlantic, wild, fillet, fresh
Baked Cod 4oz	85	0.5	0.1	2	17	330	1	256	seasoning, garlic herb, salt free * fish, pacific cod, fillets, 4 oz, frozen-iqf
Chx Marsala	242	7.8	2.4	13	26	622	1	486	water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l wine, cooking, burgundy rosemary, fresh, chopped garlic cloves, peeled, fresh, chopped thyme, fresh, chopped spice, bay leaf * water, cold juice base, orange, concentrate, 4+1, frozen * sauce, demi glace, concentrate, minor's water, cold spice, pepper, black, ground, fine spice, garlic, granulated spice, onion, granulated * spice, paprika, smoked cornstarch water flour, all purpose spice, garlic, granulated spice, onion, granulated * spice, pepper, black, ground, fine chicken, breast, boneless, skinless, nae, 4 oz, koch, raw oil, cooking spray, grilling oil, canola onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped thyme, fresh, chopped mushroom button fresh; 1/10 lb wine, cooking, marsala base, cream, culinary, minor's
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola
Southwestern Carnitas Bowl	431	14.2	4.2	48	27	640	7	820	water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * oil, canola rice, white, long grain, parboiled, dry lime fresh; 1/48 ct salt, kosher water, tap juice, lime, fresh pressed cilantro, fresh, chopped oil, canola onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4" garlic cloves, peeled, fresh, chopped beans, pinto, low sodium, canned, drained, rinsed water spice, cumin, ground spice, chili powder * spice, paprika, smoked salt, kosher spice, pepper, black, ground, fine cilantro, fresh, chopped sauce, hot, louisiana * juice, lime, fresh pressed pork, shoulder, boston butt, boneless, raw water onions, yellow, fresh, diced, medium, 1/2" carrots, fresh, sliced, 1/2" spice, oregano, dried, crushed * spice, cumin, ground spice, coriander, ground salt, kosher tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" pepper jalapeno fresh juice, lime, fresh pressed salt, kosher cilantro, fresh, chopped cilantro, fresh, chopped
Rst Turkey w/Chx Gravy 3oz	108	2.0	0.5	2	20	330	0	189	water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l cornstarch water thyme, fresh, chopped sage, fresh, chopped rosemary, fresh, chopped oil, canola turkey, breast, skin on, petite, antibiotic free, rtc *menu less
Beef Pot Roast w/Gravy 3oz	201	12.5	5.0	2	19	145	0	150	beef, chuck, eye roast, raw onions, yellow, fresh, diced, medium, 1/2" celery, fresh, diced, medium, 1/2" carrot cello pack fresh; 48/1 lb garlic cloves, peeled, fresh * oil, cooking spray, high yield base, beef, low sodium, gluten free, minors flavoring, kitchen bouquet rosemary, fresh thyme, fresh * water tomatoes, diced in juice, no added salt, ang mia, canned oil, cooking spray, high yield cornstarch water, hot broth, beef, bag in a box, concentrate x 20, savory, 4.5 l * cornstarch water
Meatloaf w/Demi Glace 3oz	249	13.9	4.1	10	20	405	1	247	beef, ground, 80/20, raw *menu more turkey, ground, 85% lean, nae, raw, frozen *menu less * wine, cooking, burgundy rosemary, fresh, chopped garlic cloves, peeled, fresh, chopped thyme, fresh, chopped spice, bay leaf * water, cold juice base, orange, concentrate, 4+1, frozen * sauce, demi glace, concentrate, minor's water, cold spice, pepper, black, ground, fine spice, garlic, granulated spice, onion, granulated * spice, paprika, smoked cornstarch water bread crumbs, panko japanese, golden dipt * spice, basil, leaves, dried, crushed spice, onion, granulated * spice, garlic, granulated spice, oregano, dried, crushed * mustard, dijon parsley, fresh, chopped egg, liquid, whites, includes cage free, pasteurized, fresh spice, thyme leaves, dried, crushed sauce, steak, a-1 * vinegar, red wine seasoning, salt free 17, lawry's * oil, cooking spray, grilling parsley, fresh, chopped
Vegetable Lasagna	277	14.3	6.8	23	15	415	2	353	cottage cheese, 4%, daisy, bulk butter, melted flour, all purpose spice, pepper, white, ground * salt, kosher milk, skim * cheese, parmesan, grated cheese, swiss, loaf, shredded * spice, garlic powder spice, oregano, dried, crushed * spice, basil, leaves, dried, crushed spice, nutmeg, ground onions, yellow, fresh, diced, medium, 1/2" garlic cloves, peeled, fresh, chopped spinach, fresh, chopped oil, canola peppers, bell, red, fresh, diced, small, 1/4" broccoli, fresh, pieces, 1/2" water, boiling carrots, fresh, small diced, 1/4" * cheese, mozzarella, whole milk, pre-shredded oil, cooking spray * pasta sheets, lasagna, frozen mushroom button fresh; 1/10 lb
GF Penne Pasta w/Marinara	356	2.1	0.2	75	7	474	5	390	pasta, penne, barilla gluten free, dry water, boiling sauce, marinara, canned
Veg Stir Fry	210	3.0	0.4	41	5	152	3	392	water rice, white, long grain, parboiled, dry broccoli, fresh, pieces, 1/2" celery, fresh, sliced, 1/2" onions, yellow, fresh, sliced, 1/4" carrots, fresh, sliced, 1/2" oil, canola squash, zucchini, fresh, half slice, 1/4" peppers, bell, red, fresh, julienne sliced * garlic cloves, peeled, fresh, chopped mushroom button fresh; 1/10 lb water spice, mustard, ground, dry * sugar, granulated sauce, soy, less sodium, gluten free, lee kum kee, bulk * spice, pepper, white, ground * cornstarch water salt, kosher
Grilled Salmon 3oz	206	11.8	1.5	1	23	54	0	595	juice, lemon, bulk parsley, fresh, chopped basil, fresh, chiffonade cut * oregano, fresh, chopped * cilantro, fresh, chopped lemon, fresh, zested fish, salmon, atlantic, wild, fillet, fresh oil, canola
Southwestern Veg Bowl	263	4.5	0.5	49	8	515	7	611	water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * oil, canola rice, white, long grain, parboiled, dry lime fresh; 1/48 ct salt, kosher water, tap juice, lime, fresh pressed cilantro, fresh, chopped oil, canola onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4" garlic cloves, peeled, fresh, chopped beans, pinto, low sodium, canned, drained, rinsed water spice, cumin, ground spice, chili powder * spice, paprika, smoked salt, kosher spice, pepper, black, ground, fine cilantro, fresh, chopped sauce, hot, louisiana * juice, lime, fresh pressed peppers, bell, green, fresh, julienne sliced onion yellow fresh, 1c slice=115gm peppers, bell, red, fresh, julienne sliced * seasoning, chile margarita, salt free, spiceology, bulk spice, cumin, ground oil, canola juice, lime, fresh pressed tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" pepper jalapeno fresh juice, lime, fresh pressed salt, kosher cilantro, fresh, chopped cilantro, fresh, chopped
Macaroni & Chx Bowl	602	29.0	10.2	43	42	962	2	553	sauce, cheese, white, rtu, frozen * water pasta, macaroni, elbow, dry * cheese, cheddar, mild, pre-shredded, feathered basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Grilled Mac & Chz Sandwich	503	21.7	10.5	54	22	915	3	224	sauce, cheese, white, rtu, frozen * water pasta, macaroni, elbow, dry * cheese, cheddar, mild, pre-shredded, feathered bread, texas toast, sliced, 1.5 oz, local oil, cooking spray, grilling cheese, provolone, loaf, sliced, .75 oz cheese, cheddar, mild, pre-sliced, .75 oz
Loaded Baked Potato	282	6.4	3.2	50	7	112	3	928	potatoes, baker 100 count, fresh cheese, cheddar, mild, pre-shredded, feathered bacon bits, real, cooked, 1/2" sour cream, real chives, fresh, chopped
Chili Cheese Baked Potato	264	3.1	1.4	53	7	97	5	976	potatoes, baker 100 count, fresh beans, kidney, dry beans, navy, dry beans, black, dry water spice, bay leaf * salt, kosher peppers, bell, green, fresh, diced, small, 1/4" peppers, bell, red, fresh, diced, small, 1/4" onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped oil, canola tomatoes, roma, fresh, small diced, 1/4" spice, chili powder * spice, oregano, dried, crumbled spice, pepper, red chili, crushed, flakes salt, kosher cilantro, fresh, chopped onions, green, scallion, bunch, fresh, sliced, 1/4" cheese, cheddar, mild, pre-shredded, feathered
Brocc/Chickpea Baked Potato	342	5.7	0.5	65	10	274	8	1175	potatoes, baker 100 count, fresh broccoli, fresh beans, garbanzo, low sodium, canned, drained, rinsed oil, canola juice, lemon, fresh pressed * salt, kosher seasoning, greek freak mediterranean, salt free, spiceology, bulk beans, garbanzo, low sodium, canned, drained, rinsed oil, canola juice, lemon, fresh pressed * salt, kosher seasoning, greek freak mediterranean, salt free, spiceology, bulk
Chicken Tenders	423	22.1	4.0	24	32	1047	0	0	chicken, tender, breaded, fc, 3 oz, curate, frozen
Cheese Pizza	381	16.0	8.0	46	13	682	2	230	pizza, cheese, 5", deep dish, tony's, frozen
Pepperoni Pizza	524	29.2	13.0	46	18	1130	2	308	pizza, cheese, 5", deep dish, tony's, frozen pepperoni, pre-sliced
Veggie Pizza	387	16.1	8.0	47	13	683	2	269	pizza, cheese, 5", deep dish, tony's, frozen mushrooms, button, fresh, sliced onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, pieces, 1"
GF Broccoli & Cheddar Bake	460	21.0	11.0	50	17	690	3	390	broccoli and cheddar bake (amy's bowls (gluten free/kosher))
GF Chz Enchilada	490	29.0	14.0	36	21	940	5	290	enchilada cheese (amy's bowls (gluten free/kosher))
GF Mac & Chz Rice	460	18.0	11.0	59	16	730	1	280	macaroni & cheese, gluten free, entree, 9 oz, amy's kitchen, pc
GF Tofu Pad Thai	410	10.0	1.5	68	12	760	3		tofu pad thai (amy's bowls (gluten free/vegan))
GF Veg Lasagna	330	13.0	5.0	44	8	790	3	510	lasagna, vegetable, vegan, gluten free, entree, 9 oz, amy's kitchen, pc
GF Veggie Crust Chz Pizza	630	24.0	10.0	83	20	1190	7		veggie crust cheese pizza (amy's bowls (gluten free/kosher))
GF Broccoli Quiche Meal	492	26.4	8.8	47	19	647	5	954	oil, canola broccoli, fresh, pieces, 1/2" onions, yellow, fresh, diced, medium, 1/2" cheese, cheddar, mild, pre-shredded * cheese, parmesan, shaved basil, fresh, chopped egg, fresh, large, cage free, hfac, pasteurized, deb-el cream, half & half seasoning, cajun * spice, pepper, white, ground * sauce, sriracha, tabasco, bulk * cooking spray, allergen free, food release, vegalene oil, canola onions, yellow, fresh, small diced, 1/4" potatoes, diced, peeled, roasted, fc, 5/8" salt, kosher spice, pepper, black, ground, fine parsley, fresh, chopped
GF Better Butter Chx Meal	423	20.2	10.1	40	22	540	3	695	water salt, kosher rice, basmati, long grain, dry * spice, cumin, ground spice, coriander, ground spice, cardamom, ground spice, pepper, black, ground, fine spice, cinnamon, ground * spice, cloves, ground * spice, nutmeg, ground spice, fennel, seed * spice, turmeric spice, paprika, smoked seasoning, garam masala * spice, coriander, ground spice, cumin, ground spice, cardamom, ground spice, fenugreek powder * spice, cloves, ground * chicken, breast, boneless, skinless, nae, random, raw * oil, canola onion red fresh garlic cloves, peeled, fresh, chopped ginger root, fresh, minced tomato paste, canned sugar, brown, light spice, cumin seed spice, pepper, red chili, crushed, flakes salt, kosher coconut milk, unsweetened water cilantro, fresh, chopped cilantro, fresh, chopped
GF Beef Stew Meal	418	9.4	2.7	49	33	433	7	1375	base, beef, low sodium, gluten free, minors water beef, stew meat, raw, diced oil, canola tomato puree, canned spice, bay leaf * spice, pepper, black, ground spice, paprika, ground spice, marjoram, ground spice, garlic, granulated spice, rosemary, dried carrots, fresh, sliced, 1/2" celery, fresh onion yellow fresh, 1c slice=115gm potatoes, diced, peeled, roasted, fc, 5/8" peas, green, green, frozen potatoes, mashed, plain, pouch
GF Sesame Beef Meal	535	20.6	7.7	44	41	323	3	743	water salt, kosher rice, basmati, long grain, dry * spice, pepper, black, ground broccoli, fresh, florets, 1" salt, kosher beef, sirloin, flap meat, raw * ginger root, fresh, minced seasoning, chinese five spice * sauce, soy, less sodium, gluten free, lee kum kee, bulk * oil, sesame * vinegar, rice wine, unseasoned * garlic cloves, peeled, fresh, chopped spice, sesame seeds, pre-toasted
GF Veg Stir Fry Meal	303	6.2	0.9	56	7	168	6	606	water rice, brown, dry broccoli, fresh, pieces, 1/2" celery, fresh, sliced, 1/2" garlic cloves, peeled, fresh, chopped mushroom button fresh, 1/10 lb onions, yellow, fresh, sliced, 1/4" peppers, bell, red, fresh, julienne sliced * squash, zucchini, fresh, half slice, 1/4" water oil, canola cornstarch sauce, soy, less sodium, gluten free, lee kum kee, bulk * water
GF Wild Mushroom Alfredo	678	32.3	11.0	77	19	983	4	412	water, boiling pasta, penne, barilla gluten free, dry mushrooms, button, fresh * mushrooms, shiitake, fresh * mushrooms, crimini, fresh * oil, canola salt, kosher spice, pepper, black, ground, fine parsley, fresh, chopped asparagus, fresh sauce, alfredo, stouffers, gluten free, rtu cheese, parmesan, pre-shredded, fancy
Sides									
Asparagus	33	1.3	0.1	5	3	61	2	240	asparagus, fresh oil, canola seasoning, really ranch, salt free, spiceology, bulk juice, lemon, bulk salt, kosher
Broccoli	29	0.3	0.1	6	2	29	2	273	broccoli, fresh
Carrots	30	0.1	0.0	7	1	67	2	204	carrots, whole baby, fresh
Cali Blend Veg	18	0.2	0.0	4	1	23	1	164	broccoli, fresh, florets, 1" carrots, fresh, sliced, 1/2" cauliflower, fresh, florets, 1"
Corn	93	2.8	0.3	18	2	1	2	211	corn, whole kernel, frozen, drained oil, canola
Green Beans	25	0.2	0.0	6	1	1	3	144	beans, green, cut, frozen
Baked Potato	211	0.2	0.1	49	4	11	3	887	potatoes, baker 100 count, fresh
Baked Sweet Potato	136	0.2	0.1	31	3	54	5	717	sweet potatoes, 120 count, fresh
Roasted Potatoes Wedges	78	0.7	0.1	17	2	110	2	462	potatoes, red bliss, fresh spice, paprika, ground rosemary, fresh, chopped spice, pepper, black, ground, fine spice, garlic, granulated spice, onion, granulated * salt, kosher oil, canola parsley, fresh, chopped
Mashed Potatoes	100		0.4	18	2	65	2	305	potatoes, pre-peeled, fresh, quartered * water, boiling milk, whole * oil, olive salt, kosher
Macaroni & Chz	233	12.2	4.5	22	9	410	1	143	sauce, cheese, white, rtu, frozen * water pasta, macaroni, elbow, dry * cheese, cheddar, mild, pre-shredded, feathered
Brown Rice	113	1.0	0.2	24	2	4	1	78	rice, brown, dry water
White Rice	106	0.3	0.1	23	2	72	1	50	rice, white, long grain, parboiled, dry water salt, kosher
Cilantro Lime Rice	142	2.3	0.2	27	2	124	1	75	water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * oil, canola rice, white, long grain, parboiled, dry lime fresh; 1/48 ct salt, kosher water, tap juice, lime, fresh pressed cilantro, fresh, chopped
Pinto Beans	96	1.9	0.2	16	5	332	5	328	oil, canola onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4" garlic cloves, peeled, fresh, chopped beans, pinto, low sodium, canned, drained, rinsed water spice, cumin, ground spice, chili powder * spice, paprika, smoked salt, kosher spice, pepper, black, ground, fine cilantro, fresh, chopped sauce, hot, louisiana * juice, lime, fresh pressed
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0	roll, dinner, whole wheat, 1.5 oz, fresh

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Dinner Roll	75	1.3	0.4	13	2	128	1	45	dough, roll, homestyle, 1 oz, frozen
Cornbread	229	8.8	2.8	36	2	223	1	5	mix, cornbread, southern style, gold medal, dry water honey, bulk oil, canola oil, cooking spray, grilling butter, unsalted, melted * honey, bulk
Garlic Breadstick	88	3.0	1.5	13	3	144	1	50	dough, breadsticks, french, 1 oz spice, garlic, granulated butter, melted spice, oregano, dried, crushed * parsley, fresh, chopped
French Fries	168	10.1	0.5	19	1	245	1	288	salt, kosher potatoes, french fries, 3/8", frozen
Beef Gravy	6	0.1	0.1	1	0	95	0	0	water, hot broth, beef, bag in a box, concentrate x 20, savory, 4.5 l * cornstarch water
Chicken Gravy	7	0.1	0.0	1	0	95	0	0	water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l cornstarch water
Veg Demi Glace	7	0.0	0.0	2	0	45	0	7	water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * cornstarch water
Tater Tots	135	7.3	1.0	17	1	373	1	249	potatoes, tater tots, frozen
Desserts									
Angel Food Cake w/Strawber	156	5.2	5.0	26	2	142	1	91	cake, angel food, 8", sara lee strawberries, fresh, quartered whipped topping, on top
Brownie	176	5.1	2.3	31	2	136	1	125	water mix brownie chocolate ztf 6/6 lb (11314) oil, cooking spray, grilling sugar, powdered
Carrot Cupcake	398	18.7	11.1	54	5	389	0	72	water mix, cake, white, gold medal carrots, pre-shredded, fresh flavoring, extract, vanilla pure spice, cinnamon, ground * spice, nutmeg, ground spice, ginger, ground butter, unsalted milk, skim * cream cheese, bulk sugar, powdered flavoring, extract, vanilla, imitation * spice, cinnamon, ground *
Mini Apple Pie	405	14.1	7.6	68	5	340	3	157	flour, all purpose salt, kosher baking powder * baking soda sugar, brown, light butter, unsalted cereal, oatmeal, quick, dry water, cold juice base, apple, 100%, concentrate, 5:1 * apples, sliced, water pack, canned, drained cornstarch sugar, brown, light spice, cinnamon, ground * spice, cinnamon, ground * pie shell, tart, pastry, 3" sugar, powdered spice, cinnamon, ground *
Choc Chip Cookie	166	7.7	4.1	24	2	126	1	52	dough, cookie, chocolate chip, 1.33 oz, frozen
Oatmeal Raisin Cookie	159	6.7	3.9	23	2	135	1	67	dough, cookie, oatmeal raisin, 1.33 oz, frozen
Sugar Cookie	164	7.2	3.7	23	2	141	0	18	dough, cookie, sugar, 1.33 oz, frozen
GF Choc Chip Cookie	210	9.0	6.0	30	1	115	1	0	cookie chocolate chip gluten free
GF Snickerdoodle Cookie	220	8.0	5.0	36	1	150	1	0	cookie snickerdoodle gluten free
Banana Pudding Parfait	153	6.4	3.7	23	0	131	0	17	pudding, banana, canned rtu whipped topping, on top cookies, vanilla wafer, crumbled
Choc Pudding	179	6.9	3.5	31	1	214	1	76	whipped topping, on top pudding, chocolate, canned rtu
Van Pudding	151	4.7	1.7	27	0	210	0	23	whipped topping, on top pudding, vanilla, rtu
SF Choc Pudding	70	3.5	2.0	14	1	115	2	140	pudding, chocolate, sugar free, snack pack, 3.25 oz, pc
SF Van Pudding	60	3.0	1.5	11	0	105	1	0	pudding, vanilla, sugar free, snack pack, 3.25 oz, pc
Cherry Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, cherry gelatin mix, plain, unflavored water, boiling water, ice cold
Citrus Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, plain, unflavored gelatin mix, assorted citrus water, boiling water, ice cold
Lemon Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, lemon gelatin mix, plain, unflavored water, boiling water, ice cold
Lime Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, lime gelatin mix, plain, unflavored water, boiling water, ice cold
Orange Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, orange gelatin mix, plain, unflavored water, boiling water, ice cold
SF Citrus Gelatin, No Whip	10	0.0	0.0	1	2	8	0	2	gelatin mix, plain, unflavored gelatin mix, diet, assorted citrus water, boiling water, ice cold
Choc Ice Cream	130	6.0	4.0	17	2	35	1	200	ice cream, chocolate, 1/2 cup, pc
Strawberry Ice Cream	130	7.0	4.0	15	2	35	0	110	ice cream, strawberry, 1/2 cup, pc
Vanilla Ice Cream	134	7.2	4.1	15	2	36	0	113	ice cream, vanilla, 1/2 cup, pc
Cherry Italian Ice	86	0.0	0.0	22	0	1	0	2	ice, italian, cherry, arrezzo, 4 oz, pc
Lemon Italian Ice	77	0.0	0.0	20	0	1	0	2	ice, italian, lemon, arrezzo, 4 oz, pc
Orange Sherbet	110	0.0	0.0	26	0	20	0	40	sherbet, orange, 1/2 cup, pc
Grape Popsicle	70	0.0	0.0	17	0	10	0	0	popsicle, grape, single, pc
Orange Popsicle	70	0.0	0.0	17	0	10	0	0	popsicle, orange, single, pc
Cherry Popsicle	70	0.0	0.0	17	0	10	0	0	popsicle, cherry, single, pc
SF Cherry Popsicle	12	0.0	0.0	3	0	6	0	6	popsicle, cherry, sugar free, single, pc
SF Grape Popsicle	12	0.0	0.0	3	0	6	0	6	popsicle, grape, sugar free, single, pc
SF Orange Popsicle	12	0.0	0.0	3	0	6	0	6	popsicle, orange, sugar free, single, pc
Beverages									
Decaf Coffee 6floc	0	0.0	0.0	0	0	5	0	4	water coffee, decaf, 100% colombian javo liq conc 35x1
Coffee 6floc	0	0.0	0.0	0	0	5	0	2	water coffee, signature blend liq conc 32x1
Decaf Hot Tea 6floc	2	0.0	0.0	0	0	6	0	44	tea bag, hot, decaf, pc water, boiling
Hot Tea 6floc	2	0.0	0.0	0	0	6	0	44	tea bag, hot, pc water, boiling
Hot Cocoa 6floc	79	1.8	1.7	15	1	193	1	148	mix, hot cocoa, ind packet, pc water, boiling
SF Hot Cocoa 6floc	24	0.2	0.1	5	1	139	1	172	mix, hot cocoa, no sugar, ind packet, pc water, boiling
Water 8floc	0	0.0	0.0	0	0	7	0	2	water, ice cold ice, cubes
Bottled Water	0	0.0	0.0	0	0	5	0	0	water, bottled, 8 oz, pc
Cool Blue Gatorade 8floc	63	0.0	0.0	16	0	95	0	37	gatorade, cool blue, 8 fl oz, pc
Lemon Lime Gatorade 8floc	63	0.0	0.0	16	0	95	0	37	gatorade, lemon-lime, 8 fl oz, pc
Fruit Punch Gatorade 8floc	63	0.0	0.0	16	0	95	0	37	gatorade fruit punch

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Orange Gatorade 8flox	63	0.0	0.0	16	0	95	0	37	gatorade orange
Glac Cherry Gatorade 8flox	53	0.0	0.0	14	0	107	0	33	gatorade frost glacier cherry
Orange Gatorlyte 8flox	20	0.0	0.0	6	0	196	0	140	gatorlyte orange
Watermelon Gatorlyte 8flox	24	0.0	0.0	6	0	196	0	140	gatorlyte watermelon
Glac Frz Gatorade Zero 8flox	2	0.0	0.0	1	0	108	0	32	gatorade c zero glacier freeze
Cherry Gatorade Zero 8flox	0	0.0	0.0	0	0	160	0	50	gatorade zero cherry
Skim Milk 8flox	83	0.2	0.1	12	8	103	0	382	milk, skim/nonfat, 8 floz, pc
2% Milk 8flox	122	4.8	3.1	12	8	115	0	342	milk, lowfat, 2%, 8 floz, pc
Whole Milk 8flox	149	7.9	4.6	12	8	105	0	322	milk, whole, 8 floz (250 ml), pc
Choc Skim Milk 8flox	120	0.2	0.1	22	8	179	0	396	milk, chocolate, fat free, 22 g sugar, 8 oz, pc
Lact Free Milk 8flox	77	0.2	0.1	11	8	95	0	354	milk, lactose-free, skim, 8 oz, pc
Van Almond Milk	30	2.5	0.0	1	1	130	0	35	milk, almond, vanilla, unsweetened, silk, bulk
Choc Soy Milk 8flox	170	4.5	1.0	25	8	90	3	450	milk, soy, chocolate, 8 fl oz, pc
Van Soy Milk 8flox	150	4.5	0.5	18	8	70	2	370	milk, soy, vanilla, 8 fl oz, pc
Apple Juice	58	0.1	0.0	14	0	9	0	156	water, cold juice base, apple, 100%, concentrate, 5:1 *
Cran Juice	57	0.0	0.0	14	0	5	0	15	water, cold juice base, cranberry, concentrate, 4:1 *
Grape Juice	68	0.1	0.0	17	0	6	0	118	juice, grape, 4 oz, pc
Orange Juice	59	0.1	0.0	14	1	2	0	216	water, cold juice base, orange, concentrate, 4+1, frozen *
Prune Juice	81	0.0	0.0	20	1	5	1	313	juice, prune, 4 floz, pc
V8 Juice	30	0.0	0.0	6	1	95	1	600	juice, v-8, low sodium, 5.5 oz, pc
Cherry Bubly	0	0.0	0.0	0	0	0	0	0	bubly, cherry, 12 oz, pc
Mango Bubly	0	0.0	0.0	0	0	0	0	0	bubly, mango, 12 oz, pc
Iced Tea 8flox	0	0.0	0.0	0	0	7	0	2	water, boiling tea bag, iced, 3 oz
Lemon Crystal Lt 8flox	3	0.0	0.0	1	0	37	0	56	water, cold ice, cubes drink mix, lemonade, crystal light, ind packet, pc
Rasp Crystal Lt 8flox	2	0.0	0.0	1	0	11	0	2	water, cold drink mix, raspberry, crystal light, ind packet, .08 oz, pc ice, cubes
Coke	90	0.0	0.0	25	0	30	0	0	soda, coca-cola, can, 7.5 oz, pc
Pepsi	100	0.0	0.0	26	0	20	0	5	soda, pepsi, 7.5 oz, pc
Diet Coke	0	0.0	0.0	0	0	25	0	0	soda, coke, diet, can, 7.5 oz, pc
Diet Pepsi	0	0.0	0.0	0	0	25	0	20	soda, pepsi, diet, 7.5 oz, pc
Caffeine Free Diet Coke	2	0.0	0.0	0	0	9	0	17	soda, cola, caffeine-free, diet, 8 oz, pc
Ginger Ale	80	0.0	0.0	21	0	25	0	0	soda, ginger ale, can, 7.5 oz, pc
Shasta Ginger Ale	70	0.0	0.0	17	0	24	0	0	soda shasta ginger ale 8 oz
Canada Dry Ginger Ale	80	0.0	0.0	21	0	30	0	0	soda canada dry ginger ale 7.5 oz
Schweppes Ginger Ale	80	0.0	0.0	21	0	40	0	0	soda schweppes ginger ale 7.5 oz
Diet Ginger Ale	0	0.0	0.0	0	0	15	0	0	soda, ginger ale, diet, can, 7.5 oz, pc
Shasta Diet Ginger Ale	0	0.0	0.0	0	0	30	0	0	soda shasta diet ginger ale 8 oz
Canada Dry Zero Ginger Ale	0	0.0	0.0	0	0	75	0	0	soda canada dry zero sugar ginger ale 7.5 oz
Schweppes Zero Ginger Ale	0	0.0	0.0	0	0	70	0	0	soda schweppes zero sugar ginger ale 7.5 oz
Sprite	90	0.0	0.0	24	0	40	0	0	soda, sprite, can, 7.5 oz, pc
Starry	90	0.0	0.0	23	0	20	0	20	soda, lemon lime, starry, 7.5 oz, pc
Diet Sprite	0	0.0	0.0	0	0	25	0	0	soda, sprite, zero, can, 7.5 oz, pc
Starry Zero	0	0.0	0.0	0	0	25	0	45	soda, lemon lime, starry, zero, 7.5 oz, pc