Hallmark Management Service Inc.
Master Recipe Data Set

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
3-Alarm Burger	1ea	1160	84g	27g	305mg	2120mg	44g	52g	X	X					X	X						
Caramelized Onion Burger	1ea	1060	76g	24g	235mg	820mg	38g	50g	X	X					X	X						
Garden Burger	1ea	520	4g	.5g	0mg	1030mg	71g	22g	X						X	X	X		X			
Jalapeno Popper Burger	1ea	640	35g	19g	175mg	1170mg	36g	29g		X					X	X						
Mamma Mia	1ea	610	36g	17g	95mg	920mg	41g	35g	X	X					X	X						
Peppered Big Blue	1ea	980	58g	25g	170mg	2250mg	61g	52g	X	X					X	X						
Smoked Onion & Cheddar Burger	1ea	710	42g	18g	145mg	950mg	50g	33g	X	X					X	X						
Turkey Supreme Burger	1ea	990	66g	20g	80mg	1700mg	71g	43g	X	X			X		X	X						
Chicken Cayuga	1ea	890	46g	14g	180mg	1610mg	75g	43g	X	X					X	X						
Viva Espana Chicken	1ea	880	51g	15g	180mg	1130mg	75g	55g	X	X			X		X	X						
Black Bean & Corn Quesadilla	1ea	670	28g	16g	45mg	1250mg	74g	31g		X					X							
BLT Ranch Quesadilla	1ea	970	59g	26g	55mg	2260mg	57g	51g	X	X					X	X						
Broccoli Crunch Wrap	1ea	860	49g	26g	40mg	1360mg	82g	21g		X					X	X		X				
Chicken Club Quesadilla	1ea	750	39g	13g	50mg	1030mg	56g	42g	X	X					X	X						
Chicken Spinach Provolone Quesadill	1ea	640	8g	16g	130mg	1360mg	39g	53g		X					X	X						
Philly Dilla Quesadilla	1ea	1060	55g	25g	70mg	1450mg	65g	49g	X	X					X	X						
Pulled Pork & Bacon Quesadilla	1ea	1060	70g	20g	130mg	2160mg	57g	50g	X	X		X			X	X						
FOS Grilled Cheese	1ea	620	17g	11g	50mg	960mg	65g	28g		X					X	X		X				
Guacamole Chicken	1ea	620	23g	7g	90mg	890mg	56g	42g	X	X					X	X						
Island Chicken	1ea	860	51g	11g	120mg	1000mg	55g	40g	X	X					X	X						
Rueben with Cumin Salsa	1ea	1090	66g	27g	135mg	3280mg	75g	50g	X	X					X	X						
St. Petersburg	1ea	970	62g	22g	165mg	1910mg	71g	33g	X	X					X	X						
SXSW Chicken	1ea	910	16g	13g	110mg	700mg	58g	40g	X	X					X	X						
MedianNoche	1ea	1210	43G	15g	165mg	3210mg	124g	65g		X					X	X						
Chicken Pesto Cordon Blue	1ea	910	57g	13g	125mg	1240mg	300g	45g	X	X			X		X	X						
Tater Tots	4oz	200	11g	3g	0mg	440g	24g	2.6g											X			
Cheddar Cheese Strada	4oz	350	20g	8g	475mg	440mg	18g	24g	X	X					X			X				
Broccoli & Cheddar Strada	4oz	360	20g	8g	475mg	450mg	21g	25g	X	X					X			X				
Broccoli and Cheese Breakfast Bake	4oz	370	23g	11g	180mg	710mg	14g	28g	X	X					X			X				
Egg and Sausage Breakfast Bake	4oz	340	21g	9g	235mg	540mg	16g	21g	X	X					X	X						
Egg and Potato Breakfast Bake	4oz	210	14g	7g	205mg	250mg	9g	14g	X	X								X		X		
Sausage Potato Breakfast Bake	4oz	300	21g	8g	235mg	430mg	9g	20g	X	X										X		
Bacon Egg Cheese Croissant	1ea	630	20g	17g	305mg	920mg	40g	21g	X	X					X	X						
Bacon Egg Cheese Mcmuffin	1ea	500	20g	12g	255mg	400mg	48g	26g	X	X					X	X						
Breakfast Enchilada	1ea	310	18g	8g	165g	670mg	18g	17g	X	X					X	X						
Sour Dough French Toast	1slice	310	4.5g	1.5g	85mg	490mg	54g	14g	X	X					X	X		X				
French Toast Casserole	4oz	370	18g	8g	105mg	460mg	45g	9g	X	X					X	X		X				
Quinoa Almond Porridge	4oz	140	1.5g	0g	0mg	30mg	28g	3g					X					X		X		X
Quinoa Porridge	4oz	160	2.5g	1g	5mg	20mg	29g	4g		X								X		X		X
Rice Almond Porridge	4oz	170	6g	1.5g	5mg	40mg	25g	5g		X			X					X		X		
Rice Porridge	4oz	150	2g	1g	5mg	35mg	29g	3g		X									X	X		X
French Toast with Praline Topping	1slice	280	18g	7g	95mg	290mg	12g	7g	X	X			X		X	X		X				
Banana Bread French Toast	1slice	260	15g	4.5g	110mg	210mg	26g	8g	X	X			X		X	X		X				
Batter Fried French Toast	1sice	260	6g	1g	80mg	320mg	42g	10g	X	X					X	X		X				
Cocoa French Toast	1slice	230	9g	2g	240mg	330mg	26g	13g	X	X					X	X		X				
Fruity O French Toast	1slice	330	9g	2g	240mg	440mg	47g	14g	X	X					X	X		X				
Orange Vanilla French Toast	1slice	230	9g	2g	240mg	330mg	26g	13g	X	X					X	X		X				
Plain French Toast	1slice	230	9g	2g	240mg	330mg	26g	13g	X	X					X	X		X				
Strawberry French Toast	1slice	240	9g	2g	240mg	330mg	27g	13g	X	X					X	X		X				
Stuffed French Toast	1slice	550	28g	14g	270mg	880mg	6g	20g	X	X					X	X		X				
Southwestern Mini Frittata	4oz	230	16g	7g	390mg	610m g	5g	18g	X	X								X		X		
Cheddar Cheese Grits	4oz	130	2.5g	1.5g	5mg	45mg	21g	4g		X								X		X		
Cheddar & Bacon Grits	4oz	140	3.5g	1.5g	5mg	135mg	21g	5g		X										X		
Diced Homefries	4oz	160	7g	3g	0mg	105mg	22g	3g								X			X	X		
Sliced Homefries	4oz	140	7g	3g	0mg	65mg	19g	3g								X			X	X		
Bacon Homefries	4oz	190	11g	2g	0mg	160mg	21g	5g												X		
Bacon & Cheddar Homefries	4oz	180	11g	2.5g	5mg	170mg	18g	5g		X										X		
Buttermilk Ranch Homefries	4oz	140	4.5g	.5g	0mg	330mg	23g	3g		X								X		X		
Cheddar Chunk Homefries	4oz	190	10g	2g	5mg	75mg	21g	4g		X						X		X		X		
Cheese Tots	4oz	230	12g	3g	10mg	530mg	29g	5g		X						X		X		X		
Country Style Homefries	4oz	140	7g	3g	0mg	350mg	18g	3g								X			X	X		
Montreal Potato	4oz	160	7g	3g	0mg	110mg	22g	3g								X			X	X		
Ham & Cheese Homefries	4oz	210	11g	2.5g	10mg	220mg	22g	6g		X										X		
Seasoned Mini Homefries	4oz	140	11g	5g	0mg	380mg	11g	2g								X			X	X		
Southwestern Homefries	4oz	160	8g	1g	0mg	35mg	21g	3g											X	X		
Spicy Green Chili Homefries	4oz	150	8g	1g	0mg	55mg	20g	2g											X	X		
Sweet Potato Homefries	4oz	160	3.5g	1.5g	0mg	45mg	31g	2g								X			X	X		
Texan Homefries	4oz	160	8g	1g	0mg	40mg	21g	3g											X	X		
Granola Oatmeal	4oz	30	0.5	0mg	0mg	55mg	5g	2g							X	X			X			
Brown Sugar Oatmeal	4oz	60	.5g	0mg	0mg	35mg	12g	1g							X							
Peaches & Cream Oatmeal	4oz	50	2.5g	1g	5mg	50mg	7g	2g		X					X			X				
Strawberry & Cream Oatmeal	4oz	50	2.5g	1g	5mg	50mg	6g	2g		X					X			X				

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Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Craisin Raisin Oatmeal	4oz	90	.5g	0g	0mg	35mg	20g	1g							X				X			X
Apple Cinnamon Pancakes	4oz	210	2g	0g	0mg	640mg	42g	4g	X	X					X	X		X				
Banana Pancake	4oz	210	2g	0mg	0mg	640mg	42g	5g	X	X					X	X		X				
Banana Split Pancakes	4oz	240	3.5g	1g	0mg	640mg	45g	5g	X	X					X	X		X				
Blueberry & Coconut Pancakes	4oz	230	4g	2g	0mg	650mg	42g	5g	X	X			X		X	X		X				
Blueberry & Ricotta Pancakes	4oz	200	2g	0g	0mg	640mg	40g	5g	X	X					X	X		X				
Blueberry Pancakes	4oz	200	2.5g	0g	0mg	640mg	40g	5g	X	X					X	X		X				
Blueberry Whole Wheat Pancakes	4oz	200	6g	1.5g	55mg	125mg	31g	6g	X	X					X			X				
Buttermilk Pancake	4oz	220	9g	2g	50mg	260mg	27g	7g	X	X					X			X				
Chocolate Chip Pancake	4oz	280	6g	3g	5mg	650mg	49g	5g	X	X					X	X		X				
Cinnamon Raisin Pancake	4oz	240	2.5g	0g	0mg	640mg	51g	5g	X	X					X	X		X				
Funfetti Pancake	4oz	240	4g	0g	0mg	640mg	44g	4g	X	X					X	X		X				
Lemon Poppy Seed Pancake	4oz	210	3.5g	.5g	omg	640mg	39g	5g	X	X					X	X		X				
Maple Bacon Pancake	4oz	290	8g	3g	0mg	960mg	41g	11g	X	X					X	X						
Mixed Berry Pancake	4oz	200	2g	0g	0mg	640mg	40g	5g	X	X					X	X		X				
Oreo Pancake	4oz	190	5g	1.5g	0mg	700mg	50g	5g	X	X					X	X		X				
Pumpkin Spice Pancake	4oz	190	2g	0g	0mg	630mg	37g	4g	X	X					X	X		X				
Strawberry Pancake	4oz	200	2.5g	0g	0mg	640mg	39g	5g	X	X					X	X		X				
Cheesy Hashbrown Casserole	4oz	250	15g	8g	35mg	290mg	23g	9g		X					X	X						
Country Shredded Hashbrown	4oz	160	7g	3g	0mg	400mg	22g	3g								X			X			
Hashbrowns	4oz	170	7g	3g	0mg	140mg	25g	2g								X			X	X		
Cheddar Hashbrowns	4oz	180	8g	4g	5mg	170mg	22g	4g		X						X		X		X		
Cheddar & Bacon Hashbrowns	4oz	230	12g	6g	5mg	410mg	22g	9g		X						X				X		
O'Brien Potato	4oz	130	4.5g	.5g	0mg	40mg	20g	2g											X	X		
Sausage Gravy	4oz	270	19g	7g	50mg	370mg	13g	13g		X					X	X						
Scrambled Eggs	4oz	180	13g	4g	480mg	160mg	1g	15g	X	X								X		X		
Scrambled Eggs with Cheddar	4oz	170	12g	4.5g	405mg	160mg	1g	14g	X	X								X		X		
Scrambled Eggs with Ham & Chedda	4oz	200	13g	4.5g	415mg	360mg	2g	16g	X	X										X		
Scrambled Eggs with Ham & Pepper	4oz	220	15g	6g	420mg	390mg	2g	18g	X	X										X		
Scrambled Eggs with Chorizo & Chec	4oz	220	17g	6g	415mg	310mg	1g	16g	X	X						X				X		
Denver Style Scrambled Eggs	4oz	220	13g	5g	385mg	370mg	6g	17g	X	X										X		
Eastern Style Scrambled Eggs	4oz	170	12g	4g	375mg	240mg	3g	14g	X	X										X		
Dill & Cheddar Scrambled Eggs	4oz	170	12g	4.5g	405mg	170mg	1g	14g	X	X								X		X		
Garden Herb Scrambled Eggs	4oz	170	12g	4.5g	405mg	170mg	2g	14g	X	X								X		X		
Sausage & Cheddar Scrambled Eggs	4oz	210	15g	6g	415mg	250mg	1g	16g	X	X										X		
Scallion & Sriracha Scrambled Eggs	4oz	170	12g	4.5g	405mg	190mg	2g	14g	X	X								X		X		
Egg Muffin Strada	4oz	300	17g	7g	165mg	200mg	24g	20g	X	X					X	X						
Roasted Veggie Strada	4oz	300	12g	5g	215mg	550mg	31g	19g	X	X					X	X		X				
Sausage & Swiss Cheese Strada	4oz	460	28g	12g	510mg	550mg	19g	32g	X	X					X							
Applesauce	3.5oz	42	0.1g	0.008g	0mg	2mg	11.27g	0.17g										X	X	X		
Turkey Bacon	1oz	60	4g	1g	20mg	300mg	1g	5g												X		
Canadian Bacon	2oz	70	2.5g	1g	30mg	650mg	0g	11g												X		
Bacon	1oz	70	6g	2g	10mg	260mg	0g	4g												X		
Turkey Canadian Bacon	2oz	70	3.5g	1g	40mg	360mg	1g	9g												X		
Corned Beef Hash	8oz	440	28g	12g	60mg	1400mg	28g	18g												X		
Buttermilk Biscuits	2.5oz	230	11g	7g	0mg	630mg	28g	3g		X					X	X						
Chicken Sausage	2oz	80	6g	1.5g	40mg	340mg	0g	6g												X		
Pork Sausage Patty	3.5oz	231	18.56g	4.968g	73mg	507mg	0g	14.95g												X		
Pork Sausage Links	2oz	260	26g	9g	45mg	550mg	0g	6g												X		
Turkey Sausage Patty	1 ea	80	5g	1.5g	25mg	310mg	1g	8g												X		
Turkey Sausage Links	2oz	90	6g	1.5g	30mg	290mg	1g	10g												X		
Hashbrown Patty	2oz	120	6g	1g	0mg	270mg	15g	1g								X		X	X			
Potato Pancakes	4oz	120	5g	1g	0mg	310mg	17g	1g							X	x		X	X			
Sliced Peaches	5oz	80	0g	0g	0mg	10mg	20g	1g										X	X	X		
Plain Pancakes	2.5oz	220	2.5g	0.5g	0mg	720mg	43g	5g	X	X					X	X		X				
Mandarin Oranges	3.5oz	47	0.12g	0.015g	0mg	0mg	11.75g	0.94g										X	X	X		
Pineapple Tidbits	5oz	80	0g	0g	0mg	0mg	22g	1g										X	X	X		
Hashbrown Triangles	2oz	110	5g	1g	0mg	220mg	12g	0g								X		X	X			
Sliced Pears	3.5oz	50	0.07g	0g	0mg	4mg	13g	0.3g										X	X			
French Toast Sticks	3.5oz	321	13.21g	2.36g	0mg	358mg	44.34g	4.72g	X	X					X	X		X				
Oatmeal	3.5oz	71	1.52g	0.31g	0mg	71mg	12g	2.54g							X			X	X			
Grits	1.25oz	130	1.75g	0	0mg	0mg	29g	3g										X	X	X		
Fruit Cocktail	4.37oz	60	0g	0g	0mg	10mg	14g	0g										X	X	X		
Tropical Fruit Cocktail	4.25oz	90	0g	0g	0mg	0mg	22g	1g										X	X	X		
Sausage Egg & Ham Bagel	1ea	520	20g	4.5g	260mg	1180mg	55g	28g	X	X					X	X						
Sausage Egg & Pepperjack Bagel	1ea	530	21g	8g	265mg	950mg	54g	29g	X	X					X	X						
Turkey Sausage Egg Ham Bagel	1ea	490	17g	4g	250mg	1220mg	55g	28g	X	X					X	X						
Ham Egg & Cheese McMuffin	1ea	290	12g	2.5g	230mg	1050mg	28g	17g	X	X					X	X						
Sausage Egg & Cheese Muffin	1ea	420	23g	5g	400mg	1160mg	28g	25g	X	X					X	X						
Tomato & Ham Melt	1ea	170	7g	1g	25mg	700mg	17g	11g	X	X					X	X						X
Tomato Egg & Cheese Muffin	1ea	290	12g	2.5g	225mg	910mg	31g	16g	X	X					X	X		X				
Turkey Sausage Egg white Muffin	1ea	320	12g	2.5g	40mg	1280mg	28g	25g	X	X					X	X						
Ham Egg & Cheese Bagel	1ea	460	23g	2.5g	245mg	1320mg	56g	27g	X	X					X	X						
Bacon Egg Cheese Pastry	1ea	780	27g	24g	350mg	1900mg	25g	19g	X	X					X	X						
Ham Egg Cheese Pastry	1ea	510	32gh	14g	305mg	1320mg	27g	27g	X	X					X	X						
Spinach Egg Cheese Pastry	1ea	370	22g	9g	250mg	420mg	27g	15g	X	X					X	X		X				

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Spinach Egg Feta Pastry	1ea	400	25g	11g	265mg	720mg	28g	17g	X	X					X	X		X				
Hoagie Roll	1ea	190	1g	0mg	0mg	370mg	37g	7g		X					X	X		X	X			
Pita Bread	1ea	230	4.5g	1g	0mg	370mg	40g	8g							X	X			X			
Country Biscuits	1ea	210	10g	5g	0mg	590mg	28g	3g		X					X	X		X				
Hamburger Bun	1ea	170	2.5g	.5g	0mg	320mg	30g	6g							X	X			X			
Banana Bread	1sl	140	5g	2.5g	20mg	130mg	20g	3g	X	X					X	X		X				
Banana Nut Bread	1sl	170	9g	2.5g	20mg	130mg	21g	4g	X	X			X		X	X		X				
Blueberry Bread	1sl	190	3.5g	1g	35mg	105mg	34g	5g	X	X					X			X				
Chocolate Mocha Bread	1sl	200	8g	2.5g	20mg	80mg	29g	5g	X	X					X	X		X				
Cinnamon Bread	1sl	230	5g	1.5g	40mg	160mg	42g	5g	X	X					X	X		X				
Cranberry Orange Bread	1sl	140	2g	1g	25mg	160mg	26g	4g	X	X					X			X				
Date Nut Bread	1sl	160	5g	1g	15mg	105mg	27g	4g	X				X		X	X		X				
Pumpkin Bread	1sl	150	8g	1.5g	30mg	135mg	16g	3g	X						X	X		X				
Zucchini Bread	1sl	180	7g	1g	35mg	80mg	27g	3g	X						X			X				
Blueberry Bagels	4oz	280	1.5g	0g	0mg	530mg	59g	9g							X	X		X	X			
Cinnamon Raisin Bagels	3.5oz	273	1.7g	0.274g	0mg	433mg	55.2g	9.8g							X	X		X	X			
Everything Bagels	4oz	270	1g	0.5g	0mg	520mg	56g	9g							X	X		X	X			
Gluten Free Bagels	1.75oz	100	1.5g	0g	0mg	300mg	21g	2g	X							X		X		X		
French Baguettes	1.75oz	140	0g	0g	0mg	320mg	28g	4g							X	X		X				
Bread Flats	1.5oz	130	3g	0g	0mg	260mg	22g	4g		X					X	X						
Dinner Roll	2oz	160	3g	0g	0mg	280mg	28	5g	X	X					X			X				
Sweet Dinner Roll	1oz	90	2g	1g	0mg	90mg	16g	2g							X	X		X	X			
French Dinner Roll	2.25oz	180	1g	0g	0mg	300mg	36g	7g							X	X		X	X			
Dinner Roll	1.5oz	110	0.5g	0g	0mg	230mg	22g	4g							X			X	X			
Corn Bread	4oz	140	2g	1g	0mg	420mg	27g	2g	X	X					X	X		X				
Bread Sticks	4oz	412	9.5g	1.41g	0mg	657mg	68.4g	12g							X	X		X	X			
Garlic Bread Sticks	2oz	150	5g	1.5g	0mg	250mg	23g	4g							X	X		X	X			
Flour Tortilla	1ea	90	2g	1g	0mg	0mg	15g	3g							X			X	X			
bluberry pie	1ea = 4.5oz	340	14g	6g	0mg	320mg	51g	3g							X	X			X			
chocolate peanut butter cream	1ea = 4.5oz									X				X	X	X						
key lime pie	1ea = 4.5oz	390	11g	4g	5mg	290mg	67g	6g		X					X	X		X				
peach pie	1ea = 4.5oz	300	15g	6g	0mg	330mg	41g	3g							X	X			X			
cherry pie	1ea = 4.5oz	310	14g	6g	0mg	320mg	44g	3g							X	X			X			
lemon meringue pie	1ea = 4.5oz	290	8g	3g	0mg	270mg	53g	2g	X						X	X			X			
Dutch Apple Pie	1ea = 4.5oz	340	13g	5g	0mg	370mg	50g	2g							X	X			X			
pecan pie	1ea = 4.5oz	520	25g	8g	75mg	530mg	70g	5g	X				X		X	X		X				
Pumpkin Pie	4.5oz	250	9g	4g	45mg	310mg	38g	4g	X	X					X	X		X				
chocolate cream pie	1ea = 4.5oz	480	33g	24g	5mg	280mg	41g	3g		X			X (coconut oil)		X	X		X				
Coconut Cream Pie	4.5oz	400	22g	15g	0mg	280mg	50g	2g		X			X (coconut)		X	X		X				
boston cream pie	1ea = 4.5oz	280	10g	4.5g	30mg	280mg	44g	4g	X	X					X	X		X				
peanut butter pie	1ea = 5.5oz	720	4g	26g	30mg	270mg	66g	7g	X	X			X (coconut)		X	X		X				
strawberry rhubarb pie	1ea = 4.5oz	320	13g	6g	0mg	300mg	50g	3g							X	X			X			
banana cream pie	1ea = 4.5oz	390	21g	14g	0mg	290mg	49g	2g		X					X	X		X				
Sweet Potato Pie	4oz	340	16g	7g	20mg	330mg	46g	5g	X	X					X			X				
Strawberry Cream Pie	4.25oz	350	20g	15g	5mg	135mg	40g	2g		X			X (coconut oil)		X	X		X				
Apple Orchard Bars	1 ea	270	12g	5g	0mg	105mg	39g	3g					X		X	X		X				
Blackberry Bliss Bars	1 ea	320	16g	6g	0mg	75mg	43g	5g		X			X		X	X		X				
Blondie Bars	1 ea	280	14g	4g	45mg	125mg	35g	6g	X				X		X	X		X				
Cheesecake Bars	1 ea	380	31g	16g	115mg	340mg	22g	7g	X	X					X	X		X				
Cherry Orchard Bars	1 ea	270	13g	5g	5mg	115mg	31g	4g					X		X	X		X				
Cherry Orchard Bars	1 ea	270	12g	5g	0mg	110mg	38g	3g					X		X	X		X				
Colossal Berry Crunch Bars	1 ea	100	3.5g	1.5g	0mg	70mg	18g	1g							X	X		X				
Blueberry Crumb Cookie Bar	1 ea	310	17g	9g	40mg	135mg	37g	5g	X	X					X	X		X				
Chocolate Banana Cookie Bar	1 ea	250	12g	5g	40mg	120mg	31g	5g	X						X	X		X				
Chocolate Chip Cookie Bar	1 ea	350	17g	8g	40mg	180mg	44g	6g	X	X					X	X		X				
Ginger Molasses Cookie Bar	1 ea	250	12g	5g	40mg	125mg	31g	4g	X						X	X		X				
M&M Cookie Bar	1 ea	310	15g	6g	40mg	170mg	40g	6g	X	X					X	X		X				
Birthday Sugar Cookie Bar	1 ea	250	15g	6g	40mg	125mg	26g	4g	X	X					X	X		X				
Golden Graham S'Mores Bars	1 ea	200	7g	3.5g	5mg	150mg	35g	2g		X					X	X		X				
Granola Bar	1 ea	180	9g	2g	10mg	75mg	23g	4g	X				X	X	X	X		X				
Lemon Bar	1 ea	140	6g	2.5g	55mg	60mg	20g	4g	X						X	X		X				
Lemon Blueberry Bar	1 ea	90	4g	2g	45mg	15mg	13g	2g	X	X					X			X				
Magic Bar	1 ea	180	9g	6g	5mg	95mg	24g	2g		X			X		X	X		X				
Cornflake Marshmallow Squares	1 ea	140	3.5g	1.5g	0mg	170mg	25g	2g							X	X		X				
Froot Loop Marshmallow Squares	1 ea	180	5g	2g	0mg	135mg	33g	2g							X	X		X				
Carnival Fun Bars	1 ea	160	4g	1.5g	0mg	55mg	21g	2g								X		X		X		
Chocolate Carnival Fun Bars	1 ea	160	4g	1.5g	0mg	55mg	21g	2g								X		X		X		
Lucky Charms Squares	1 ea	140	4g	1.5g	0mg	125mg	25g	2g							X	X		X				
Marshmallow Krispie M&M Bars	1 ea	180	4.5g	1.5g	0mg	55mg	23g	2g		X						X		X		X		
Marshmallow Krispie Nutella Square	1 ea	170	5g	2g	0mg	55mg	19g	2g		X			X			X		X		X		
Marshmallow Krispie PB Chip Bars	1 ea	230	8g	5g	0mg	85mg	19g	4g		X				X		X		X		X		
Marshmallow Krispie Peanut Butter	1 ea	170	6g	2g	0mg	80mg	17g	3g						X		X		X		X		
Marshmallow Krispie Soy Butter Squ	1 ea	170	3.5g	2g	0mg	70mg	17g	3g								X		X		X		
Marshmallow Krispie Squares	1 ea	140	3.5g	1.5g	0mg	50mg	15g	2g								X		X		X		
Millionaire's Shortbread Bars	1 ea	470	24g	12g	20mg	210mg	60g	6g		X					X	X		X				

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Oatmeal Butterscotch Bar	1 ea	260	14g	8g	15mg	160mg	31g	3g	X	X					X	X		X				
Oatmeal Fudge Bar	1 ea	380	18g	9g	30mg	210mg	52g	5g	X	X					X	X		X				
Peach Squares	1 ea	230	12g	4g	0mg	90mg	29g	4g					X		X	X		X				
Peanut(Less) Butter & Jelly Bars	1 ea	290	9g	5g	25mg	160mg	30g	7g	X						X	X		X				
Pecan & Bacon Bars	1 ea	240	17g	6g	30mg	90mg	21g	4g	X	X			X		X							
Pecan Bars	1 ea	220	15g	5g	30mg	15mg	21g	2g	X	X			X		X			x				
Peanut Butter & Jelly Bars	1 ea	270	19g	6g	25mg	170mg	20g	8g	X					X	X	X		X				
Pumpkin Pie Bars	1 ea	350	18g	6g	45mg	210mg	41g	9g	X	X			X		X	X		X				
Stone Fruit Bar	1 ea	180	8g	2g	25mg	15mg	18g	4g	X	X			X		X	X		X				X
Toffee Bar	1 ea	240	13g	6g	0mg	95mg	29g	3g		X			X		X	X		X				
White Chocolate Raspberry Bars	1 ea	220	10g	6g	25mg	120mg	29g	4g	X	X					X	X		X				
Cherry Cream Cheese Brownies	1 ea	150	10g	4.5g	45mg	100mg	13g	3g	X	X					X	X		X				
Chocolate Chip Brownies	1 ea	180	12g	6g	45mg	105mg	18g	4g	X	X					X	X		X				
Cream Cheese Swirl Brownies	1 ea	150	10g	5g	45mg	100mg	13g	4g	X	X					X	X		X				
M&M Brownies	1 ea	160	11g	5g	45mg	100mg	15g	4g	X	X					X	X		X				
Cheesecake Brownies	1 ea	480	14g	3g	160mg	310mg	78g	13g	X	X					X			X				
Oreo Cream Brownies	1 ea	220	17g	8g	65mg	190mg	27g	6g	X	X					X	X		X				
Peanut Butter Brownies	1 ea	590	40g	17g	130g	330mg	52g	16g	X	X				X	X	X		X				
Plain Brownie	1 ea	200	13g	6g	50mg	125mg	19g	5g	X	X					X	X		X				
S'More Brownie	1 ea	260	13g	6g	50mg	210mg	33g	6g	X	X					X	X		X				
Toffee Crunch Brownie	1 ea	250	16g	7g	50mg	160mg	25g	6g	X	X			X		X	X		X				
Buckeye Beignets	1 ea	50	3g	2g	5mg	10mg	5g	1g	X	X				X	X	X		X				
Almond & Honey Butter Cookies	1 ea	90	5g	1g	10mg	10mg	9g	2g	X	X			X		X			X				X
Banana Chocolate Chip Cookie	1 ea	90	5g	2g	10mg	60mg	10g	2g	X	X					X	X		X				
Chewy Oatmeal Raisin Cookies	1 ea	70	2g	0g	10mg	40mg	11g	2g	X				X		X			X				X
Chewy Sugar Cookies	1 ea	110	4.5g	1g	10mg	50mg	17g	2g	X	X					X	X		X				
Coconut Lime Cookies	1 ea	120	5g	2g	10mg	55mg	17g	2g	X	X			X		X	X		X				
M&M Sugar Cookies	1 ea	130	4.5g	2g	10mg	40mg	19g	2g	X	X					X	X		X				
Chocolate Chip Cookies	1 ea	140	7g	3.5g	15mg	80mg	18g	2g	X	X					X	X		X				
Chocolate Chip Cookies	1 ea	35	2g	1g	5mg	20mg	4g	1g	X	X					X	X		X				
Cinnamon Swirl Cookies	1 ea	120	7g	3g	0mg	65mg	12g	2g		X					X	X		X				
Coconut Cookies	1 ea	130	8g	4.5g	5mg	75mg	15g	2g		X			X		X	X		X				
Cookies & Cream Cookies	1 ea	90	7g	2.5g	15mg	140mg	19g	2g	X	X					X	X		X				
Double Chocolate Chip Cookie	1 ea	160	8g	4g	15mg	95mg	21g	3g	X	X					X	X		X				
Frosted Walnut Shortbread Cookies	1 ea	280	24g	8g	15mg	150mg	14g	6g	X	X			X		X	X		X				
Ginger Cookies	1 ea	130	8g	2.5g	10mg	40mg	13g	1g	X						X	X		X				
Lemon Sour Cream Cookie	1 ea	180	8g	3.5g	20mg	90mg	26g	2g	X	X					X	X		X				
M&M Cookies	1 ea	120	6g	2.5g	10mg	80mg	15g	2g	X	X					X	X		X				
Mexican Wedding Cookies	1 ea	90	6g	2g	0mg	35mg	9g	1g					X		X	X		X				
Molasses Cookies	1 ea	130	8g	2.5g	10mg	40mg	13g	1g	X						X	X		X				
Oatmeal Chocolate Chip Cookies	1 ea	140	9g	4g	5mg	110mg	14g	2g	X	X					X	X		X				
Oatmeal Pear Cookie	1 ea	50	0g	0g	0g	10mg	11g	1g	X	X					X			X				X
Oatmeal Raisin Cookie	1 ea	120	7g	3g	5mg	105mg	15g	2g	X						X	X		X				
Peanut Butter Chip Cookie	1 ea	180	10g	4g	5mg	140mg	18g	4g	X	X				X	X	X		X				
Peanut Butter Chocolate Chip Cookie	1 ea	180	10g	4g	5mg	140mg	20g	4g	X	X				X	X	X		X				
Peanut Butter Cookie	1 ea	150	9g	3g	10mg	120mg	15g	4g	X					X	X	X		X				
Peanut Butter Pretzel Chocolate Chip	1 ea	160	8g	3.5g	5mg	125mg	18g	3g	X	X				X	X	X		X				
Peanut Butter Pretzel PB Chip	1 ea	160	9g	4g	5mg	135mg	15g	4g	X	X				X	X	X		X				
Pumpkin Cookie	1 ea	200	8g	3.5g	15mg	190mg	29g	3g	X	X					X	X		X				
Snickerdoodle Cookies	1 ea	100	4.5g	1g	10mg	50mg	13g	2g	X	X					X	X		X				
Snickerdoodle Cookies	1 ea	120	7g	3g	15mg	110mg	12g	2g	X						X	X		X				
Toffee Almond Crunch Cookies	1 ea	120	7g	1.5g	10mg	55mg	13g	3g	X	X			X		X	X		X				
Toffee Pecan Crunch Cookies	1 ea	170	13g	4g	5mg	90mg	11g	2g	X	X			X		X	X		X				
Vegan Chocolate Chip Cookies	1 ea	140	7g	3.5g	0mg	150mg	13g	2g					X		X	X		X	x			
White Chocolate Chip Cookie	1 ea	120	6g	3.5g	15mg	75mg	14g	2g	X	X					X	X		X				
White Chocolate Cranberry Oatmeal	1 ea	120	7g	3.5g	5mg	95mg	13g	1g	X	X					X	X		X				
White Chocolate Macadamia Cookie	1 ea	100	5g	3.5g	20mg	65mg	14g	1g	X	X			X		X	X		X				
Wildcat Cookie	1 ea	120	8g	4.5g	20mg	80mg	9g	2g	X	X			X		X	X		X				
Salted Caramel Toffee Bites	1 ea	260	19g	8g	15mg	100mg	21g	3g	X	X			X		X	X		X				
Tzatziki	1oz	50	4g	3.5g	0mg	70mg	2g	1g		X			X (coconut oil)					X				
Ranch Dressing	1oz	110	11g	1.5g	10mg	270mg	2g	0g	X	X						X		X		X		
Blue Cheese Dressing	4oz	476	51.1g	8.275g	31mg	1041mg	4.62g	1.37g		X						X		X		X		
Dijon Aioli	2fl oz	300	32g	4.5g	30mg	480mg	0g	0g	X	X						X				X		
Garlic Aioli HH	2fl oz	80	6g	1g	10mg	60mg	3g	5g	X	X						X				X		
Hoisin Aioli	2fl oz	330	36g	6g	40mg	260mg	1g	0g	X	X					X	X	X					
Honey Mustard Aioli	2fl oz	260	25g	4g	25mg	360mg	8g	0g	X	X						X				X		
Dill Pickle Aioli	2fl oz	320	33g	5g	30mg	380mg	5g	0g	X	X						X				X		
Smoky Aioli	2fl oz	380	32g	7g	45mg	300mg	0g	0g	X	X						X				X		
Pepperoncini Aioli	2fl oz	320	35g	4.5g	30mg	310mg	1g	0g	X							X				X		
Toasted Sesame Aioli	2fl oz	350	38g	6g	35mg	250mg	0g	0g	X	X						X	X			X		
Sesame Aioli	2fl oz	320	35g	8g	45mg	230mg	1g	0g	X	X					X	X	X					
Wasabi Aioli	2fl oz	290	31g	6g	30mg	270mg	3g	1g	X	X					X	X	X					
Tandoori Marinade	2fl oz	70	4.5g	1g	5mg	20mg	6g	2g		X								X		X		
Meatballs	3oz	250	19g	6g	45mg	670mg	7g	13g	X	X					X	X						
Italian Sausage Crumble	2oz	150	12g	4g	55mg	400mg	1g	11g														
Spaghetti	2oz	200	1g				42g	7g							X				X			

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Bacon Egg Cheddar Wrap	1ea	650	44g	15g	415mg	1680mg	26g	36g	X	X					X							
Bacon Egg & Mozzarella Wrap	1ea	740	39	18g	400mg	1700mg	51g	43g	X	X					X							
Breakfast Burrito Wrap	1ea	540	24g	10g	385mg	1050mg	54g	26g	X	X					X			X				
Bacon Salsa Wrap	1ea	630	30g	11g	370mg	1570mg	53g	35g	X	X					X							
Bacon Sausage Burrito	1ea	690	35g	13g	390mg	1710mg	52g	39g	X	X					X							
Ham & Green Chili Wrap	1ea	560	25g	10g	396mg	1160mg	51g	30g	X	X					X							
Ham Egg & Cheese Wrap	1ea	370	17g	7g	390mg	920mg	27g	25g	X	X					X							
Loaded Wrap	1ea	680	35g	14g	390mg	1630g	51g	40g	X	X					X							
Loaded Cheesy Wrap	1ea	720	37g	15g	390mg	1860mg	54g	40g	X	X					X	X						
Sausage Egg & Cheddar Wrap	1ea	710	38g	12g	550mg	1260mg	50g	38g	X	X					X							
Western Wrap	1ea	570	25g	10g	395mg	1330mg	53g	31g	X	X					X							
Western Bean Wrap	1ea	560	21g	8g	385mg	1500mg	61g	30g	X	X					X							
Western Bean Bacon Wrap	1ea	660	30g	12g	375mg	1840mg	56g	38g	X	X					X							
Vegan Broccoli & Pepper Pasta	6oz	400	16g	4.5g	0mg	20mg	61g	10g					X			X			X			
Vegan Linguini & Mushrooms	6oz	220	6g	1g	40mg	25mg	34g	8g							X				X			
Barley & Vegetables	4oz	80	2g	0g	0mg	15mg	13g	3g							X				X			
Cous Cous with Mushrooms	4oz	90	2.5g	0g	0mg	0mg	14g	4g							X				X			
Agave Nectar	1 Tbsp	60	0g	0g	0mg	0mg	16g	0g										X	X	X		
Marcona Almonds	1.1 oz	191	16g	2g	0mg	1mg	5g	8g					X					X	X	X		
Sliced Almonds	4oz	590	52.52g	3.953g	0mg	19mg	18.67g	21.4g					X					X	X	X		
Slivered Almonds	4oz	590	52.52g	3.953g	0mg	19mg	18.67g	21.4g					X					X	X	X		
Whole Almonds	4oz	590	52.52g	3.953g	0mg	19mg	18.67g	21.4g					X					X	X	X		
Vegetable Egg Roll	3oz	140	4.5g	1g	0mg	450mg	21g	3g	X	X					X	X						
Fuji Apples	4oz	52	0.17g	0.028g	0mg	1mg	13.81g	0.26g										X	X	X		
Golden Delicious Apples	4oz	52	0.17g	0.028g	0mg	1mg	13.81g	0.26g										X	X	X		
Granny Smith Apples	4oz	52	0.17g	0.028g	0mg	1mg	13.81g	0.26g										X	X	X		
Macintosh Apples	4oz	52	0.17g	0.028g	0mg	1mg	13.81g	0.26g										X	X	X		
Red Delicious Apples	4oz	52	0.17g	0.028g	0mg	1mg	13.81g	0.26g										X	X	X		
Bacon Bits	.25oz	35	2.5g	1g	0mg	150mg	0g	3g												X		
Crimini Spinach Marinara	6oz	300	4.5g	0g	0mg	45mg	56g	6g							X				X			
Mushroom Stroganoff	6oz	420	5g	.5g	0mg	800mg	50g	11g					X		X	X			X			
Curried Rice bean & Vegetables	4oz	120	1g	0g	0mg	190mg	25g	3g								X			X			X
Red White Bean Jambalya	4oz	340	3g	0g	0mg	900mg	39g	20g							X	X			X			
Spiced Chickepea & Zucchini	4oz	70	4g	.5g	0mg	30mg	8g	1g								X			X			
BBQ Tempeh	4oz	60	0g	0g	0mg	320mg	14g	0g								X			X			X
General Tso Tofu	4oz	130	3g	1g	0mg	790mg	21g	7g							X	X			X			
BBQ Tofu	4oz	110	3g	1g	0mg	500mg	15g	8g							X	X			X			
Tomato Basil Vegan Pasta	6oz	420	11g	1.5g	0mg	90mg	64g	20g					X		X				X			
Buffalo Cauliflower Taco	1ea	140	3.5g	1g	0mg	560mg	22g	6g							X				X			
Vegan Greens and Beans HH	4oz	340	7g	1g	0mg	210mg	59g	12g							X				X			
Penne with Callelini & Escarole	4oz	90	1g	0g	10mg	80mg	16g	4g							X				X			
Tofu & White Beans	4oz	80	1.5g	1g	0mg	170mg	10g	6g								X			X			
Black Bean Lasagna	1ea	400	6g	1.5g	50mg	550mg	67g	20g					X		X	X			X			
Meatless Sloppy Joe	4oz	130	2.5g	.5g	0mg	320mg	12g	14g	X						X	X		X				
Black Bean Tortilla Bake	1ea	290	10g	5g	0mg	650mg	23g	15g		X					X	X		X				
Barley Casserole	4oz	110	3g	1.5g	0mg	240mg	18g	4g							X	X			X			
Vegetable & Cheese Enchiladas	1ea	180	8g	3.5g	0mg	330mg	10g	8g		X					X	X		X				
Spinach Lasagna	1ea	380	18g	9g	80mg	530mg	35g	24g	X	X					X	X		X				
Spinach & Artichoke Lasagna	1ea	410	21g	11g	95mg	470mg	36g	24g	X	X					X	X		X				
White Bean Pesto Pasta	6oz	320	12g	3g	55mg	380mg	43g	12g		X			X		X	X		X				
Pesto Ravioli	6oz	350	24g	4g	15mg	330mg	38g	21g	X	X			X		X	X		X				
St. Peppers Meatless	1ea	140	1g	0g	0mg	280mg	26g	7g	X							X		X		X		X
St. Pepper Cajun Meatless	1ea	180	3.5g	.5g	0mg	470mg	28g	9g	X							X		X		X		
St. Peppers Spicy Meatless	1ea	160	1g	0g	0mg	470mg	29g	9g	X							X		X		X		X
St. Peppers w/ Feta	1ea	160	3g	1.5g	10mg	370mg	26g	8g	X	X						X		X		X		
Pierogie with Chive Butter	4oz	280	14g	6g	10mg	540mg	32g	8g	X	X					X	X		X				
Curried Rice & Tofu	4oz	120	1g	0g	0mg	160mg	24g	3g							X	X		X				X
Southwest Barley Risotto	4oz	110	5g	3g	10mg	460mg	14g	4g	X						X	X		X				
Tofu Mapo	4oz	100	4g	1g	0mg	340mg	8g	8g	X						X	X	X	X				
Panko Tofu w Vinaigrette	4oz	350	11g	3.5g	90mg	580mg	47g	17g	X						X	X	X	X				
Tandoori Fried Tofu	4oz	290	7g	2.5g	5mg	60mg	45g	15g		X					X	X		X				
Tortellini Primavera	6oz	240	9g	3g	30mg	680mg	28g	11g	X	X					X	X		X				
Spinach & Mushroom Turnover	1ea	340	21g	10g	55mg	520mg	27g	14g	X	X					X	X		X				
Spinach & Cheese Turnover	1ea	370	23g	11g	60mg	550mg	27g	16g	X	X					X	X		X				
Pesto Cavatappi & Mushroom Pasta	6oz	340	8g	1.5g	0mg	45mg	54g	12g		X			X		X	X		X				
Vegetarian Shephards Pie	4oz	180	7g	2.5g	0mg	160mg	21g	9g	X						X	X		X				
White Bean & Tomato Sauce	4oz	430	7g	.5g	0mg	20mg	70g	26g										X				
Veggie Nugget	4oz	260	12g	2g	0mg	490mg	26g	16g							X	X		X				
Beef & Broccoli Stir Fry	4oz	180	9g	3g	35mg	980mg	8g	13g			X	X			X	X	X					
Beef Pepper Steak	4oz	200	9g	3g	35mg	550mg	16g	13g							X	X	X					
Beef Stroganoff	4oz	240	17g	7g	55mg	230mg	5g	16g		X		X			X	X						
Beef Stew II	4oz	160	10g	3.5g	35mg	220mg	7g	12g				X			X	X						
Ancho Chili Beef	4oz	240	10g	3.5g	90mg	330mg	4g	32g							X	X						
Asian Marinated PHO	4oz	250	14g	6g	60mg	270mg	1g	30g							X	X	X					
Beijing Spicy Beef	4oz	200	9g	3g	50mg	1500mg	12g	18g			X	X			X	X						
Beef Bourguignon	4oz	170	9g	3.5g	30mg	30mg	6g	14g		X					X	X						

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Cumin Peach Brisket	4oz	510	42g	17g	115mg	100mg	3g	27g												X		
Beef Bulgogi	4oz	300	18g	6g	90mg	330mg	5g	29g							X	X	X					
Beef Cavatappi	4oz	490	14g	7g	50mg	470mg	60g	26g		X						X						
Chipotle Meatballs	4oz	500	38g	17g	60mg	1320mg	19g	20g	X	X					X	X						
Chipotle Texas Beef	4oz	290	21g	7g	75mg	890mg	9g	22g												X		
Beef Fajita	4oz	250	17g	6g	65mg	210mg	3g	20g												X		
Beef, French Dip	4oz	310	12g	5g	60mg	750mg	18g	32g							X	X						
Beef Goulash	4oz	180	6g	2g	15mg	350mg	22g	8g		X					X							
Green Curry Beef	4oz	250	19g	13g	40mg	390mg	7g	14g			X	X	X		X	X						
Italian Meatloaf	4oz	350	23g	9g	135mg	260mg	9g	26g	X	X					X							
Korean Style Ground Beef	4oz	380	25g	9g	80mg	720mg	14g	24g			X	X			X	X	X					
Meatloaf	4oz	250	15g	6g	95mg	200mg	10g	17g	X	X					X	X						
Asian Spice Meatloaf	4oz	190	9g	3.5g	45mg	550mg	15g	12g	X	X					X	X						
Buffalo Cheesy Meatloaf	4oz	240	16g	7g	80mg	420mg	8g	15g	X	X					X							
Philly CheeseSteak Casserole	6oz	340	12g	5g	60mg	590mg	39g	20g		X					X	X						
Salsibury with Mushroom Gravy	4oz	140	9g	2.5g	40mg	410mg	7g	9g	X						X	X						
Santa Fe Bake	6oz	430	22g	9g	40mg	880mg	27g	26g		X					X	X						
Sesame Beef and Broccoli	4oz	200	9g	3g	50mg	1460mg	12g	18g			X	X			X	X	X					
Shephards Pie	4oz	250	16g	7g	40mg	290mg	14g	13g							X	X						
Sloppy Joe	4oz	250	16g	6g	65mg	410mg	9g	18g				X			X	X						
Taco Beef	4oz	290	21g	8g	85mg	910mg	8g	23g												X		
Chiptole Taco Beef	4oz	290	21g	8g	85mg	910mg	8g	23g												X		
Beef Tallarin	6oz	220	11g	2g	40mg	640mg	21g	11g							X	X	X					
Baked Linguini and Meat Sauce	6oz	490	33g	16g	125mg	410mg	22g	25g		X					X							
Cheeseburger Casserole	6oz	260	8g	3g	25mg	130mg	35g	12g		X					X							
Beef and Tomato Pasta	6oz	250	12g	4.5g	45mg	280mg	19g	16g							X							
Chimichanga	1ea	360	22g	8g	65mg	960mg	14g	21g							X	X						
Beef and Cheese Enchiladas	1ea	220	11g	4.5g	40mg	320mg	3g	20g		X					X	X						
Italian Roast Beef	4oz	300	19g	7g	90mg	810mg	7g	28g								X				X		
Lasagna	6oz	570	38g	18g	100mg	1560mg	29g	31g		X					X	X						
Swedish Meatball	4oz	250	18g	8g	35mg	660mg	9g	11g	X	X					X	X						
Stuffed Pepper	1ea	310	11g	4g	40mg	560mg	38g	17g								X				X		
Stuffed Peppers with Beef and Salsa	1ea	220	10g	4g	40mg	430mg	21g	13g												X		
Southwest Chipotle St. Pepper	1ea	360	20g	9g	75mg	540mg	23g	23g		X										X		
Beef Quesadilla	1ea	430	33g	14g	120mg	1180mg	10g	33g		X					X							
Happy Family Rice	4oz	110	1.5g	.5g	35mg	770mg	15g	8g	X	X	X				X	X	X					
Spanish Rice	4oz	290	11g	4.5g	45mg	230mg	29g	16g												X		
Rigatoni & Meatballs	6oz	250	12g	4.5g	40mg	670mg	22g	11g	X	X					X	X						
Smothered Steak	4oz	200	10g	4g	30mg	270mg	11g	17g							X	X						
Spaghetti with Meat Sauce	6oz	190	7g	2g	20mg	360mg	21g	9g							X							
Creole Spaghetti	6oz	220	10g	4g	35mg	310mg	19g	14g		X		X			X	X						
Swiss Steak	1ea	340	26g	6g	0mg	530mg	22g	6g							X	X						
Roasted Top Round	4oz	260	17g	7g	80mg	350mg	1g	25g				X			X	X						
Rosemary & Garlic Roasted Top Rou	4oz	270	18g	7g	80mg	80mg	2g	24g				X				X						
Beef on Noodles	4oz	500	35g	8g	120mg	610mg	35g	33g	X			X			X	X						
Country Fried Steak	4oz	450	28g	11g	65mg	140mg	33g	19g		X					X	X						
Polish Sausage	4oz	360	32g	11g	70mg	930mg	5g	13g												X		
Polish Sausage	4oz	309	27.29g	9.233g	66mg	904mg	2.81g	12.23g		X						X				X		
Carnitas	4oz	310	20g	7g	85mg	140mg	1g	29g												X		
Ham and Pasta Primavera	6oz	470	15g	6g	20mg	810mg	68g	17g		X					X	X						
Brown Sugar Glazed Ham	4oz	290	11g	4.5g	100mg	1960mg	14g	29g												X		
Honey Baked Ham	4oz	300	11g	4.5g	100mg	1960mg	17g	29g												X		
Honey Rotisserie Ham	4oz	180	7g	3g	65mg	1250mg	8g	19g												X		
Italian Braised Pork	4oz	200	13G	3.5G	45mg	45mg	7g	15g				X				X				X		
Kielbasa Bake	4oz	240	17g	6g	40mg	870mg	15mg	9g		X						X				X		
Beef & Bacon LoMein	4oz	310	12g	4.5g	15mg	1130mg	30g	19g							X	X						
Pork Lo Mein	6oz	550	14g	4.5g	40mg	2370mg	73g	29g			X	X			X	X	X					
Mixed Gril	4oz	220	10g	5g	65mg	480mg	4g	16g		X						X				X		
Ham & Swiss Broccoli Pasta	6oz	550	22g	11g	55mg	450mg	64g	27g		X					X	X						
Pasta Italiano	6oz	360	14g	7g	80mg	620mg	30g	19g		X					X	X						
Pierogi Pasta & Sausage	6oz	370	20g	8g	20mg	940mg	31g	10g		X					X	X						
Sausage Penne Bake	6oz	220	4.5g	4g	50mg	700mg	2g	13g		X					X							
Pepperoni Penne Pasta	6oz	270	11g	4.5g	50mg	760mg	27g	12g		X					X							
Baked Pork chops	1ea	280	11g	3.5g	130mg	840mg	11g	29g							X							
Breaded Pork chop	4oz	270	9g	3.5g	135mg	780mg	15g	26g	X	X					X							
Dijon Baked Pork Chop	1ea	380	14g	4g	140mg	1380mg	21g	32g	X						X	X						
Stuffed Pork Chop	1ea	500	21g	8g	225mg	1810mg	17g	50g	X	X					X	X						
Citrus Glazed Porkloin	4oz	340	23g	8g	90mg	80mg	1g	30g	X							X				X		
Coriander Crusted Porkloin	4oz	340	23g	8g	90mg	65mg	1g	30g												X		
Dukkah Porkloin	4oz	340	23g	8g	90mg	70mg	1g	31g					X				X					
Herbed Porkloin	4oz	330	23g	8g	90mg	65mg	1g	30g												X		
Herbed Parmesan Porkloin	4oz	360	25g	8g	95mg	160mg	1g	31g		X						X				X		
Rosemary Orange Porkloin	4oz	330	20g	7g	85mg	65mg	7g	29g												X		
Smoked Paprika Porkloin	4oz	330	24g	8g	90mg	65mg	0g	28g												X		
Teriyaki Glazed Porkloin	4oz	380	27g	8g	90mg	490mg	1g	31g							X	X						
Pork Al Pastor	4oz	240	14g	2.5g	75mg	370mg	4g	26g												X		

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Hoisin Porkchop	4oz	310	20g	7g	80mg	150mg	4g	27g							X	X	X					
BBQ Pulled Pork	4oz	220	6g	2g	80mg	800mg	16g	27g												X		
Bow Thai Pork	6oz	360	15g	5g	95mg	170mg	32g	23g		X					X							
Bratwurst with Caramelized Onion	4oz	400	33g	0g	0mg	60mg	9g	17g		X					X	X						
Pork Bulgogi	4oz	310	21g	6g	70mg	440mg	6g	23g							X	X	X					
Cuban Pork	4oz	160	6g	1,5g	80mg	380mg	2g	27g												X		
Italian Breaded Cutlet	4oz	690	34g	9g	205mg	640mg	55g	41g	X	X					X	X						
Italian Roasted Pork	4oz	280	19g	6g	75mg	290mg	2g	25g								X						
Pork Korean Fire Buldak	4oz	290	20g	9g	65mg	660mg	5g	23g		X					X	X						
Korean Pulled Pork	4oz	200	8g	2g	80mg	490mg	6g	27g							X	X	X					
Red Curry Pork	4oz	260	19g	8g	25mg	230mg	12g	11g		X	X		X		X	X						
Southwestern Pork	4oz	310	22g	7g	80mg	55mg	1g	26g												X		
Sweet and Spicy Korean Porkloin	4oz	220	14g	4.5g	60mg	80mg	2g	19g							X	X						
Pork Tallarin	6oz	230	12g	2.5g	40mg	630mg	21g	10g							X	X	X					
Teriyaki Pork Cutlet	4oz	340	23g	8g	90mg	380mg	2g	31g							X	X	X					
Tuscan Pork Chop	4oz	350	22g	7g	80mg	200mg	8g	28g		X					X	X						
BBQ Grilled Porkchop	4oz	300	18g	6g	80mg	190mg	6g	26g												X		
Fried Porkchop	1ea	470	16g	5g	370mg	2160mg	32g	40g	X						X	X						
Baked Sausage and Peppers	4oz	330	29g	10g	70mg	670mg	5g	14g								X				X		
Sausage Cavatappi Alfredo	6oz	470	31g	13g	60mg	780mg	32g	18g		X					X	X						
Italian Sausage with Onions and Pep	4oz	250	4g	7g	75mg	550mg	5g	17g												X		
Grilled Italian Sausage with Onions a	4oz	250	4g	7g	75mg	550mg	5g	17g												X		
Kielbasa with Sauerkraut	4oz	260	22g	7g	55mg	950mg	4g	10g		X						X				X		
Kielbasa with Pepper & Onion	4oz	280	24g	7g	50mg	680mg	5g	10g		X						X				X		
Kielbasa with Apple Caraway Sauerk	4oz	170	14g	4.5g	35mg	840mg	5g	7g		X						X				X		
Tuscan Roast Pork Loin	4oz	130	6g	2g	25mg	55mg	12g	9g												X		
Pit Ham	3oz	120	5g	2g	45mg	870mg	4g	13g												X		
Buffet Ham	3oz	90	3g	1g	45mg	890mg	2g	14g												X		
Sausage Gravy	2oz	90	8g	2g	15mg	240mg	2g	2g		X					X	X						
Breaded Chicken Filet	1ea	250	12g	2g	35mg	900mg	20g	15g							X							
Asian Marinated Chicken	4oz	200	6g	0g	85mg	290mg	1g	31g							X	X	X					
Chicken and Cheese Enchiladas	1ea	290	18g	7g	0mg	1020mg	9g	28g		X					X	X						
Angel Chicken	4oz	190	11g	4.5g	75mg	115mg	4g	18g		X					X	X						
Grilled Rosemary Chicken Breast	4oz	240	14g	3g	65mg	110mg	2g	26g								X				X		
Scallion Grilled Breast	4oz	170	7g	2g	65mg	105mg	2g	26g												X		
BBQ Pulled Chicken	4oz	180	3g	.5g	70mg	360mg	12g	24g												X		
Buffalo Chicken Bake	6oz	390	23g	5g	60mg	660mg	33g	15g		X					X	X						
Chicken Spinach Artichoke Casserole	6oz	410	22g	9g	55mg	510mg	36g	25g	X	X					X	X						
Tex Mex Chicken Casserole	4oz	260	19g	8g	20mg	410mg	7g	17g		X					X	X						
Cheesy Chicken & Broccoli Casserole	6oz	320	18g	9g	70mg	520mg	17g	16g	X	X					X	X						
Chicken & Broccoli Stir Fry	4oz	130	2.5g	0g	35mg	980mg	8g	14g			X	X			X	X	X					
Chicken A La King	4oz	170	10g	4.5g	25mg	250mg	9g	10g		X					X	X						
Chicken and Noodle Casserole	6oz	320	16g	8g	75mg	530mg	19g	16g	X	X					X	X						
St. Chicken Breast	1ea	430	19g	7g	5mg	790mg	30g	39g	X	X					X	X						
St. Supreme Chicken	1ea	340	18g	8g	30mg	340mg	6g	41g		X			X		X	X						
Chicken Bruschetta	1ea	240	4g	3.5g	75mg	410mg	10g	29g		X					X	X						
Chicken Cavatappi Alfredo	6oz	290	17g	6g	35mg	350mg	22g	15g		X					X	X						
Chicken Cordon Blue	1ea	510	36g	13g	50mg	520mg	8g	41g		X					X	X						
Chicken Frances	1ea	360	18g	7g	275mg	400mg	14g	39g	X	X					X	X						
Chicken Marsala	1ea	250	12g	6g	25mg	60mg	3g	34g		X					X							
Chicken Marsala Demiglace	1ea	170	4.5g	1.5g	65mg	130mg	6g	27g							X	X						
Chicken Parmesan	1ea	420	26g	7g	20mg	410mg	11g	40		X					X							
Chicken Picatta	1ea	260	12g	4.5g	75mg	270mh	9g	28g		X					X	X						
Chicken Pot Pie	6oz	340	18g	5g	35mg	420mg	29g	17g		X					X	X						
Chicken Tetrazzini	6oz	190	6g	2.5g	35mg	270mg	20g	14g		X					X	X						
Chicken Turnover	1ea	530	31g	10g	115mg	1020mg	29g	32g	X	X					X	X						
Chicken A La Montreal	6oz	250	9g	2g	125mg	150mg	0g	39g												X		
Chicken Al Pastor	4oz	250	12g	1.5g	85mg	90mg	5g	29g												X		
Asado Chicken	4oz	190	4g	.5g	70mg	500mg	11g	25g		X					X	X						
Asian Honey Chicken	4oz	240	11g	1.5g	15mg	560mg	23g	11g	X	X					X	X	X					
Marinated PHO Chicken	4oz	200	6g	0g	85mg	290mg	1g	31g							X	X						
Baked Ranchero Chicken	1ea	270	15g	5g	85mg	730mg	6g	30g		X										X		
BBQ Chicken	6oz	260	6g	1.5g	125mg	400mg	11g	38g												X		
BBQ Grilled Chicken Breast	4oz	330	19g	3.5g	0mg	280mg	10g	32g												X		
BBQ Pulled Chicken	4oz	180	3g	.5g	70mg	350mg	12g	24g												X		
BBQ Chipotle Grilled Chicken	4oz	200	4g	1.5g	65mg	280mg	14g	25g												X		
Black Pepper Chicken	4oz	170	6g	1g	20mg	800mg	19g	9g	X	X	X	X			X	X	X					
Bourbon Chicken	4oz	260	4.5g	1g	105mg	700mg	31g	25g							X	X				X		
Chicken Affumicata	4oz	420	27g	7g	10mg	450mg	10g	39g		X					X	X						
Buffalo Braised Chicken	4oz	340	25g	11g	85mg	800mg	3g	26g		X					X	X						
Buffalo Chicken Sandwich	1ea	330	22g	4g	50mg	970mg	19g	17g	X	X					X	X						
Chicken Bulgogi	4oz	280	14g	2.5g	135mg	580mg	8g	30g							X	X	X					
Chicken Cacciatore	4oz	160	7g	2g	65mg	310mg	8g	16g		X										X		
Cajun Chicken Breast	4oz	160	4.5g	1.5g	65mg	780mg	3g	26g							X	X						
Cajun Roasted Chicken	6oz	220	7g	1.5g	120mg	130mg	0g	36g												X		
Chicken with Capers Artichoke & Tom	4oz	300	12g	4.5g	75mg	390mg	17g	29g		X					X	X						

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Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Chicken and Cheese Enchiladas	1ea	230	9g	3.5g	5mg	400mg	23g	15g	X						X	X						
Chicken and Noodles	6oz	420	15g	5g	35mg	1020mg	51g	16g	X	X					X	X						
Chili Lime Chicken Breast	4oz	170	7g	2g	65mg	40mg	0g	25g												X		
Grilled Coconut Chicken Breast	4oz	190	8g	5g	65mg	290mg	3g	26g			X	X	X		X	X						
Country Ranch Chicken	1ea	380	9g	2.5g	185mg	700mg	39g	35g	X	X					X	X						
Chicken Florentine	4oz	300	18g	12g	145mg	270mg	31g	33g		X					X	X						
Firemans Chicken	6oz	180	18g	2.5g	40mg	15mg	0g	36g	X											X		
Fajita Roasted Chicken	6oz	250	9g	2g	120mg	770mg	2g	36g												X		
Creamy Tuscan Garlic Chicken	4oz	320	23g	12g	125mg	240mg	3g	30g		X					X	X						
Cubano Style Shredded Chicken	4oz	150	3.5g	.5g	70mg	450mg	3g	24g		X					X	X						
Fried Chicken	4oz	250	6g	1.5g	125mg	140mg	7g	39g							X	X						
Garlic Pepper Chicken	6oz	250	10g	2g	125mg	140mg	0g	38g												X		
General Tso Chicken	4oz	140	1g	1g	10mg	600mg	19g	6g	X	X					X	X	X					
Greek Marinated Chicken	6oz	230	7g	2g	120mg	135mg	1g	37g		X										X		
Greek Chicken Tenders	4oz	130	2.5g	0g	65mg	40mg	2g	26g		X										X		
Grilled Adobo Chicken	4oz	180	9g	2g	65mg	40mg	1g	25g												X		
Apricot Bourbon Chicken	1ea	280	10g	3.5g	5mg	110mg	19g	33g		X			X		X	X						
Cider Vinegar Chicken Breast	1ea	150	4g	1.5g	65mg	40mg	1g	25g												X		X
Grilled Cola Chicken	1ea	170	4g	1.5g	65mg	360mg	8g	26g							X	X						
Grilled Hawiiaan HH	1ea	150	4g	1.5g	65mg	500mg	3g	26g							X	X						X
Grilled Jerk Chicken	1ea	160	6g	2g	65mg	40mg	0g	25g												X		
Grilled M.E Chicken Breast	1ea	150	4.5g	1.5g	65mg	90mg	3g	26g		X						X				X		X
Grilled Rosemary Chicken	4oz	240	14g	3g	65mg	110mg	2g	26g								X				X		
Grilled Thai Thighs	4oz	170	11g	3g	90mg	260mg	1g	19g			X	X			X	X						
Thai Chicken Thighs	4oz	150	5g	1g	105mg	230mg	2g	22g			X	X			X	X						
Grilled Turmeric Spiced Chicken	1ea	150	4g	1.5g	65mg	45mg	1g	27g		X						X				X		X
Grilled Chicken with Pinapple Roaste	1ea	270	13g	2.5g	65mg	300mg	11g	26g							X	X						
Grilled Chicken w/ Tapenade	1ea	330	21g	3.5g	70mg	480mg	7g	28g		X										X		
Herb & Pesto Grilled Chicken	4oz	200	9g	2.5g	70mg	55mg	0g	28g		X			X			X				X		
Herb Baked Chicken	1ea	240	8g	2g	65mg	140mg	13g	28g							X							
Herb Grilled Chicken	4oz	190	8g	2g	70mg	45mg	0g	27g												X		
Honey Garlic Dipped Chicken	1ea	170	5g	2g	95mg	600mg	28g	28g	X						X	X						
Honey Ginger Thighs	4oz	260	12g	2g	105mg	1190mg	14g	24g			X	X			X	X	X					
Honey Lemon Chicken	6oz	230	6g	1.5g	125mg	140mg	4g	38g												X		
Honey Mustard Grilled Chicken	4oz	200	8g	2g	70mg	90mg	3g	27g								X				X		
Huli Huli Chicken	6oz	250	6g	1.5g	120mg	690mg	9g	38g				X			X	X	X					
Island Carribbean Chicken	4oz	170	8g	2g	65mg	40mg	0g	25g												X		
Italian Pulled Chicken	4oz	170	7g	1g	70mg	240mg	2g	24g								X				X		
Italian Roasted Chicken	6oz	230	8g	1.5g	120mg	130mg	0g	36g												X		
Jerk Chicken Thighs	4oz	230	14g	2g	105mg	200mg	4g	23g												X		
KC BBQ Pulled Chicken	4oz	180	3g	.5g	70mg	320mg	11g	24g												X		
Chicken Karaage	4oz	210	5g	1g	105mg	320mg	17g	23g							X	X	X					
Chicken Buldak	4oz	190	10g	5g	55mg	670mg	5g	20g		X					X	X						
Korean Fried Chicken	4oz	360	8g	1.5g	105mg	860mg	45g	26g							X	X	X					
Lemon Pepper Chicken	4oz	190	9g	2g	65mg	40mg	0g	25g												X		
Chicken LoMein	6oz	320	4g	1g	35mg	1090mg	49g	21g		X					X	X						
Grilled Chicken Breast	1ea	220	13g	2.5g	65mg	40mg	1g	25g												X		
Grilled Chicken Breast	4oz	170	7g	2g	65mg	100mg	0g	25g												X		
Grilled Marinated Chicken Breast	4oz	320	20g	2.5g	95mg	100mg	1g	33g												X		
Grilled Chicken Breast	4oz	240	11g	2.5g	90mg	65mg	0g	35g												X		
Grilled Italian Chicken Breast	4oz	270	14g	2g	95mg	210mg	0g	33g												X		
Ohio Sloppy Susan	4oz	380	19g	4.5g	15mg	700mg	24g	27g		X					X	X						
Orange Popcorn Chicken	4oz	360	16g	2.5g	25mg	1180mg	35g	17g							X	X						
Orange Roasted Chicken	6oz	240	6g	1.5g	125mg	240mg	6g	38g							X	X						
Chicken Tuscan	4oz	210	9g	1.5g	90mg	95mg	1g	30g												X		
Oven Fried Chicken	1ea	260	11g	5g	65mg	135mg	10g	28g		X					X	X						
Parmesan Chicken	1ea	540	17g	7g	230mg	700mg	52g	43g	X	X					X							
Peach Glazed Chicken	1ea	430	9g	3g	5mg	140mg	51g	39g		X					X	X						
Peanut Chicken	4oz	500	19g	5g	115mg	840mg	48g	38g	X	X				X	X	X						
Chicken Picatta	1ea	260	12g	4.5g	75mg	270mg	9g	28g		X					X	X						
Polynesian Chicken	6oz	250	6g	1.5g	125mg	370mg	8g	39g							X	X						
Chicken Pot Pie	4oz	100	5g	1.5g	5mg	45mg	7g	6g		X					X	X						
Roasted Lightening Chicken	6oz	210	6g	1.5g	120mg	180mg	1g	36g								X				X		
Roasted Peruvian Chicken	6oz	240	8g	1.5g	120mg	150mg	2g	36g												X		
Chicken Romano	4oz	200	9g	2.5g	70mg	290mg	3g	26g		X						X				X		
Chicken Romanoff	4oz	220	10g	4.5g	75mg	125mg	5g	27g		X					X	X						
Rosemary Orange Chicken Breast	1ea	300	14g	2.5g	0mg	125mg	12g	34g							X	X						
Rotisserie 5 Spice Chicken	6oz	360	26g	7g	115mg	480mg	2g	28g							X	X	X					
Cuban Mojo Rotisserie Chicken	6oz	410	31g	8g	125mg	115mg	2g	29g												X		
Rotisserie Huli Huli Chicken	6oz	390	25g	7g	115mg	460mg	12g	27g				X			X	X	X					
Lemon Roasted Rotisserie Chicken	6oz	380	28g	8g	115mg	115mg	2g	27g												X		
Tandoorri Rotisserie Chicken	6oz	380	28g	8g	115mg	120mg	3g	28g		X										X		
Tres Pepper Rotisserie Chicken	6oz	340	25g	7g	115mg	105mg	1g	27g												X		
Tuscan Rotisserie Chicken	6oz	400	32g	8g	115mg	110mg	2g	27g												X		
Zesty Lemon Rotisserie Chicken	6oz	400	31g	8g	115mt	105mg	0g	27g												X		
Salsa Verde Chicken	4oz	260	15g	3g	0mg	640mg	6g	26g												X		

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Salsa Verde Chicken Breast	1ea	370	27g	4.5g	0mg	115mg	1g	32g												X		
Scallion Grilled Chicken Breast	4oz	170	7g	2g	65mg	105mg	2g	26g												X		
Chicken Scallopini	1ea	410	16g	10g	100mg	510mg	17g	37g		X					X	X						
Sesame Crusted Chicken	1ea	380	19g	9g	30mg	540mg	18g	41g		X					X	X	X					
Sesame Ginger Chicken HH	4oz	180	5g	.5g	60mg	410mg	11g	21g							X	X	X					
Chicken Shawarma	4oz	160	8g	1.5g	105mg	105mg	1g	23g												X		
Shredded Chipotle Chicken	4oz	150	3.5g	.5g	70mg	450mg	3g	24g		X					X	X						
Southern Fried Chicken	6oz	300	6g	1.5g	125mg	250mg	20g	41g							X	X						
Southwest BBQ Pulled Chicken	4oz	190	4g	.5g	90mg	110mg	5g	31g				X				X				X		
Chicken Souvlaki	4oz	260	15g	1g	80mg	90mg	3g	28g												X		
Spicy Bacon Glazed	6oz	270	9g	2g	125mg	250mg	4g	39g				X				X				X		
Sweet and Sour Chicken	4oz	190	8g	1g	15mg	650mg	21g	9g							X	X	X					
Taco Chicken	4oz	190	9g	2g	0mg	920mg	8g	25g												X		
Chicken Tallarin	6oz	210	9g	1.5g	45mg	650mg	21g	10g							X	X	X					
Chicken Teriyaki	6oz	260	6g	1.5g	135mg	590mg	6g	42g							X	X						
Chicken Tikka Masala	4oz	130	7g	3g	50mg	50mg	4g	13g		X										X		
Chicken Tinga	4oz	250	13g	3.5g	0mg	550mg	8g	25g							X	X						
Breaded Buffalo Chicken Filet	1ea	220	10g	2g	40mg	720mg	18g	16g	X	X					X	X						
Chicken Nuggets	3.3oz	260	8g	2.5g	30mg	540mg	15g	17g							X	X						
Chicken Tenders	4oz	230	9g	1.5g	55mg	530mg	17g	18g	X	X					X	X						
Roasted Turkey Breast	4oz	120	3g	1.5g	65mg	520mg	1g	23g												X		
Boneless Wings	4oz	250	12g	2g	35mg	900mg	20g	15g	X	X					X	X						
Chicken Utica Riggies	6oz	250	14g	7g	100mg	460mg	16g	16g		X					X	X						
Cornmeal Crusted Chicken	1ea	310	14g	2.5g	65mg	120mg	18g	27g		X					X	X						
Creamy Cajun Chicken & Shells	6oz	230	8g	2.5g	75mg	85mg	22g	19g		X					X							
Creamy Chicken & Pea Fettuccine	6oz	280	9g	3.5g	55mg	230mg	24g	24g		X					X	X						
Chicken and Cheese Enchiladas	1ea	290	18g	7g	0mg	1020mg	9g	26g		X					X	X						
Lemon Linguini & Garlic Chicken	6oz	330	18g	7g	65mg	440mg	24g	19g		X					X	X						
Basil Chicken & Feta Pasta	6oz	400	19g	9g	120mg	260mg	45g	25g		X			X		X	X						
Chicken and Cheese Enchiladas	1ea	290	18g	7g	0mg	1020mg	9g	29g		X					X	X						
Mexican Rotisserie Chicken	6oz	390	30g	8g	115mg	350mg	4g	27g												X		
Orange Roasted Rotisserie Chicken	6oz	380	28g	8g	115mg	120mg	3g	27g												X		
Peruvian Rotisserie Chicken	6oz	270	28g	7g	115mg	120mg	2g	27g												X		
Roasted Rotisserie Chicken	6oz	310	18g	2g	120mg	130mg	0g	36g												X		
BBQ Rotisserie Chicken	6oz	340	25g	7g	115mg	105mg	1g	27g												X		
Teriyaki Chicken	6oz	380	28g	8g	115mg	120mg	3g	28g		X										X		
Thai Chicken Meatballs	1ea	45	0g	.5g	25mg	35mg	2g	4g	X						X	X						
Tuscan Chicken	4oz	240	14g	3g	65mg	120mg	4g	26g												X		
Linguini & Meatsauce	6oz	130	3g	0g	0mg	500mg	10g	15g														X
Cajun Chicken Pasta	6oz	210	2g	0g	50mg	330mg	31g	15g							X							
Chicken Spaghetti	6oz	280	11g	4g	35mg	420mg	30g	13g		X					X	X						
Chicken, Tomato Pasta Bake	4oz	300	11g	3g	60mg	310mg	25g	26g		X					X							
Tandoori Chicken	6oz	180	4.5g	1g	60mg	170mg	13g	26g		X			X			X	X					
Roasted BBQ Turkey	4oz	160	4g	2g	80mg	730mg	5g	29g												X		
Buttermilk chicken with Spicy Honey	1ea	310	7g	2.5g	35mg	95mg	27g	36g	X	X					X							
Stuffed Cabbage Rolls	1ea	220	1.5g	0g	0mg	300mg	32g	19g								X				X		X
Chicken A L'Orange	1ea	700	51g	12g	140mg	710mg	22g	39g								X				X		
Chicken and Biscuits	6oz	150	5g	2g	25mg	260mg	14g	12g		X					X	X						
Chicken Breasts w/ Mushroom Crear	1ea	270	14g	5g	15mg	105mg	5g	34g		X										X		X
Chicken Cordon Bleu	1ea	320	16g	5g	30mg	400mg	6g	40g		X					X							X
Chicken Lettuce Wraps	1ea	60	1.5g	0g	15mg	330mg	6g	7g							X	X	X					X
Chicken Parmesan	1ea	450	26g	7g	125mg	480mg	11g	45g		X					X							
Chicken Picatta	1ea	360	17g	5g	120mg	420mg	8g	41g		X					X	X						
Chicken Quesadilla	1ea	730	33g	13g	130mg	920mg	60g	49g		X					X	X						
Chicken Shawarma	4oz	190	9g	1g	70mg	75mg	2g	24g								X				X		
Chicken Stir Fry	4oz	140	3.5g	0g	40mg	240mg	11g	15g							X	X						X
Coconut Curry Chicken	6oz	240	13g	9g	80mg	480mg	14g	19g					X		X	X						
Baked Chicken with onions and leeks	6oz	340	16g	2g	130mg	260mg	5g	41g							X	X						X
Coconut Grilled Chicken	4oz	190	8g	5g	65mg	290mg	3g	26g			X	X	X		X	X						
Fried Chicken Tenders	4oz	130	2g	1g	25mg	90mg	23g	5g	X	X					X	X						
General Tso's Chicken	4oz	210	9g	1.5g	15mg	730mg	21g	11g							X	X	X					
Grilled Adobo Marinated Chicken Bre	1ea	210	10g	2g	0mg	50mg	1g	32g												X		
Grilled Coconut Chicken	4oz	210	11g	7g	105mg	370mg	4g	23g			X	X	X		X	X						
Herb Roasted Chicken	4oz	320	24g	6g	100mg	95mg	1g	23g												X		x
Korean Fried Chicken	4oz	360	8g	1.5g	105mg	860mg	45g	26g							X	X	X					
Mojo Chicken	6oz	330	19g	2g	125mg	150mg	2g	38g												X		
Chicken With Mushroom Cream Sauc	1ea	180	5g	2.5g	70mg	80mg	4g	27g		X										X		X
Pomodoro Affumicata Chicken	1ea	380	16g	6g	0mg	700mg	22g	39g	X	X					X	X						
Grilled Marinated Chicken	1ea	470	28g	8g	125mg	480mg	13g	43g		X					X	X						
Shallot & Thyme Roasted Airline Chi	1ea	440	37g	8g	140mg	410mg	3g	26g												X		
Shallot & Thyme Roasted Airline Chi	1ea	310	20g	2.5g	0mg	50mg	4g	33g												X		
Shallot & Thyme Roasted Chicken Qu	1ea	670	56g	13g	140mg	690mg	3g	39g												X		
Spicy Chili Chicken Stir-Fry	4oz	150	7g	1.5g	60mg	540mg	6g	17g	X					X	X	X						
Tallarin Saltado	6oz	170	5g	.5g	35mg	570mg	23g	9g							X	X	X					X
Vietname Roasted Chicken	6oz	260	8g	1.5g	125mg	870mg	5g	39g			X	X			X	x						
Red Coconut Chutney	4oz	380	23g	18g	0mg	150mg	45g	7g					X							X		

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Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Turkey Cowboy Casserole	6oz	300	14g	6g	25mg	580mg	14g	22g		X					X	X						
French Country Chicken	1ea	240	10g	1.5g	0mg	105mg	5g	33g							X							
Chicken Soft Tacos	1ea	290	14g	3.5g	55mg	100mg	17g	22g		X					X							
Herbed Turkey Au Jus	4oz	180	5g	2g	95mg	760mg	3g	33g								X				X		
Buffalo Mac & Cheese	6oz	310	19g	8g	40mg	440mg	22g	14g	X	X					X	X						
Mediterranean Turkey Burgers	1ea	230	6g	2g	10mg	260mg	11g	33g		X			X		X	X						
Mexican Lasagna	4oz	280	16g	9g	20mg	930mg	14g	21g		X					X							
Chicken Pad Thai	6oz	400	13g	2.5g	95mg	950mg	60g	12g	X	X	X	X		X	X	X	X					
Peach Glazed Chicken	1ea	430	9g	3g	5mg	140mg	51g	39g		X					X	X						
Rigatoni & Turkey Meatballs	6oz	190	3.5g	0g	25mg	430mg	24g	15g	X	X					X							
Roasted Chicken and Broccoli Casser	4oz	370	8g	2g	70mg	520mg	37g	29g		X					X	X						
Shepherd's Pie	4oz	160	4g	0g	0mg	340mg	15g	15g								X				X		X
Skillet Chicken w/ Bacon Cream Sauc	1ea	520	32g	11g	30mg	610mg	14g	40g		X					X	X						
Southern Fried Chicken & Biscuit Slic	1ea	80	6g	1g	5mg	45mg	8g	1g	X	X					X	X						
Southwestern Chicken & Rice	6oz	230	8g	1g	35mg	85mg	23g	15g								X				x		
Turkey Taco Meat	4oz	170	4.5g	0g	0mg	90mg	3g	34g												X		
Teriyaki Chicken Meatballs	1ea	70	1.5g	0g	15mg	40mg	7g	8g						X	X	X						
Thyme Roasted Turkey Breast	4oz	180	7g	3g	80mg	480mg	2g	29g								X				x		
Turkey and Dumplings	6oz	250	8g	4g	60mg	890mg	26g	19g	X	X					X	X						
Turkey Burger	2.5oz	80	.5g	0g	0mg	45mg	0g	16g								X				X		X
Turkey Lasagna	4oz	380	20g	9g	55mg	1180mg	28g	23g	X	X					X	X						X
Italian Turkey Sausage w/ Peppers &	4oz	180	10g	2g	40mg	620mg	11g	15g								X				X		
Turkey Soft Tacos	1ea	190	5g	2g	5mg	80mg	18g	19g		X					X							
Turkey Tetrazzini	6oz	180	5g	2g	30mg	250mg	20g	16g		X					X	X						
Stuffed Italian Roasted Turkey	4oz	220	9g	5g	105mg	840mg	10g	37g		X						X				X		
Turkey Meat Loaf	4oz	210	3.5g	1g	55mg	220mg	14g	29g	X	X					X	X						X
Buffalo Cajun Roasted Turkey	4oz	160	4g	2g	80mg	840mg	3g	29g								X				X		
Creole Roasted Turkey	4oz	220	14g	7g	65mg	630mg	2g	24g								X				X		
Lemon Pepper Roasted Turkey	4oz	250	15g	7g	80mg	760mg	2g	30g								X				X		
Oven Roasted Turkey	4oz	0	0g	0g	0mg	0mg	0g	0g								X				X		
White Turkey Chili Mac	4oz	190	3g	0g	0mg	210mg	19g	20g							X							X
Fish Nugget	4oz	150	1g	0g	30g	520mg	19g	14g	X	X		X			X	X						
Baked Cod HH	4oz	130	4g	0g	55mg	70mg	1g	29g				X								X		X
Baked Cod with Lemon and Capers	1ea	170	6g	3g	65mg	310mg	6g	29g		X		X			X							
Baked Salmon with Southeast Marin	1ea	230	13g	2.5g	65mg	160mg	4g	23g				X			X	X	X					
Blackened Tilapia	4oz	130	1.5g	1.5g	75mg	55mg	1g	30g				X								X		
Cajun Grilled Tilapia	4oz	130	1.5g	1.5g	75mg	55mg	1g	30g				X								X		
Cod Fish Cakes	1ea	180	15g	3g	55mg	150mg	4g	12g	X	X		X			X	X						
Lemon Rice Stuffed Cod	1ea	160	3g	1g	50mg	85mg	10g	27g		X		X				X				X		
Deviled Crab	4oz	260	13g	6g	50mg	180mg	24g	11g	X	X	X	X			X	X						
Crispy Baked Tilapia	1ea	160	4g	2.5g	70mg	170mg	6g	27g		X		X			X							
Crispy Fish Sticks	4oz	210	2.5g	1.5g	125mg	290mg	19g	27g	X			X			X							
Crispy Oven Baked Fish	1ea	240	8g	1g	65mg	300mg	15g	31g	X			X			X	X						
Deviled Baked Cod	1ea	380	22g	9g	100mg	350mg	11g	41g	X	X	X	X			X	X						
Baked Fish Filet	1ea	270	9g	3.5g	60mg	260mg	17g	36g				X			X	X						
Blackened Catfish	4oz	150	7g	3.5g	25mg	420mg	0g	16g				X				X				X		
Fried Haddock Sandwich	1ea	610	35g	5g	65mg	1050mg	52g	19g	X	X		X			X	X						
Crab Stuffed Fish	4oz	470	28g	13g	40mg	730mg	28g	26g			X	X			X	X						
Flouder with Garlic Aioli HH	4oz	120	3g	0g	55mg	240mg	1g	21g	X	X		X				X				X		X
Fried Fish Filet	1ea	170	2.5g	.5g	25mg	250mg	12g	23g	X	X		X			X	X						
Fried Pub Style Fish	4oz	320	3g	0g	95mg	200mg	45g	32g	X			X			X	X						
Italian Style Tilapia	4oz	420	23g	11g	65mg	560mg	28g	31g		X		X			X							
Lemon Baked Fish	4oz	160	6g	2g	60mg	120mg	1g	32g				X				X				X		
Lemon Pepper Baked Fish	4oz	160	6g	2g	60mg	120mg	1g	32g				X				X				X		
Lemon Pepper Catfish	4oz	150	7g	3.5g	25mg	420mg	1g	16g				X				X				X		
Mahi Mahi	4oz	110	.5g	og	80mg	130mg	1g	21g				X								X		
Blackened Mahi with Pico De Gallo H	4oz	110	0g	0g	80mg	130mg	4g	21g				X								X		X
Mahi Mahi HH	4oz	110	.5g	0g	80mg	130mg	1g	21g				X								X		X
Honey Dijon Mahi Mahi HH	4oz	110	.5g	0g	80mg	140mg	2g	21g				X								X		
Lemon Baked Mahi Mahi	4oz	130	2.5g	1g	80mg	135mg	2g	21g				X				X				X		
Tahitian Mahi Mahi HH	4oz	110	0g	0g	80mg	115mg	4g	21g		X		X				X				X		X
Parmesan Baked Fish	1ea	200	10g	2.5g	70mg	240mg	0g	34g	X	X		X				X				X		
Parmesan Baked Haddock	1ea	200	9g	2.5g	50mg	170mg	0g	34g	X	X		X				X				X		
Tilapia with Pepper Corn	4oz	200	9g	3g	60mg	80mg	7g	25g				X				X				X		
General Tso Salmon	1ea	350	12g	2.5g	65mg	1100mg	32g	25g				X			X	X	X					
Salmon with Hollandaise Caper Saue	1ea	520	45g	12g	95mg	410mg	2g	24g	X	X		X				X				X		
Salmon with Tiger Sauce	1ea	490	41g	10g	85mg	500mg	5g	24g	X	X		X				X				X		
Blackened Tilapia with Pico De Gallo	4oz	110	1g	1g	60mg	65mg	3g	24g				X								X		X
Pesto Tilapia with Pico De Gallo	4oz	200	11g	2.5g	60mg	105mg	2g	25g		X		X	X			X				X		
Tilapia with Louisana Remoulade	4oz	270	19g	5g	80mg	320mg	1g	27g	X	X		X				X				X		
Tahitian Tilapia	4oz	110	1g	1g	60mg	50mg	3g	24g		X		X								X		
Herb Roasted Salmon	1ea	290	18g	1.5g	65mg	65mg	1g	28g				X								X		
Herbed Grilled Haddock	1ea	340	17g	2g	50mg	760mg	26g	18g				X				X				X		
Mediterranean Style Grilled Salmon	1ea	240	13g	3g	65mg	220mg	3g	23g				X								X		
Linguini with Clam Sauce	6oz	410	17g	1g	75mg	90mg	41g	23g			X				X							
Black & White Salmon	1ea	280	17g	3g	65mg	290mg	6g	24g				X			X	X	X					

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Chive Encrusted Salmon	1ea	550	42g	7g	90mg	420mg	14g	26g	X			X			X	X						
Crumb Topped Salmon	1ea	360	23g	3g	65mg	320mg	10g	25g	X			X			X	X						
Honey Glazed Salmon	1ea	230	12g	2.5g	65mg	340mg	4g	24g				X			X	X						
Pistachio Crusted Salmon	1ea	620	47g	7g	90mg	440mg	19g	28g	X			X	X		X							
Deviled Crab	4oz	500	26g	12g	55mg	540mg	50g	15g	X	X	X	X			X	X						
Rosemary Roasted Salmon	1ea	410	35g	4g	65mg	70mg	1g	23g				X								X		
Savory Grilled Salmon	1ea	260	14g	3g	65mg	580mg	7g	23g				X			X	X						
Zesty Italian Grilled Salmon	1ea	440	26g	5g	130mg	130mg	1g	46g				X								X		
Shrimp Shwarma	4oz	140	7g	.5g	145mg	640mg	3g	16g			X					X				X		
Sole Amandine	1ea	250	16g	6g	70mg	560mg	6g	22g				X	X		X	X						
Fajita Tilapia	4oz	160	4.5g	1g	60mg	45mg	7g	25g				X								X		
Lemon Garlic Tilapia	4oz	160	4g	2.5g	80mg	80mg	2g	31g				X				X				X		
Lemon Garlic Tilapia HH	1ea	150	3g	1.5g	65mg	55mg	7g	26g				X								X		
Tuna and Noodles	6oz	220	7g	2g	40mg	580mg	17g	14g	X	X		X			X	X						
Cod Nuggets	4oz	150	1g	0g	30mg	520mg	19g	14g	X	X		X			X	X						
Battered Cod	4oz	160	1g	0g	0mg	780mg	24g	14g	X			X			X	X						
Battered Haddock	4oz	140	0.5g	0g	35mg	410mg	19g	13g	X	X					X	X						
Pub Style Fried Fish	4oz	160	1g	0g	25mg	780mg	24g	14g	X			X			X	X						
Vegetable Stir Fry w/ Baby Corn	4oz	80	3.5g	.5g	0mg	450mg	9g	2g							X`	X		X	X			
Vegan Burger	120g	160	1.5g	0g	0mg	480mg	28g	9g							X	X		X	X			
Veggie Nuggets	4oz	267	12g	2g	0mg	493mg	27g	16g							X	X			X			
Pork Potstickers	4oz	284	8g	4g	32g	596mg	36g	12g							X	X						
Egg Roll	3oz	170	6g	1g	0mg	500mg	25g	4g							X	X			X			
Battered Cauliflower	2.75	130	7g	1g	0mg	300mg	15g	2g	X	X					X	X		X				
Spicy Battered Cauliflower	23oz	150	7g	1g	0mg	520mg	19g	2g		X					X			X				
Beer & Pretzel Crusted Cheese Curds	3oz	310	17g	9g	40mg	610mg	23g	12g		X					X			X				
Chicken Satay	3.25oz	150	5g	1.5g	80mg	210mg	2g	25g						X	X	X						
Pork Wonton	5oz	290	5g	1g	50mg	440mg	41g	20g							X	X						
Chicken & Vegetable Potsticker	5oz	220	3.5g	5g	25mg	700mg	34g	11g							X	X						
Dill Grilled Egg Salad Sandwich	1ea	630	39g	7g	250mg	870mg	52g	10g	X						X`	X		X				
SteakHouse Feta Ceasar Salad	4oz	270	20g	6g	25mg	660mg	15g	8g	X	X		X			X`	X						
Tomato & Rst. garlic soup	8fl oz	240	10g	6g	35mg	770mb	31mg	5g		X					X	X						
Manhattan Clam Chowder	8fl oz	190	7g	2.5g	25mg	290 mg	17g	117g			X	X				X				X		
Cheddar Cauliflower soup	8fl oz	240	13g	4.5g	30	250mg	19g	13g		X					X			X				
Minestrone HH	8fl oz	80	.5g	0g	0mg	440mg	16g	4g							X	X						X
Chicken & Rice soup	8fl oz	110	4.5g	2g	15mg	300mg	11g	5g		X					X	X						X
Corn Chowder	8fl oz	160	6g	2.5g	5mg	450mg	24g	4g		X					X	X						
Chicken Noodle Soup	8fl oz	100	3g	1g	25mg	1030mg	11g	6g	X	X					X`	X						
Caramelized Mushroom soup	8fl oz	420	30g	18g	95mg	1280mg	6g	4g		X					X	X		X				
Chicken Tortilla Soup	8fl oz	170	6g	2g	5mg	850mg	19g	7g		X					X	X						
Turkey Vegetable soup	8fl oz	45	.5g	0g	10mg	310mg	6g	5g		X					X	X						
Italian Wedding Soup	8fl oz	130	9g	4g	25mg	540mg	5g	9g	X	X					X	X						
Lemon Chicken Orzo soup	8fl oz	140	5g	.5g	5mg	580mg	16g	8g		X					X	X						
Beef Barley Soup	8fl oz	110	4.5g	1.5g	20mg	640mg	10g	8g							X`	X						
Creole Soup	8fl oz	130	5g	1.5g	10mg	270mg	15g	6g							X`	X						
Cream of Vegetable	8fl oz	200	9g	5g	20mg	380mg	22g	8g		X					X`	X						
Cream of Vegetable- Vegetarian	8fl oz	230	11g	6g	20mg	240mg	24g	9g		X					X`	X						
South of the Border soup	8fl oz	260	17g	7g	50mg	250mg	10g	16g							X`	X						
Cream of Cauliflower	8fl oz	210	12g	7g	25mg	600mg	17g	29g		X		X			X`	X						
Chicken & Artichoke Florentine	8fl oz	210	10g	5g	45mg	500mg	17g	16g		X					X`	X						
Polish Vegetarian Soup- Vegetarian	8fl oz	150	6g	3g	5mg	190mg	19g	5g		X					X`	X		X				
Cream of Broccoli Soup	8fl oz	180	9g	5g	20mg	370mg	18g	8g		X					X`	X						
Potato & Roasted Red Pepper	8fl oz	180	7g	3.5g	10mg	440mg	30g	8g		X					X`	X						
Navy Bean soup	8fl oz	180	3g	1g	15mg	380mg	25g	13g														
Tuscan French Onion soup	8fl oz	100	6g	2.5g	5mg	840mg	10g	2g		X		X			X`	X						
Tuscan French Onion soup- Vegetari	8fl oz	90	6g	2.5g	0	310mg	9g	1g							X`	X		X	X			
Clam Chowder	8fl oz	300	9g	4.5g	45mg	240mg	32g	21g		X	X				X`	X						
Rhode Island Clam Chowder	8fl oz	200	8g	4g	30mg	140mg	17g	15g		X	X				X`	X						
Garden Chili soup	8fl oz	120	4.5g	.5g	0mg	200mg	17g	5g												X		
Chicken Rosemary soup	8fl oz	200	7g	3g	35mg	900mg	24g	9g	X	X					X`	X						
Tomato Rice soup	8fl oz	80	3g	1.5g	0mg	490mg	13g	2g		X					X`	X						
Hearty Beef Vegetable soup	8fl oz	300	18g	7g	50mg	270mg	17g	18g							X`	X						
White Bean & Sausage soup	8fl oz	160	1.5g	3.5g	40mg	790mg	9g	11g		X					X`	X						
Mexican Beef Soup	8fl oz	60	2.5g	1g	10mg	25mg	4g	4g												X		
Cheddar Ale Potato	8fl oz	160	5g	2.5g	10mg	270mg	22g	6g		X					X`	X		X				
Cheese Soup	8fl oz	140	10g	5g	20mg	270mg	9g	6g		X					X`	X						
Cheese Soup- Vegetarian	8fl oz	140	9g	5g	20mg	210mg	9g	6g		X					X`	X		X				
Chicken and Dill Soup	8fl oz	110	3.5g	1g	5mg	1040mg	13g	6g		X					X`	X						X
Homestyle Chili	8fl oz	350	17g	7g	65mg	800mg	26g	25g												X		
Lentil and Black Bean Soup	8fl oz	280	7g	1.5g	0mg	230mg	43g	13g							X`			X	X			
Chicken and Spinach Soup	8fl oz	140	11g	2g	25mg	670mg	8g	12g		X					X`	X						X
Beef Noodle Soup	8fl oz	120	6g	1.5g	25mg	320mg	11g	6g	X						X`	X						
Creamy Crab and Corn	8fl oz	180	6g	2.5g	10mg	450mg	27g	6g		X	X	X			X`	X						
Creamy Chicken & Wild Rice	8fl oz	260	14g	7g	35mg	1010mg	25g	10g		X					X`	X						
Creamy Potato Bacon	8fl oz	430	27g	12g	55mg	820mg	36g	13g		X					X`	X						
Leek & Potato HH	8fl oz	150	1g	0g	0mg	470mg	33g	4g		X												

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Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Zuppa Toscana	8fl oz	320	23g	13g	80mg	610mg	14g	12g		X					X	X						
West African Peanut Soup	8fl oz	150	7g	1.5g	0mg	470mg	13g	5g						X		X						
White Chili	8fl oz	150	6g	3.5g	25mg	500mg	7g	13g		X					X	X						
Abruzzo Ravioli Soup	8fl oz	90	6g	0g	5mg	610mg	9g	3g	X	X					X	X						
Curry Vegetable Soup	8fl oz	80	0g	0g	0mg	400mg	14g	2g											X	X		X
Homestyle Vegetable Soup	8fl oz	120	5g	2g	0mg	240mg	17g	4g							X	X			X			
New England Clam Chowder	8fl oz	300	12g	6g	35mg	610mg	30g	19g		X	X				X	X						
Split Pea Soup	8fl oz	380	24g	11g	10mg	1170mg	31g	13g							X	X						
Split Pea & Black Bean soup	8fl oz	260	7g	1.5g	0mg	150mg	39g	11g							X				X			
Cowboy Chili	8fl oz	170	9g	3.5g	35mg	500mg	8g	13g				X			X	X						X
Homestyle Chili	8fl oz	230	2g	0g	0mg	800mg	0g	29g														
Steak Chili Con Carne	8fl oz	320	17g	7g	80mg	710mg	14g	27g		X		X			X	X						
White Chili	8fl oz	150	6g	3.5g	25mg	500mg	7g	13g		X					X	X						
Creamy Corn & Shrimp Chowder	8fl oz	190	6g	2.5g	35mg	470mg	24g	8g		X	X				X	X						
Hearty Potato Ham Chowder	8 fl oz	180	6g	2.5g	20mg	580mg	25g	9g		X					X	X						
Potato Chowder	8fl oz	300	8g	8g	35mg	490mg	25g	7g		X					X	X						
Potato and Andouille Sausage Chowd	8fl oz	280	16g	6g	30mg	440mg	24g	10g		X					X	X						
Salmon Bacon Potato Chowder	8fl oz	390	27g	11g	60mg	610mg	22g	14g		X		X			X	X						
Sausag and Cheddar Chowder	8fl oz	250	11g	8g	35mg	1010mg	13g	7g		X					X	X						
Turkey Sausage Chowder	8fl oz	220	14g	7g	50mg	880mg	11g	14g		X					X	X						
Asian Chicken Broth Soup	8fl oz	140	1.5g	0g	5mg	1010mg	26g	5g		X	X	X			X	X						
Beef & Rice Soup	8fl oz	120	5g	1.5g	10mg	320mg	12g	5g							X	X						
Broccoli & Cheese Soup	8fl oz	360	25g	14g	65mg	560mg	16g	15g		X					X	X						
Corned Beef & Swiss Soup with Broc	8fl oz	340	23g	13g	65mg	560mg	15g	18g		X					X	X						
Broccoli Swiss Soup	8fl oz	320	22g	12g	55g	360mg	15g	15g		X					X	X						
Buffalo Chicken Soup	8fl oz	250	18g	8g	30mg	650mg	9g	12g	X	X					X	X		X		X		
Butternut Squash & Chickpea Bisque	8fl oz	220	19g	10g	55mg	150mg	10g	3g		X								X		X		
Butternut Sqash Soup	8fl oz	470	45g	23g	125g	120mg	17g	3g		X												
Cheddar Potato Soup	8fl oz	300	10g	4.5g	20mg	490mg	40g	12g		X					X	X						
Cheeseburger Soup	8fl oz	260	18g	10g	45mg	740mg	13g	13g		X					X	X						
Cheeseburger Soup	8fl oz	270	18g	10g	40mg	550mg	18g	11g		X					X	X						
Chicken & Cilantro Soup	8fl oz	70	1.5g	0g	5mg	460mg	10g	4g		X					X	X						
Cream Soup base	8fl oz	190	11g	6g	20mg	420mg	17g	7g		X					X	X						
Beef Broth	8fl oz	45	2g	1g	5mg	1410mg	4g	3g			X	X			X	X						
Red Curry Broth	8fl oz	300	29g	26g	0mg	480mg	9g	3g		X	X		X			X						
Red Curry Broth	8fl oz	100	10g	9g	0mg	140mg	3g	1g		X	X		X			X						
Thai Coconut Peanut Broth	8fl oz	660	61g	40g	0g	480mg	20g	14g					X	X	X	X	X		X			
Vegan Broth	8fl oz	100	0g	0g	0g	730mg	23g	2g							X	X						
Chicken Florentine	8fl oz	210	10g	5g	45mg	490mg	15g	16g		X					X	X						
Chinesse Chicken Noodle Soup	8fl oz	140	7g	2.5g	10mg	830mg	11g	8g	X	X					X	X						
Beef Vegetable Soup	8fl oz	80	3g	1g	10mg	280mg	9g	6g							X	X						
Corn & Chive Chowder	8fl oz	220	12g	6g	25mg	720mg	23g	9g		X					X	X						
Corn & Chive Chowder	8fl oz	230	12g	6g	20mg	390mg	24g	9g		X					X	X		X				
Cream of Cauliflower	8fl oz	260	15g	6g	35mg	490mg	20g	11g		X					X	X		X				
Cream of Cauliflower with Spinach a	8fl oz	180	9g	4.5g	20mg	370mg	18g	7g		X					X	X						
Cream of Cauliflower with Spinach a	8fl oz	180	9g	4.5g	15mg	210mg	17g	7g		X					X	X		X				
Cream of Chicken Soup	8fl oz	170	11g	4.5g	30mg	260mg	8g	8g		X					X	X						
Cream of Mushroom Soup	8fl oz	250	13g	8g	40mg	980mg	5g	3g		X					X	X						
Cream of Mushroom Barley HH	8fl oz	200	9g	1.5g	5mg	340mg	18g	6g		X					X							X
Cream of Potato Soup	8fl oz	300	14g	8g	35mg	550mg	33g	9g		X					X	X						
Cream of Potato & Corn Soup	8fl oz	310	14g	8g	35mg	580mg	38g	10g		X					X	X						
Cream of Potato & Corn Soup	8fl oz	310	14g	8g	30mg	320mg	37g	10g		X					X	X		X				
Cream of Potato- Vegetarian	8fl oz	300	14g	8g	30mg	300mg	33g	9g		X					X	X		X				
Cream of Spinach Soup	8fl oz	210	11g	6g	20mg	420mg	19g	9g		X					X	X						
Cream of Spinach Soup	8fl oz	210	11g	6g	20mg	240mg	18g	9g		X					X	X		X				
Creamy Chicken & Wild Rice Soup	8fl oz	260	14g	7g	35mg	1010mg	25g	10g		X					X	X						
Chicken Creole Soup	8fl oz	110	3g	0g	10mg	270g	15g	6g							X	X						
Egg Drop Soup	8fl oz	40	1.5g	0g	40mg	810mg	5g	1g	X	X					X	X						
French Onion Soup	8fl oz	130	7g	3g	0mg	440mg	15g	3g		X		X			X	X						
Ham and Cabbage Soup	8 fl oz	100	1.5g	0g	10mg	1330mg	20g	5g		X					X	X						
Italian Wedding with Turkey Meatba	8 fl oz	210	7g	1.5g	30mg	590mg	20g	17g	X	X		X			X	X						
Lentil Soup HH	8 fl oz	180	5g	.5g	0mg	330mg	23g	9g								X						X
Minestrone HH	8 fl oz	80	.5g	0g	0mg	440mg	16g	4g							X	X						X
Moroccan Chickpea Chili	8 fl oz	250	8g	1g	0mg	460mg	51g	4g								X		X		X		
Mushroom Barley Soup	8 fl oz	180	10g	4.5g	10mg	770mg	19g	6g		X					X	X						
Mushroom Barley Soup	8 fl oz	270	14g	7g	20mg	420mg	25g	10g		X					X	X		X				
Caramelized Mushroom Soup	8 fl oz	430	30g	18g	95mg	1280mg	7g	4g		X					X	X						
NY Style Chili	8 fl oz	280	17g	7g	65mg	990mg	10g	21g				X			X	X						
Olive Garden Pasta E Fagioli	8 fl oz	230	9g	3g	30mg	1210mg	48g	14g							X	X						
Olive Garden Pasta E Fagioli	8 fl oz	130	4.5g	1.5g	15mg	1030mg	15g	8g							X	X						
Pepper Pot Soup	8 fl oz	430	22g	3g	165mg	27290mg	43g	2g		X					X	X						
Polish Mushroom Soup	8 fl oz	150	6g	3g	5mg	360mg	20g	5g		X					X	X						
Portuguese Kale & Red Bean Soup H	8 fl oz	160	7g	1g	10mg	550mg	19g	6g								X				X		X
Potato and Roasted Red Pepper Soup	8 fl oz	190	7g	3.5g	10mg	260mg	31g	8g		X					X	X		X				
Southwestern Vegetable & Chicken S	8 fl oz	360	13g	0g	125mg	18320mg	43g	11g		X					X	X						X
Tarragon-Potato Bisque	8 fl oz	300	14g	8g	35mg	550mg	33g	10g		X					X	X						

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Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Tarragon-Potato Bisque	8 fl oz	300	14g	8g	30mg	320mg	35g	10g		X					X	X		X				
Texas Style Chil Con Carne	8 fl oz	340	19g	8g	90mg	710mg	11g	29g		X		X			X	X						
Steak Chili Con Carne	8 fl oz	320	17g	7g	80mg	710mg	14g	27g		X		X			X	X						
Green Chili Stew	8 fl oz	150	7g	2.5g	30mg	150mg	12g	12g												X		
Pork Green Chili Stew	8 fl oz	170	7g	2.5g	30mg	230mg	13g	13g												X		
Farro Kale Pomegranate Salad	3 oz	170	2.5g	0g	0mg	40mg	32g	6g							X							
Parmesan Italian Pasta Salad	3 oz	130	8g	2.5g	15mg	370mg	10g	5g		X					X	X						
Fuji Apple Chicken Salad	3 oz	100	5g	2g	25mg	85mg	7g	9g		X										X		
Greek Wedge Salad	3 oz	80	6g	1.5g	20mg	320mg	4g	3g		X						X						
Kale & Quinoa Salad	3 oz	160	4.5g	2g	10mg	140mg	25g	6g		X												
Lemon Chicken Caesar	3 oz	180	12g	4g	30mg	250mg	8g	11g		X					X	X						
Mesquite Chicken Salad	3 oz	190	16g	3g	25mg	190mg	5g	9g	X	X			X			X				X		
Power Roasted Salad	3 oz	70	4.5g	1g	5mg	60mg	5g	3g		X						X				X		
Southwestern Salad	3 oz	120	9g	2.5g	5mg	135mg	6g	4g	X	X						X				X		
Spinach Salad	3 oz	150	10g	2g	65mg	240mg	9g	4g	X	X					X	X						
Titan Wedge Salad	3 oz	60	3g	1g	30mg	150mg	2g	3g	X							X				X		
Triple Berry Salad	3 oz	230	20g	3.5g	25mg	320mg	14g	3g	X	X			X			X				X		
Tuscan Kale & Turkey	3 oz	130	5g	2.5g	25mg	330mg	12g	11g		X			X							X		
Balsamic Chicken Melt	1 ea	890	49g	16g	135mg	1780mg	390g	50g	X	X					X	X						
Bistro Deluxe Sandwich	1 ea	930	66g	11g	135mg	2410mg	46g	28g	X	X					X	X						
Chicken & Bacon Ciabatta	1 ea	970	58g	17g	135mg	1780mg	390g	50g	X	X					X	X						
Chicken California Club	1 ea	790	41g	14g	110mb	1620mg	384g	52g	X	X					X	X						
Chicken Salad & Pesto on Wheatberr	1 ea	570	38g	6g	70mg	620mg	35g	24g	X	X			X		X	X						
Fools Gold Sandwich	1 ea	1530	87g	22g	235g	2240mg	140g	61g	X	X				X	X	X						
Garbanzo & Feta Sandwich	1 ea	670	28g	9g	50mg	1560mg	80g	24g		X					X	X		X				
New England chicken Salad Sandwic	1 ea	460	24g	4.5g	60mg	640mg	46g	19g	X	X					X	X						
Parisian Ham Baguette	1 ea	660	12g	7g	65mg	1730mg	106g	22g		X					X	X						
Roast Beef BLT	1 ea	710	43g	14g	105mg	2060mg	43g	39g	X	X					X	X						
Salami & Fresh Mozzarella Sandwich	1 ea	1170	95g	16g	145mg	1620mg	417mg	38g	X	X					X	X						
Salmon & Bacon Ciabatta	1 ea	900	67g	10g	100mg	1000mg	383g	32g	X	X		X			X	X						
Tofu Mock Egg Salad	4 oz	840	19g	4g	15mg	1780mg	146g	28g	X						X	X		X				
Turkey & Artichoke Sandwich	1 ea	590	27g	14g	60mg	1750mg	403g	12g	X	X					X	X						
Crunchy Elvis Wrap	1 ea	1340	82g	21g	30mg	2090mg	118g	53g						X	X	X						
Tex-Mexican BLT	1 ea	1310	20g	32g	190mg	3690mg	60g	16g	X	X					X	X						
Apple Nut Muffin	3oz	410	28g	11g	35mg	300mg	35g	9g	X	X			X		X	X		X				
Banana Nut with Walnut Crumble	3oz	210	11g	3g	15mg	110mg	23g	5g	X	X			X		X	X		X				
Blueberry Crumbleberry Muffin	3oz	280	13g	4.5g	25mg	180mg	38g	6g	X	X					X	X		X				
Blueberry Muffin	3oz	200	9g	3g	25mg	115mg	26g	5g	X	X					X	X		X				
Chocolate Chip Muffin	3oz	280	13g	5g	25mg	160mg	36g	5g	X	X					X	X		X				
Chocolate Raspberry Muffin	3oz	200	5g	2g	0mg	310mg	35g	2g	X	X					X	X		X				
Cinnamon Crimbleberry Muffin	3oz	280	13g	4.5g	25mg	180mg	37g	6g	X	X					X	X		X				
Double Chocolate Muffin	3oz	340	20g	11g	25mg	140mg	38g	7g	X	X					X	X		X				
Plain Cake Muffin	3oz	240	12g	5g	35mg	180mg	28g	6g	X	X					X	X		X				
Tangoberry Muffin	3oz	280	13g	4.5g	25mg	180mg	38g	6g	X	X					X	X		X				
White Chocolate Peach Muffin	3oz	220	10g	4g	25mg	460mg	28g	5g	X	X					X	X		X				
White Chocolate Raspberry Muffin	3oz	220	10g	4g	25mg	460mg	28g	5g	X	X					X	X		X				
Blueberry Scone with Vanilla Glaze	1ea	480	26g	15g	130mg	210mg	26g	7g	X	X					X	X		X				
Checkerboard Scone with Vanilla Gla	1ea	500	29g	15g	90mg	380mg	56g	7g	X	X					X	X		X				
Cheddar Scallion Scone	3oz	230	15g	9g	85mg	26omg	17g	7g	X	X					X	X		X				
Chocolate Chip Scone with Vanilla Gl	1ea	530	31g	19g	135mg	230mg	59g	6g	X	X					X	X		X				
Mixed Berry Scone with Vanilla Glaz	1ea	480	25g	13g	100mg	320mg	58g	8g	X	X					X	X		X				
Peach Scone with Vanilla Glaze	1ea	480	36g	15g	130mg	220mg	57g	7g	X	X					X	X		X				
Peanut Butter Scone	1ea	620	33g	20g	125mg	290mg	56g	13g	X	X				X	X	X		X				
Raspberry Scone	1ea	390	20g	10g	90mg	320mg	46g	8g	X	X					X	X		X				
Raspberry Scone with Vanilla Glaze	1ea	390	21g	12g	120mg	310mg	45g	7g	X	X					X	X		X				
Sour Cherry Scone	1ea	500	27g	13g	105mg	320	56g	8g	X	X			X		X	X		X				
White Chocolate Chip Scone	1ea	490	29g	16g	90mg	390mg	53g	6g	X	X					X	X		X				
Apple Turnover	1ea	250	12g	5g	5mg	320mg	57g	3g	X						X	X		X				
Apple Open Face	1ea	360	12g	5g	0mg	320mg	58g	3g							X	X		X				
Blueberry Turnover	1ea	340	12g	5g	5mg	320mg	55g	4g	X						X	X		X				
Cherry Turnover	1ea	350	12g	5g	5mg	320mg	56g	3g	X						X	X		X				
Peach Turnover	1ea	370	12g	5g	5mg	320mg	60g	3g	X						X	X		X				
Apple Fritter	4oz	300	6g	2.5g	55mg	220mg	54g	7g	X	X					X	X		X				
Plain Cake Muffin	3oz	240	12g	5g	35mg	180mg	28g	6g	X	X					X	X		X				
Donut Holes	2 oz	250	15g	7g	10mg	370mg	26g	3g	X	X					X	X		X				
Cinnamon Rolls	1 each	300	5g	1g	5mg	330mg	55g	8g	X						X	X		X				
Cinnamon Rolls	1 each	260	10g	5g	0mg	420mg	36g	6g		x					X	X		X				
Petite Cinnamon Rolls	1 each	190	3g	.5g	5mg	200mg	35g	5g	X						X	X		X				
Assorted Donuts	1ea	130	7g	3g	5mg	200mg	14g	2g	X	X					X	X		X				
Whole Grain Cake Donut	1 each	250	11g	3g	5mg	250mg	29g	5g	X	X					X	X		X				
Puff Pastry	3.5oz	382	20.59g	8.82g	0mg	559mg	41.18g	5.88g							X	X		X	X			
Lemon Poppy seed Muffin	3oz	240	7g	1.5g	0mg	410mg	43g	3g	X	X					X	X		X				
Cream Cheese Coffee Cake	1pc	230	16g	7g	60mg	200mg	17g	6g	X	X			X		X	X		X				
NY Crumb Cake	1pc	300	19g	14g	75mg	480mg	31g	10g	X	X					X	X		X				
Sour Cream Coffeecake	1pc	270	17g	6g	50mg	190mg	27g	5g	X	X			X		X	X		X				
Pecan Sticky Bun	1ea	160	11g	2g	0mg	35mg	16g	1g		X			X		X	X		X				

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Sticky Bun	1ea	340	13g	6g	0mg	450mg	50g	6g		X					X	X		X				
Bacon Breakfast Pizza	1sl	400	23g	10g	225mg	690mg	30g	19g	X	X					X	X						
Sausage Breakfast Pizza	1sl	340	18g	8g	220mg	610mg	29g	18g	X	X					X	X						
Traditional Breakfast Pizza	1sl	310	15g	7g	210mg	540mg	29g	16g	X	X					X	X		X				
Western Breakfast Pizza	1sl	330	16g	7g	215mg	630mg	31g	18g	X	X					X	X						
Buffalo Chicken Pizza	1sl	240	22g	8g	35mg	840mg	36g	17g		X					X	X						
Chicken Bacon Ranch Calzone	1sl	150	15g	4.5g	30mg	930mg	66g	22g	X	X					X	X						
Cowboy Steak Calzone	1sl	240	12g	6g	35mg	1270mg	82g	25g		X					X	X						
Meatball Calzone	1sl	320	27g	11g	55mg	1080mg	69g	21g		X					X	X						
Philly CheeseSteakCalzone	1sl	170	14g	4g	35mg	1200mg	66g	23g		X					X	X						
Stinger Calzone	1sl	180	13g	5g	30mg	980mg	71g	25g	X	X					X	X						
Asparagus & Roasted Red Pepper Fo	1sl	50	2.5g	1g	5mg	45mg	7g	2g		X					X			X				
Pepperoni Focaccia Pizza	1sl	110	5g	2.5g	10mg	125mg	10g	5g		X					X							
Garlic Cheese Focaccia Pizza	1sl	50	2.5g	1g	5mg	45mg	7g	2g		X					X			X				
Potato, Rosemary & Bacon Focaccia	1sl	70	4.5g	2g	10mg	60mg	6g	2g		X					X	X						
Roasted Tomato Focaccia Pizza	1sl	60	2.5g	1.5g	5mg	45mg	6g	3g		X					X			X				
Spinach & Ricotta Focaccia Pizza	1sl	80	5g	2.5g	10mg	65mg	5g	4g		X			X		X	X		X				
Wild Mushroom & Onion Focaccia Pi	1sl	70	4.5g	2.5g	10mg	65mg	5g	3g		X					X	X		X				
Greek Pizza	1sl	160	13g	7g	30mg	750mg	37g	16g		X					X	X		X				
Ham & Mushroom Pizza	1sl	130	10g	5g	25mg	710mg	35g	16g		X					X	X						
Ham & Mushroom Pizza-Fresh	1sl	240	8g	4.5g	25mg	340mg	28g	16g		X					X							
Hawaiian Pizza	1sl	140	10g	5g	25mg	710mg	37g	16g		X					X	X						
Italian White Pizza	1sl	190	20g	11g	45mg	560mg	33g	15g		X			X		X	X		X				
Italian White Pizza - Fresh	1sl	320	19g	11g	45mg	230mg	27g	12g		X			X		X	X		X				
Margarita Pizza	1sl	140	11g	6g	20mg	610mg	37g	16g		X					X	X		X				
Meat Lovers Pizza	1sl	190	13g	7g	30mg	920mg	36g	17g		X					X	X						
Meat Lovers Pizza - Fresh	1sl	310	11g	7g	30mg	580mg	29g	14g		X					X	X						
Meatball Pizza	1sl	170	14g	6g	30mg	560mg	36g	13g		X					X	X						
Meatball Pizza - Fresh	1sl	300	13g	6g	30mg	240mg	30g	10g		X					X	X						
Philly Cheesesteak Pizza	1sl	160	12g	6g	30mg	490mg	36g	18g		X					X	X						
Philly Cheesesteak Pizza - Fresh	1sl	280	11g	6g	30mg	170mg	29g	16g		X					X							
4 Cheese Pizza - Oven Rising	1sl	270	10g	7g	25mg	620mg	31g	14g		X					X	X		X				
4 Cheese Pizza - Fresh	1sl	240	8g	5g	25mg	260mg	27g	12g		X					X			X				
Al Pastor Pizza	1sl	140	11g	4.5g	30mg	640mg	35g	18g		X					X	X						
Al Pastor Pizza - Fresh	1sl	270	10g	4.5g	30mg	320mg	28g	16g		X					X							
Al Pastor Pizza - Oven Rising	1sl	300	12g	6g	30mg	680mg	32g	17g		X					X	X						
Artichoke & Bacon Pizza	1sl	140	11g	5g	15mg	630mg	36g	16g		X					X	X						
Artichoke & Bacon Pizza - Oven Risir	1sl	300	12g	7g	15mg	670mg	33g	15g		X					X	X						
Artichoke & Bacon Pizza - Fresh	1sl	260	10g	5g	15mg	310mg	30g	13g		X					X							
Artichoke & Sun Dried Tomato Pizza	1sl	280	10g	6g	15mg	670mg	37g	13g		X					X	X		X				
Artichoke & Sun Dried Tomato Pizza	1sl	250	8g	4.5g	15mg	310mg	34g	11g		X					X			X				
Bacon Cheeseburger Pizza	1sl	330	15g	8g	25mg	690mg	31g	18g		X					X	X						
BBQ Chicken Pizza - Oven Rising	1sl	320	12g	7g	35mg	700mg	37g	19g		X					X	X						
BBQ Chicken Pizza - Fresh	1sl	290	10g	5g	35mg	350mg	34g	17g		X					X							
BLT Pizza	1sl	210	20g	6g	20mg	640mg	35g	16g	X	X					X	X						
BLT Pizza - Fresh	1sl	340	19g	6g	20mg	320mg	28g	13g	X	X					X	X						
BLT Pizza - Oven Rising	1sl	370	21g	8g	20mg	680mg	32g	15g	X	X					X	X						
Buffalo Chicken Finger Pizza - Oven I	1sl	290	13g	6g	25mg	1250mg	32g	15g	X	X					X	X						
Buffalo Chicken Finger Pizza - Fresh	1sl	260	11g	5g	25mg	890mg	29g	13g	X	X					X	X						
Cheddar, Bacon & Ranch	1sl	350	19g	7g	20mg	680mg	30g	15g	X	X					X	X						
Chicago Beef	1sl	280	10g	6g	20mg	630mg	32g	14g		X					X	X						
Chicken Cordon Bleu	1sl	360	19g	8g	30mg	630mg	31g	17g	X	X					X	X						
Chicken Green Goddess	1sl	280	13g	5g	15mg	520mg	30g	13g		X			X		X	X						
Chicken Nacho	1sl	250	10g	4.5g	10mg	680mg	31g	11g		X					X	X						
Chipotle Chicken	1sl	270	8g	5g	10mg	480mg	30g	11g	X	X					X	X						
Apple Streusel Dessert Pizza	1sl	560	7g	3.5g	0	400mg	118g	7g		X					X	X		X				
Blueberry Streusel Dessert Pizza	1sl	550	7g	3.5g	0	400mg	117g	8g		X					X	X		X				
Cherry Streusel Dessert Pizza	1sl	560	7g	3.5g	0	410mg	118g	7g		X					X	X		X				
Cinnamon Roll Dessert Pizza	1sl	530	9g	4g	0	410mg	109g	7g		X					X	X		X				
Nutella Streusel Dessert Pizza	1sl	730	15g	6g	0	430mg	140g	10g		X			X		X	X		X				
Raspberry Streusel Dessert Pizza	1sl	580	9g	4.5g	0	420mg	120g	7g		X					X	X		X				
Strawberry Cream Cheese Dessert Pi	1sl	380	19g	9g	30mg	560mg	46g	9g		X					X	X		X				
Double Pepperoni Pizza	1sl	270	12g	6g	20mg	600mg	31g	12g		X					X	X						
Garden Vegetable Pizza	1sl	260	10g	6g	15mg	510mg	32g	12g		X					X	X		X				
Garlic Parmesan Bruschetta Pizza	1sl	280	11g	5g	15mg	680mg	31g	12g		X					X	X		X				
Garlic Parmesan Pizza	1sl	250	8g	5g	15mg	670mg	29g	11g		X					X	X		X				
Godfather Pizza	1sl	290	12g	7g	25mg	690mg	32g	14g		X					X	X						
Godfather 2 Pizza	1sl	290	12g	7g	25mg	710mg	32g	14g		X					X	X						
Greek Style Pizza	1sl	270	11g	7g	20mg	620mg	33g	13g		X					X	X		X				
Green Goddess Pizza	1sl	310	16g	8g	20mg	620mg	30g	15g		X			X		X	X		X				
Grilled Cheese Pizza	1sl	280	15g	8g	20mg	780mg	30g	12g		X					X	X		X				
Ham & Mushroom Pizza	1sl	270	10g	6g	25mg	700mg	32g	15g		X					X	X						
Hawaiian Deluxe Pizza	1sl	290	10g	6g	25mg	700mg	36g	15g		X					X	X						
Hawaiian Pizza	1sl	130	9g	4.5g	25mg	660mg	37g	16g		X					X	X						
Honey Sriracha Chicken Bacon Pizza	1sl	270	10g	5g	10mg	670mg	32g	14g		X					X	X						
Italian Hoagie Pizza	1sl	290	12g	6g	20mg	770mg	32g	13g		X					X	X						

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Italian Margarita Pizza	1sl	280	11g	6g	20mg	620mg	33g	14g		X					X	X		X				
Italian White Pizza	1sl	350	21g	12g	45mg	590mg	30g	14g		X			X		X	X		X				
Lasagna Pizza	1sl	380	15g	8g	40mg	560mg	44g	15g		X					X	X						
Loaded Pepperoni Pizza	1sl	270	12g	6g	20mg	590mg	31g	12g		X					X	X						
Meatball Pizza	1sl	330	15g	8g	30mg	590mg	33g	12g		X					X	X						
Meatlovers 2 Pizza	1sl	290	11g	7g	20mg	710mg	32g	14g		X					X	X						
Middle Eastern Pizza	1sl	290	13g	6g	20mg	670mg	32g	12g		X					X	X		X				
Muffaletta Pizza	1sl	300	12g	7g	25mg	760mg	33g	14g		X					X	X						
Mushroom Pizza	1sl	260	10g	6g	15mg	510mg	32g	12g		X					X	X		X				
My Tomato Pie Pizza	1sl	260	10g	6g	15mg	510mg	32g	12g		X					X	X		X				
Napolitano Pizza	1sl	240	8g	5g	25mg	420mg	31g	10g		X					X	X		X				
Northern Italy Pizza	1sl	290	13g	6g	25mg	650mg	31g	13g		X					X	X						
Pepperjack Ranch Pizza	1sl	400	24g	9g	30mg	810mg	38g	19g	X	X					X	X						
Philly Steak 2 Pizza	1sl	350	19g	7g	20mg	540mg	31g	14g		X					X	X						
Provencal Pizza	1sl	320	16g	7g	20mg	570mg	32g	14g		X					X	X		X				
Roasted Cauliflower Pizza	1sl	300	16g	7g	20mg	490mg	30g	13g		X					X	X		X				
Sausage & Bacon Pizza	1sl	320	13g	8g	20mg	810mg	32g	16g		X					X	X						
Sausage & Fennel Pizza	1sl	310	10g	7g	25mg	780mg	33g	12g		X					X	X						
Sausage & Mushroom Pizza	1sl	350	12g	9g	30mg	880mg	35g	14g		X					X	X						
Sausage & Pepperoni Pizza	1sl	330	12g	8g	30mg	850mg	33g	13g		X					X	X						
Sausage Pizza	1sl	290	10g	7g	20mg	720mg	33g	12g		X					X	X						
Smokehouse Chicken Pizza	1sl	330	13g	7g	25mg	840mg	36g	19g		X					X	X						
Spicy Beef Puttanesca Pizza	1sl	290	13g	7g	25mg	550mg	32g	15g		X					X	X						
Spicy Chicago Beef Pizza	1sl	280	10g	6g	20mg	650mg	32g	14g		X					X	X						
Steak Cordon Blue Pizza	1sl	360	18g	8g	35mg	650mg	31g	16g	X	X					X	X						
Taco Pizza	1sl	280	12g	6g	25mg	750mg	32g	14g		X					X	X						
Thai Peanut Chicken Pizza	1sl	310	14g	9g	25mg	560mg	33g	16g		X	X		X	X	X	X						
Tomato & Basil Bruschetta Pizza	1sl	410	26g	14g	50mg	650mg	33g	17g		X					X	X		X				
Tuscan Sausage Pizza	1sl	320	16g	8g	25mg	700mg	32g	14g		X					X	X						
White Clam Pizza	1sl	500	28g	9g	30mg	840mg	48g	22g		X	X				X	X						
White Pizza	1sl	270	14g	4g	10mg	520mg	31g	11g		X					X	X		X				
Wise Guy Pizza	1sl	280	10g	7g	20mg	650mg	32g	12g		X					X	X						
X-Treme Cheese Pizza	1sl	240	10g	5g	10mg	640mg	30g	11g		X					X	X		X				
Traditional Cheese & Pepperoni Pizza	1sl	260	11g	6g	15mg	560mg	31g	12g		X					X	X						
Traditional Cheese Pizza	1sl	240	9g	5g	10mg	480mg	31g	11g		X					X	X		X				
Half Cheese & Pepperoni Pizza	1sl	250	10g	5g	15mg	520mg	31g	11g		X					X	X						
Tuscan Roasted Vegetable Pizza	1sl	340	17g	6g	15mg	700mg	37g	14g		X					X	X		X				
Asian Noodle Salad	3 oz	90	1.5g	0g	25mg	210mg	13g	7g		X					X	X	X					
Steak & Walnut Blueberry Salad	1 ea	230	17g	3.5g	45mg	150mg	5g	17g		X			X							X		X
Chicken and Pasta Salad	3 oz	160	12g	2.5g	25mg	30mg	5g	7g							X	X						
Chinese Tossed Salad	3 oz	40	0g	0g	0mg	180mg	9g	1g							X	X						
Cobb Salad	1 ea	330	27g	4.5g	45mg	320mg	5g	7g	X	X						X				X		
Pineapple Chicken Salad	3 oz	120	5g	.5g	35mg	190mg	8g	12g								X				X		
Roasted Green Bean & Squash Salad	3 oz	160	15g	.5g	8mg	10mg	9g	2g												X		
Grilled Pineapple & Chicken Avacado	1 ea	500	29g	2.5g	95mg	135mg	26g	39g								X				X		
Thai Quino Salad	3 oz	160	8g	1g	8mg	160mg	19g	5g			X	X	X			X						
Buffalo Tossed Salad	3 oz	70	3.5g	2g	10mg	200mg	7g	4g		X					X	X						
Caesar Salad with Roasted Tomatoe	3 oz	110	6g	1.5g	5mg	220mg	11g	5g		X					X	X						
Cherry Autumn Salad	3 oz	190	5g	4g	25mg	360mg	10g	5g		X			X							X		
Greek Salad	3 oz	70	3.5g	2g	10mg	220mg	7g	3g		X					X	X		X				
Harvest Salad	3 oz	180	8g	2.5g	10mg	330mg	17g	4g		X			X			X				X		
Italian Caprese Style Salad	3 oz	210	16g	3g	5mg	490mg	13g	4g		X					X	X						
Fruit & Berry Salad	4oz	60	0g	0g	0mg	0mg	18g	1g										X		X		X
Aloha Pineapple & Banana Medley	4oz	170	2.5g	2g	0mg	20mg	40g	2g					X						X	X		
Ambrosia Salad	4oz	130	4g	3g	5mg	35mg	24g	1g		X			X					X		X		
Ambrosia Salad	4oz	170	6g	6g	0mg	30mg	30g	2g		X			X			X		X				
Apple Cherry Fruit Medley	4oz	50	0g	0g	5mg	5mg	10g	1g											X			X
Berry Medley	4oz	50	0g	0g	0mg	0mg	12g	1g										X				X
Fresh Fruit Cocktail	4oz	100	0g	0g	0mg	0mg	24g	1g											X	X		X
Mixed Berries	4oz	25	0g	0g	0mg	0mg	6g	1g										X		X		X
Honey Lime Quinoa Salad	4oz	80	.5g	0g	0mg	0mg	21g	2g										X		X		
Mixed Fruit & Berry Salad	4oz	80	0g	0g	0mg	15mg	20g	1g										X		X		X
Peach Berry Medley	4oz	50	0g	0g	0mg	10mg	12g	1g								X		X		X		
Pineapple & Honeydew	4oz	90	0g	0g	0mg	20mg	24g	1g											X	X		
Strawberry Banana Medley	4oz	120	.5g	0g	0mg	0mg	31g	2g										X		X		X
Fresh Mixed Fruit Salad	4oz	80	0g	0g	0mg	15mg	21g	1g											X	X		
Mixed Melon & Pineapple Salad	4oz	80	0g	0g	0mg	25mg	20g	1g											X	X		X
Waldorf Salad	4oz	150	11g	2.5g	5mg	75mg	13g	1g	X				X			X		X		X		
Pesto Roasted Vegetable & Hummus	1ea	580	31g	10g	25mg	790mg	45g	16g	X	X			X		X	X	X	X				
Cheese Sauce	2oz	70	5g	1g	0mg	510mg	6g	0g		X						X		X		X		
Country Gravy	1oz	45	2g	1g	0mg	240mg	6g	0g		X					X	X		X				
Buffalo Wing Sauce	1oz	5	0g	0g	0mg	400mg	0g	0g								X		X	X	X		
Hot Sauce	.5oz	0	0g	0g	omg	130mg	0g	0g										X	X	X		
Barbeque Sauce	3.5oz	150	0.29g	0g	0mg	847mg	36.25g	0g										X	X	X		
Salsa	2.5oz	27	0.16g	0.03g	0mg	600mg	6.26g	1.54g										X	X	X		
Creole Mayo Aioli	2fl oz	290	32g	4.5g	30mg	350mg	0g	0g	X	X						X				X		

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Bacon Cream Sauce	4fl oz	260	20g	10g	30mg	680mg	13g	8g		X					X	X						
Berry Sauce	2fl oz	45	0g	0g	0mg	0mg	10g	0g								X						X
Mango Ceviche	2oz	.5g	0g	0mg	0mg	10mg	8g	1g												X		
Salvadoran Cream	2fl oz	110	11g	7g	30mg	45mg	2g	1g		X										X		
Cucumber Remoulade Sauce	2oz	140	14g	2g	15mg	125mg	2g	1g	X	X						X				X		
Garlic Herb Sauce	2fl oz	140	0g	0g	0mg	180mg	10g	4g					X			X	X			X		
Beef Gravy	2fl oz	60	4.5g	2g	0mg	270mg	5g	1g							X	X						
Chicken Gravy	2fl oz	60	4.5g	2g	0mg	230mg	5g	1g		X					X	X						
Cream Gravy	2fl oz	70	4.5g	2.5g	5mg	240mg	6g	2g		X					X	X						
Hamburger Gravy	2fl oz	110	7g	3g	30mg	40mg	3g	8g		X					X							
Pork Gravy	2fl oz	60	4g	2g	0mg	210mg	6g	1g							X	X						
Turkey Gravy	2fl oz	60	4g	2g	0mg	50mg	5g	1g							X	X						
Vegetable Gravy	2fl oz	60	4g	2g	0mg	135mg	5g	1g							X	X						
Sundried Tomato Mayo	2fl oz	420	44g	6g	40mg	570mg	7g	2g	X							X		X		X		
Pesto Mayo	2fl oz	360	39g	6g	35mg	310mg	0g	1g	X	X			X			X		X		X		
Corn & Onion Pico	2oz	100	7g	1g	0mg	30mg	9g	1g											X	X		
Corn Onion & Craisin Pico	2oz	90	4.5g	.5g	0mg	0mg	12g	1g											X	X		
Bacon Guacamole Salsa	2oz	100	8g	1.5g	5mg	260mg	2g	3g												X		
Green Chili Pico	2fl oz	10	0g	0g	0mg	65mg	2g	0g											X	X		
Roasted Tomato Salsa	2oz	25	1.5g	0g	0mg	40mg	3g	1g											X	X		
Tomato Lime Guacamole	2oz	70	6g	1g	0mg	160mg	2g	2g											X	X		
Tartar Sauce	2oz	300	32g	4.5g	30mg	350mg	3g	0g	X							X		X		X		
A La King Sauce	2fl oz	80	5g	2.5g	5mg	55mg	6g	3g		X					X	X						
Alfredo Sauce	4fl oz	200	15g	8g	25mg	520mg	11g	8g		X					X	X						
Blush Alfredo	4floz	240	17g	8g	15mg	400mg	17g	7g		X					X	X						
Cajun Alfredo	4fl oz	160	11g	5g	10mg	260mg	11g	3g		X					X	X						
Alfredo Sauce	4fl oz	240	17g	8g	15mg	340mg	17g	7g		X					X	X						
Spinach Alfredo	4fl oz	150	10g	5g	15mg	370mg	11g	5g		X					X	X						
Arrabiatta Sauce	4fl oz	35	1g	0g	0mg	15mg	6g	1g											X	X		
Asiago Sauce	4fl oz	280	20g	11g	30mg	440mg	15g	9g														
Asian General Tso	4fl oz	120	0g	0g	0mg	840mg	27g	1g							X	X	X		X			
Asian Stir Fry	4fl oz	70	0g	0g	0mg	1270mg	14g	2g			X	X			X	X	X					
Aujus	2fl oz	0	0g	0g	0mg	230mg	0g	0g							X	X						
Tuscan Aujus	2fl oz	5	0g	0g	0mg	230mg	1g	0g							X	X						
Bacon Sauce	2fl oz	130	5g	4.5g	20mg	260mg	5g	2g		X					X	X						
Banana Pepper Marinara	4fl oz	100	.5g	0g	0mg	610mg	17g	4g											X	X		
Basil Pesto Sauce	2fl oz	120	9g	4.5g	15mg	270mg	6g	4g		X			X		X	X						
Basil Bacon Pesto Sauce	2oz	310	30g	6g	5mg	600mg	1g	12g														
BBQ Bacon Sauce	2fl oz	70	0g	0g	0mg	520mg	17g	0g								X				X		
BBQ Grapefruit Sauce	2fl oz	40	0g	0g	0mg	400mg	10g	0g								X			X	X		
BBQ Hoisin Sauce	2fl oz	80	.5g	0g	0mg	430mg	18g	0g							X	X	X		X			
BBQ Steak Sauce	2fl oz	45	0g	0g	0mg	240mg	10g	0g								X						
BBQ Szechuan Sauce	2fl oz	70	2.5g	0g	0mg	690mg	12g	0g			X				X	X	X					
Bechamel Sauce	2fl oz	90	7g	3g	5mg	320mg	5g	2g		X					X	X						
Black Pepper Garlic	2fl oz	25	0g	0g	0mg	1120mg	4g	2g							X	X						
Bolognese Sauce	4fl oz	130	6g	1.5g	15mg	610mg	13g	6g											X	X		
Cauliflower Bolognese Sauce	4fl oz	40	2g	0g	0mg	250mg	5g	1g											X	X		
Broccoli Cheese Sauce	4fl oz	260	18g	8g	10mg	450mg	19g	6g		X					X	X						
Buffalo Cheese Sauce	4fl oz	140	10g	4g	10mg	700mg	10g	4g		X					X	X						
Buffalo Style Wing Sauce	4fl oz	410	45g	20g	0mg	2640mg	8g	4g								X						
Bulgogi Sauce	2fl oz	70	1.5g	0g	0mg	1660mg	14g	2g							X	X	X		X			
Butterscotch Sauce	2fl oz	210	7g	3.5g	0mg	960mg	37g	1g		X						X				X		
Carbonara Sauce	4fl oz	240	18g	9g	35mg	650mg	10g	11g		X					X	X						
Carolina Mop Sauce	2fl oz	40	2g	0g	0mg	20mg	3g	0g				X				X				X		
Cheese Sauce	4fl oz	210	15g	8g	35mg	250mg	8g	10g		X					X	X		X				
Cheese Sauce	4fl oz	240	17g	8g	10mg	480mg	18g	6g		X					X	X						
Light Cheese Sauce	4fl oz	100	5g	2.5g	15mg	250mg	8g	7g		X						X						
Chicken Wing Cheese Sauce	4fl oz	270	19g	8g	15mg	630mg	20g	6g		X					X	X						
White Cheddar Cheese Sauce	4fl oz	270	20g	20g	25mg	370mg	16g	9g		X					X	X						
Chermoula Sauce	2fl oz	430	48g	2g	0mg	10mg	3g	1g											X	X		
Chermoula Sauce	2fl oz	300	34g	1g	0mg	0mg	1g	0g											X	X		
Chinese Lemon Sauce	2fl oz	60	0g	0g	0mg	320mg	16g	0g												X		
Chiptole Lime Crema	2fl oz	90	8g	4g	15mg	115mg	3g	1g		X								X		X		
Cilantro Chutney	2fl oz	110	9g	1g	0mg	75mg	8g	0g								X		X		X		
Peanut Sauce	2fl oz	130	8g	1.5g	0mg	890mg	12g	5g		X				X	X	X						
Creamy Tzatziki	2oz	20	0g	0g	0mg	10mg	2g	3g		X						X		X		X		
Sweet Baby Ray's Crema	2fl oz	80	4g	2g	10mg	260mg	11g	0g		X								X		X		
Cucumber Sauce	2fl oz	45	4g	2.5g	10mg	15mg	2g	1g		X								X		X		
Demi Glace Sauce	2fl oz	20	0g	0g0	0mg	220mg	4g	1g							X	X						
Diablo Cream Sauce	2fl oz	120	9g	5g	20mg	250mg	6g	4g		X					X	X						
Enchilada Sauce	2fl oz	10	0g	0g	0mg	310mg	3g	0g		X					X	X						
Fra Diavolo Sauce	4fl oz	100	0g	0g	0mg	610mg	18g	4g											X	X		
Mushroom Sauce	4fl oz	90	6g	3g	5mg	250mg	6g	3g		X					X	X						
General Tso Sauce	2fl oz	50	2g	0g	0mg	870mg	8g	1g		X					X	X	X					
General Tso Sauce	2fl oz	35	0g	0g	0mg	600mg	7g	1g		X					X	X						
Gochujang Sauce	2fl oz	110	0g	0g	0mg	430mg	25g	1g							X	X			X			

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Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Gorgonzola Cream Sauce	4fl oz	250	18g	10g	35mg	430mg	13g	7g		X					X	X						
Green Curry Sauce	2fl oz	150	14g	13g	0mg	260mg	5g	2g			X		X		X	X						
Green Peppercorn Sauce	2fl oz	90	7g	4g	15mg	360mg	6g	2g		X					X	X						
Hawaiian Teriyaki Sauce	2fl oz	60	.5g	0g	0mg	490mg	12g	1g				X			X	X	X		X			
Hollandaise Sauce	2fl oz	230	25g	6g	30mg	180mg	1g	1g	X	X						X		X		X		
Horseradish Sauce	2fl oz	90	9g	5g	35mg	25mg	2g	1g		X						X		X		X		
Horseradish Sauce	2fl oz	290	31g	15g	85mg	105mg	3g	2g	X	X						X		X		X		
Hot Chili Oil	2fl oz	250	25g	3.5g	0mg	260mg	4g	3g			X			X	X	X	X					
Cinnamon Sauce	2fl oz	80	0g	0g	0mg	35mg	21g	2g		X												
Marshallow Sauce	2fl oz	190	4.5g	4.5g	0mg	40mg	38g	1g								X						
Peanut Butter Sauce	2fl oz	200	12g	3.5g	10mg	125mg	17g	7g		X				X		X				X		
Italian Tomato Sauce	2fl oz	190	8g	.5g	0mg	280mg	28g	7g											X	X		
Lemon Sauce	2fl oz	45	1g	0g	0mg	10mg	9g	0g								X				X		
Lemon Herb	2fl oz	120	9g	4.5g	15mg	300mg	7g	5g		X					X	X						
Mandarin Sweet & Sour Sauce	2fl oz	40	0g	0g	0mg	260mg	10g	0g							X	X			X			
Marmalade Ginger Sauce	2fl oz	120	0g	0g	0mg	45mg	32g	0g		X						X						
Marsala Sauce	2fl oz	210	17g	9g	35mg	440mg	10g	4g		X					X	X						
Mississippi Comeback Sauce	2fl oz	250	25g	3.5g	20mg	330mg	4g	0g	X							X		X		X		
Mushroom Sauce	2fl oz	140	10g	5g	10mg	105mg	9g	5g		X					X	X		X				
Mushroom Marsala Sauce	2fl oz	210	17g	9g	35mg	440mg	11g	5g		X					X	X						
Nashville Hot Sauce	2fl oz	160	17g	2g	0mg	640mg	2g	0g								X			X	X		
Nuoc Cham Sauce	2fl oz	20	0g	0g	0mg	950mg	6g	1g			X	X			X	X						
NY Coney Sauce	2oz	130	8g	3g	30mg	55mg	4g	9g				X				X						
OCU Pizza Sauce	5fl oz	100	0g	0g	0mg	190mg	20g	0g											X	X		
Peanut Satay Sauce	2fl oz	170	16g	12g	0mg	160mg	4g	3g			X		X	X	X	X						
Pizza Sauce	5fl oz	50	2g	1g	5mg	70mg	11g	3g		X								X		X		
Pomodoro Sauce	4fl oz	20	1g	og	0mg	5mg	3g	1g											X	X		
Puttanesca Sauce	4fl oz	60	2.5g	.5g	5mg	450mg	8g	2g		X								X		X		
Queso Chiptole Sauce	2fl oz	60	4g	1g	0mg	440mg	5g	0g		X						X		X				
Queso Con Sauce	2fl oz	60	4g	1g	0mg	470mg	6g	0g		X					X	X		X		X		
Queso Fuego Sauce	2fl oz	60	4g	1g	0mg	510mg	5g	0g		X					X	X		X		X		
Queso Sauce	2fl oz	60	4.5G	1G	0mg	450mg	5g	0g		X						X		X		X		
Raita Sauce	2fl oz	25	1g	.5g	5mg	15mg	3g	1g		X								X		X		
Raspberry Coulis	2fl oz	60	1g	0g	0mg	0mg	14g	2g										X		X		
Remoulade Sauce	2fl oz	340	36g	5g	35mg	370mg	1g	0g	X							X		X		X		
Louisana Style Remoulade	2fl oz	240	26g	4g	25mg	450mg	1g	0g	X	X		X				X				X		
Parisian Style Remoulade	2fl oz	340	37g	5g	35mg	460mg	1g	0g	X	X		X				X				X		
Roasted Garlic Cream Sauce	4fl oz	180	14g	7g	25mg	440mg	9g	7g		X					X	X						
Salted Caramel Sauce	2fl oz	140	14g	9g	45mg	80mg	5g	1g		X								X		X		
Sausage Bolognese Sauce	4fl oz	120	3.5g	1g	10mg	630mg	11g	3g								X				X		
Sausage & Fennel Bolognese Sauce	4fl oz	90	4.5g	1g	5mg	550mg	10g	4g												X		
Savory Cheese Sauce	4fl oz	210	16g	8g	40mg	260mg	8g	10g		X		X			X	X						
Caramel Sauce	2oz	140	14g	9g	45mg	80mg	5g	1g		X												
Smoked Bacon Tomato Jam	2oz	120	6g	2g	0mg	460mg	8g	7g							X	X						
Smoked Tomato Jam	2oz	70	2.5g	0g	0mg	240mg	10g	2g							X	X						
Soy Peanut Sauce	2fl oz	140	11g	2g	0mg	500mg	8g	5g						X	X	X	X		X			
Spaghetti Sauce	4fl oz	50	0g	0g	0mg	300mg	8g	2g										X		X		
Spicy Cajun Sauce	2fl oz	10	0g	0g	0mg	1380mg	2g	0g								X			X	X		
Sundried Tomato & Bacon Sauce	4fl oz	150	10g	2.5g	15mg	470mg	11g	6g		X					X	X						
Sundried Tomato Cream Sauce	4fl oz	220	16g	8g	30mg	500mg	15g	7g		X					X	X						
Sundried Tomato Pesto	4fl oz	200	15g	7g	25mg	540mg	12g	8g		X			X		X	X						
Supreme Sauce	2fl oz	90	7g	3.5g	10mg	250mg	6g	1g		X					X	X						
Swedish Sauce	2fl oz	60	5g	2.5g	5mg	290mg	2g	1g		X					X	X						
Sweet Cider Sauce	2fl oz	80	0g	0g	0mg	200mg	21g	0g							X	X			X			
Swiss & Mushroom Sauce	4fl oz	210	15g	9g	40mg	130mg	8g	13g		X					X	X		X				
Thai Red Curry Sauce	2fl oz	130	10g	8g	0mg	130mg	9g	2g			X		X	X								
Tiger Sauce	2fl oz	190	20g	3.5g	20mg	350mg	4g	0g	X	X						X		X		X		
Tonkatsu Sauce	2fl oz	60	0g	0g	0mg	740mg	15g	0g				X			X	X						
Unami Sauce	2fl oz	360	39g	5g	35mg	680mg	0g	0g	X						X	X		X				
Vegetable Bolognese Sauce	4fl oz	90	3g	0g	0mg	600mg	13g	3g											X	X		
Veloute Sauce	2fl oz	90	8g	4g	10mg	130mg	5g	2g		X					X	X						
Egyptian White Sauce	2fl oz	310	33g	4.5g	30mg	260mg	2g	0g	X							X	X			X		
White Wine Lemon Cream Sauce	2fl oz	140	9g	4.5g	15mg	280mg	7g	3g		X					X	X						
White Sauce	2fl oz	80	6g	3g	5mg	65mg	6g	2g		X					X	X		X				
White Sauce	2fl oz	120	8g	4g	5mg	85mg	8g	3g		X					X	X		X				
White Sauce	2fl oz	60	4g	2g	5mg	40mg	4g	2g		X					X	X		X				
Wonton Sauce	2fl oz	60	4.5g	.5g	0mg	2130mg	3g	2g							X	X	X		X			
YumYum Sauce	2fl oz	330	35g	4.5g	30mg	300mg	4g	0g		X						X		X		X		
Sausage Gravy	4fl oz	270	19g	7g	50mg	370mg	13g	13g		X					X	X						
Sriracha Mayo	2fl oz	330	35g	4.5g	30mg	400mg	2g	0g	X							X		X		X		
Tartar Sauce	2fl oz	300	32g	4.5g	30mg	350mg	3g	0g	X							X		X		X		
Baked Ziti with Four Cheese	6oz	220	10g	5g	25mg	270mg	23g	13g		X					X			X				
Beef Cavatappi	6oz	490	14g	7g	50mg	470mg	60g	26g		X					X							
Black Pepper Orzo	6oz	260	6g	2g	0mg	45mg	43g	8g							X	X			X			X
Cavatappi Primavera	6oz	310	5g	2g	10mg	440mg	51g	14g		X					X	X		X				
Garlic Herb Egg Noodle	6oz	320	17g	7g	40mg	150mg	36g	8g	X						X	X		X				

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Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Penne Spinach Egg Noodle	6oz	240	14g	6g	30mg	150mg	24g	6g							X	X			X			
Spinach & Herb Egg Noodle	6oz	280	15g	6g	35mg	140mg	31g	7g	X						X	X			X			
Garlic Buttered Egg Noodles	4oz	370	16g	7g	55mg	135mg	48g	10g	X						X	X		X				
Herbed Orzo	4oz	260	6g	2g	0mg	45mg	43g	8g							X	X		X	X			X
Herbed Orzo & Mushroom	4oz	260	10g	4g	0mg	85mg	37g	8g							X	X			X			
Herb Orzo with Zucchini & Feta	4oz	240	9g	4.5g	10mg	180mg	33g	7g		X					X	X		X				
Vegetable LoMein	6oz	420	5g	1g	0mg	2230mg	76g	16g			X	X			X	X	X					
Macaroni & Cheese HH	6oz	320	8g	4g	20mg	410mg	44g	18g		X					X			X				X
Macaroni & Cheese	6oz	290	16g	9g	30mg	540mg	27g	12g		X					X	X		X				
Macaroni & Cheese	6oz	300	16g	8g	35mg	240mg	27g	13g		X					X	X		X				
Pepperjack Macaroni & Cheese	6oz	290	16g	8g	30mg	410mg	27g	12g		X					X	X		X				
Pepperjack Macaroni & Cheese	6oz	360	26g	15g	115mg	320mg	21g	14g		X					X			X				
Macaroni and 4Cheese	6oz	290	15g	8g	30mg	340mg	27g	13g		X					X	X		X				
Chow Mein Stir Fry	6oz	370	10g	1g	0mg	680mg	60g	11g			X				X	X	X					
Chow Mein Stir Fry	6oz	380	9g	1g	0mg	830mg	65g	11g							X	X	X	X				
Tofu Lomein	6oz	360	6g	.5g	0mg	420mg	66g	13g							X	X		X				
Aglio E Olio	6oz	610	34g	6g	25mg	370mg	65g	22g		X					X			X				
Alfredo Pasta	6oz	410	22g	12g	70mg	730mg	37g	17g		X					X	X						
Basil & Feta Pasta	6oz	520	28g	13g	125mg	340mg	71g	19g		X			X		X	X		X				
Beef Ravioli with Sauce	6oz	140	6g	4g	20mg	510mg	10g	7g	X	X					X	X						
Bacon Carbonara Pasta	6oz	380	23g	11g	40mg	630mg	33g	15g		X					X	X						
Cheese Ravioli with Sauce	6oz	290	17g	4g	20mg	510mg	31g	19g	X	X					X			X				
Chili Mac	6oz	410	21g	7g	45mg	1030mg	38g	16g		X					X	X						
Linguini with Clam Sauce	6oz	410	17g	1g	75mg	90mg	41g	23g			X				X							
Fettucini with Caper and Tomato	6oz	410	22g	3g	10mg	260mg	47g	13g		X					X			X				
Fettucini with Olive Oil & Tomato	6oz	440	25g	3.5g	10mg	180mg	47g	13g		X					X			X				
Buttered Linguini	4oz	280	16g	7g	35mg	160mg	28g	7g							X	X			X			
Manicott with Sauce	6oz	490	11g	4g	20mg	510mg	22g	11g	X	X					X			X				
Olio Pasta with Caper & Parmesan	6oz	730	43g	9g	40mg	1520mg	61g	28g		X					X			X				
Olio with Caper Parmesan & Black P	6oz	1100	52g	8g	20mg	1040mg	131g	32g		X					X			X				
Penne with Mushroom Ragu	6oz	450	13g	5g	90mg	45mg	74g	15g		X					X			X				
Pesto Penne Pasta	6oz	270	11g	4g	50mg	250mg	34g	10g		X			X		X	X						
Pierogie Pasta & Sausage	6oz	379	20g	8g	20mg	940mg	31g	20g		X					X	X						
Spaghetti Frittata	4oz	180	6g	2g	145mg	135mg	24g	10g	X	X					X			X				
Stuffed Pasta Shells	6oz	250	10g	4g	20mg	570mg	23g	13g	X	X					X			X				
Summer Tortellini & Olives	6oz	450	26g	10g	35mg	760mg	47g	12g	X	X					X	X		X				
Swiss Broccoli Pasta	6oz	560	24g	12g	50mg	200mg	64g	27g		X					X	X		X				
Tortellini & Sundried Tomato Alfredo	6oz	400	17g	7g	55mg	1000mg	47g	17g	X	X					X	X						
Penne Al Forno	6oz	350	20g	10g	60mg	590mg	30g	14g		X					X	X		X				
Summer Vegetable Rigatoni with Ch	6oz	270	12g	2.5g	65mg	210mg	22g	19g		X					X							
Bacon Carbonara Pasta	6oz	380	23g	11g	40mg	630mg	33g	15g		X					X`	X						
Potato Wedge	4oz	160	5.3g	.6g	0mg	453.3mg	26.6g	2.6g														
Waffle Fries	4oz	213	10.6g	2.6g	0mg	480mg	25.3g	2.6g							X				X			
Crinkle Cut Fries	3oz	130	4g	1g	0mg	25mg	22g	2g								X		X	X	X		
Curly Fries	3oz	150	7g	1g	0mg	370mg	19g	2g							X	X		X	X			
Glazed Sweet Potato HH	4oz	130	2.5g	0g	0mg	65mg	26g	2g								X		X				X
Ham and Potato Augratin	4oz	180	9g	4.5g	25mg	390mg	16g	9g		X					X	X						
Seasoned Mini Homefries	4oz	140	11g	5g	0mg	380mg	11g	2g								X			X			
Pierogie with Onion and Bacon	4oz	290	13g	6g	10mg	650mg	33g	10g	X	X					X	X						
Pierogie with Onion	4oz	250	11g	5g	10mg	510mg	32g	7g	X	X					X	X		X				
Baked Potato Puff	4oz	180	10g	5g	45mg	190mg	17g	7g	X	X						X		X				
Cheesy Bacon Potato	4oz	150	7g	3.5g	10mg	150mg	17g	5g		X					X	X						
Cheesy Hashbrown Casserole	4oz	250	15g	8g	35mg	290mg	23g	9g		X					X	X						
Herbed Tater Tots	4oz	230	12g	3g	10mg	570mg	25g	4g		X						X		X				
Potato Pancakes	4oz	140	1g	0g	35mg	30mg	29g	5g	X	X					X			X				
Roasted Fingerling Potato	4oz	130	4g	.5g	0mg	0mg	23g	3g								X		X		X		
Roasted Potato with Onion	4oz	130	4g	.5g	0mg	10mg	23g	3g										X		X		
Chicken Pea Stuffed Potato	1ea	420	8g	1g	0mg	380mg	73g	10g		X			X			X		X				
Samosa Stuffed Potato	1ea	360	4g	1.5g	0mg	85mg	72g	8g							X	X		X				
Sweet Potato with Marshmellow	4oz	540	10g	4.5g	0mg	190mg	106g	9g		X						X		X		X		
Au Gratin Potato	4oz	170	9g	4.5g	15mg	130mg	16g	6g		X					X	X		X				
Au Gratin Potato w/ Jalapeno	4oz	370	30g	18g	85mg	540mg	17g	13g		X					X	X		X				
Au Gratin Potato w/ Bacon & Onion	4oz	230	14g	6g	15mg	400mg	17g	11g		X					X	X						
Baked Potato	1ea	140	2.5g	0g	0mg	10mg	28g	3g											X	X		
Loaded Baked Potato	1ea	280	14g	7g	20mg	280mg	29g	10g		X						X				X		
Cajun Roasted Potato	4oz	110	2g	0g	0mg	10mg	21g	2g											X	X		
Cottage Fried Potato	4oz	210	9g	1.5g	0mg	10mg	29g	3g								X			X	X		
Dill & Parsley Buttered Potato	4oz	140	6g	2.5g	0m g	55mg	20g	3g								X		X		X		
Garlic & Soy Potato	4oz	120	2g	0g	0mg	170mg	22g	3g							X	X			X			
Goat Cheese Mashed Potato	4oz	260	17g	10g	45mg	100mg	23g	5g		X						X		X		X		
Greek Potato	4oz	140	5g	2.5g	5mg	80mg	21g	3g		X						X		X		X		
Greek Potato w/ Lemon Vinaigrette	4oz	130	6g	1g	0mg	5mg	19g	2g											X	X		
Herbed New Potato	4oz	120	3g	1.5g	0mg	95mg	20g	3g								X			X	X		
Italian Roasted Potato	4oz	120	4g	1.5g	5mg	65mg	19g	4g		X								X		X		
Lemon Dill Potato	4oz	190	12g	1.5g	0mg	240mg	20g	2g											X	X		
Lyonnaise Potato	4oz	130	6g	3g	0mg	60mg	16g	2g								X		X		X		

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Mashed Potato	4oz	150	6g	3g	0mg	65mg	21g	3g		X						X		X		X		
BBQ & Bacon Mashed Potato	4oz	180	10g	4.5g	5mg	30mg	18g	6g		X						X				X		
Boursin Mashed Potato	4oz	160	10g	3g	5mg	105mg	24g	4g		X						X		X		X		
Mashed Potato Casserole	4oz	190	10g	5g	10mg	160mg	21g	6g		X						X				X		
Mashed Potato Casserole	4oz	80	8g	4g	10mg	290mg	1g	5g		X						X				X		
Cream Cheese & Chive Mashed Potat	4oz	190	9g	4.5g	10mg	130mg	24g	4g		X						X		X		X		
Wasabi Mashed Potato	4oz	320	25g	12g	25mg	190mg	22g	4g		X						X		X		X		
Cabbage & Scallion Mashed Potato	4oz	160	6g	3g	5mg	95mg	24g	3g		X						X		X		X		
Scallion Camp Mashed Potato	4oz	160	7g	3g	5mg	70mg	22g	4g		X						X		X		X		
Yam Casserole	4oz	210	9g	4g	30mg	125mg	28g	5g	X	X						X		X		X		
Montreal Potato	4oz	70	1g	.5g	5mg	280mg	12g	2g		X						X		X		X		
Parmesan New Potato	4oz	220	7g	3.5g	5mg	140mg	34g	7g		X						X		X		X		
Parsley Buttered Potato	4oz	190	5g	2g	0mg	60mg	34g	4g								X		X		X		
Pesto Smashed Potato	4oz	70	7g	3g	5mg	260mg	34g	5g		X			X			X		X		X		
Ranch & Rosemary Roasted Potato	4oz	110	2g	0g	0mg	5mg	21g	2g		X						X		X		X		
Ranch Scallion Wedge Potato	4oz	160	4g	0g	0mg	35mg	28g	0g		X						X		X		X		
Red Bliss Crispy Herb Potato	4oz	180	10g	2g	0mg	50mg	23g	3g								X		X		X		
Red Garlic Smashed Potato	4oz	170	12g	7g	20mg	510mg	15g	5g		X						X		X		X		
Rosemary Red Skin Potato	4oz	140	5g	0g	0mg	10mg	21g	2g										X		X		
Roasted Cilantro Potato	4oz	140	5g	0g	0mg	5mg	21g	2g										X		X		
Roasted Dijon Honey Potato	4oz	90	1.5g	.5g	0mg	40mg	18g	2g										X		X		
Roasted Lemon & Orange Potato	4oz	140	6g	.5g	0mg	10mg	19g	2g											X	X		
Roasted Red Skin Potato	4oz	180	11g	0g	0mg	5mg	20g	2g											X	X		
Romanoff Potatoes	4oz	130	5g	3g	15mg	105mg	19g	3g		X								X		X		
Rosemary Lemon Smashed Potato	4oz	120	6g	2.5g	5mg	250mg	0g	5g		X						X		X		X		
Saffron & Smoked Paprika Smashed	4oz	160	6g	3g	0mg	105mg	24g	4g		X						X		X		X		
Scallop Potato	4oz	120	5g	2.5g	5mg	70mg	16g	4g		X					X`	X		X				
Scallop Potato HH	4oz	60	2g	1g	5mg	45mg	9g	3g		X								X		X		
Seasoned New Potato	4oz	110	3g	1.5g	0mg	35mg	20g	3g								X			X	X		
Horseradish Smashed Potato	4oz	100	3g	1.5g	10mg	0mg	19g	2g		X								X		X		
Ranch Smashed Potato	4oz	320	25g	13g	25mg	490mg	22g	4g		X						X		X		X		
Sour cream Potato	4oz	140	7g	3.5g	30mg	150mg	18g	2g	X	X					X`	X						
Spanakopita Smashed Potato	4oz	130	8g	3g	10mg	290mg	18g	5g		X						X		X		X		
SteakHouse Roasted Potato	4oz	120	3.5g	1g	5mg	50mg	20g	3g		X								X		X		
Tuscan Mashed Potato	4oz	130	6g	2.5g	5mg	250mg	14g	5g		X						X		X		X		
Yukon & Chive Smashed Potato	4oz	150	3g	1g	0mg	670mg	28g	3g		X						X		X		X		
Yukon Gold Roasted HH	4oz	100	1.5g	0g	0mg	0mg	20g	2g											X	X		X
Roasted Potato Planks	4oz	140	5g	0g	0mg	5mg	21g	2g											X	X		
Sweet Potao Souffle	4oz	220	7g	3g	40mg	85mg	39g	3g		X					X	X		X		X		
Baked Sweet Potato Steak Fries HH	4oz	140	1g	0g	0mg	10mg	32g	2g											X	X		
Baked Sweet Potato with Apples	4oz	210	4g	1.5g	0mg	45mg	45g	2g								X		X		X		
Brown Sugar Mashed Sweet Potato	4oz	120	1.5g	.5g	5mg	20mg	25g	2g		X						X		X		X		
Cajun Sweet Potato	4oz	190	3g	0mg	0mg	15mg	40g	2g											X	X		
Candied Sweet Potato with Almonds	4oz	310	8g	2.5g	0mg	75mg	59g	4g		X			X			X		X		X		
Glazed Sweet Potato	4oz	260	4g	1.5g	0mg	50mg	56g	3g								X			X	X		
Mashed Sweet Potato	4oz	100	1.5g	.5g	5mg	20mg	21g	2g		X						X		X		X		
Orange Roasted Sweet Potato	4oz	270	4g	1.5g	0mg	50mg	58g	3g								X			X	X		
Roasted Sweet Potato	4oz	360	17g	.5g	0mg	15mg	52g	3g											X	X		
Curried Potato Samosa	1ea	520	33g	22g	10mg	420mg	49g	7g	X	X					X	X		X				
Tater Tots	3oz	150	7g	1g	0mg	360mg	19g	2g								X		X	X	X		
Battered French Fries	3oz	150	7g	1g	0mg	370mg	19g	2g							X	X		X	X			
Mashed Yukon Gold Potatoes	3oz	110	1.5g	0.5g	0mg	500mg	21g	2g		X						X		X		X		
Mashed Potatoes	5oz	0	0g	0g	0mg	180mg	0g	3g		X								X		X		
Mashed Potatoes	1oz	80	1g	0g	0mg	310mg	17g	2g										X	X	X		
Mashed Garlic Red Skin Potatoes	5oz	150	8g	5g	20mg	510mg	18g	3g		X						X		X		X		
Mashed Potatoes	1oz	90	0g	0g	0mg	25mg	21g	2g								X		X	X	X		
Mashed Red Skin Potatoes	5oz	190	7g	1.5g	5mg	500mg	27g	4g		X								X		X		
Sweet Potato Fries	3oz	120	3g	0g	0mg	170mg	22g	1g								X		X	X	X		
Sausage Coins	2oz	140	24g	9g	64mg	673mg	1g	14g														
Chorizo Crumble	2oz	200	18g	7g	40mg	580mg	1g	10g														
Steamed Rice	3oz	160	0g	0g	0mg	0mg	36g	3g										X	X	X		
Steamed Rice	3.5oz	362	2.68g	0.536g	0mg	4mg	76.16g	7.5g										X	X	X		
Steamed Rice	1.5oz	170	0g	0g	0mg	0mg	37g	4g										X	X	X		
Steamed Rice	1.75oz	180	0g	0g	0mg	0mg	40g	4g										X	X	X		
Chili Lime Black Bean	4oz	90	0g	0g	0mg	530mg	16g	6g											X	X		X
Chole Saag	4oz	70	4g	0g	0mg	500mg	8g	2g								X			X	X		
Garbanzo Coconut Curry	4oz	170	10g	4g	0mg	370mg	13g	3g					X			X			X	X		
Kahuna Baked Beans	4oz	160	4g	1.5g	omg	750mg	25g	10g							X	X						
Refried Bean	4oz	110	1.5g	0g	0mg	550mg	19g	7g										X		X		
Rustic Baked Beans	4oz	170	.5g	1.5g	10mg	580mg	24g	6g								X				X		X
Sante Fe Black Bean	4oz	80	0g	0g	0mg	450mg	15g	5g											X	X		X
Smoky Chipotle Black Bean	4oz	120	3g	0g	0mg	330mg	17g	5g											X	X		X
Stewed White Bean	4oz	130	0g	0g	0mg	460mg	24g	7g											X	X		X
Baked Pork & Beans	4oz	200	7g	2.5g	10mg	600mg	26g	8g								X				X		
Texas BBQ Beans	4oz	190	5g	1.5g	10mg	670mg	30g	7g												X		
Cuban Black Bean and Rice	4oz	110	2g	0g	0mg	240mg	21g	3g							X	X			X			X

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Broccoli Rice Au Gratin	4oz	170	8g	3g	20mg	220mg	18g	7g		X					X	X		X				
Cheesy Baked Grits	4oz	160	10g	5g	40mg	150mg	12g	6g	X	X		X			X	X						
Greek Style Cous Cous	4oz	300	16g	3.5g	15mg	280mg	31g	7g		X					X			X				
Frijoles Rancheros	4oz	190	8g	2.5g	10mg	530mg	20g	9g		X										X		
Lemon Rice Pilaf	4oz	130	0g	0g	0mg	260mg	28g	3g		X					X	X				X		
Cauliflower Pilaf Quinoa	4oz	220	13g	1g	0mg	380mg	21g	5g											X	X		
Quinoa Pilaf	4oz	170	6g	0g	0mg	250mg	23g	5g		X					X	X						
Red Beans and Rice	4oz	170	2.5g	og	0mg	260mg	31g	7g											X	X		X
Arroz Verde	4oz	190	2g	1g	0mg	200mg	36g	4g								X			X	X		X
Rice Bean Vegetable Curried	4oz	120	1g	0g	0mg	190mg	25g	3g								X			X			X
Carrot Pilaf	4oz	180	4.5g	2g	0mg	260mg	30g	4g		X					X	X						
Chaufa Rice	4oz	180	4g	1g	50mg	270mg	55g	11g	X						X	X	X					
Chaufa Pork Rice	4oz	230	11g	3g	70mg	250mg	20g	13g	X						X	X	X					
Cilantro Lime Rice	4oz	160	0g	0g	0mg	0mg	37g	3g											X	X		
Coconut Rice Pilaf	4oz	200	5g	2.5g	0mg	190mg	33g	4g					X			X			X	X		
Confetti Rice	4oz	140	0g	0g	0mg	0mg	25g	3g											X	X		X
Congee Rice	4oz	50	0g	0g	0g	250mg	10g	1g		X					X	X						X
Corn Scallion Pilaf	4oz	180	0g	0g	0mg	300mg	40g	4g								X			X	X		X
Curried Rice	4oz	140	3.5g	1.5g	0mg	270mg	23g	3g		X					X	X						
Dirty Rice	4oz	190	7g	3g	45mg	480mg	11g	15g		X					X	X						
Basmati Rice	4oz	250	3g	0g	0mg	0mg	53g	4g											X	X		
Fried Rice	4oz	190	6g	1g	35mg	350mg	28g	5g	X						X	X		X				
Fried Rice Bermuda Style	4oz	190	6g	1g	40mg	520mg	27g	7g	X						X	X	X					
Fried Rice DC	4oz	140	2g	0g	0mg	340mg	28g	4g							X	X	X		X			
Fried Rice with Almonds	4oz	370	23g	2.5g	0mg	170mg	34g	8g					X		X	X			X			
Fried Rice with Ham	4oz	200	7g	1.5g	40mg	520mg	26g	6g	X						X	X						
Green Rice with Corn	4oz	190	6g	1g	0mg	105mg	30g	3g								X			X	X		
Herbed Corn	4oz	170	0g	0g	0mg	280mg	36g	4g		X					X	X						X
Italian Herb Rice	4oz	170	1g	.5g	5mg	310mg	34g	5g		X					X	X						X
Italian Herb Rice II	4oz	190	3.5g	1.5g	10mg	380mg	33g	7g		X					X	X						
Jalapeno Rice	4oz	270	18g	11g	50mg	690mg	21g	10g		X								X		X		
Lemon Herb Rice	4oz	160	0g	0g	0g	280mg	34g	4g		X					X	X						
Mexican Rice	4oz	120	1.5g	0g	0mg	150mg	24g	3g							X	X						
Parmesan Basil Rice	4oz	210	5g	2.5g	10mg	160mg	36g	8g		X						X		X		X		
Rice Pilaf	4oz	160	3.5g	1.5g	0mg	270mg	27g	3g		X					X	X						
Pilaf Harvest Rice	4oz	160	6g	2.5g	0mg	310mg	24g	3g		X					X	X						
Pilaf Mushroom Rice	4oz	110	4g	1.5g	0mg	125mg	16g	3g		X					X	X						
Pilaf Mushroom with Craisins	4oz	130	3.5g	1.5g	0mg	125mg	21g	3g		X					X	X						
Wild Rice Pilaf	4oz	160	4g	1.5g	0mg	460mg	27g	3g		X					X	X						
Pineapple Rice	4oz	140	0g	0g	0mg	310mg	30g	3g		X					X	X						
Pineapple-Lime Rice	4oz	180	0g	0g	0mg	120mg	38g	4g								X			X	X		X
Poblano Rice	4oz	180	2g	1g	0mg	190mg	34g	4g								X			X	X		
Pork Fried Rice	4oz	270	11g	3.5g	70mg	1090mg	28g	14g	X						X	X						
Primavera Rice	4oz	100	1.5g	1g	5mg	70mg	17g	4g		X								X		X		
Scallion Rice Pilaf	4oz	190	0g	0g	0mg	320mg	41g	4g								X			X			X
Cilantro Basmati	4oz	240	1.5g	.5g	0mg	15mg	52g	4g								X			X	X		X
Shrimp Fried Rice	4oz	190	6g	1g	35mg	360mg	29g	5g	X		X				X	X						
Spanish Rice	4oz	290	11g	4.5g	45mg	230mg	29g	16g												X		
Spanish Rice	4oz	220	3.5g	0g	0mg	470mg	42g	5g		X					X	X						
Tomato Basil Rice	4oz	190	3.5g	2g	10mg	130mg	33g	7g		X						X		X		X		
Tomato Cilantro Rice	4oz	130	2.5g	0g	0mg	380mg	24g	3g								X			X			
Vegetable Fried Rice	4oz	130	0g	0g	45mg	680mg	24g	6g	X						X	X		X				X
White Rice	4oz	180	0g	0g	0mg	0mg	40g	4g											X			X
Risotto	4oz	170	9g	3.5g	5mg	310mg	18g	4g		X					X	X						
Croissant Apple Stuffing	4oz	300	12g	6g	30mg	1040mg	35g	7g	X	X					X	X						
Thai Garlic Ginger Coconut Rice	4oz	140	4.5g	2.5g	0mg	0mg	22g	2g					X						X	X		
Barley & Wheat Pilaf	4oz	260	3g	1.5g	5mg	230mg	48g	9g		X					X			X				
Poblano Rice	4oz	190	2g	1g	0mg	200mg	35g	4g								X			X	X		
Fried Rice with Almonds	4oz	370	23g	2.5g	0mg	170mg	34g	8g					X		X	X			X			
San Fran Rice	4oz	330	8g	1g	0mg	800mg	56g	5g							X	X						
Wild Rice	2oz	200	0.5g	0g	0mg	820mg	43g	5g		X						X		X				
Hush Puppy	4oz	260	9g	1g	0mg	700mg	23g	4g		X					X	X		X				
Oriental Blend Vegetables	3.25oz	35	0g	0g	0mg	15mg	5g	2g										X	X	X		
Corn HH	3.5oz	88	0.78g	0.119g	0mg	3mg	20.71g	3.02g										X	X	X		X
Corn Nuggets	3oz	190	8g	1g	0mg	360mg	29g	3g	X	X					X	X		X				
Bacon Braised Artichoke	4oz	130	7g	2g	0mg	420mg	11g	7g								X				X		
Balsamic Asparagus	4oz	110	9g	4g	0mg	130mg	7g	4g							X`	X			X			
Lemon Butter Asparagus	4oz	110	9g	4g	omg	145mg	5g	3g								X			X	X		
Orange Sesame Asparagus	4oz	90	2g	0g	0mg	250mg	15g	3g							X`	X	X		X			
Seasoned Asparagus	4oz	50	3g	1.5g	0mg	30mg	6g	3g								X			X	X		
Summer Medley Of Vegetables	4oz	90	5g	2g	0mg	50mg	10g	4g								X			X	X		
Asparagus with Hollandaise Sauce	4oz	70	6g	1g	5mg	35mg	4g	2g	X	X						X			X	X		
Baked Tomato HH	1ea	60	3g	1.5g	0mg	40mg	7g	2g							X`	X			X			X
Balsamic Honey Roasted Squash	4oz	90	3.5g	0g	0mg	5mg	15g	1g										X		X		
Seasoned Lima Bean	4oz	120	5g	2g	0mg	330mg	15g	5g								X			X	X		
Seasoned Lima Bean HH	4oz	80	0g	0g	0mg	310mg	15g	5g											X	X		X

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Broccoli & Baby Carrot HH	4oz	40	0g	0g	0g	90mg	8g	2g								X			X	X		X
Broccoli & Cauliflower HH	4oz	35	0g	0g	0mg	65mg	7g	3g											X	X		X
Broccoli Almondine	4oz	110	8g	2g	0mg	75mg	9g	5g					X			X			X	X		
Broccoli Medley	4oz	50	0g	0g	0mg	65mg	10g	2g											X	X		X
Buttered Broccoli	4oz	80	6g	2.5g	0mg	80mg	6g	4g								X			X	X		
Broccoli HH	4oz	30	0g	0g	0mg	25mg	5g	4g											X	X		X
Broccoli with Cheese Sauce	4oz	70	2g	0g	0mg	220mg	2g	1g		X						X		X		X		
Normandy Blend	4oz	80	4.5g	2g	0mg	65mg	6g	1g								X			X	X		
Roasted Broccoli	4oz	120	9g	1.5g	5mg	124mg	9g	6g		X								X		X		
Roasted Ceasar Broccoli	4oz	170	12g	2g	10mg	300mg	13g	6g	X	X		X			X`	X						
San Fran Medley	4oz	40	0g	0g	0mg	70mg	8g	2g											X	X		X
Seasoned Broccoli	4oz	40	0g	0g	0mg	65mg	8g	3g											X	X		X
Szechuan Broccoli	4oz	60	1g	0g	0mg	190mg	2g	1g			X				X`	X	X					
Honey Sriracha Brussel Sprouts	4oz	100	5g	2g	0mg	105mg	13g	4g								X		X		X		
Brussel Sprouts with Bacon	4oz	130	8g	2g	10mg	250mg	11g	5g		X					X`	X						
Garlic Brussel Sprouts	4oz	110	7g	3g	0mg	90mg	11g	4g								X			X	X		
Garlic Brussel Sprouts HH	4oz	50	0g	0g	0mg	55mg	10g	4g											X	X		
Kung Pao Brussel Sprouts	4oz	190	13g	1.5g	0mg	260mg	16g	7g						X	X`	X	X	X				
Pecan & Avocado Brussel Sprouts	4oz	200	16g	1.5g	0mg	30mg	13g	5g					X						X	X		
Pesto Brussel Sprouts	4oz	110	7g	2.5g	0mg	90mg	11g	5g		X			X			X		X				
Seaoned Brussel Sprout	4oz	70	0g	0g	0mg	65mg	14g	5g											X	X		X
Cabbage and Tomato	4oz	70	4.5g	2g	0mg	65mg	7g	2g								X			X	X		
Seasoned Cabbage	4oz	80	4.5g	2g	0mg	70mg	9g	2g								X			X	X		
Seasoned Cabbage HH	4oz	0g	0g	0mg	0mg	55mg	9g	2g											X	X		X
Sesame Cabbage	4oz	60	2g	0g	0mg	330mg	9g	2g		X					X`	X	X					
Sesame Cabbage HH	4oz	50	1g	0g	0mg	230mg	10g	2g		X					X`	X	X					X
California Medley	4oz	40	0g	0g	0mg	60mg	5g	1g								X			X	X		
Caramelized Baby Carrot	4oz	80	4.5g	2g	omg	270mg	11g	1g								X			X	X		
Brown Sugar Carrot	4oz	140	10g	4g	0mg	210mg	14g	1g								X			X	X		
Carrot & Green Bean	4oz	90	5g	2g	0mg	240mg	10g	2g								X			X	X		
Buttered Carrot	4oz	130	10g	4g	0mg	170mg	10g	1g								X			X	X		
Carrot, & Green Bean HH	4oz	50	.5g	0g	0mg	85mg	10g	1g								X			X	X		
Carrot HH	4oz	45	.5g	0g	0mg	105mg	9g	1g								X			X	X		X
Savory Carrot	4oz	110	4.5g	2g	0mg	250mg	14g	2g		X					X`	X						
Spiced Carrot	4oz	50	1g	0g	0mg	90mg	10g	1g											X	X		
Spiced & Roasted Carrot	4oz	140	10g	2.5g	0mg	115mg	14g	3g					X			X			X	X		
Sweet & Sour Carrot	4oz	100	7g	2g	0mg	125mg	10g	1g								X	X		X	X		
Baby Carrot	4oz	90	4.5g	2g	0mg	125mg	10g	2g								X			X	X		
Honey Carrot	4oz	130	7g	3g	0mg	140mg	17g	2g								X		X		X		
Cauliflower & Pea Pod	4oz	32	0g	0g	0mg	65mg	8g	2g											X	X		X
Cauliflower HH	4oz	50	0g	0g	0mg	25mg	9g	2g											X	X		X
Roasted Cauliflower	4oz	100	7g	1g	0mg	35mg	10g	4g											X	X		
Roasted Curry Cauliflower	4oz	110	8g	1g	0mg	35mg	10g	4g											X	X		
Parmesan & Thyme Roasted Cauliflo	4oz	130	10g	2g	5ng	105mg	10g	6g		X								X		X		
Roasted Dill & Onion Cauliflower	4oz	110	9g	2.5g	0mg	80mg	7g	3g								X			X	X		
Spinach & Tomato Medley, Cauliflow	4oz	60	3.5g	0g	0mg	45mg	5g	2g											X	X		
Collard Greens	4oz	120	8g	3.5g	0mg	270mg	6g	4g		X					X`	X						
Collard Greens with Ha,	4oz	120	8g	3.5g	5mg	260mg	5g	5g		X					X`	X						
Buttered Corn	4oz	130	4.5g	2g	0mg	40mg	24g	4g								X			X	X		
Corn & Zucchini Bake	4oz	150	9g	4.5g	45mg	210mg	16g	3g	X	X					X`	X		X				
Corn Cake	1ea	70	4g	2g	15mg	90mg	7g	1g	X	X					X`	X		X				
Bang Bang Corn	4oz	160	5g	2g	0mg	80mg	27g	4g								X			X	X		
Cheese Corn	4oz	280	22g	8g	15mg	240mg	18g	7g	X	X						X		X		X		
Chuckwagon Corn	4oz	150	5g	2g	0mg	45mg	25g	4g								X			X	X		
Cilantro Corn	4oz	140	5g	2g	0mg	45mg	23g	4g								X			X	X		
Country Corn	4oz	110	5g	2g	0mg	55mg	13g	3g								X			X	X		
Fiesta Corn	4oz	140	5g	2g	0mg	45mg	23g	4g								X			X	X		
Garlic Parsley Corn	4oz	150	7g	1g	0mg	5mg	25g	4g											X	X		
Honey Corn	4oz	130	1g	0g	0mg	0mg	31g	3g										X		X		
Corn Maque Choux	4oz	120	4.5g	1.5g	10mg	60mg	20g	4g		X										X		
Corn O'Brien	4oz	150	6g	2.5g	0mg	180mg	19g	6g								X						
Corn on the Cob	4oz	190	9g	3.5g	0mg	70mg	27g	7g								X			X	X		
Garlic Cayenne Corn on the Cob	4oz	230	14g	6g	5mg	140mg	26g	6g		X						X		X		X		
Garlic Parmesan Corn on the Cob	4oz	200	10g	3.5g	0mg	95mg	27g	7g		X						X		X		X		
Corn Spoon	4oz	50	3g	1.5g	10mg	70mg	5g	1g														
Roasted Corn	4oz	120	2.5g	0g	0mg	0mg	25g	4g											X	X		
Roasted Corn Salsa	4oz	80	4.5g	0g	0mg	35mg	9g	1g											X	X		
Seasoned Corn	4oz	140	5g	2g	0mg	45mg	24g	4g								X			X	X		
Skillet Corn	4oz	120	2g	1g	0mg	85mg	23g	5g		X								X		X		
Creamed Peas & New Potato	4oz	210	8g	4g	5mg	190mg	28g	7g		X					X`	X						
Creamed Peas & Pearl Onion	4oz	100	4.5g	2g	5mg	105mg	12g	3g		X					X`	X						
Curry Mushrooms	4oz	70	3.5g	0g	0mg	5mg	7g	4g										X		X		
Edamame	4oz	9g	1g	0mg	omg	20mg	12g	15g											X	X		
EggplantConfit	4oz	230	22g	3g	0mg	0mg	10g	2g											X	X		
Baked Eggplant	4oz	200	7g	3g	35mg	190mg	30g	7g	X	X					X`	X		X				
Creole Style Eggplant	4oz	130	9g	4g	0m g	135mg	12g	3g							X`	X		X				

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Grilled Eggplant with Basil Vinaigret	4oz	80	7g	0g	0mg	35mg	5g	1g											X	X		
Sweet & Sour Green Bean	4oz	100	6g	.5g	0mg	5mg	9g	3g											X	X		
Green Bean Almandine	4oz	120	7g	2g	0mg	50mg	12g	4g					X			X			X	X		
Balsamic Green Bean	4oz	60	1g	0g	0mg	140mg	11g	3g							X`	X			X			
Braised Summer Vegetable	4oz	110	7g	1.5g	5mg	290mg	9g	4g		X						X		X		X		
Browned Butter Green Bean	4oz	150	11g	7g	30mg	110mg	11g	3g		X								X		X		
Green Bean Casserole	4oz	120	5g	2.5g	5mg	220mg	11g	4g		X					X`	X		X				
Country style Green Bean	4oz	100	5g	2g	5mg	140mg	12g	4g								X				X		
Creole Style Green Bean	4oz	60	1.5g	0g	0mg	30mg	10g	3g							X`							
Garlic Green Beans	4oz	210	18g	8g	0mg	180mg	12g	4g								X			X	X		
Garlic Italian Green Bean	4oz	210	18g	8g	0mg	180mg	13g	4g								X			X	X		
Herbed Green Bean	4oz	90	4,5g	2g	0mg	55mg	12g	3g								X			X	X		
Green Bean Italian style	4oz	60	2.5g	1g	0mg	180mg	8g	2g							X`	X			X			
Oriental Blend Vegetables	4oz	90	3.5g	1.5g	0mg	50mg	13g	4g								X			X	X		
Parmesan Style Green Bean	4oz	170	13g	6g	15mg	280mg	12g	9g		X						X		X		X		
Provencal Style Green Bean	4oz	80	4.5g	1g	0mg	25mg	11g	3g								X			X	X		
Roasted Coconut Green Bean	4oz	90	4g	3.5g	0mg	15mg	13g	3g					X				X		X	X		
Seasoned Green Bean	4oz	45	0g	0g	0mg	35mg	11g	3g								X			X	X		
Sesame Green Bean	4oz	80	3g	0g	0mg	5mg	11g	3g									X		X	X		
Sesame Green Bean HH	4oz	70	1.5g	0g	0mg	10mg	12g	3g									X		X	X		
Southern Style Green Bean	4oz	150	10g	3.5g	10mg	170mg	11g	5g								X				X		
Southern Green Bean Almondine	4oz	190	12g	3g	0mg	270mg	13g	10g					X			X						
Spanish Style Green Bean	4oz	60	2g	.5g	5mg	40mg	10g	3g							X`							
Green Bean with Mushrooms	4oz	100	6g	2.5g	0mg	65mg	12g	4g								X			X	X		
Sauteed Mushrooms	4oz	70	5g	2g	0mg	60mg	5g	5g								X			X	X		
Teriyaki Mushroom	4oz	70	3.5g	0g	0mg	310mg	7g	5g							X`	X			X			
Sauteed Onions	4oz	90	4.5g	2g	0mg	50mg	13g	2g								X			X	X		
Peas & Mushrooms	4oz	140	5g	2g	0mg	55mg	18g	7g								X			X	X		
Peas & Onions	4oz	110	2.5g	1g	0mg	25mg	16g	5g								X			X	X		
Black Eye Peas Creole Style	4oz	290	0g	0g	0mg	290mg	14g	4g											X	X		
Lemony Sugar Snap Peas	4oz	90	4.5g	2g	0mg	45mg	9g	4g								X			X	X		
Seasoned Peas	4oz	130	5g	2g	0mg	50mg	17g	7g								X			X	X		
Tarragon Peas	4oz	130	5g	2g	0mg	50mg	17g	7g								X			X	X		
Pea & Carrot Medley	4oz	70	0g	0g	0mg	70mg	13g	4g								X			X	X		X
Sauerkraut with Apple and Caraway	4oz	45	0g	0g	0mg	650mg	12g	1g		X					X`	X						
Sesame Snap Pea with Carrot	4oz	50	1.5g	0g	0mg	125mg	8g	2g							X`	X	X		X			X
Chili Corn Casserole	4oz	270	20g	11g	45mg	240mg	20g	6g		X					X	X		X				
Club Spinach	4oz	310	24g	10g	10mg	450mg	17g	12g		X					X	X		X				
Creamed Spinach	4oz	110	7g	3g	10mg	150mg	9g	9g		X					X	X		X				
Seasoned Spinach	4oz	140	10g	4g	0mg	300mg	11g	9g								X			X	X		
Spinach Maria	4oz	130	9g	4.5g	10mg	130mg	7g	8g		X					X	X		X				
Spinach with Cherry Tomato	4oz	150	11g	4g	0mg	85mg	12g	9g								X			X	X		
Herb Roasted Tomato	4oz	9g	2g	10mg	10g	190mg	8g	5g		X								X		X		
Fajita Style Vegetable	4oz	60	1.5g	0g	0mg	180mg	9g	1g											X	X		
Creamed Corn	4oz	250	18g	9g	35mg	230mg	20g	8g		X						X		X		X		
Garlic Kale	4oz	150	12g	6g	0mg	150mg	18g	5g								X			X	X		
Marinated Grill Vegetable	4oz	90	6g	1g	0mg	10mg	9g	1g											X	X		
Mediterranean Vegetables	4oz	70	4g	1g	5mg	260mg	7g	2g		X						X		X		X		
Mexican Vegetables	4oz	50	1g	0g	0mg	90mg	11g	1g											X	X		
Mixed Vegetables	4oz	60	0g	0g	0mg	50mg	13g	2g								X			X	X		X
Ratatouille	4oz	60	2.5g	0g	0mg	15mg	8g	1g											X	X		
Roasted Vegetables	4oz	80	4.5g	.5g	0mg	10mg	9g	2g											X	X		
Roasted Cauliflower & Broccoli	4oz	100	7g	1g	0mg	40mg	8g	3g											X	X		
Saag w/ Tofu	4oz	50	2g	0g	0mg	130mg	8g	3g								X			X	X		
Stir-Fried Vegetables	4oz	45	0g	0g	0mg	35mg	10g	2g											X	X		
Succotash	4oz	130	6g	2g	0mg	330mg	14g	8g												X		
Summer Medley Vegetable	4oz	50	0g	0g	0mg	80mg	11g	3g											X	X		X
Winter Blend Vegetable	4oz	35	0g	0g	0mg	40mg	3g	1g											X	X		X
Zucchini Herb Casserole	4oz	190	5g	1g	5mg	170mg	31g	4g		X								X		X		
Zucchini and Tomato Casserole	4oz	160	10g	4g	15mg	240mg	13g	5g		X					X	X						
Herbed Corn & Zucchini	4oz	110	8g	1g	0mg	10mg	12mg	1g											X	X		
Baked Zucchini with Tomato	4oz	120	8g	5g	20mg	220mg	4g	8g		X								X		X		
Zucchini Italiano	4oz	50	2.5g	0g	0mg	10mg	7g	1g											X	X		
Memphis Zucchini	4oz	80	6g	1g	0mg	10mg	6g	0g											X	X		
Zucchini Provencal	4oz	50	2.5g	1g	0mg	65mg	5g	1g		X								X		X		
Svandanavian Blend	4oz	50	0g	0g	0mg	50mg	9g	2g											X	X		X
Zucchini with Parmesan Cheese	4oz	70	6g	2.5g	5mg	90mg	4g	1g		X						X		X		X		
Skillet Corn & Zucchini	4oz	80	2g	1g	5mg	90mg	14g	4g		X								X		X		
Skillet Zucchini	4oz	120	9g	3.5g	5mg	140mg	8g	3g		X						X		X		X		
Fresh Asparagus	3.5oz	20	0.12g	0.04g	0mg	2mg	3.88g	2.2g										X	X	X		
Okra	10oz	85	0.71g	0.185g	0mg	0mg	18.93g	4.8g										X	X	X		
Green Beans	3 oz	35	0g	0g	0mg	5mg	8g	2g										X	X	X		
Steamed Broccoli	3oz	30	0g	0g	0mg	20mg	0g	1g										X	X	X		
Brussel Sprouts	3.5oz	43	0.3g	0.062g	0mg	25mg	8.95g	3.38g										X	X	X		
Steamed Peas	3.5oz	81	0.4g	0.071g	0mg	5mg	14.45g	5.42g										X	X	X		
Broccoli	3oz	30	0g	0g	0mg	20mg	0g	1g										X	X	X		

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen									Lifestyle				
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	al Carbohydra	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Healthy Habit
Fresh Spinach	3.5oz	23	0.39g	0.06g	0mg	79mg	3.63g	2.9g										x	X	X		
Edamame	3oz	120	6g	0.5g	0mg	15mg	9g	11g										X	X	X		
Baked Sweet Potato	3.5oz	118	0.17g	0.037g	0mg	9mg	27.88g	1.53g										X	X	X		
Corn on the Cob	3.5oz	86	1.35g	0.325g	0mg	15mg	18.7g	3.27g										X	X	X		
Corn on the Cob	3oz	90	1	0g	0mg	0mg	19g	3g										X	X	X		
Baby Carrots	3oz	35	0g	0g	0mg	60mg	7g	1g										X	X	X		
Baby Carrots	3.5oz	35	0.13g	0.023g	0mg	78mg	8.24g	0.64g										X	X	X		
Lima Beans	3.5oz	71	0.29g	0.066g	0mg	252mg	13.33g	4.07g										X	X	X		