

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	Cholesterol	Sodium	Total Carb	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Sausage with Peppers & Onions in Cheese Sauce	4oz	150	13g	4g	20mg	330mg	3g	4g		X						X							
BLT Ranch Quesadilla	1ea	764	44g	17g	81mg	1852mg	55g	35g		X					X	X							
Viva Espana Chicken	1ea	533	40g	10g	124mg	880mg	5g	38g							X	X			X	X			X
Chicken Cayuga	1ea	566	40g	10g	136mg	1081mg	13g	38g								X		X	X				X
Guacamole Chicken	1ea	376	25g	7g	118mg	702mg	5g	42g	X	X					X	X							
Banana Bread	1sl	183	5g	1g	0 mg	241mg	21g	3g	X	X										X			
Banana Nut Bread	1sl	228	10g	1g	0 mg	242mg	32g	4g								X				x			
Corn Bread	4oz	222	6g	2g	1mg	601mg	37g	4g	X	X					X	X	X						
Cheddar Herb Biscuit	1ea	189	11g	6g	31mg	514mg	18g	5g								x			X	X			X
Ham & Cheese Quiche	1/8 slice	141	9g	5g	145mg	391mg	4g	11	X	X					X	X		X					
Sausage Potato Breakfast Bake	4oz	276	20g	8g	218mg	601mg	11g	13	X	X					X	X		X					
Apple Cinnamon Pancakes	3oz	9	.01 g	.001 g	0 mg	4mg	2g	.014 g	X	X					X	X		X					
Mixed Berry Pancake	3oz	6	.073 g	.006 g	0mg	0mg	1g	.048 g							X	X		X		X			X
Blueberry Pancakes	3oz	7	.09 g	.008 g	0mg	0mg	2g	.06 g								X		X		X			X
Cinnamon Raisin Pancake	3oz	26	.023 g	.008 g	0mg	2mg	7g	.286 g	X						X	X		X					
Strawberry Pancake	3oz	3	0g	0g	0mg	0mg	1g	0g	x	x					X	x		x					
Banana Pancake	3oz	8	0g	0g	0mg	0mg	2g	0g	X	X					X	X		X					
Batter Fried French Toast	1slice	260	6g	1g	80mg	320mg	42g	10g	X	X					X	X							
Denver Style Scrambled Eggs	4oz	129	7g	3g	244mg	560mg	4g	11g												X			
Garden Herb Scrambled Eggs	4oz	130	9g	3g	373mg	379mg	1g	11g		X								X		X			
Scrambled Eggs with Cheddar	4oz	187	15g	4g	398mg	343mg	1g	12g		X										X			
Brown Sugar Oatmeal	4oz	330	5g	1g	0mg	4mg	59g	13g								X		X	X	X			X
Cocoa French Toast	1slice	258	7g	2g	235mg	79mg	36g	13g	X	X					X	X		X					
Eastern Style Scrambled Eggs	4oz	154	10g	4g	380mg	345mg	2g	13g	x	X					X	X		X					
Orange Vanilla French Toast	1slice	256	7g	2g	235mg	152mg	33g	13g	x	x					x	x		x					
Sausage Gravy	4oz	270	19g	7g	50mg	370mg	13g	13g												X			
Fruity O French Toast	1slice	340	8g	3g	235mg	196mg	54g	14g	X	X					X	X		X					
Scrambled Eggs	4oz	217	17g	5g	466mg	552mg	1g	14g	X						X	X		X					
Tomato & Ham Melt	1ea	221	7g	3g	24mg	690mg	26g	14g										X	X	X			
Bacon Egg Cheese McMuffin	1ea	293	13g	5g	35 mg	803mg	30g	15g							X	X		X					X
Turkey Sausage Egg White Muffin	1ea	228	5g	2g	12mg	565mg	30g	15g	X	X					X	X		X					
Plain French Toast	1slice	298	10g	4g	247mg	117mg	35g	16g		X					X	X							
Scrambled Eggs with Ham & Pepperjack	4oz	198	14g	5g	393mg	577mg	1g	17g		X					X	X		X					
Corned Beef Hash	8oz	440	28g	12g	60mg	1400mg	28g	18g		X					X	X							
Sausage & Swiss Cheese Strada	4oz	322	22g	9g	299mg	580mg	13g	19g								x							X
Western Bean Wrap	1ea	318	13g	5g	355mg	881mg	31g	19g		x					x	x							
Sour Dough French Toast	1slice	26	1g	0g	3mg	9mg	4g	1g	X	X										X			
Sausage Egg & Cheese Bagel	1ea	514	21g	8g	44mg	1026mg	61g	20g	X	X								X		X			
Sausage Egg & Ham Bagel	1ea	514	21g	8g	44mg	1026mg	61g	20g		X			X		X	X		X					
Bacon Egg Cheese Croissant	1ea	630	20g	17g	35 mg	920mg	40g	21g		X					X	X							
Ham Egg & Cheese Bagel	1ea	391	7 g	3g	30mg	1060mg	61 g	22 g		X					X	X							
Bagel sandwich w/ bacon egg and cheese	1ea	454	13g	5g	35 mg	1062mg	61g	22g	X	X					X	X							
Ham & Green Chili Wrap	1ea	453	17g	6g	361mg	1153mg	50g	23g	X	X								X		X			
Ham Egg Cheese Pastry	1ea	510	32g	14g	305mg	1320mg	27g	27g		X					X								X
Sausage Egg & Cheddar Wrap	1ea	636	36g	15g	396mg	1194mg	49g	28 g	x	x					x			x					
Ham Egg & Cheese Wrap	1ea	636	36g	14g	396mg	1194mg	49g	28g		X			X		X	X		X					
Hashbrown Patty	2oz	167	9g	2g	0mg	575mg	19g	2g		X			X							X		X	X
Hashbrown Triangles	2oz	149	8g	2g	0mg	511mg	19g	2g	X	X				X	X	X		X			X		
Texan Homefries	4oz	126	5g	1g	0mg	62mg	19g	2g		X					X	X		X					
Buttermilk Ranch Homefries	4oz	160	9g	2g	0mg	103mf	18g	2g		X					X	X		X					
Bacon Egg Cheddar Wrap	1ea	723	40g	15g	417 mg	1698mg	50g	39g			X	X				X				X			
Loaded Cheesy Wrap	1ea	659	33g	11g	406mg	1802mg	50g	39g							X								
Montreal Potato	4oz	160	7g	3g	0mg	110mg	22g	3g	X	X					X	X		X					
O'Brien Potato	4oz	169	12g	3g	7mg	669mg	13g	3g	X	X										X			
Sliced Homefries	4oz	111	5g	1g	0mg	229mg	15g	3g	X	X					X	X		X					
Southwestern Homefries	3 oz	140	10g	4g	5mg	309mg	11g	3g		X					X	X							
Bacon	1oz	70	6g	2g	10mg	260mg	0g	4g		X					X								
French Toast Casserole	4oz	177	7g	3g	12mg	64mg	25g	4g	X	X		x			X	X							
Broccoli & Cheddar Strada	4oz	75	4g	1g	129mg	188mg	6g	5g	X	X			X		X	X		x					
Tater Tots	4oz	442	29g	5g	8mg	890mg	43g	6g		X					X	X							
Buttermilk Pancake	3oz	162	7g	1g	6mg	471mg	21g	6g		X					X	X		X					
Bacon & Tomato Frittata	1 piece	94	7g	2g	115 mg	262mg	0g	7g		X					X	X							
Cheesy Hashbrown Casserole	4oz	178	12g	7g	33mg	171mg	12g	7g		X		X			X	X							
Banana Bread French Toast	1slice	260	15g	5g	110mg	210mg	26g	8g	X	X					X	X		X					
French Toast Sticks	3ea	281	2g	1g	3mg	64mg	57g	8g	X	X					X	X		X					
Tomato Egg & Cheese Muffin	1ea	235	9g	4g	25mg	624mg	30g	9g	X	X								X		X			
Whipped Cream Topped Jello Cake	2" square	81	6g	6g	0mg	7mg	6g	0g		X					X	X							X
Peach Crisp	1pc	124	3g	.64 g	0mg	34mg	23g	1g								X				X			
Apple Cobbler HH	1pc	447	1g	.501 g	3 mg	565mg	110g	2g							X	X			X				
Devils Fudge Cupcake	1ea	287	5g	3g	12mg	275mg	59g	2g		X					X	X			X				X
Dutch Apple Pie	1ea = 4.5oz	215	10g	2g	0mg	152mg	29g	3g	X	X					X	X							
White Cake w/ Cream cheese frosting	1pc	537	19g	7g	17mg	211mg	91g	3g	X	X					X	X							
White Cake w/ PB frosting	1pc	298	72g	3g	7mg	187mg	56g	3g	X					X	X	X		X					
Mixed Berry Cobbler	4oz	171	5g	1g	0mg	78mg	30g	3g	X	X					X	X							
banana cream pie	1ea = 4.5oz	287	10g	7g	32 mg	148mg	46g	4g							X	X			X				
boston cream pie	1ea = 4.5oz	280	10g	5g	30mg	280mg	44g	4g							x	x	x		x				

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White Cake w/ Coconut cream cheese frosting	1pc	605	17g	8g	15mg	335mg	112g	4g		X					X	X							
Black Forest Cake	1pc	208	3g	2g	5mg	252mg	44g	2g		X					X	X							
Peach Cobbler	1pc	193	4g	1g	0mg	81mg	36g	5g		X					X	X		X					
Peanut Butter & Jelly Bars	1 ea	600	41g	11g	0mg	377mg	57g	9g	X	X					X	X							
Carnival Fun Bars	1 ea	222	6g	2g	0mg	159mg	41g	2g		X					X			X					
Lucky Charms Squares	1 ea	126	5g	1g	0mg	68mg	21g	0g		X					X	X							
Wildcat Cookie	1 ea	120	8g	5g	20mg	80mg	9g	2g	X	X					X	X		X					
S'More Brownie	1 ea	289	11g	2g	0mg	195mg	45g	3g								X		X					
Golden Graham S'Mores Bars	1 ea	211	10g	4g	0mg	64mg	32g	1g							X								
Cherry Orchard Bars	1 ea	263	11g	2g	0mg	234mg	37g	4g							X								
Chocolate Chip Cookies	1 ea	275	14g	5g	0mg	198mg	27g	3g		X					X	X	X		X				
Chocolate Chip Cookies	1 ea	285	14g	5g	0mg	260mg	39g	3g	X	X					X	X		X					
Cookies & Cream Cookies	1 ea	276	13g	2g	0mg	317mg	38g	3g	X	X					X		X						
Toffee Bar	1 ea	217	12g	4g	3mg	114mg	25g	3g	X						X	X							
Marshmallow Krispie Squares	1 ea	186	5g	1g	0mg	153mg	34g	2g													X		
Chevy Sugar Cookies	1 ea	231	8g	2g	5mg	194mg	36g	4g	X	X											X		
Snickerdoodle Cookies	1 ea	409	17g	3g	0mg	314mg	61g	4g				X			X	X							
Double Chocolate Chip Cookie	1 ea	368	19g	7g	0mg	292mg	51g	4g		X					X	X							
Chevy Oatmeal Raisin Cookies	1 ea	360	17g	3g	0mg	297mg	49g	3g		X					X	X		x					
Coconut Lime Cookies	1 ea	318	12g	40g	503mg	217mg	47g	5g													X		
Lemon Blueberry Bar	1 ea	184	7g	2g	19mg	125mg	26g	4g		X		X			X	X							
Lemon Sour Cream Cookie	1 ea	486	17g	5g	14mg	323mg	77g	5g		x					x	x							
Oatmeal Chocolate Chip Cookies	1 ea	395	23g	7g	0mg	294mg	46g	5g		X					X	X							
Plain Brownie	1 ea	274	11g	2g	0mg	193mg	43g	3g	X	X					X								
Toffee Crunch Brownie	1 ea	308	12g	4g	3mg	213mg	47g	3g	X	X					X								
White chocolate cranberry Oatmeal	1 ea	421	22g	6g	3mg	306mg	53g	5g		X					X								
Peach Squares	1 ea	217	11g	2g	0mg	107mg	27g	3g	X							X		X					
Cinnamon Swirl Cookies	1 ea	427	22g	5g	3mg	283mg	50g	6g		X					X	X							
Peanut Butter Brownies	1 ea	306	13																				

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Cajun Chicken Breast	4oz	200	4g	1g	98mg	798mg	7g		33g	X	X					X	X		X					
Chicken Romanoff	4oz	257	12g	4g	110mg	697mg	5g		34g	X	X					X								
Country Ranch Chicken	1ea	267	5g	1g	98mg	484mg	19g		35g												X			
Grilled Hawaiian Chicken Breast HH	1ea	327	5g	2g	96mg	3453mg	36g		36g	X	X					X	X							
BBQ Roasted Chicken	6oz	260	6g	2g	125mg	400mg	11g		38g												X			
Fried Chicken	4oz	250	6g	2g	125mg	140mg	7g		39g												X			
Peruvian Rotisserie Chicken	4oz	438	31g	8g	214mg	1139mg	2g		39g							X	X							
Homestyle Chicken Parmesan	1ea	416	48g	12g	114mg	1648mg	21g		40g	X	X					X								
Peri Peri Rotisserie	4oz	498	36g	8g	219mg	1133mg	5g		40g	X	X					X								
5 Spice Rotisserie Chicken	4oz	480	31g	8g	214mg	1473mg	12g		40g		X					X	X							
Dijon Rosemary Rotisserie Chicken	4oz	469	33g	8g	87mg	482mg	44g		40g		X			X		X	X							
Mexican Rotisserie Chicken	4oz	529	41g	9g	219mg	1050mg	2g		40g				X				X				X			
Huli Huli Chicken	4oz	504	31g	8g	219mg	1231mg	18g		40g							X								
Roasted Rotisserie Chicken	4oz	464	34g	8g	219mg	1181mg	1g		40g												X			
Tres Pepper Rotisserie Chicken	4oz	447	31g	8g	219mg	1285mg	4g		40g												X			X
Zesty Lemon Rotisserie Chicken	4oz	485	35g	8g	219mg	987mg	3g		40g								X		X	X				
Greek Marinated Chicken	4oz	397	24g	3g	127mg	603mg	3g		41g								X		X	X				
Tandoori Rotisserie Chicken	4oz	500	35g	8g	221mg	1236mg	6g		42g												X			
Chicken Tikka Masala	4oz	362	6g	1g	98mg	2990mg	35g		43g	X	X			X		X	X		X					
Oven Roasted Turkey	4oz	236	6g	1g	113mg	2024mg	1g		43g			X	X			X	X	X						
Thyme Roasted Turkey Breast	4oz	236	6g	1g	113mg	204mg	1g		43g		X					X	X							
Southern Fried Chicken	4oz	610	32g	8g	24mg	1184mg	35g		47g	X						X	X		X					
Chicken Quesadilla	1ea	522	20g	8g	144mg	1357mg	36g		50g	X	X					X	X		X					
Battered Haddock	4oz	140	0.5g	0g	35mg	410mg	19g		13g		x					x	x							
Baked Salmon with Southeast Marinade	1ea	45	1g	.106 g	0 mg	128mg	9g		1g										X	x	X			X
Blackened Tilapia	4oz	113	2g	.69 g	57mg	420mg	0g		23g			X	X			X	X	X						
Parmesan Baked Haddock	1ea	161	7g	1g	79mg	389mg	0g		23g	X	X					X	X							
Baked Fish Filet	1ea	270	9g	4g	60mg	260mg	17g		36g												X	X		
Battered Cod	4oz	205	17g	3g	39mg	289mg	5g		7g								X		X	x	X			
Tofu & White Beans	4oz	151	5g	.79 g	0mg	432mg	15g		14g										X					
General Tso Tofu	6oz	189	9g	1g	0mg	1700mg	15g		15g										X					
Hummus Quesadilla	1 ea	527	31g	6g	0mg	930mg	49 g		15g								x		X		x			
Vegan Broccoli & Pepper Pasta	6oz	476	20g	4g	0mg	245mg	66g		15g		X					X	X			x				
BBQ Vegan Burger	1ea	453	18g	2g	0mg	870mg	58g		16g											X	X			X
Sweet Potato and Black Bean Enchilada	2ea	562	16g	3g	0mg	839mg	89g		20g								X			X	X			
Barley & Vegetables	4oz	76	2g	1g	0mg	124mg	13g		2g								X			X	X			X
Butter Cauliflower	4oz	68	5g	1g	0mg	186mg	5g		2g		X					X	X		X		X			
Garden Burrito	1ea	172	12g	2g	0mg	165mg	14g		2g								X			X	X			
Channa Masala	4oz	80	.5g	0g	0mg	350mg	13g		3g							X	X							X
Buffalo Cauliflower Taco	1ea	143	4g	1g	0mg	332mg	18g		5g		X		X			X	X							
Fully Loaded Vegan Sweet Potato	1ea	83	0g	0g	0mg	198mg	15g		5g		X								X		X			
Mushroom Stroganoff	6oz	284	9g	1g	0mg	140mg	47g		5g		X					X			X					X
Penne with Callilini & Escarole	6oz	183	2g	0g	0mg	274mg	34g		8g	X	X					X	X		X					
Vegan Linguini & Mushrooms	6oz	298	10g	0g	0mg	78mg	44g		9g	X	X					X	X		X					
Seitanic Jambalaya	6oz	164	8g	1g	0mg	41mg	16g		9g		X					X	X		X					
Bombay Burrito	1 ea	142	6g	1g	0mg	467mg	12g		241 g							X				X				X
Pierogie with Chive Butter	4oz	98	11g	2g	0mg	114mg	0g		0g				X							X	X			
White Bean Pesto Pasta	4oz	277	8g	2g	5mg	265mg	42g		11g							X	X			X				
Baked Ravioli	6oz	241	11g	5g	89mg	999mg	24g		12g		X					X	X							
Pesto Cavatappi & Mushroom Pasta	6oz	414	17g	2g	1mg	187mg	55g		12g					X						X	X			X
Pesto Ravioli	6oz	285	13g	6g	135mg	984mg	30g		13g							X	X		X	X	X			X
Spinach Lasagna	1ea	206	10g	5g	30mg	416mg	16mg		13mg								X			X				X
Vegetable & Cheese Enchiladas	1ea	389	17g	5g	28mg	873mg	44g		15g										X	X	X			
Meatless Sloppy Joe	4oz	191	8g	1g	0mg	595mg	11g		19g								X			X	X			X
Butternut Squash Tikka Masala	4oz	63	4g	.37 g	0mg	227mg	5g		2 g								X			X	X			
Southwest Barley Risotto	4oz	88	4g	2g	6mg	49mg	12g		2g	X	X					X								
Pasta Marinara & Grilled Vegetables	6oz	200	4g	0g	0mg	17g	35g		6g												X			
Papas Taco	1ea	184	4g	2g	24mg	175mg	33g		7 g							X	X	X						
Spinach & Mushroom Turnover	1ea	97	6g	4g	21mg	433mg	4g		7g								X				X			X
Eggplant Parmesan	6oz	117	7g	4g	22mg	343mg	7g		8g												X			
Caprese Tofu Square	1ea	308	19g	3g	5mg	401mg	3g		8g	X	X					X	X							
Battered Cauliflower	3	130	7g	1g	0mg	300mg	15g		2g							X	X							
Tuscan,Kale &Turkey	4oz	120	4g	.555 g	27mg	35mg	12g		12g							X	X							
Lemon Chicken Caesar	4oz	139	5g	1g	37mg	304mg	10g		14g								X				X			
Salami & Fresh Mozzarella Sandwich	1 ea	1113	92g	21g	94mg	1674mg	40g		32g	X	X					X	X							X
Parmesan Italian Pasta Salad	4oz	81	2g	1g	4mg	63mg	13g		3g							X								
Chicken & Bacon Ciabatta	1 ea	970	58g	17g	135mg	1780mg	390g		50g		X					X	X							
Balsamic Chicken Melt	1 ea	728	39g	10g	141mg	1630mg	42g		52g	X						X	X							
Southwestern Salad	4oz	99	5g	3g	14mg	155mg	9g		5g	X	X					X	X							
Kale & Quinoa Salad	4oz	164	4g	2g	8mg	149mg	27g		6g	X						X	X							
Mesquite Chicken Salad	3 oz	174	13g	2g	24mg	175mg	8g		8g		X					X	X							
Peach Turnover	1ea	139	.04 g	.01 g	2mg	11mg	35g		21 g	X	X					X	X							
Petite Cinnamon Rolls	71g	74	1g	0g	0mg	13mg	16g		0g	X	X					X	X							
Peanut Butter Scone	1ea	618	34g	11g	24mg	686mg	68g		12g							X	X							X
Pecan Sticky Bun	1ea	398	16g	4g	0mg	697mg	60g		4g							X	X							
Sticky Bun	1ea	367	13g	3g	0mg	699mg	61 g		4g	X	X			X		X	X							
Blueberry Turnover	1ea	340	12g	5g	5mg	320mg	55g		4g	X	X					X	X							
Blueberry Muffin	3oz	230	9g	2g	3mg	310mg	33g		5g												X			
Apple Fritter	4oz	283	5g	2g	4 mg	397mg	52g		7g	X	X					X	X							
Raspberry Scone	1ea	477	25g	7g	20mg	611mg	58g		7g	X	X					X	X							
Chocolate Chip Muffin	4oz	403	18g	8g	4mg	416mg	55g		8g							X	X							

Name	Nutritional Information							Allergen Awareness *X=Contains Allergen								Lifestyle								
	Menu Sign Name	Serving Siz	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
White Chocolate Raspberry Muffin		4oz	370	15g	6g	6mg	425mg	50g	8g															
Blueberry Scone with Vanilla Glaze		1ea	500	27g	8g	92mg	632mg	57g	9g	X	X					X	X		X					
Mixed Berry Scone with Vanilla Glaze		1ea	500	27g	8g	92mg	633mg	57g	9g								X			X	X			
Italian Margarita Pizza		1sl	509	30g	12g	18mg	674mg	51g	10g										x	X	X			
Mediterranean Stromboli		1/8 slice	559	34g	14g	32mg	934g	50g	15g								X			X	X			
Sausage & Pepperoni Pizza		1sl	419	26g	11g	30mg	643mg	35g	11g											X	X			
Mushroom Pizza		1sl	535	31g	13g	23mg	724mg	52g	12g							X	X			X				
Traditional Cheese Pizza		1sl	530	31g	13g	23mg	723mg	51g	12g	X	X					X	X		X					
Chicken Nacho		1sl	554	32g	13g	46mg	906mg	55g	13g	X	X				X	X	X		X					
Tomato & Basil Bruschetta Pizza		1sl	601	39g	16g	388mg	824mg	50g	13g	X	X					X	X		X					
Godfather Pizza		1sl	583	35g	15g	34mg	956mg	52g	15g					X		X	X		X					
Supreme Pizza		1sl	607	38g	16g	37mg	948mg	52g	15g	X	X					X	X		X					
Tuscan Roasted Vegetable Pizza		1sl	628	38g	14g	28mg	763mg	59g	15g	X	X					X	X		X					
Hawaiian Pizza		1sl	573	32g	13g	34mg	997mg	54g	16g	X	X					X	X		X					
Breakfast Pizza		1sl	310	15g	7g	210mg	540mg	29g	16g		X			X		X	X		X					
4 Cheese Pizza - Oven Rising		1sl	1072	67g	22g	20 mg	1321 mg	101g	17g								X		X					
Spinach & Feta Stromboli		1/8 slice	570	33g	15g	35mg	969mg	51g	17g											X	X			X
Philly Cheesesteak Stromboli		1/8 slice	583	34g	15g	37mg	847mg	53g	18g		X					X	X		x					
BBQ Chicken Pizza - Oven Rising		1sl	320	12g	7g	35mg	700mg	37g	19g		x					x	x							
Buffalo Chicken Pizza		1sl	768	53g	19g	56mg	1056mg	53g	19g		X						X			X	X			
Buffalo Chicken Stromboli		1/8 slice	250	18g	10g	52mg	676mg	4g	19g								x		X		X			
Pepperoni Focaccia Pizza		1sl	306	17g	8g	44mg	752mg	20g	19g	X	X					X	X							
Spinach & Ricotta Pizza		1 sl	723	47g	15g	30mg	958mg	59g	19g	X	X					X	X							
Steak Cordon Blue Pizza		1sl	622	39g	18g	58mg	1029mg	49g	19g								X		X	X	X			X
Bacon Breakfast Pizza		1sl	317	24g	11g	283mg	804mg	4g	20g	X						X	X		X					
Chicken & Pesto Caprese Stromboli		1/8 slice	732	44g	19g	88mg	1170mg	50g	34g								X			X	X			X
Tuscan Sausage Pizza		1sl	553	31g	13g	23mg	726mg	56g	23g								X			X	X			X
BLT Pizza		1sl	799	55g	19g	64mg	1455mg	51g	23g								X			X	X			X
Western Breakfast Pizza		1sl	721	46g	18g	282mg	1170mg	53g	24g								X			X	X			X
Sausage & Pepperoni Calzone		1/8 slice	94	6g	2g	6mg	140mg	8g	2g											x	x			
Meatball Calzone		1/8 slice	83	5g	2g	3mg	120mg	8g	2g								X			X				
BBQ Chicken Stromboli		1/8 slice	654	30g	12g	85mg	1144mg	62g	33g								X			X	X			
Meat Lovers Calzone		1/8 slice	107	7g	3g	9mg	188mg	8g	3g		X						X							
Margarita Calzone		1/8 slice	325	19g	8g	12mg	463mg	33g	412g	X	X						X							
Sausage Breakfast Pizza		1sl	786	61g	27g	749mg	1739mg	12g	46g												X			x
Garlic Cheese Focaccia Pizza		1sl	1216	91g	32g	135mg	2846mg	45g	56 g							X	X	X						
Italian White Pizza		1sl	449	26g	10g	8mg	483mg	48g	6g								X				X			X
Philly Cheesesteak Pizza		1sl	306	19g	7g	15mg	413mg	27g	7g												X			
Taco Pizza		1sl	517	31g	12g	23mg	771mg	51g	8g				X			X	X	X						
Italian Caprese Style Salad		4oz	78	6g	2g	12mg	279mg	1g	6g													X		
Berry Medley		3oz	66	.371 g	.02 g	0mg	1mg	16g	1g													X		
Creamy Coleslaw		4oz	154	14g	3g	13mg	217mg	6g	1g		X					X	X		x					
Fresh Mixed Fruit Salad		4oz	91	.36 g	.062 g	0mg	17mg	22g	1g		X										X			
Fruit & Berry Salad		4oz	91	0g	0g	0g	7mg	23g	1g	X	X					X	X							
Waldorf Salad		4oz	171	12g	2g	4mg	306mg	16g	1g		X										X			
Ambrosia Salad		4oz	130	5g	4g	0mg	28mg	28g	1g		X										X			
Apple Cherry Fruit Medley		4oz	96	0g	0g	0mg	12mg	23g	1g								X				X			
Strawberry Banana Medley		4oz	142	.562 g	.136 g	0mg	2mg	36g	2g								X				x			
Aloha Pineapple & Banana Medley		4oz	189	3g	2g	0 mg	16 gm	42g	2g	X	X					X	X							
Grilled Chicken Spinach Salad		3 oz	111	5g	1g	61mg	233mg	1g	15g							X	X							
Barbeque Sauce		3.5oz	150	0.29g	0g	0mg	847mg	36g	0g	X	X			X			X		X					
Sausage Gravy		4fl oz	270	19g	7g	50mg	370mg	13g	13g	X	X					X	X		X					
Chicken Gravy		2fl oz	64	5g	1g	0mg	432mg	5g	1g												X			
Asian Stir Fry		4fl oz	70	0g	0g	0mg	1270mg	14g	2g	X	X					X	X		X					
Broccoli Cheese Sauce		4fl oz	116	8g	2g	2mg	345mg	9g	4 g		X					X	X		X					
Alfredo Pasta		4oz	253	12g	5g	21mg	604mg	26g	10g	X	X					X	X		X					
Baked Ziti with Four Cheese		6oz	378	14g	6g	26 mg	633mg	46g	15g		X			X (coconut)		X	X		X					
Stuffed Pasta Shells		6oz	289	14g	7 g	90mg	889mg	26g	16g	X	X					X	X		X					
Torellini Marinara sauce		6 oz	60	4g	.353 g	0mg	158mg	6g	2g	X	X			X		X	X		X					
Pepperjack Macaroni & Cheese		4oz	152	6g	3g	12mg	317mg	18g	5g	X	X					X	X		X					
Buttered Linguini		4oz	277	10g	2g	0mg	98mg	39g	7g	X	X					X	X		X					
Macaroni and 4Cheese		4oz	169	8g	3g	16mg	291mg	18 g	7g	X	X					X	X		X					
Vegetable LoMein		6oz	160	3g	1g	0mg	2055mg	26g	7g		X			X		X	X		X					
Garlic Herb Egg Noodle		4oz	304	12g	2g	48mg	215mg	42g	8g		X					X	X		X					
Macaroni & Cheese HH		4oz	162	1g	0g	4mg	259mg	28g	8g	X						X	X		X					
Garlic Buttered Egg Noodles		4oz	367	16g	3g	54mg	137mg	47g	9g	x	x						x				x			
Roasted Fingerling Potato		4oz	37	4g	.279 g	0mg	117mg	.502 g	.098 g		X					X			X					
Chili Roasted Potato		4oz	28	3g	0g	0mg	81mg	0g	0g								X							X
Baked Potato		1ea	238	26g	6g	15 mg	755mg	2g	1g											X	X			X
Baked Sweet Potato Steak Fries HH		4oz	140	1g	0g	0mg	10mg	32g	2g											X	X			X
Red Bliss Crispy Herb Potato		4oz	110	4g	.267 g	0mg	137mg	18g	2g		X								X		X			X
Roasted Potato with Onion		4oz	111	3g	.239 g	0mg	137mg	19g	2g		X								X		X			
Rosemary & Garlic Red Skin Potato		4oz	111	4g	.274 g	0mg	130mg	18g	2g	X	X					X	X		X					
Lemon Herb Potato		4oz	105	3g	1g	0mg	48mg	18g	2g		X					X	X							
Dill & Parsley Potatoes		4oz	118	4g	1g	0mg	233mg	18g	2g	X	X					X	X							
Greek Potato		4oz	170	7g	1g	2mg	562mg	26g	3g	X	X					X	X							
Mashed Potatoes		4oz	159	9g	0g	5mg	331mg	17g	3g		X					X	X							
Pierogie with Onion and Bacon		4oz	103	9g	2g	7mg	184mg	2g	3g		X					X			X					
Sour cream Potato		4oz	219	14g	3g	11mg	606mg	24g	3g		X					X	X		X					
Loaded Tater Tots		4oz	246	18g	3g	4mg	522mg	18g	4g	X	X					X			X					
Scalloped Potatoes		4oz	69	.297 g	.136 g	0mg	601mg	37g	4g	X	X					X	X		X					

Name	Nutritional Information								Allergen Awareness *X=Contains Allergen								Lifestyle						
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plated	Healthy Habit
Parmesan New Potato	4oz	203	7g	2g	5mg	188mg	32g	5g	X	X					X	X		X					
Cheesy Hashbrown Casserole	4oz	180	12g	7g	33mg	171mg	12g	7g	X						X			X					X
Roasted Cilantro Potato	4oz	114	4g	2.69g	0mg	130mg	15 g	7g	X	X			X		X	X		X					
Au Gratin Potato	4oz	174	10g	5g	25 mg	213mg	13g	8g	X	X					X			X					
Cilantro Lime Rice	4oz	74	.3 g	.054 g	0mg	181mg	18g	1g	X	X					X	X		X					
Rice Pilaf	3 oz	87	4g	1g	0mg	592mg	11g	1g	X	X					X	X		X					
Steamed White Rice HH	4oz	59	.127 g	.035 g	0mg	115mg	13 g	1g	X	X					X	X		X					
Confetti Rice	4oz	83	4g	0g	0mg	202mg	10g	1g	X	X			X		X	X		X					
Pineapple Rice	4oz	55	0g	0g	0mg	661mg	11g	1g	X	X					X	X		X					
Wild Rice Pilaf	4oz	70	4g	1g	0mg	201mg	8 g	1g							X				X				
Pilaf Harvest Rice	4oz	98	6 g	1g	0mg	606mg	10g	2g									X		X				
Scallion Rice Pilaf	4oz	89	1g	0g	0mg	828mg	16g	2g					X		X	X			X				
Basmati Rice	3oz	160	0g	0g	0mg	0mg	36g	3g	X	X						X				X			
Fried Rice	4oz	105	5g	0g	0mg	667mg	13g	3g	X	X					X	X		X					
Quinoa Pilaf	4oz	161	7g	.584 g	0mg	419mg	22g	5g		X					X	X		X					
Rustic Baked Beans	4oz	117	.454 g	.084 g	0mg	441mg	27g	5g		X					X	X		X		X			
Refried Beans	4oz	103	2g	1g	0mg	517mg	16g	6g		X					X	X			x				
Baked Pork & Beans	4oz	200	7g	3g	10mg	600mg	26g	8g								X				X			
Red Beans and Rice	4oz	168	3g	.335 g	0mg	549mg	29. g	8g								X			X	X			
Garbanzo Coconut Curry	6oz	244	13g	1g	0mg	788mg	26g	9g		X					X	X							
Corn on the Cob	4oz	61	7g	1g	0mg	180mg	.06 g	0												X			
Scandinavian Blend	4oz	71	5g	1g	0mg	210mg	6g	1												X			
Seaned Brussel Sprout	3oz	31	3g	1g	0mg	119mg	.06 g	.011 g											X				
Garlic Brussel Sprouts	4oz	166	18g	4g	0mg	636mg	1g	.069 g	X	X					X			X					
Zucchini Provencal	4oz	22	1 g	.085 g	0mg	2mg	3g	.471 g					X		X	X		X					
Baby Carrots	3.5oz	35	0.13g	0.023g	0mg	78mg	8g	0.64g		X					X	X		X					
Baby Carrots	4oz	81	5g	1g	0mg	247mg	9g	1g	X	X				X	X	X		X					
Baked Tomato HH	1ea	35	2g	.425 g	0 mg	214mg	3g	1g		X					X	x							
Buttered Carrots	4oz	83	5g	1g	0mg	493mg	9g	1g	X						X	X		X					
Cauliflower Medley of Vegetables	3oz	26	.28 g	.037 g	0mg	119mg	5g	1g		X								X			X		
Pesto Brussel Sprouts	4oz	74	8g	1g	1mg	215mg	0g	1g					X		X	X		X				X	
Roasted Cauliflower	4oz	67	4g	.43 g	0mg	151mg	6g	2g		X									x				
Roasted Vegetables	4oz	68	3g	.248 g	0mg	1423mg	9g	2g										X		X			
San Fran Medley	4oz	52	3g	.485 g	0mg	126mg	7g	2g								X			X	X			X
Green Bean Casserole	4oz	66	3g	1g	1mg	352mg	9g	2g		X					X	X		X					
Normandy Blend	4oz	69	5g	1g	0mg	196mg	6g	2g		X					X	X							
Baked Sweet Potato	3.5oz	118	0.17g	0.037g	0mg	9mg	28g	2g		X					X	X		X		x			
Broccoli Medley of Vegetables	4oz	85	5g	1g	0mg	190mg	10g	2g	X	X						X		X					
Cauliflower & Spinach Medley of Vegetables	4oz	100	4g	0g	0mg	45mg	5g	2g		X				X	X	X							
Country Corn	4oz	112	5g	1g	0mg	173mg	16g	3g	X					X	X	X		X					
Pea & Carrot Medley	4oz	105	5g	1g	0mg	259mg	12g	3g	X				X		X	X		X					
Summer Medley Vegetable	4oz	94	5g	1g	0mg	293mg	11g	3g		X					X	X							
California Medley	4oz	689	74g	14g	0mg	847mg	8g	3g	X			x			X	X							
Eggplant Involtini	4oz	150	10g	0g	0mg	185mg	16g	3g	X	X					X	X		X					
Green Bean Italian style	4oz	107	8g	2g	2mg	359mg	8g	3g	X	X					X	X		X					
Summer Medley Of Vegetables	4oz	94	5g	1g	0mg	293mg	11g	3g	X	X					X	X		X					
Buttered Peas	3 oz	96	4g	1g	0mg	211mg	12g	4g		X					X	X							
Roasted Corn	4oz	222	14g	2g	0mg	234mg	36g	4g							X	X				X			
Seasoned Broccoli	4oz	87	5g	1g	0mg	436mg	9g	4g		X					X	X		X					
Skillet Corn	4oz	193	10g	6g	24mg	137mg	27g	4g							X	X	X	X					
Roasted Broccoli	4oz	85	5g	0g	0mg	161mg	9g	4g		X					X	X							
Oriental Blend Vegetables	4oz	139	5g	1g	0mg	455mg	18g	5g										X		X			
Brussel Sprouts with Bacon	4oz	264	27g	3g	13mg	346mg	1g	5g								X			X	X			X
Peas & Onions	4oz	133	5g	1g	0mg	268mg	17g	6g							X			X	X				
Peas & Mushrooms	4oz	127	5g	1g	0mg	268mg	15 g	7g	X	X			X		X	X		X					
Broccoli with Cheese Sauce	4oz	153	10g	4g	19mg	301mg	10g	8g	X	X					X	X		X					
Southern Style Green Bean	4oz	162	11g	3g	17mg	578mg	10g	8g							X								
Turkey Vegetable soup	8fl oz	148	6g	.75 g	31mg	1509mg	10g	13							X				X				
Chicken & Rice soup	6 oz	62	1g	.351 g	28mg	622mg	3g	10g	X	X					X	X		X					
Cream of Broccoli Soup	8fl oz	214	15g	7g	37mg	271mg	9g	11g					X		X	X		X					
Chicken Rosemary soup	8fl oz	190	6g	2g	20mg	1730mg	22g	11g	X	X						X				X			
Manhattan Clam Chowder	8fl oz	165	7g	2g	26mg	818mg	14g	12g	X	X					X	X		X					
New England Clam Chowder	8fl oz	221	11g	4g	31mg	311mg	19g	13g	X	X					X	X		X					
White Bean & Sausage soup	8fl oz	294	17g	5g	36mg	1926mg	22g	15g		X					X	X							
Beef Noodle Soup	8fl oz	196	7g	1g	50mg	376mg	16g	16g	X						X	X		X					
Homestyle Chili	8fl oz	263	12g	4g	40mg	428mg	25g	16g							X			X					X
Chicken Florentine	8fl oz	251	17g	6g	63mg	1708mg	8g	18g							X	X		X					
Cream of Potato & Corn Soup	8fl oz	294	14g	7g	33mg	846mg	33g	1g								X				X			
Spicy Lentil Soup	8fl oz	36	3g	0g	0mg	254mg	3g	1g											X	X			X
Buffalo Chicken Soup	8fl oz	244	14g	4g	127mg	1433mg	4g	25g		X						X		X		X			
Minestrone HH	8fl oz	38	.265 g	.05 g	0mg	48mg	8g	2g								X		x		X			
Tuscan French Onion soup	8fl oz	97	6g	1g	0mg	837mg	9g	2g		X					X	X							X
Chicken Noodle Soup	8fl oz	378	7g	2g	122mg	1673mg	47g	33g		X	X	X			X	X							
Tomato & Rst. garlic soup	6 oz	125	9g	6g	30mg	64mg	6g	4g	X	X					X	X		X					
Garden Chili soup	8fl oz	108	4g	0g	0mg	439mg	15g	5g		X					X	X		X					
Mexican Beef Soup	8oz	84	4g	1g	13mg	230mg	8g	5g							X				X				
Corn Chowder	8fl oz	195	6g	2g	6mg	747mg	32g	6g							X	X			X				
Cheddar Potato Soup	8fl oz	223	16g	8g	39mg	176mg	15g	6g	X	X					X	X		X					
Lentil and Black Bean Soup	8fl oz	140	4g	0g	0mg	259mg	21g	7g	X	X					X	X		X					
Chicken and Dill Soup	8fl oz	110	3g	1g	17mg	1418mg	12g																

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Menu Sign Name	Serving Size	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Hydrate	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Cheddar Cauliflower soup	8fl oz	195	10g	4g	23mg	18g	267mg	18g		X					X			X					X
Southwest Chicken Noodle Soup	8fl oz	169	8g	1g	17mg	1380mg	16g	9g							X	X							
Cheesy Breadstick	1pc	1012	215g	77g	217mg	196mg	1615g	412g		X					X	X		X					
3-Alarm Burger	1ea	1160	84g	27g	305mg	2120mg	44g	52g	X	X					X	X							
4 Cheese Pizza - Fresh	1sl	240	8g	5g	25mg	260mg	27g	12g		X					X			X					
A La King Sauce	2fl oz	80	5g	2.5g	5mg	55mg	6g	3g		X					X	X							
Abruzzo Ravioli Soup	8fl oz	90	6g	0g	5mg	610mg	9g	3g	X	X					X	X							
Agave Nectar	1 Tbsp	60	0g	0g	0mg	0mg	16g	0g										X	X	X			
Aglio E Olio	6oz	610	34g	6g	25mg	370mg	65g	22g		X	c				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							
Alfredo Sauce	4fl oz	240	17g	8g	15mg	340mg	17g	7g		X					X	X							
Alfredo Sauce	4fl oz	200	15g	8g	25mg	520mg	11g	8g		X					X	X							
Almond & Honey Butter Cookies	1 ea	90	5g	1g	10mg	10mg	9g	2g	X	X			X		X			X					X
Ambrosia Salad	4oz	170	6g	6g	0mg	30mg	30g	2g		X			X			X		X					
Ancho Chili Beef	4oz	240	10g	3.5g	90mg	330mg	4g	32g							X	X							
Angel Chicken	4oz	190	11g	4.5g	75mg	115mg	4g	18g		X					X	X							
Apple Blueberry Cobbler	1pc	220	9g	4g	15mg	140mg	32g	4g	X	X					X	X		X					
Apple Blueberry Cobbler	1pc	260	4.5g	2g	0mg	110mg	52g	6g		X					X	X		X					
Apple Cheddar Crisp	1pc	300	11g	5g	5mg	125mg	50g	3g		X					X	X		X					
Apple Cinnamon Cupcakes	1 ea	232	7g	1g	35mg	94mg	40g	3g	X	X					X								
Apple Crisp	1pc	280	9g	4g	0mg	95mg	50g	2g							X	X		X					
Apple Open Face Turnover	1ea	360	12g	5g	0mg	320mg	58g	3g							X	X		X					
Apple Orchard Bars	1 ea	463	20g	4g	0mg	441mg	66g	6g					X		X	X		X					
Apple Pecan Crisp	1pc	310	13g	4.5g	0mg	95mg	51g	3g					X		X	X		X					
Apple Streusel Dessert Pizza	1sl	560	7g	3.5g	0	400mg	118g	7g		X					X	X		X					
Apple Turnover	1ea	250	12g	5g	5mg	320mg	57g	3g	X						X	X		X					
Aplesauce	3.5oz	42	0.1g	0.008g	0mg	2mg	11g	0.17g										X	X	X			
Apricot Bourbon Chicken	1ea	280	10g	3.5g	5mg	110mg	19g	33g		X			X		X	X							
Apricot Halves	124g	60	0g	0g	0mg	35mg	14g	0g															
Arrabiatta Sauce	4fl oz	35	1g	0g	0mg	15mg	6g	1g															
Arroz Verde	4oz	190	2g	1g	0mg	200mg	36g	4g								X		X	X				X
Artichoke & Bacon Pizza	1sl	140	11g	5g	15mg	630mg	36g	16g		X					X	X							
Artichoke & Bacon Pizza - Fresh	1sl	260	10g	5g	15mg	310mg	30g	13g		X					X								
Artichoke & Bacon Pizza - Oven Rising	1sl	300	12g	7g	15mg	670mg	33g	15g		X					X	X							
Artichoke & Sun Dried Tomato Pizza - Fresh	1sl	250	8g	4.5g	15mg	310mg	34g	11g		X					X			X					
Artichoke & Sun Dried Tomato Pizza - Oven Rising	1sl	280	10g	6g	15mg	670mg	37g	13g		X					X	X		X					
Asado Chicken	4oz	190	4g	.5g	70mg	500mg	11g	25g		X					X	X							
Asiago Sauce	4fl oz	280	20g	11g	30mg	440mg	15g	9g															
Asian Chicken Broth Soup	8fl oz	140	1.5g	0g	5mg	1010mg	26g	5g		X	X				X	X							
Asian General Tso	4fl oz	120	0g	0g	0mg	840mg	27g	1g							X	X	X		X				
Asian Honey Chicken	4oz	240	11g	1.5g	15mg	560mg	23g	11g	X	X					X	X	X						
Asian Marinated PHO	4oz	250	14g	6g	60mg	270mg	1g	30g							X	X	X						
Asian Noodle Salad	3 oz	90	1.5g	0g	25mg	210mg	13g	7g		X					X	X	X						
Asian Spice Meatloaf	4oz	190	9g	3.5g	45mg	550mg	15g	12g	X	X					X	X							
Asparagus & Roasted Red Pepper Focaccia Pizza	1sl	50	2.5g	1g	5mg	45mg	7g	2g		X					X			X					
Asparagus with Hollandaise Sauce	4oz	70	6g	1g	5mg	35mg	4g	2g	X	X						X							
Au Gratin Potato w/ Bacon & Onion	4oz	230	14g	6g	15mg	400mg	17g	11g		X					X	X			X	X			
Au Gratin Potato w/ Jalapeno	4oz	370	30g	18g	85mg	540mg	17g	13g		X					X	X		X					
Au Jus	2fl oz	0	0g	0g	0mg	230mg	0g	0g							X	X							
Bacon & Cheddar Homefries	4oz	180	11g	2.5g	5mg	170mg	18g	5g		X										X			
Bacon Bits	.25oz	35	2.5g	1g	0mg	150mg	0g	3g												X			
Bacon Braised Artichoke	4oz	130	7g	2g	0mg	420mg	11g	7g								X				X			
Bacon Carbonara	6oz	380	23g	11g	40mg	630mg	33g	15g		X					X	X							
Bacon Carbonara Pasta	6oz	380	23g	11g	40mg	630mg	33g	15g		X					X	X							
Bacon Cheeseburger Pizza	1sl	330	15g	8g	25mg	690mg	31g	18g		X					X	X							
Bacon Cilantro and cheese Cornbread	2oz	80	3g	1.5g	5mg	250mg	10g	3g	X	X					X	X							
Bacon Cream Sauce	4fl oz	260	20g	10g	30mg	680mg	13g	8g		X					X	X							
Bacon Egg & Mozzarella Wrap	1ea	740	39	18g	400mg	1700mg	51g	43g	X	X					X								
Bacon Egg Cheese Pastry	1ea	780	27g	24g	350mg	1900mg	25g	19g	X	X					X	X							
Bacon Guacamole Salsa	2oz	100	8g	1.5g	5mg	260mg	2g	3g												X			
Bacon Homefries	4oz	190	11g	2g	0mg	160mg	21g	5g												X			
Bacon Salsa Wrap	1ea	630	30g	11g	370mg	1570mg	53g	35g	X	X					X								
Bacon Sauce	2fl oz	130	5g	4.5g	20mg	260mg	5g	2g							X	X							
Bacon Sausage Burrito	1ea	690	35g	13g	390mg	1710mg	52g	39g	X	X					X								
Baked Chicken with onions and leeks	6oz	340	16g	2g	130mg	260mg	5g	41g							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								
Baked Eggplant	4oz	200	7g	3g	35mg	190mg	30g	7g	X	X					X	X		X					X
Baked Italian Crostini	1 ea	140	9g	1.5g	0mg	150mg	10g	2g	x						x	x		x					
Baked Linguini and Meat Sauce	6oz	490	33g	16g	125mg	410mg	22g	25g		X					X								
Baked Potato Puff	4oz	180	10g	5g	45mg	190mg	17g	7g	X	X						X		X					
Baked Sweet Potato with Apples	4oz	210	4g	1.5g	0mg	45mg	45g	2g								X		X		X			
Baked Zucchini with Tomato	4oz	120	8g	5g	20mg	220mg	4g	8g		X								X			X		
Balsamic Asparagus	4oz	110	9g	4g	0mg	130mg	7g	4g							X	X			X				
Balsamic Green Bean	4oz	60	1g	0g	0mg	140mg	11g	3g							X	X			X				
Balsamic Honey Roasted Squash	4oz	90	3.5g	0g	0mg	5mg	15g	1g								X		X		X			X
Banana Chocolate Chip Cookie	1 ea	90	5g	2g	10mg	60mg	10g	2g	X	X					X	X		X					
Banana Nut with Walnut Crumble	3oz	210	11g	3g	15mg	110mg	23g	5g	X	X			X		X	X		X					
Banana Pepper Marinara	4fl oz	100	.5g	0g	0mg	610mg	17g	4g											X	X			

Name	Nutritional Information							Allergen Awareness *X=Contains Allergen							Lifestyle								
Menu Sign Name	Serving Siz	Calories	total Fat	saturated	cholesterol	Sodium	hl Carbohydrate	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Banana Split Cake	1 slice	550	18g	14g	50mg	460mg	83g	6g	X	X			X		X	X		X					
Banana Split Pancakes	4oz	240	3.5g	1g	0mg	640mg	45g	5g	X	X					X	X		X					
Bang Bang Corn	4oz	160	5g	2g	0mg	80mg	27g	4g								X			X				
Barley & Wheat Pilaf	4oz	260	3g	1.5g	5mg	230mg	48g	9g		X					X			X					
Barley Casserole	4oz	110	3g	1.5g	0mg	240mg	18g	4g							X	X			X				
Basil & Feta Pasta	6oz	520	28g	13g	125mg	340mg	71g	19g		X			X		X	X		X					
Basil Bacon Pesto Sauce	2oz	310	30g	6g	5mg	600mg	1g	12g															
Basil Pesto Sauce	2fl oz	120	9g	4.5g	15mg	270mg	6g	4g		X			X		X	X							
Battered French Fries	3oz	150	7g	1g	0mg	370mg	19g	2g							X	X		X	X				
BBQ & Bacon Mashed Potato	4oz	180	10g	4.5g	5mg	30mg	18g	6g		X						X				X			
BBQ Bacon Sauce	2fl oz	70	0g	0g	0mg	520mg	17g	0g								X				X			
BBQ Chicken Pizza - Fresh	1sl	290	10g	5g	35mg	350mg	34g	17g		X					X						X		
BBQ Chipotle Grilled Chicken	4oz	200	4g	2g	65mg	280mg	14g	25g												X			
BBQ Grapefruit Sauce	2fl oz	40	0g	0g	0mg	400mg	10g	0g								X				X			
BBQ Grilled Porkchop	4oz	300	18g	6g	80mg	190mg	6g	26g											X	X			
BBQ Hoisin Sauce	2fl oz	80	.5g	0g	0mg	430mg	18g	0g							X	X	X		X				
BBQ Pulled Chicken	4oz	180	3g	.5g	70mg	360mg	12g	24g												X			
BBQ Pulled Chicken	4oz	180	3g	.5g	70mg	350mg	12g	24g												X			
BBQ Steak Sauce	2fl oz	45	0g	0g	0mg	240mg	10g	0g								X					X		
BBQ Szechuan Sauce	2fl oz	70	3g	0g	0mg	690mg	12g	0g			X				X	X	X						
BBQ Tempeh	4oz	60	0g	0g	0mg	320mg	14g	0g								X			X				X
BBQ Tofu	4oz	110	3g	1g	0mg	500mg	15g	8g							X	X			X				
Bean & Spinach	4oz	100	.5g	0g	0mg	350mg	16g	4g											X	X			X
Bechamel Sauce	2fl oz	90	7g	3g	5mg	320mg	5g	2g		X					X	X							
Beef & Bacon LoMein	4oz	310	12g	5g	15mg	1130mg	30g	19g							X	X							
Beef & Rice Soup	8fl oz	120	5g	2g	10mg	320mg	12g	5g							X	X							
Beef and Tomato Pasta	6oz	250	12g	5g	45mg	280mg	19g	16g							X								
Beef Barley Soup	8fl oz	110	5g	2g	20mg	640mg	10g	8g							X	X							
Beef Broth	8fl oz	45	2g	1g	5mg	1410mg	4g	3g			X	X			X	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	X							
Beef Cavatappi	6oz	490	14g	7g	50mg	470mg	60g	26g		X					X								
Beef Fajita	4oz	250	17g	6g	65mg	210mg	3g	20g												X			
Beef Goulash	4oz	180	6g	2g	15mg	350mg	22g	8g		X					X								
Beef Gravy	2fl oz	60	4.5g	2g	0mg	270mg	5g	1g							X	X							
Beef on Noodles	4oz	500	35g	8g	120mg	610mg	35g	33g	X			X			X	X							
Beef Quesadilla	1ea	430	33g	14g	120mg	1180mg	10g	33g		X					X								
Beef Ravioli with Sauce	6oz	140	6g	4g	20mg	510mg	10g	7g	X	X					X	X							
Beef Stew II	4oz	160	10g	3.5g	35mg	220mg	7g	12g				X			X	X							
Beef Tallarin	6oz	220	11g	2g	40mg	640mg	21g	11g							X	X	X						
Beef Vegetable Soup	8fl oz	80	3g	1g	10mg	280mg	9g	6g							X	X							
Beef, French Dip	4oz	310	12g	5g	60mg	750mg	18g	32g							X	X							
Beer & Pretzel Crusted Cheese Curds	3oz	310	17g	9g	40mg	610mg	23g	12g		X					X			X					
Beijing Spicy Beef	4oz	200	9g	3g	50mg	1500mg	12g	18g			X	X			X	X							
Bel Air Club Sandwich - Test	1 ea	670	42g	10g	280mg	1300mg	43g	24g	X	X					X	X							
Berry Cobbler HH	1pc	80	0g	0g	0mg	85mg	20g	2g		X					X	X		X					X
Berry Sauce	2fl oz	45	0g	0g	0mg	0mg	10g	0g								X							X
Birthday Sugar Cookie Bar	1 ea	250	15g	6g	40mg	125mg	26g	4g	X	X					X	X		X					
Bistro Deluxe Sandwich	1 ea	930	66g	11g	135mg	2410mg	46g	28g	X	X					X	X							
Black & White Salmon	1ea	280	17g	3g	65mg	290mg	6g	24g				X			X	X	X						
Black Bean & Corn Quesadilla	1ea	670	28g	16g	45mg	1250mg	74g	31g		X					X			X					
Black Bean Lasagna	1ea	400	6g	1.5g	50mg	550mg	67g	20g					X		X	X			X				
Black Bean Tortilla Bake	1ea	290	10g	5g	0mg	650mg	23g	15g		X					X	X		X					
Black Eye Peas Creole Style	4oz	290	0g	0g	0mg	290mg	14g	4g											X	X			
Black Pepper Chicken	4oz	170	6g	1g	20mg	800mg	19g	9g	X	X	X	X			X	X	X						
Black Pepper Garlic	2fl oz	25	0g	0g	0mg	1120mg	4g	2g							X	X							
Black Pepper Orzo	6oz	260	6g	2g	0mg	45mg	43g	8g							X	X			X				X
Blackberry Bliss Bars	1 ea	320	16g	6g	0mg	75mg	43g	5g		X			X		X	X		X					
Blackberry Cobbler	1pc	250	9g	4g	15mg	130mg	37g	5g	X	X					X	X		X					
Blackened Catfish	4oz	150	7g	3.5g	25mg	420mg	0g	16g				X				X				X			
Blackened Mahi with Pico De Gallo HH	4oz	110	0g	0g	80mg	130mg	4g	21g				X								X			X
Blackened Tilapia with Pico De Gallo	4oz	110	1g	1g	60mg	65mg	3g	24g				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							
bluberry pie	1ea = 4.5oz	340	14g	6g	0mg	320mg	51g	3g							X				X				
Blue Cheese Dressing	4oz	476	51.1g	8.27g	31mg	1041mg	4.62g	1.37g		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 Bagels	4oz	280	1.5g	0g	0mg	530mg	59g	9g							X	X		X	X				
Blueberry Bread	1sl	190	3.5g	1g	35mg	105mg	34g	5g	X	X					X			X					
Blueberry Crisp	1pc	210	9g	4g	0mg	95mg	32g	2g							X	X		X					
Blueberry Crumb Cookie Bar	1 ea	310	17g	9g	40mg	135mg	37g	5g	X	X					X	X		X					
Blueberry Crumbleberry Muffin	3oz	280	13g	4.5g	25mg	180mg	38g	6g	X	X					X	X		X					
Blueberry Pie	1 piece	330	12g	6g	0mg	300mg	52g	3g	X	X					X	X		X					
Blueberry Streusel Dessert Pizza	1sl	550	7g	3.5g	0	400mg	117g	8g		X					X	X		X					
Blueberry Whole Wheat Pancakes	4oz	200	6g	1.5g	55mg	125mg	31g	6g	X	X					X			X					
Blush Alfredo	4fl oz	240	17g	8g	15mg	400mg	17g	7g		X					X	X							
Bolognese Sauce	4fl oz	130	6g	1.5g	15mg	610mg	13g	6g											X	X			
Boneless Rib with BBQ Sauce	3.5oz	290	20	7	40	640		10							x	x							
Boneless Wings	4oz	250*	12g	2g	35mg	900mg	20g	15g	X	X					X	X							
Boursin Mashed Potato	4oz	160	10g	3g	5mg	105mg	24g	4g		X						X		X					

Name	Nutritional Information							Allergen Awareness *X=Contains Allergen							Lifestyle									
Menu Sign Name	Serving Siz	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Hydrate	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Bow Thai Pork	6oz	360	15g	5g	95mg	170mg	32g	23g			X					X								
Bow Tie Pasta (Farfalle)	2oz	200	1	0	0	0	42	7		X						X			X	X				
Braised Summer Vegetable	4oz	110	7g	1.5g	5mg	290mg	9g	4g			X						X				X			
Bratwurst with Caramelized Onion	4oz	400	33g	0g	0mg	60mg	9g	17g			X					X	X							
Bread Flats	1.5oz	130	3g	0g	0mg	260mg	22g	4g			X					X	X							
Bread Sticks	4oz	412	9.5g	1.41g	0mg	657mg	68.4g	12g								X	X		X	X				
Breaded Buffalo Chicken Filet	1ea	220*	10g	2g	40mg	720mg	18g	16g		X	X					X	X							
Breaded Chicken Filet	1ea	250*	12g	2g	35mg	900mg	20g	15g								X	X							
Breakfast Burrito Wrap	1ea	540	24g	10g	385mg	1050mg	54g	26g		X	X					X			X					
Breakfast Enchilada	1ea	310	18g	8g	165g	670mg	18g	17g		X	X					X	X							
Broccoli	3oz	30	0g	0g	0mg	20mg	0g	1g											X	X	X			
Broccoli & Cauliflower HH	4oz	35	0g	0g	0mg	65mg	7g	3g												X	X			X
Broccoli & Cheese Soup	8fl oz	360	25g	14g	65mg	560mg	16g	15g			X						X		x					
Broccoli Almondine	4oz	110	8g	2g	0mg	75mg	9g	5g						X			X			X	X			
Broccoli and Cheese Breakfast Bake	4oz	370	23g	11g	180mg	710mg	14g	28g		X	X					X			X					
Broccoli Crunch Wrap	1ea	860	49g	26g	40mg	1360mg	82g	21g			X					X	X		X					
Broccoli Rice Au Gratin	4oz	170	8g	3g	20mg	220mg	18g	7g			X					X	X		X					
Broccoli Swiss Soup	8fl oz	320	22g	12g	55g	360mg	15g	15g			X					X	X							
Brown Sugar Carrot	4oz	140	10g	4g	0mg	210mg	14g	1g									X			X	X			
Brown Sugar Mashed Sweet Potato	4oz	120	1.5g	.5g	.5mg	20mg	25g	2g			X						X		X		X			
Browned Butter Green Bean	4oz	150	11g	7g	30mg	110mg	11g	3g			X								X		X			
Brussek Sprouts with Garlic	4oz	90	5g	2g	0	162mg	10g	4g									X		X					
Brussek Sprouts	3.5oz	43	0.3g	0.062g	0mg	25mg	8.95g	3.38g									X		X	X	X			X
Brussek Sprouts with Pesto	4oz	110	7g	2.5g	1mg	182mg	11g	5g			X			X			X		X					
Buckeye Beignets	1 ea	50	3g	2g	5mg	10mg	5g	1g		X	X				X	X	X		X					
Buffalo Braised Chicken	4oz	340	25g	11g	85mg	800mg	3g	26g			X					X	X							
Buffalo Cajun Roasted Turkey	4oz	160	4g	2g	80mg	840mg	3g	29g									X				X			
Buffalo Cheese Sauce	4fl oz	140	10g	4g	10mg	700mg	10g	4g			X					X	X							
Buffalo Cheesy Meatloaf	4oz	240	16g	7g	80mg	420mg	8g	15g		X	X					X								
Buffalo Chicken Bake	6oz	390	23g	5g	60mg	660mg	33g	15g			X					X	X							
Buffalo Chicken Finger Pizza - Fresh	1sl	260	11g	5g	25mg	890mg	29g	13g		X	X					X	X							
Buffalo Chicken Finger Pizza - Oven Rising	1sl	290	13g	6g	25mg	1250mg	32g	15g		X	X					X	X							
Buffalo Chicken Finger Sub	1 ea	570	15g	7g	105mg	2700mg	51g	39g		x	x					x	x							
Buffalo Grilled Cheese	1ea	570	21g	13g	95mg	1550mg	95mg	50g			X					X	X							
Buffalo Mac & Cheese	6oz	310	19g	8g	40mg	440mg	22g	14g		X	X					X	X							
Buffalo Style Wing Sauce	4fl oz	410	45g	20g	0mg	2640mg	8g	4g									X							
Buffalo Tossed Salad	3 oz	70	3.5g	2g	10mg	200mg	7g	4g			X					X	X							
Buffalo Wing Sauce	1oz	5	0g	0g	0mg	400mg	0g	0g									X		X	X	X			
Buffet Ham	3oz	90	3g	1g	45mg	890mg	2g	14g											X	X	X			
Bulgogi Sauce	2fl oz	70	1.5g	0g	0mg	1660mg	14g	2g								X	X	X		X				
Buttered Broccoli	4oz	80	6g	2.5g	0mg	80mg	6g	4g									X		X	X	X			X
Buttered Cauliflower HH	4oz	90	0g	0g	0mg	25mg	9g	2g									X			X	X			X
Buttered Corn	4oz	130	4.5g	2g	0mg	40mg	24g	4g									X			X	X			X
Buttermilk Biscuits	2.5oz	230	11g	7g	0mg	630mg	28g	3g			X					X	X							
Buttermilk chicken with Spicy Honey Drizzle	1ea	310	7g	2.5g	35mg	95mg	27g	36g		X	X					X								
Butternut Squash Soup	8fl oz	470	45g	23g	125g	120mg	17g	3g			X													
Butternut Squash & Chickpea Bisque	8fl oz	220	19g	10g	55mg	150mg	10g	3g											X		X			
Butterscotch Sauce	2fl oz	210	7g	3.5g	0mg	960mg	37g	1g			X						X				X			
Cabbage & Scallion Mashed Potato	4oz	160	6g	3g	5mg	95mg	24g	3g			X						X		X		X			
Cabbage and Tomato	4oz	70	4.5g	2g	0mg	65mg	7g	2g									X			X	X			
Cajun Alfredo	4fl oz	160	11g	5g	10mg	260mg	11g	3g			X					X	X							
Cajun French Fries	3oz	160*	8g	3g	0mg	65mg	19g	2g									x			x	x			
Cajun Grilled Tilapia	4oz	130	1.5g	1.5g	75mg	55mg	1g	30g				X									X			
Cajun Roasted Chicken	6oz	220	7g	1.5g	120mg	130mg	0g	36g													X			
Cajun Roasted Potato	4oz	110	2g	0g	0mg	10mg	21g	2g												X	X			
Cajun Sweet Potato	4oz	190	3g	0mg	0mg	15mg	40g	2g												X	X			
Canadian Bacon	2oz	70	2.5g	1g	30mg	650mg	0g	11g													X			
Candied Sweet Potato with Almonds	4oz	310	8g	2.5g	0mg	75mg	59g	4g			X			X			X		X		X			
Caprese Stromboli	1 ea	170	11g	7g	25mg	240mg	9g	9g			X				X	X	X		x					
Caramel Cream Cupcakes	1 ea	438	28g	10g	57 mg	295mg	44g	3g																
Caramel Sauce	2oz	140	14g	9g	45mg	80mg	5g	1g			X													
Caramelized Baby Carrot	4oz	80	4.5g	2g	0mg	270mg	11g	1g									X			X	X			
Caramelized Mushroom soup	8fl oz	420	30g	18g	95mg	1280mg	6g	4g			X					X	X		X					
Caramelized Mushroom Soup	8 fl oz	430	30g	18g	95mg	1280mg	7g	4g			X					X	X							
Caramelized Onion Burger	1ea	1060	76g	24g	235mg	820mg	38g	50g		X	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			
Carrot & Green Bean	4oz	90	5g	2g	0mg	240mg	10g	2g									X			X	X			
Carrot HH	4oz	45	.5g	0g	0mg	105mg	9g	1g									X			X	X			X
Carrot Rice Pilaf	4oz	180	4.5g	2g	0mg	260mg	30g	4g			X					X	X							
Carrot, & Green Bean HH	4oz	50	.5g	0g	0mg	85mg	10g	1g									X			X	X			
Cauliflower & Pea	4oz	100	4.5g	2g	0mg	25mg	10g	4g									X			X	X			X
Cauliflower & Pea Pod	4oz	32	0g	0g	0mg	65mg	8g	2g												X	X			X
Cauliflower Au gratin w/ bacon	4oz	200	14g	6g	15mg	420mg	11g	11g			X					X	X							
Cauliflower Bolognese Sauce	4fl oz	40	2g	0g	0mg	250mg	5g	1g												X	X			
Cauliflower Pilaf Quinoa	4oz	220	13g	1g	0mg	380mg	21g	5g												X	X			
Cauliflower, Spinach & Tomato Medley of Veget	4oz	40	0g	0g	0g	90mg	8g	2g									X			X	X			X
Cavatappi	2oz	200	1	0	0	0	42	7		X						X			X	X				
Cavatappi Primavera	6oz	310	5g	2g	10mg	440mg	51g	14g			X					X	X		X					
Chaufa Pork Rice	4oz	230	11g	3g	70mg	250mg	20g	13g		X						X	X	X						
Chaufa Rice	4oz	180	4g	1g	50mg	270mg	55g	11g		X						X	X	X	x					

Name	Nutritional Information							Allergen Awareness *X=Contains Allergen								Lifestyle							
Menu Sign Name	Serving Siz	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carbohydrate	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Checkerboard Scone with Vanilla Glaze	1ea	500	29g	15g	90mg	380mg	56g	7g	X	X					X	X		X					
Cheddar & Bacon Grits	4oz	140	3.5g	1.5g	5mg	135mg	21g	5g		X					X					X			
Cheddar & Bacon Hashbrowns	4oz	230	12g	6g	5mg	410mg	22g	9g		X						X				X			
Cheddar Ale Potato	8fl oz	160	5g	2.5g	10mg	270mg	22g	6g		X					X	X		X					
Cheddar Cheese Grits	4oz	130	2.5g	1.5g	5mg	45mg	21g	4g		X								X		X			
Cheddar Cheese Strada	4oz	350	20g	8g	475mg	440mg	18g	24g	X	X					X			X					
Cheddar Chunk Homefries	4oz	190	10g	2g	5mg	75mg	21g	4g		X						X		X		X			
Cheddar Hashbrowns	4oz	180	8g	4g	5mg	170mg	22g	4g		X						X		X		X			
Cheddar Herb Bread	1pc	120	2.5g	1g	0mg	270mg	0g	4g		X					X	X		X					
Cheddar Scallion Scone	3oz	230	15g	9g	85mg	260mg	17g	7g	X	X					X	X		X					
Cheddar, Bacon & Ranch	1sl	350	19g	7g	20mg	680mg	30g	15g	X	X					X	X							
Cheese Corn	4oz	280	22g	8g	15mg	240mg	18g	7g	X	X						X		X		X			
Cheese Ravioli with Sauce	6oz	290	17g	4g	20mg	510mg	31g	19g	X	X					X			X					
Cheese Sauce	2oz	70	5g	1g	0mg	510mg	6g	0g		X						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							
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					
Cheese Tots	4oz	230	12g	3g	10mg	530mg	29g	5g		X						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							
Cheesecake Bars	1 ea	380	31g	16g	115mg	340mg	22g	7g	X	X					X	X		X					
Cheesecake Brownies	1 ea	480	14g	3g	160mg	310mg	78g	13g	X	X					X			X					
Cheesy Bacon Potato	4oz	150	7g	3.5g	10mg	150mg	17g	5g		X					X	X							
Cheesy Baked Grits	4oz	160	10g	5g	40mg	150mg	12g	6g	X	X		X			X	X		x					
Cheesy Chicken & Broccoli Casserole	6oz	320	18g	9g	70mg	520mg	17g	16g	X	X					X	X							
Cheesy Garlic Bread	1 slice	348	10g	4g	20mg	750mg	44g	14g		X					X	X							
Chermoula Sauce	2fl oz	430	48g	2g	0mg	10mg	3g	1g															
Chermoula Sauce	2fl oz	300	34g	1g	0mg	0mg	1g	0g											X		X		
Cherry Autumn Salad	3 oz	190	5g	4g	25mg	360mg	10g	5g		X			X					X		X			
Cherry Cobbler	1pc	380	13g	6g	45mg	120mg	38g	8g	X	X					X	X		X					
Cherry Cream Cheese Brownies	1 ea	150	10g	4.5g	45mg	100mg	13g	3g	X	X					X	X		X					
Cherry Crisp	1pc	270	10g	4g	20mg	95mg	26g	4g							X	X		X					
Cherry Orchard Bars	1 ea	473	20g	4g	0mg	421mg	67g	6g					X		X	X		X					
cherry pie	1ea = 4.5oz	310	14g	6g	0mg	320mg	44g	3g							X	X			X				
Cherry Streusel Dessert Pizza	1sl	560	7g	3.5g	0	410mg	118g	7g		X					X	X		X					
Cherry Turnover	1ea	350	12g	5g	5mg	320mg	56g	3g	X						X	X		X					
Chicago Beef	1sl	280	10g	6g	20mg	630mg	32g	14g		X					X	X							
Chicken & Artichoke Florentine	8fl oz	210	10g	5g	45mg	500mg	17g	16g		X					X	X							
Chicken & Broccoli Stir Fry	4oz	130	2.5g	0g	35mg	980mg	8g	14g			X	X			X	X	X						
Chicken & Cilantro Soup	8fl oz	70	1.5g	0g	5mg	460mg	10g	4g		X					X	X							
Chicken & Vegetable Potsticker	5oz	220	3.5g	5g	25mg	700mg	34g	11g							X	X							
Chicken A La King	4oz	170	10g	4.5g	25mg	250mg	9g	10g		X					X	X							
Chicken A La Montreal	6oz	250	9g	2g	125mg	150mg	0g	39g												X			X
Chicken A L'Orange	1ea	700	51g	12g	140mg	710mg	22g	39g								X				X			
Chicken Affumicata	4oz	420	27g	7g	10mg	450mg	10g	39g		X					X	X							
Chicken Al Pastor	4oz	250	12g	1.5g	85mg	90mg	5g	29g												X			
Chicken and Biscuits	6oz	150*	5g	2g	25mg	260mg	14g	12g		X					X	X							
Chicken and Cheese Enchiladas	1ea	290	18g	7g	0mg	1020mg	9g	28g							X	X							
Chicken and Cheese Enchiladas	1ea	230	9g	3.5g	5mg	400mg	23g	15g	X						X	X							
Chicken and Cheese Enchiladas	1ea	290	18g	7g	0mg	1020mg	9g	26g		X					X	X							
Chicken and Cheese Enchiladas	1ea	290	18g	7g	0mg	1020mg	9g	29g		X					X	X							
Chicken and Noodle Casserole	6oz	320	16g	8g	75mg	530mg	19g	16g	X	X					X	X							
Chicken and Noodles	6oz	420	15g	5g	35mg	1020mg	51g	16g	X	X					X	X							
Chicken and Pasta Salad	3 oz	160	12g	2.5g	25mg	30mg	5g	7g							X	X							
Chicken and Spinach Soup	8fl oz	140	11g	2g	25mg	670mg	8g	12g		X					X	X							X
Chicken Bacon Ranch Calzone	1sl	150	15g	4.5g	30mg	930mg	66g	22g	X	X					X	X							
Chicken Baked Ranchero	4oz	270	15g	5g	85mg	730mg	6g	30g		X										X			
Chicken Breasts w/ Mushroom Cream Sauce	1ea	270	14g	5g	15mg	105mg	5g	34g		X										X			X
Chicken Bruschetta	1ea	240	4g	3.5g	75mg	410mg	10g	29g		X					X	X							
Chicken Buldak	4oz	190	10g	5g	55mg	670mg	5g	20g		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			
Chicken California Club	1 ea	790	41g	14g	110mb	1620mg	384g	52g	X	X					X	X							
Chicken Cavatappi Alfredo	6oz	290	17g	6g	35mg	350mg	22g	15g							X	X							
Chicken Club Quesadilla	1ea	750	39g	13g	50mg	1030mg	56g	42g	X	X					X	X							
Chicken Cordon Bleu	1ea	320	16g	5g	30mg	400mg	6g	40g		X					X							X	
Chicken Cordon Bleu	1sl	360	19g	8g	30mg	630mg	31g	17g	X	X					X	X							
Chicken Cordon Blue	1ea	510	36g	13g	50mg	520mg	8g	41g		X					X	X							
Chicken Creole Soup	8fl oz	110	3g	0g	10mg	270g	15g	6g							X	X							
Chicken Enchilada Casserole	1 ea	265	11g	5g	75mg	350mg	16g	25g		x										x			
Chicken Florentine	4oz	300	18g	12g	145mg	270mg	31g	33g		X					X	X							
Chicken Frances	1ea	360	18g	7g	275mg	400mg	14g	39g	X	X					X	X							
Chicken Green Goddess	1sl	280	13g	5g	15mg	520mg	30g	13g		X			X		X	X							
Chicken Karaage	4oz	210	5g	1g	105mg	320mg	17g	23g							X	X	X						
Chicken Lettuce Wraps	1ea	60	1.5g	0g	15mg	330mg	6g	7g							X	X	X					X	
Chicken LoMein	6oz	320	4g	1g	35mg	1090mg	49g	21g		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 Nuggets	3.3oz	260	8g	2.5g	30mg	540mg	15g	17g							X	X							
Chicken Pad Thai	6oz	400	13g	2.5g	95mg	950mg	60g	12g	X	X	X	X		X	X	X	X						

Name	Nutritional Information							Allergen Awareness *X=Contains Allergen								Lifestyle								
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Hydrate	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Chicken Parmesan	1ea	450	26g	7g	125mg	480mg	11g		45g		X					X								
Chicken Patty Sandwich	1ea	250*	9g	1.5g	35g	590mg	29g		18g	X	X					X	X							
Chicken Pea Stuffed Potato	1ea	420	8g	1g	0mg	380mg	73g		10g		X			X			X		X					
Chicken Pesto Cordon Blue	1ea	910	57g	13g	125mg	1240mg	300g		45g	X	X			X		X	X							
Chicken Picatta	1ea	260	12g	4.5g	75mg	270mg	9g		28g		X					X	X							
Chicken Picatta	1ea	260	12g	4.5g	75mg	270mg	9g		28g		X					X	X							
Chicken Picatta	1ea	360	17g	5g	120mg	420mg	8g		41g		X					X	X							
Chicken Pot Pie	6oz	340	18g	5g	35mg	420mg	29g		17g		X					X	X							
Chicken Pot Pie	4oz	100	5g	1.5g	5mg	45mg	7g		6g		X					X	X							
Chicken Romano	4oz	200	9g	2.5g	70mg	290mg	3g		26g		X						X							
Chicken Salad & Pesto on Wheatberry	1 ea	570	38g	6g	70mg	620mg	35g		24g	X	X			X		X	X							
Chicken Satay	3.25oz	150	5g	1.5g	80mg	210mg	2g		25g						X	X	X							
Chicken Sausage	2oz	80	6g	1.5g	40mg	340mg	0g		6g												X			
Chicken Scallopini	1ea	410	16g	10g	100mg	510mg	17g		37g		X					X	X							
Chicken Shawarma	4oz	160	8g	1.5g	105mg	105mg	1g		23g												X			
Chicken Shawarma	4oz	190	9g	1g	70mg	75mg	2g		24g								X				X			
Chicken Soft Tacos	1ea	290	14g	3.5g	55mg	100mg	17g		22g		X					X								
Chicken Souvlaki	4oz	260	15g	1g	80mg	90mg	3g		28g												X			
Chicken Spaghetti	6oz	280	11g	4g	35mg	420mg	30g		13g		X					X	X							
Chicken Spinach & Provolone Quesadilla	1ea	640	8g	16g	130mg	1270mg	38g		53g		X					X	X							
Chicken Spinach Artichoke Casserole	6oz	410	22g	9g	55mg	510mg	36g		25g	X	X					X	X							
Chicken Stir Fry	4oz	140	3.5g	0g	40mg	240mg	11g		15g							X	X							
Chicken Tallarin	6oz	210	9g	1.5g	45mg	650mg	21g		10g							X	X	X						
Chicken Tetrazzini	6oz	190	6g	2.5g	35mg	270mg	20g		14g		X					X	X							
Chicken Tinga	4oz	250	13g	3.5g	0mg	550mg	8g		25g							X	X							
Chicken Tortilla Soup	8fl oz	170	6g	2g	5mg	850mg	19g		7g		X					X	X							
Chicken Turnover	1ea	530	31g	10g	115mg	1020mg	29g		32g	X	X					X	X							
Chicken Tuscan	4oz	210	9g	1.5g	90mg	95mg	1g		30g												X			
Chicken Utica Riggies	6oz	250	14g	7g	100mg	460mg	16g		16g		X					X	X							
Chicken Wellington																								
Chicken Wing Cheese Sauce	4fl oz	270	19g	8g	15mg	630mg	20g		6g		X					X	X							
Chicken with Capers Artichoke & Tomato	4oz	300	12g	4.5g	75mg	390mg	17g		29g		X					X	X							
Chicken With Mushroom Cream Sauce	1ea	180	5g	2.5g	70mg	80mg	4g		27g												X			X
Chili Corn Casserole	4oz	270	20g	11g	45mg	240mg	20g		6g		X					X	X		X					
Chili Lime Black Bean	4oz	90	0g	0g	0mg	530mg	16g		6g												X			X
Chili Lime Chicken Breast	4oz	170	7g	2g	65mg	40mg	0g		25g												X			X
Chili Mac	6oz	410	21g	7g	45mg	1030mg	38g		16g		X					X	X				X			X
Chimichanga	1ea	360	22g	8g	65mg	960mg	14g		21g							X	X							
Chinese Lemon Sauce	2fl oz	60	0g	0g	0mg	320mg	16g		0g												X			
Chinese Tossed Salad	3 oz	40	0g	0g	0mg	180mg	9g		1g							X	X							
Chinese Chicken Noodle Soup	8fl oz	140	7g	2.5g	10mg	830mg	11g		8g	X	X					X	X							
Chipotle Chicken	1sl	270	8g	5g	10mg	480mg	30g		11g	X	X					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			
Chiptole Lime Crema	2fl oz	90	8g	4g	15mg	115mg	3g		1g		X								X		X			
Chiptole Taco Beef	4oz	290	21g	8g	85mg	910mg	8g		23g												X			
Chive Encrusted Salmon	1ea	550	42g	7g	90mg	420mg	14g		26g	X		X				X	X							
Chocolate Banana Cookie Bar	1 ea	250	12g	5g	40mg	120mg	31g		5g	X						X	X		X					
Chocolate Carnival Fun Bars	1 ea	160	4g	1.5g	0mg	55mg	21g		2g								X		X		X			
Chocolate Chip Brownies	1 ea	180	12g	6g	45mg	105mg	18g		4g	X	X					X	X		X					
Chocolate Chip Cookie Bar	1 ea	350	17g	8g	40mg	180mg	44g		6g	X	X					X	X		X					
Chocolate Chip Pancake	4oz	280	6g	3g	5mg	650mg	49g		5g	X	X					X	X		X					
Chocolate Chip Scone with Vanilla Glaze	1ea	530	31g	19g	135mg	230mg	59g		6g	X	X					X	X		X					
Chocolate Cream Cake Roll	1pc	110	4.5g	2g	105mg	65mg	15g		6g	X	X					X			X					
chocolate cream pie	1ea = 4.5oz	480	33g	24g	5mg	280mg	41g		3g		X			X (coconut oil)		X	X		X					
Chocolate Mocha Bread	1sl	200	8g	2.5g	20mg	80mg	29g		5g	X	X					X	X		X					
chocolate peanut butter cream	1ea = 4.5oz										X				X		X							
Chocolate Raspberry Muffin	3oz	200	5g	2g	0mg	310mg	35g		2g	X	X					X	X		X					
Chole Saag	4oz	70	4g	0g	0mg	500mg	8g		2g								X				X			
Chorizo Crumble	2oz	200	18g	7g	40mg	580mg	1g		10g															
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					
Chuckwagon Corn	4oz	150	5g	2g	0mg	45mg	25g		4g								X				X			
Cider Vinegar Chicken Breast	1ea	150	4g	1.5g	65mg	40mg	1g		25g												X			X
Gilantro Basmati	4oz	240	1.5g	.5g	0mg	15mg	52g		4g								X				X			X
Gilantro Chutney	2fl oz	110	9g	1g	0mg	75mg	8g		0g								X		X		X			
Gilantro Corn	4oz	140	5g	2g	0mg	45mg	23g		4g								X				X			
Gilantro Tomato Rice	4oz	130	2.5g	0g	0mg	380mg	24g		3g								X				X			
Cinnamon Bread	1sl	230	5g	1.5g	40mg	160mg	42g		5g	X	X					X	X		X					
cinnamon bun	1ea	130	7g	3g	5mg	200mg	14g		2g	X	X					X	X		X					
Cinnamon Crumbleberry Muffin	3oz	280	13g	4.5g	25mg	180mg	37g		6g	X	X					X	X		X					
Cinnamon Raisin Bagels	3.5oz	273	1.7g	0.274g	0mg	433mg	55.2g		9.8g							X	X		X		X			
Cinnamon Roll Dessert Pizza	1sl	530	9g	4g	0	410mg	109g		7g		X					X	X		X					
Cinnamon Rolls	113g	300	5g	1g	5mg	330mg	55g		8g	X						X	X		X					
Cinnamon Rolls	85g	260	10g	5g	0mg	420mg	36g		6g		x					X	X		X					
Cinnamon Sauce	2fl oz	80	0g	0g	0mg	35mg	21g		2g		X													
Cinninnati style Chili	8fl oz	190	12g	5g	50mg	65mg	5g		15g		X										X			
Clam Chowder	8fl oz	300	9g	4.5g	45mg	240mg	32g		21g		X		X			X	X							
Classic Oatmeal Raisin Cookie	1 ea	276	12.96 g	2.44 g	0 g	227.42 g	37.68 g		3.89 g	X						X	X		X					
Classic Pepperoni Stromboli	1 ea	190	15g	9g	33mg	400mg	3.5g		11g		X					X	X							
Club Spinach	4oz	310	24g	10g	10mg	450mg	17g		12g		X					X	X		X					

Name Menu Sign Name	Nutritional Information							Allergen Awareness *X=Contains Allergen								Lifestyle							
	Serving Siz	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Cobb Salad	1 ea	330	27g	4.5g	45mg	320mg	5g	7g	X	X					X	X				X			
Coconut Cookies	1 ea	130	8g	4.5g	5mg	75mg	15g	2g		X			X		X	X		X					
Coconut Curry Chicken	4oz	110	3g	1g	53mg	277mg	4g	18g					X			X							
Coconut Grilled Chicken	4oz	190	8g	5g	65mg	290mg	3g	26g			X	X			X	X							
Coconut Rice Pilaf	4oz	200	5g	2.5g	0mg	190mg	33g	4g					X			X			X	X			X
Coconut Rice Pilaf w/ Tofu	4oz	150	1.5g	1g	0mg	170mg	30g	4g					X			X			X	X			
Cod Fish Cakes	1ea	180	15g	3g	55mg	150mg	4g	12g	X	X		X			X	X							
Cod Nuggets	4oz	150	1g	0g	30mg	520mg	19g	14g	X	X		X			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							
Colossal Berry Crunch Bars	1 ea	100	3.5g	1.5g	0mg	70mg	18g	1g							X	X		X					
Gongee Rice	4oz	50	0g	0g	0g	250mg	10g	1g		X					X	X							X
Cookies & Cream Muffin	3oz	200	12g	5g	30mg	210mg	36g	5g	X	X					X	X		X					
Coriander Crusted Porkloin	4oz	340	23g	8g	90mg	65mg	1g	30g												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					
Corn & Onion Pico	2oz	100	7g	1g	0mg	30mg	9g	1g											X	X			
Corn & Zucchini	4oz	150	9g	4.5g	45mg	210mg	16g	3g	X	X					X	X		X					X
Corn Cake	1ea	70	4g	2g	15mg	90mg	7g	1g	X	X					X	X		X					
Corn HH	3.5oz	88	0.78g	0.119g	0mg	3mg	20.71g	3.02g										X	X	X			X
Corn Maque Choux	4oz	120	4.5g	1.5g	10mg	60mg	20g	4g		X										X			
Corn Nuggets	3oz	190*	8g	1g	0mg	360mg	29g	3g	X	X					X	X		X					
Corn O'Brien	4oz	150	6g	2.5g	0mg	180mg	19g	6g								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			
Corn Onion & Craisin Pico	2oz	90	4.5g	.5g	0mg	0mg	12g	1g											X	X			
Corn Scallion Pilaf	4oz	180	0g	0g	0mg	300mg	40g	4g								X			X	X			X
Corn Spoon	4oz	220	3g	1.5g	10mg	70mg	5g	1g	X	X					X	X							
Corned Beef & Swiss Soup with Broccoli	8fl oz	340	23g	13g	65mg	560mg	15g	18g		X					X	X							
Cornflake Marshmallow Squares	1 ea	140	3.5g	1.5g	0mg	170mg	25g	2g							X	X		X					
Cornmeal Crusted Chicken	1ea	310	14g	2.5g	65mg	120mg	18g	27g		X					X	X							
Cottage Fried Potato	4oz	210	9g	1.5g	0mg	10mg	29g	3g								X			X	X			
Country Biscuits	1ea	210	10g	5g	0mg	590mg	28g	3g		X					X	X		X					
Country Gravy	1oz	45	2g	1g	0mg	240mg	6g	0g		X					X	X		X					
Country Shredded Hashbrown	4oz	160	7g	3g	0mg	400mg	22g	3g								X			X				
Country style Green Bean	4oz	100	5g	2g	5mg	140mg	12g	4g								X				X			
Country Style Homefries	4oz	140	7g	3g	0mg	350mg	18g	3g								X			X	X			
Cous Cous with Mushrooms	4oz	90	2.5g	0g	0mg	0mg	14g	4g							X				X				
Cowboy Chili	8fl oz	170	9g	3.5g	35mg	500mg	8g	13g				X			X	X							X
Cowboy Steak Calzone	1sl	240	12g	6g	35mg	1270mg	82g	25g		X					X	X							
Crab Stuffed Fish	4oz	470	28g	13g	40mg	730mg	28g	26g			X	X			X	X							
Craisin Raisin Oatmeal	4oz	90	.5g	0g	0mg	35mg	20g	1g							X				X				X
Cranberry Orange Bread	1sl	140	2g	1g	25mg	160mg	26g	4g	X	X					X			X					
Cream Cheese & Chive Mashed Potato	4oz	190	9g	4.5g	10mg	130mg	24g	4g		X						X				X			
Cream Cheese Coffee Cake	1pc	230	16g	7g	60mg	200mg	17g	6g	X	X			X		X	X		X					
Cream Cheese Swirl Brownies	1 ea	150	10g	5g	45mg	100mg	13g	4g	X	X					X	X		X					
Cream Gravy	2fl oz	70	4.5g	2.5g	5mg	240mg	6g	2g		X					X	X							
Cream of Carrot Soup	8fl oz	300	18g	8g	30mg	360mg	27g	10g		X					X	X		X					
Cream of Cauliflower	8fl oz	210	12g	7g	25mg	600mg	17g	29g				X			X	X							
Cream of Cauliflower	8fl oz	260	15g	6g	35mg	490mg	20g	11g		X					X	X		X					
Cream of Cauliflower with Spinach and Red Pepp	8fl oz	180	9g	4.5g	20mg	370mg	18g	7g		X					X	X							
Cream of Cauliflower with Spinach and Red Pepp	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 Barley HH	8fl oz	200	9g	1.5g	5mg	340mg	18g	6g		X					X								X
Cream of Mushroom Soup	8fl oz	250	13g	8g	40mg	980mg	5g	3g							X	X							
Cream of Potato & Corn Soup	8fl oz	310	14g	8g	30mg	320mg	37g	10g		X					X	X		X					
Cream of Potato Soup	8fl oz	300	14g	8g	35mg	550mg	33g	9g		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					
Cream of Vegetable	8fl oz	200	9g	5g	20mg	380mg	22g	8g							X	X							
Cream of Vegetable- Vegetarian	8fl oz	230	11g	6g	20mg	240mg	24g	9g		X					X	X		X					X
Cream Soup base	8fl oz	190	11g	6g	20mg	420mg	17g	7g							X	X							
Creamed Corn	4oz	250	18g	9g	35mg	230mg	20g	8g		X						X		X					
Creamed Peas & New Potato	4oz	210	8g	4g	5mg	190mg	28g	7g		X					X	X			X				
Creamed Peas & Pearl Onion	4oz	100	4.5g	2g	5mg	105mg	12g	3g		X					X	X			x				
Creamed Spinach	4oz	110	7g	3g	10mg	150mg	9g	9g		X					X	X		X		x			
Creamy Chicken & Dumpling Soup	8fl oz	430	27g	12g	55mg	820mg	36g	13g		X					X	X							
Creamy Chicken & Pea Fettuccine	6oz	280	9g	3.5g	55mg	230mg	24g	24g							X	X							
Creamy Chicken & Wild Rice	8fl oz	260	14g	7g	35mg	1010mg	25g	10g		X					X	X							
Creamy Chicken & Wild Rice Soup	8fl oz	260	14g	7g	35mg	1010mg	25g	10g		X					X	X							
Creamy Corn & Shrimp Chowder	8fl oz	190	6g	2.5g	35mg	470mg	24g	8g		X		X			X	X							
Creamy Potato Bacon	8fl oz	430	27g	12g	55mg	820mg	36g	13g		X					X	X							
Creamy Turkey Chili	8fl oz	150	9g	3.5g	40mg	410mg	7g	12g		X					X	X							
Creamy Tuscan Garlic Chicken	4oz	320	23g	12g	125mg	240mg	3g	30g		X					X	X							
Creamy Tzatziki	2oz	20	0g	0g	0mg	10mg	2g	3g			X					X		X		X			
Creole Mayo Aioli	2fl oz	290	32g	4.5g	30mg	350mg	0g	0g	X	X						X				X			
Creole Roasted Turkey	4oz	220	14g	7g	65mg	630mg	2g	24g								X				X			
Creole Soup	8fl oz	130	5g	1.5g	10mg	270mg	15g	6g							X	X							
Creole Spaghetti	6oz	220	10g	4g	35mg	310mg	19g	14g		X		X			X	X							
Creole Style Eggplant	4oz	130	9g	4g	0mg	135mg	12g	3g							X	X		X		x			
Creole Style Green Bean	4oz	60	1.5g	0g	0mg	30mg	10g	3g							X				x				

Name	Nutritional Information							Allergen Awareness *X=Contains Allergen								Lifestyle							
Menu Sign Name	Serving Siz	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carbohydrate	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Crimini Spinach Marinara	6oz	300	4.5g	0g	0mg	45mg	56g	6g							X				X				
Crinkle Cut Fries	3oz	130*	4g	1g	0mg	25mg	22g	2g								X		X	X				
Crispy Baked Tilapia	1ea	160	4g	2.5g	70mg	6g	170mg	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							
Croissant Apple Stuffing	4oz	300	12g	6g	30mg	1040mg	35g	7g	X	X					X	X							
Crumb Topped Salmon	1ea	360	23g	3g	65mg	320mg	10g	25g	X			X			X	X							
Crunchy Elvis Wrap	1 ea	1340	82g	21g	30mg	2090mg	118g	53g						X	X	X							
Cuban Black Bean and Rice	4oz	110	2g	0g	0mg	240mg	21g	3g							X	X			X				X
Cuban Pork	4oz	160	6g	1.5g	80mg	380mg	2g	27g												X			
Cubano Style Shredded Chicken	4oz	150	3.5g	.5g	70mg	450mg	3g	24g		X					X	X							
Cucumber Remoulade Sauce	2oz	140	14g	2g	15mg	125mg	2g	1g	X	X						X				X			
Cucumber Sauce	2fl oz	45	4g	2.5g	10mg	15mg	2g	1g		X								X		X			
Cumin Peach Brisket	4oz	510	42g	17g	115mg	100mg	3g	27g												X			
Curly Fries	3oz	150*	7g	1g	0mg	370mg	19g	2g							X	X			X				
Curried Potato Samosa	1ea	520	33g	22g	10mg	420mg	49g	7g	X	X					X	X		X					
Curried Rice	4oz	140	3.5g	1.5g	0mg	270mg	23g	3g		X					X	X							
Curried Rice & Tofu	4oz	120	1g	0g	0mg	160mg	24g	3g							X	X		X					X
Curried Rice bean & Vegetables	4oz	120	1g	0g	0mg	190mg	25g	3g								X			X				X
Curry Mushrooms	4oz	70	3.5g	0g	0mg	5mg	7g	4g										X	x	X			
Curry Vegetable Soup	8fl oz	80	0g	0g	0mg	400mg	14g	2g											X	X			X
Dallas BBQ Burger	1ea	880	50g	17g	220mg	2580mg	58g	45g	X	X					X	X							
Date Nut Bread	1sl	160	5g	1g	15mg	105mg	27g	4g	X				X		X	X		X					
Demi Glace Sauce	2fl oz	20	0g	0g	0mg	220mg	4g	1g							X	X							
Deviled Baked Cod	1ea	380	22g	9g	100mg	350mg	11g	41g	X	X	X	X			X	X							
Deviled Crab	4oz	260	13g	6g	50mg	180mg	24g	11g	X	X	X	X			X	X		X					
Deviled Crab	4oz	500	26g	12g	55mg	540mg	50g	15g	X	X	X	X			X	X							
Devils Food Cake w/ Fudge Frosting	1pc	380	15g	6g	25mg	350mg	59g	3g	X	X					X	X		X					
Devils Food Cake w/ Vanilla Frosting	1pc	320	14g	6g	25mg	270mg	46g	3g	X	X					X	X		X					
Diablo Cream Sauce	2fl oz	120	9g	5g	20mg	250mg	6g	4g		X					X	X							
Diced Homefries	4oz	160	7g	3g	0mg	105mg	22g	3g								X			X	X			
Dijon Aioli	2fl oz	300	32g	4.5g	30mg	480mg	0g	0g	X	X						X				X			
Dill & Cheddar Scrambled Eggs	4oz	170	12g	4.5g	405mg	170mg	1g	14g	X	X								X		X			
Dill Grilled Egg Salad Sandwich	1ea	630	39g	7g	250mg	870mg	52g	10g	X						X	X		X					
Dill Pickle Aioli	2fl oz	320	33g	5g	30mg	380mg	5g	0g	X	X						X				X			
Dinner Roll	2oz	160	3g	0g	0mg	280mg	28	5g	X	X					X			x					
Dinner Roll	1.5oz	110	0.5g	0g	0mg	230mg	22g	4g							X			X	X				
Dirty Rice	4oz	190	7g	3g	45mg	480mg	11g	15g		X					X	X							
Donut Holes	56g	250	15g	7g	10mg	370mg	26g	3g	X	X					X	X		X					
Double Chocolate Muffin	3oz	340	20g	11g	25mg	140mg	38g	7g	X	X					X	X		X					
Double Pepperoni Pizza	1sl	270	12g	6g	20mg	600mg	31g	12g		X					X	X							
Dukkah Porkloin	4oz	340	23g	8g	90mg	70mg	1g	31g					X				X						
Edamame	4oz	9g	1g	0mg	0mg	20mg	12g	15g											X	X			
Edamame	3oz	120	6g	0.5g	0mg	15mg	9g	11g										X	X	X			
Egg and Potato Breakfast Bake	4oz	210	14g	7g	205mg	250mg	9g	14g	X	X								X		X			
Egg and Sausage Breakfast Bake	4oz	340	21g	9g	235mg	540mg	16g	21g	X	X					X	X							
Egg Drop Soup	8fl oz	40	1.5g	0g	40mg	810mg	5g	1g	X	X					X	X							
Egg Muffin Strada	4oz	300	17g	7g	165mg	200mg	24g	20g	X	X					X	X							
Egg Roll	3oz	170*	6g	1g	0mg	500mg	25g	4g							X	X			X				
EggplantConfit	4oz	230	22g	3g	0mg	0mg	10g	2g											X	X			
Egyptian Ratatouille	4oz	50	2.5g	0g	0mg	15mg	7g	1g											X				
Egyptian White Sauce	2fl oz	310	33g	4.5g	30mg	260mg	2g	0g	X							X				X			
Enchilada Sauce	2fl oz	10	0g	0g	0mg	310mg	3g	0g		X					X	X							
Everything Bagels	4oz	270	1g	0.5g	0mg	520mg	56g	9g							X	X		X	X				
Fajita Roasted Chicken	6oz	250	9g	2g	120mg	770mg	2g	36g												X			
Fajita Style Vegetable	4oz	60	1.5g	0g	0mg	180mg	9g	1g											X	X			
Fajita Tilapia	4oz	160	4.5g	1g	60mg	45mg	7g	25g				X								X			
Falafel	1ea	100*	2.5g	0g	0mg	190mg	14g	3g							X	X			X				
Farmer's Market Quesadilla	2 pc	370	20g	10g	30mg	700mg	32g	15g		X					X	X		X					
Farro Kale Pomegranate Salad	3 oz	170	2.5g	0g	0mg	40mg	32g	6g							X								
Fettucine	2oz	200	1	0	0	0	42	7							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					
Fiesta Corn	4oz	140	5g	2g	0mg	45mg	23g	4g								X				X			
Fire Station Burger	1ea	1030	41g	26g	110mg	1190mg	49g	28g	X	X					X	X							
Firemans Chicken	6oz	180	18g	2.5g	40mg	15mg	0g	36g	X											X			
Fish Nugget	4oz	150*	1g	0g	30g	520mg	19g	14g	X	X		X			X	X							
Flounder with Garlic Aioli HH	4oz	120	3g	0g	55mg	240mg	1g	21g	X	X		X				X				X			X
Flour Tortilla	1ea	90	2g	1g	0mg	15g	3g	3g							X			X	X				
Fools Gold Sandwich	1 ea	1530	87g	22g	235g	2240mg	140g	61g	X	X			X		X	X							
FOS Grilled Cheese	1ea	620	17g	11g	50mg	960mg	65g	28g		X					X	X		X					
Fra Diavolo Sauce	4fl oz	100	0g	0g	0mg	610mg	18g	4g											X	X			
Fragrant Basmati Rice	4oz	250	3g	0g	0mg	0mg	53g	4g											X	X			
French Baguettes	1.75oz	140	0g	0g	0mg	320mg	28g	4g							X	X		X					
French Country Chicken	1ea	240	10g	1.5g	0mg	105mg	5g	33g							X								
French Dinner Roll	2.25oz	180	1g	0g	0mg	300mg	36g	7g							X	X		X	X				
French Onion Soup	8fl oz	130	7g	3g	0mg	440mg	15g	3g		X		X			X	X							
French Style Garlic Bread	1 slice	348	10g	4g	20mg	750mg	44g	14g															
French Toast with Praline Topping	1slice	280	18g	7g	95mg	290mg	12g	7g	X	X			X		X	X		X					
Fresh Asparagus	3.5oz	20	0.12g	0.04g	0mg	2mg	3.88g	2.2g										X	X	X			
Fresh Broccoli HH	4oz	30	0g	0g	0mg	25mg	5g	4g											X	X			X

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Menu Sign Name	Serving Siz	Calories	Total Fat	Saturated	Cholesterol	Sodium	Net Carbohydrate	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Fresh Fruit Cocktail	4oz	100	0g	0g	0mg	0mg	24g	1g											X				X
Fresh Seasoned Kettle Chips	1 oz	149	9.5g	1g	0mg	148mg	15g	1.8g								X		x		X			
Fresh Spinach	3.5oz	23	0.39g	0.06g	0mg	79mg	3.63g	2.9g										x	X	X			
Fried Chicken Tenders	4oz	130	2g	1g	25mg	90mg	23g	5g	X	X					X	X							
Fried Fish Filet	1ea	170	2.5g	.5g	25mg	250mg	12g	23g	X	X		X			X	X							
Fried Haddock Sandwich	1ea	610	35g	5g	65mg	1050mg	52g	19g	X	X		X			X	X							
Fried Porkchop	1ea	470	16g	5g	370mg	2160mg	32g	40g	X						X	X							
Fried Pub Style Fish	4oz	320	3g	0g	95mg	200mg	45g	32g	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						
Fried Rice with Almonds	4oz	370	23g	2.5g	0mg	170mg	34g	8g					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							
Frijoles Negros	4oz	130	1g	0g	0mg	530mg	23g	8g															
Frijoles Rancheros	4oz	190	8g	2.5g	10mg	530mg	20g	9g		X									X				
Froot Loop Marshmallow Squares	1 ea	180	5g	2g	0mg	135mg	33g	2g							X	X		X					
Frosted Walnut Shortbread Cookies	1 ea	280	24g	8g	15mg	150mg	14g	6g	X	X			X		X	X		X					
Fruit Cocktail	4.37oz	60	0g	0g	0mg	10mg	14g	0g										X	X	X			
Fuji Apple Chicken Salad	3 oz	100	5g	2g	25mg	85mg	7g	9g		X										X			
Fuji Apples	4oz	52	0.17g	0.028g	0mg	1mg	13.81g	0.26g										X	X	X			
Funfetti Pancake	4oz	240	4g	0g	0mg	640mg	44g	4g	X	X					X	X		X					
Garbanzo & Feta Sandwich	1 ea	670	28g	9g	50mg	1560mg	80g	24g		X					X	X		X					X
Garden Burger	1ea	520	4g	.5g	0mg	1030mg	71g	22g	X						X	X	X		X				
Garden Vegetable Pizza	1sl	260	10g	6g	15mg	510mg	32g	12g		X					X	X		X					
Garlic & Soy Potato	4oz	120	2g	0g	0mg	170mg	22g	3g							X	X			X				
Garlic Aioli HH	2fl oz	80	6g	1g	10mg	60mg	3g	5g	X	X						X				X			
Garlic Bread	1 slice	150	14g	7g	16mg	304mg	10g	4g	X	X					X	X		x					
Garlic Bread Sticks	2oz	150	5g	1.5g	0mg	250mg	23g	4g							X	X		X	X				
Garlic Brussel Sprouts HH	4oz	50	0g	0g	0mg	55mg	10g	4g											X	X			
Garlic Cayenne Corn on the Cob	4oz	230	14g	6g	5mg	140mg	26g	6g		X						X		X		X			
Garlic Green Beans	4oz	210	18g	8g	0mg	180mg	12g	4g								X		X	X	X			X
Garlic Herb Sauce	2fl oz	140	0g	0g	0mg	180mg	10g	4g					X			X	X			X			
Garlic Italian Green Bean	4oz	210	18g	8g	0mg	180mg	13g	4g								X			X	X			
Garlic Kale	4oz	150	12g	6g	0mg	150mg	18g	5g								X			X	X			
Garlic Knot	1pc	110	4g	1g	0mg	190mg	16g	3g							X	X		X					
Garlic Parmesan Bruschetta Pizza	1sl	280	11g	5g	15mg	680mg	31g	12g		X					X	X		X					
Garlic Parmesan Corn on the Cob	4oz	200	10g	3.5g	0mg	95mg	27g	7g		X						X		X		X			
Garlic Parmesan Pizza	1sl	250	8g	5g	15mg	670mg	29g	11g		X					X	X		X					
Garlic Parsley Corn	4oz	150	7g	1g	0mg	5mg	25g	4g											X	X			X
Garlic Pepper Chicken	6oz	250	10g	2g	125mg	140mg	0g	38g												X			X
Gemelli	2oz																						
Gemelli pasta	2oz	200	1g	0g	0g	0mg	42g	7g							X				X				
General Tso Salmon	1ea	350	12g	2.5g	65mg	1100mg	32g	25g				X			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							
General Tso's Chicken	4oz	210	9g	1.5g	15mg	730mg	21g	11g							X	X	X						
Ginger Beef Sub	4oz	180	6g	1g	0mg	680mg	15g	14g	X						X	X	X	X					
Ginger Cookies	1 ea	130	8g	2.5g	10mg	40mg	13g	1g	X						X	X		X					
Ginger Molasses Cookie Bar	1 ea	250	12g	5g	40mg	125mg	31g	4g	X						X	X		X					
Glazed Sweet Potato	4oz	260	4g	1.5g	0mg	50mg	56g	3g								X				X			
Glazed Sweet Potato HH	4oz	130	2.5g	0g	0mg	65mg	26g	2g								X		X				X	
Gluten Free Bagels	1.75oz	100	1.5g	0g	0mg	300mg	21g	2g	X							X		X		X			
Goat Cheese Mashed Potato	4oz	260	17g	10g	45mg	100mg	23g	5g		X						X		X		X			
Gochujang Blistered Green Beans	4oz	70	2g	0g	0mg	5mg	13g	3g							X	X	X		X				
Gochujang Sauce	2fl oz	110	0g	0g	0mg	430mg	25g	1g							X	X			X				
Godfather 2 Pizza	1sl	290	12g	7g	25mg	710mg	32g	14g		X					X	X							
Golden Delicious Apples	4oz	52	0.17g	0.028g	0mg	1mg	13.81g	0.26g										X	X	X			
Gorgonzola Cream Sauce	4fl oz	250	18g	10g	35mg	430mg	13g	7g		X					X	X							
Granny Smith Apples	4oz	52	0.17g	0.028g	0mg	1mg	13.81g	0.26g										X	X	X			
Granola Bar	1 ea	180	9g	2g	10mg	75mg	23g	4g	X				X	X	X	X		X					
Granola Oatmeal	4oz	30	1	0mg	0mg	55mg	5g	2g							X	X			X				
Greek Chicken Tenders	4oz	130	2.5g	0g	65mg	40mg	2g	26g		X										X			
Greek Pizza	1sl	160	13g	7g	30mg	750mg	37g	16g		X					X	X		X					
Greek Potato w/ Lemon Vinaigrette	4oz	130	6g	1g	0mg	5mg	19g	2g											X	X			
Greek Salad	3 oz	70	3.5g	2g	10mg	220mg	7g	3g		X					X	X		X					
Greek Style Cous Cous	4oz	300	16g	3.5g	15mg	280mg	31g	7g		X					X			X					
Greek Style Pizza	1sl	270	11g	7g	20mg	620mg	33g	13g		X					X	X		X					
Greek Wedge Salad	3 oz	80	6g	1.5g	20mg	320mg	4g	3g		X						X							
Green Bean Almandine	4oz	120	7g	2g	0mg	50mg	12g	4g					X			X			X	X			
Green Bean with Mushrooms	4oz	100	6g	2.5g	0mg	65mg	12g	4g							X				X	X			
Green Beans	3 oz	35	0g	0g	0mg	5mg	8g	2g										X	X	X			X
Green Chili Pico	2fl oz	10	0g	0g	0mg	65mg	2g	0g											X	X			
Green Chili Stew	8 fl oz	150	7g	2.5g	30mg	150mg	12g	12g												X			
Green Curry Beef	4oz	250	19g	13g	40mg	390mg	7g	14g			X	X	X		X	X							
Green Curry Sauce	2fl oz	150	14g	13g	0mg	260mg	5g	2g			X		X		X	X							
Green Goddess Pizza	1sl	310	16g	8g	20mg	620mg	30g	15g		X			X		X	X		X					
Green Onion Beef	4oz	240	15g	6g	55mg	620mg	9g	16g							X	X	X						
Green Peppercorn Sauce	2fl oz	90	7g	4g	15mg	360mg	6g	2g		X					X	X							
Green Rice with Corn	4oz	190	6g	1g	0mg	105mg	30g	3g								X			X	X			
Grilled Cheese Pizza	1sl	280	15g	8g	20mg	780mg	30g	12g		X					X	X		X					
Grilled Cheese w/ Bacon tomato jam	1ea	580	36g	13g	70mg	1620mg	40g	28g		X					X	X							

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	Serving Siz	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Hydrate	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit	
Grilled Cheese w/ Bacon Tomato Jam	1ea	580	36g	13g	70mg	1620mg	40g		28g		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 Chicken Breast	4oz	240	11g	2.5g	90mg	65mg	0g		35g												X				
Grilled Chicken w/ Tapenade	1ea	330	21g	3.5g	70mg	480mg	7g		28g		X										X				
Grilled Coconut Chicken	4oz	210	11g	7g	105mg	370mg	4g		23g			X	X	X		X	X								
Grilled Coconut Chicken Breast	4oz	190	8g	5g	65mg	290mg	3g		26g			X	X	X		X	X								
Grilled Cola Chicken	4oz	170	4g	1.5g	65mg	360mg	8g		26g							X	X								
Grilled Eggplant with Basil Vinaigrette	4oz	80	7g	0g	0mg	35mg	5g		1g											X	X				
Grilled Garlic Toast	1ea	270	17g	7g	0mg	460mg	26g		6g	x	x					x	x		x						
Grilled Italian Chicken Breast	4oz	270	14g	2g	95mg	210mg	0g		33g												X				
Grilled Italian Sausage with Onions and Peppers	4oz	250	4g	7g	75mg	550mg	5g		17g												X				
Grilled Jerk Chicken	1ea	160	6g	2g	65mg	40mg	0g		25g												X			X	
Grilled M.E Chicken Breast	1ea	150	4.5g	1.5g	65mg	90mg	3g		26g		X						X				X			X	
Grilled Marinated Chicken	1ea	470	28g	8g	125mg	480mg	13g		43g		X					X	X								
Grilled Marinated Chicken Breast	4oz	320	20g	2.5g	95mg	100mg	1g		33g							X					X				
Grilled Pineapple & Chicken Avacado Salad	3 oz	110	6g	1.5g	5mg	220mg	11g		5g		X					X	X								
Grilled Pineapple & Chicken Avacado Salad	1 ea	500	29g	2.5g	95mg	135mg	26g		39g								X				X				
Grilled Rosemary Chicken	4oz	240	14g	3g	65mg	110mg	2g		26g								X				X				
Grilled Rosemary Chicken Breast	4oz	240	14g	3g	65mg	110mg	2g		26g								X				X			X	
Grilled Thai Thighs	4oz	170	11g	3g	90mg	260mg	1g		19g			X	X			X	X								
Grilled Turmeric Spiced Chicken	1ea	150	4g	1.5g	65mg	45mg	1g		27g		X						X				X			X	
Grits	1.25oz	130	1.75g	0	0mg	0mg	29g		3g										X		X	X			
Half Cheese & Pepperoni Pizza	1sl	250	10g	5g	15mg	520mg	31g		11g		X					X	X								
Ham & Cheese Homefries	4oz	210	11g	2.5g	10mg	220mg	22g		6g		X										X				
Ham & Mushroom Pizza	1sl	130	10g	5g	25mg	710mg	35g		16g		X					X	X								
Ham & Mushroom Pizza	1sl	270	10g	6g	25mg	700mg	32g		15g		X					X	X								
Ham & Mushroom Pizza-Fresh	1sl	240	8g	4.5g	25mg	340mg	28g		16g		X					X									
Ham & Swiss Broccoli Pasta	6oz	550	22g	11g	55mg	450mg	64g		27g		X					X	X								
Ham and Cabbage Soup	8 fl oz	100	1.5g	0g	10mg	1330mg	20g		5g		X					X	X								
Ham and Pasta Primavera	6oz	470	15g	6g	20mg	810mg	68g		17g		X					X	X								
Ham and Potato AuGratin	4oz	180	9g	4.5g	25mg	390mg	16g		9g		X					X	X								
Ham Egg & Cheese McMuffin	1ea	290	12g	2.5g	230mg	1050mg	28g		17g		X	X				X	X								
Ham Guacamole Baguette	1ea	1010	17g	12g	80mg	2030mg	86g		32g		X	X				X	X		B						
Hamburger Bun	1ea	170	2.5g	.5g	0mg	320mg	30g		6g							X	X			X					
Hamburger Gravy	2fl oz	110	7g	3g	30mg	40mg	3g		8g		X					X									
Happy Family Rice	4oz	110	1.5g	.5g	35mg	770mg	15g		8g		X	X				X	X	X							
Harvest Salad	3 oz	180	8g	2.5g	10mg	330mg	17g		4g		X			X							X				
Hashbrowns	4oz	170	7g	3g	0mg	140mg	25g		2g								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								
Hawaiian Teriyaki Sauce	2fl oz	60	.5g	0g	0mg	490mg	12g		1g				X			X	X	X		X					
Hearty Beef Vegetable soup	8fl oz	300	18g	7g	50mg	270mg	17g		18g							X	X								
Hearty Potato Ham Chowder	8 fl oz	180	6g	2.5g	20mg	580mg	25g		9g		X					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 Garlic Naan	1ea	200	22g	10g	0mg	210mg	2g		2g		X	X				X	X		X						
Herb Grilled Chicken	4oz	190	8g	2g	70mg	45mg	0g		27g												X			X	
Herb Orzo with Zucchini & Feta	4oz	240	9g	4.5g	10mg	180mg	33g		7g		X					X	X		X						
Herb Roasted Chicken	4oz	320	24g	6g	100mg	95mg	1g		23g												X			x	
Herb Roasted Salmon	1ea	290	18g	1.5g	65mg	65mg	1g		28g				X								X				
Herb Roasted Tomato	4oz	9g	2g	10mg	10g	190mg	8g		5g		X								X		X				
Herbed Corn	4oz	170	0g	0g	0mg	280mg	36g		4g		X					X	X							X	
Herbed Corn & Zucchini	4oz	110	8g	1g	0mg	10mg	12mg		1g											X	X			X	
Herbed Green Bean	4oz	90	4.5g	2g	0mg	55mg	12g		3g								X			X	X				
Herbed Grilled Haddock	1ea	340	17g	2g	50mg	760mg	26g		18g				X				X				X				
Herbed New Potato	4oz	120	3g	1.5g	0mg	95mg	20g		3g								X			X	X			X	
Herbed Orzo	4oz	260	6g	2g	0mg	45mg	43g		8g							X	X		X					X	
Herbed Orzo & Mushroom	4oz	260	10g	4g	0mg	85mg	37g		8g							X	X			X					
Herbed Parmesan Porkloin	4oz	360	25g	8g	95mg	160mg	1g		31g		X						X				X				
Herbed Tater Tots	4oz	230*	12g	3g	10mg	570mg	25g		4g								X		X						
Herbed Turkey Au Jus	4oz	180	5g	2g	95mg	760mg	3g		33g								X				X				
Hoagie Bun	6"	417	20g	7g	53mg	1127mg	40g		21g		x					x	x		x						
Hoagie Roll	1ea	190	1g	0mg	0mg	370mg	37g		7g			X				X	X		X						
Hoisin Aioli	2fl oz	330	36g	6g	40mg	260mg	1g		0g		X	X				X	X	X							
Hoisin Porkchop	4oz	310	20g	7g	80mg	150mg	4g		27g							X	X								
Hollandaise Sauce	2fl oz	230	25g	6g	30mg	180mg	1g		1g		X	X					X		X		X				
Homestyle Chili	8fl oz	230	2g	0g	0mg	800mg	0g		29g																
Homestyle Vegetable Soup	8fl oz	120	5g	2g	0mg	240mg	17g		4g							X	X			X					
Honey Baked Ham	4oz	300	11g	4.5g	100mg	1960mg	17g		29g								X				X				
Honey Carrot	4oz	130	7g	3g	0mg	140mg	17g		2g								X		X		X				
Honey Corn	4oz	130	1g	0g	0mg	0mg	31g		3g								X		X		X				
Honey Dijon Mahi Mahi HH	4oz	110	.5g	0g	80mg	140mg	2g		21g				X								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 Glazed Salmon	1ea	230	12g	2.5g	65mg	340mg	4g		24g				X			X	X								
Honey Lemon Chicken	6oz	230	6g	1.5g	125mg	140mg	4g		38g												X			X	
Honey Lime Quinoa Salad	4oz	80	.5g	0g	0mg	0mg	21g		2g										X		X				
Honey Mustard Aioli	2fl oz	260	25g	4g	25mg	360mg	8g		0g		X	X					X				X				
Honey Mustard Chicken Finger pizza	1 slice	370	17g	7g	30mg	810mg	40g		15g		X	X				X	X								
Honey Rotisserie Ham	4oz	180	7g	3g	65mg	1250mg	8g		19g												X				

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	Serving Size	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Honey Sriracha Brussel Sprouts	4oz	100	5g	2g	0mg	105mg	13g	4g								X		X					
Honey Sriracha Chicken Bacon Pizza	1sl	270	10g	5g	10mg	670mg	32g	14g		X						X							
Horchata	8fl oz	170	2.5g	1.5g	10mg	70mg	32g	6g										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			
Horseradish Smashed Potato	4oz	100	3g	1.5g	10mg	0mg	19g	2g		X								X		X			
Hot Chili Oil	2fl oz	250	25g	3.5g	0mg	260mg	4g	3g			X			X	X	X	X						
Hot chili oil	2fl oz	250	25g	3.5g	0mg	260mg	4g	3g			X			X	X	X	X						
Hot Honey Pizza	1sl	340	15g	8g	15mg	840mg	35g	17g		X					X	X							
Hot Sauce	.5oz	0	0g	0g	0mg	130mg	0g	0g										X	X	X			
Hummingbird Cake	1pc	550	25g	10g	40mg	330mg	70g	4g	X	X			X		X	X		X					
Hush Puppy	4oz	260	9g	1g	0mg	700mg	23g	4g		X					X	X		X					
Island Caribbean Chicken	4oz	170	8g	2g	65mg	40mg	0g	25g												X			
Island Chicken	1ea	860	51g	11g	120mg	1000mg	55g	40g	X	X					X	X							
Island Slaw	4oz	140	12g	1.5g	0mg	40mg	8g	1g								X			X				
Italian Braised Pork	4oz	200	13G	3.5G	45mg	45mg	7g	15g				X				X				X			
Italian Breaded Outlet	4oz	690	34g	9g	205mg	640mg	55g	41g	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			x				
Italian Hoagie Pizza	1sl	290	12g	6g	20mg	770mg	32g	13g		X					X	X							
Italian Margarita Pizza	1sl	140	11g	6g	20mg	610mg	37g	16g		X					X	X		X					
Italian Pulled Chicken	4oz	170	7g	1g	70mg	240mg	2g	24g								X					X		
Italian Roast Beef	4oz	300	19g	7g	90mg	810mg	7g	28g								X					X		
Italian Roasted Chicken	6oz	230	8g	1.5g	120mg	130mg	0g	36g													X		
Italian Roasted Pork	4oz	280	19g	6g	75mg	290mg	2g	25g								X							
Italian Roasted Potato	4oz	120	4g	1.5g	5mg	65mg	19g	4g		X								X		X			
Italian Sausage	4 oz	280	20g	7g	70mg	820mg	0g	18g															
Italian Sausage Crumble	2oz	150	12g	4g	55mg	400mg	1g	11g															
Italian Sausage with Onions and Peppers	4oz	250	4g	7g	75mg	550mg	5g	17g												X			
Italian Style Tilapia	4oz	420	23g	11g	65mg	560mg	28g	31g		X		X			X								
Italian Tomato Sauce	2fl oz	190	8g	.5g	0mg	280mg	28g	7g											X	X			
Italian Turkey Sausage w/ Peppers & Onions	4oz	180	10g	2g	40mg	620mg	11g	15g								X				X			
Italian Wedding Soup	8fl oz	130	9g	4g	25mg	540mg	5g	9g	X	X					X	X							
Italian Wedding with Turkey Meatballs	8 fl oz	210	7g	1.5g	30mg	590mg	20g	17g	X	X		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					
Jalapeno Popper Burger	1ea	640	35g	19g	175mg	1170mg	36g	29g		X					X	X							
Jalapeno Rice	4oz	270	18g	11g	50mg	690mg	21g	10g		X								X			X		
Jambalaya	8oz	310	14g	3.5g	57mg	435mg	30g	16g			x				x	x		X					
Jelly Cake Roll	1pc	200	3g	1g	115mg	85mg	37g	5g	X						X			X					
Jerk Chicken Thighs	4oz	230	14g	2g	105mg	200mg	4g	23g												X			
Jerk Pork	4oz	140	5g	1.5g	70mg	580mg	3g	23g							X	X							
Johnny Cake	1pc	370	13g	7g	25mg	240mg	58g	2g	X	X					X	X		X					
Kahuna Baked Beans	4oz	160	4g	1.5g	0mg	750mg	25g	10g							X	X			x				
Kalamata Olive Chicken Skewer	1ea	170	11g	2.5g	35mg	210mg	3g	12g		X						X				X			
Kalamata Olive Pork Skewer	1ea	170	11g	2.5g	35mg	210mg	3g	12g		X						X					X		
Kale & Spinach Saag	4oz	100	6g	4g	0mg	125mg	11g	3g					X						X	X			
Kale and Quinoa Casserole	4oz	220	8g	3.5g	15mg	510mg	30g	12g		x								x			x		
KC BBQ Pulled Chicken	4oz	180	3g	.5g	70mg	320mg	11g	24g												X			
key lime pie	1ea = 4.5oz	390	11g	4g	5mg	290mg	67g	6g		X					X	X		X					
Kidney Bean Masala	6oz	202	5.13 g	.53 g	0g	415.52 g	31.07 g	9.75 g											X	X			
Kielbasa Bake	4oz	240	17g	6g	40mg	870mg	15mg	9g		X						X				X			
Kielbasa with Apple Caraway Sauerkraut	4oz	170	14g	4.5g	35mg	840mg	5g	7g		X						X				X			
Kielbasa with Sauerkraut	4oz	260	22g	7g	55mg	950mg	4g	10g		X						X				X			
King Ranch Casserole																							X
Korean Fried Chicken	4oz	360	8g	1.5g	105mg	860mg	45g	26g							X	X	X						
Korean Fried Chicken	4oz	360	8g	1.5g	105mg	860mg	45g	26g							X	X	X						
Korean Pulled Pork	4oz	200	8g	2g	80mg	490mg	6g	27g							X	X	X						
Korean Style Ground Beef	4oz	380	25g	9g	80mg	720mg	14g	24g			X	X			X	X	X						
Kung Pao Brussel Sprouts	4oz	190	13g	1.5g	0mg	260mg	16g	7g						X	X	X	X	X					
Lahmacun Turkish Pizza	1ea	140	7g	1g	0mg	125mg	10g	9g	X	X			X		X	X		X					
Lasagna	6oz	570	38g	18g	100mg	1560mg	29g	31g		X					X	X							
Lasagna Pizza	1sl	380	15g	8g	40mg	560mg	44g	15g		X					X	X							
Leek & Potato HH	8fl oz	150	1g	0g	0mg	470mg	33g	4g		X													
Lemon Baked Fish	4oz	160	6g	2g	60mg	120mg	1g	32g				X				X				X			
Lemon Baked Mahi Mahi	4oz	130	2.5g	1g	80mg	135mg	2g	21g				X				X				X			
Lemon Bar	1 ea	140	6g	2.5g	55mg	60mg	20g	4g	X						X	X		X					
Lemon Butter Asparagus	4oz	110	9g	4g	0mg	145mg	5g	3g								X							
Lemon Chicken Orzo soup	8fl oz	140	5g	.5g	5mg	580mg	16g	8g		X					X	X				X			
Lemon Dill Potato	4oz	190	12g	1.5g	0mg	240mg	20g	2g											X	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			
Lemon Herb	2fl oz	120	9g	4.5g	15mg	300mg	7g	5g		X					X	X							
Lemon Herb Rice	4oz	160	0g	0g	0g	280mg	34g	4g							X	X							
Lemon Linguini & Garlic Chicken	6oz	330	18g	7g	65mg	440mg	24g	19g		X					X	X			x				
lemon meringue pie	1ea = 4.5oz	290	8g	3g	0mg	270mg	53g	2g	X						X	X		X					
Lemon Pepper Catfish	4oz	150	7g	3.5g	25mg	420mg																	

Name	Nutritional Information							Allergen Awareness *X=Contains Allergen							Lifestyle								
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Lemon Poppy Seed Pancake	4oz	210	3.5g	.5g	0mg	640mg	39g	5g	X	X					X	X		X					
Lemon Rice Pilaf	4oz	130	0g	0g	0mg	260mg	28g	3g		X					X	X				X			
Lemon Rice Stuffed Cod	1ea	160	3g	1g	50mg	85mg	10g	27g		X		X				X				X			
Lemon Roasted Rotisserie Chicken	6oz	380	28g	8g	115mg	115mg	2g	27g												X			
Lemon Sauce	2fl oz	45	1g	0g	0mg	10mg	9g	0g								X				X			
Lemony Sugar Snap Peas	4oz	90	4.5g	2g	0mg	45mg	9g	4g								X				X			X
Lentil Soup HH	8 fl oz	180	5g	.5g	0mg	330mg	23g	9g								X							X
Light Cheese Sauce	4fl oz	100	5g	2.5g	15mg	250mg	8g	7g		X						X							
Lima Beans	3.5oz	71	0.29g	0.066g	0mg	252mg	13.33g	4.07g										X	X	X			
Linguine	2oz	200	1	0	0	0	42	7							X			X	X				
Linguini & Meatsauce	6oz	130	3g	0g	0mg	500mg	10g	15g															X
Linguini with Clam Sauce	6oz	410	17g	1g	75mg	90mg	41g	23g			X				X								
Linguini with Clam Sauce	6oz	410	17g	1g	75mg	90mg	41g	23g			X				X								
Apple Nut Muffin	3oz	410	28g	11g	35mg	300mg	35g	9g	X	X			X		X	X		X					
Loaded Baked Potato	1ea	280	14g	7g	20mg	280mg	29g	10g		X					X	X				X			
Loaded Pepperoni Pizza	1sl	270	12g	6g	20mg	590mg	31g	12g		X					X	X							
Loaded Wrap	1ea	680	35g	14g	390mg	1630g	51g	40g	X	X					X								
Louisiana Style Remoulade	2fl oz	240	26g	4g	25mg	450mg	1g	0g	X	X		X				X				X			
Lyonnaise Potato	4oz	130	6g	3g	0mg	60mg	16g	2g								X		X		X			
M&M Brownies	1 ea	160	11g	5g	45mg	100mg	15g	4g	X	X					X	X		X					
M&M Cookie Bar	1 ea	310	15g	6g	40mg	170mg	40g	6g	X	X					X	X		X					
M&M Cookies	1 ea	120	6g	2.5g	10mg	80mg	15g	2g	X	X					X	X		X					
M&M Sugar Cookies	1 ea	130	4.5g	2g	10mg	40mg	19g	2g	X	X					X	X		X					
Macaroni & Cheese	6oz	300	16g	8g	35mg	240mg	27g	13g		X					X	X		X					
Macaroni & Cheese	6oz	290	16g	9g	30mg	540mg	27g	12g		X					X	X		X					
Macintosh Apples	4oz	52	0.17g	0.028g	0mg	1mg	13.81g	0.26g										X	X	X			
Magic Bar	1 ea	180	9g	6g	5mg	95mg	24g	2g		X			X		X	X		X					
Mahi Mahi	4oz	110	.5g	0g	80mg	130mg	1g	21g				X								X			
Mahi Mahi HH	4oz	110	.5g	0g	80mg	130mg	1g	21g				X								X			X
Mama Mia Burger	1 ea	610	36g	17g	95mg	920mg	41g	35g															
Mamma Mia	1ea	610	36g	17g	95mg	920mg	41g	35g	X	X					X	X							
Mandarin Oranges	3.5oz	47	0.12g	0.015g	0mg	0mg	11.75g	0.94g										X	X	X			
Mandarin Sweet & Sour Sauce	2fl oz	40	0g	0g	0mg	260mg	10g	0g							X	X				X			
Mango Ceviche	2oz	.5g	0g	0mg	0mg	10mg	8g	1g							X								
Mango Garlic Naan	1ea	210	15g	7g	0mg	210mg	19g	1g	X	X					X	X		X					
Manicott with Sauce	6oz	490	11g	4g	20mg	510mg	22g	11g	X	X					X			X					
Maple Bacon Pancake	4oz	290	8g	3g	0mg	960mg	41g	11g	X	X					X	X							
Marble Pound Cake	1 slice	127	7g	3g	30mg	125mg	15g	2g	X	X					X	X							
Marcona Almonds	1.1 oz	191	16g	2g	0mg	1mg	5g	8g					X					X	X	X			
Margarita Stomboli	1 ea	170	11g	7g	25mg	240mg	9g	9g		X					X	X							
Marinated Grill Vegetable	4oz	90	6g	1g	0mg	10mg	9g	1g											X	X			
Marinated PHO Chicken	4oz	200	6g	0g	85mg	290mg	1g	31g							X	X							
Marmalade Ginger Sauce	2fl oz	120	0g	0g	0mg	45mg	32g	0g								X							
Marsala Sauce	2fl oz	210	17g	9g	35mg	440mg	10g	4g		X					X	X							
Marshallow Sauce	2fl oz	190	4.5g	4.5g	0mg	40mg	38g	1g								X							
Marshmallow Krispie M&M Bars	1 ea	180	4.5g	1.5g	0mg	55mg	23g	2g		X						X		X		X			
Marshmallow Krispie Nutella Squares	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			
Marshmallow Krispie PB Chip Bars	1 ea	170	6g	2g	0mg	80mg	17g	3g						X		X		X		X			
Marshmallow Krispie Soy Butter Squares	1 ea	170	3.5g	2g	0mg	70mg	17g	3g								X		X		X			
Mashed Garlic Red Skin Potatoes	5oz	150	8g	5g	20mg	510mg	18g	3g		X						X		X		X			
Mashed Potato	4oz	150	6g	3g	0mg	65mg	21g	3g		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			
Mashed Potatoes	1oz	80	1g	0g	0mg	310mg	17g	2g										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			
Mashed Sweet Potato	4oz	100	1.5g	.5g	5mg	20mg	21g	2g		X						X		X		X			
Mashed Yukon Gold Potatoes	3oz	110	1.5g	0.5g	0mg	500mg	21g	2g		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							
Meat Lovers Stromboli	1 slice	194	14g	6g	38g	508mg	4g	9g		x					x	x							
Meatball Calzone	1 ea	320	22g	11g	50mg	420mg	12g	9g		x					x	x							
meatball marinara	6 oz	410	15g	5g	30mg	1080mg	53g	16g															
Meatball Pizza	1sl	170	14g	6g	30mg	560mg	36g	13g		X					X	X							
Meatball Pizza	1sl	330	15g	8g	30mg	590mg	33g	12g		X					X	X							
Meatball Pizza - Fresh	1sl	300	13g	6g	30mg	240mg	30g	10g		X					X	X							
Meatball Sub	1 ea	450	19g	12g	31g	1150mg	31g	23g	x	x					x	x							
Meatballs	3oz	250	19g	6g	45mg	670mg	7g	13g		X					X	X							
Meatovers 2 Pizza	1sl	290	11g	7g	20mg	710mg	32g	14g		X					X	X							
MedianNoche	1ea	1210	43G	15g	165mg	3210mg	124g	65g		X					X	X							
Mediterranean Pizza	4oz	240	8g	5g	15mg	550mg	32g	10g		X					X	X		X					
Mediterranean Steak	4oz	200	14g	4.5g	40mg	120mg	7g	21g		X										X			X
Mediterranean Style Grilled Salmon	1ea	240	13g	3g	65mg	220mg	3g	23g				X								X			
Mediterranean Turkey Burgers	1ea	230	6g	2g	10mg	260mg	11g	33g		X			X		X	X							
Mediterranean Vegetables	4oz	70	4g	1g	5mg	260mg	7g	2g		X						X		X		X			
Memphis Zucchini	4oz	80	6g	1g	0mg	10mg	6g	0g											X	X			X
Mexican Lasagna	4oz	280	16g	9g	20mg	930mg	14g	21g		X					X								
Mexican Rice	4oz	120	1.5g	0g	0mg	150mg	24g	3g							X	X			x				
Mexican Vegetables	4oz	50	1g	0g	0mg	90mg	11g	1g											X	X			
Mexican Wedding Cookies	1 ea	90	6g	2g	0mg	35mg	9g	1g					X		X	X		X					

Name	Nutritional Information							Allergen Awareness *X=Contains Allergen								Lifestyle							
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Michigan Hot Dog Sauce	2fl oz	60	4g	1.5g	15mg	160mg	2g	5g															
Middle Eastern Pizza	1sl	290	13g	6g	20mg	670mg	32g	12g		X					X	X		X		X			
Mile High Funfetti Cake	1pc	570	26g	10g	45mg	280mg	81g	3g	X	X					X	X		X					
Millionaire's Shortbread Bars	1 ea	470	24g	12g	20mg	210mg	60g	6g		X					X	X		X					
Minestrone HH	8 fl oz	80	.5g	0g	0mg	440mg	16g	4g							X	X							X
Mississippi Comeback Sauce	2fl oz	250	25g	3.5g	20mg	330mg	4g	0g	X							X		X		X			
Mixed Berries	4oz	25	0g	0g	0mg	0mg	6g	1g										X		X			X
Mixed Cobbler	1pc	260	9g	4g	15mg	140mg	41g	5g	X	X					X	X		X					
Mixed Fruit & Berry Salad	4oz	80	0g	0g	0mg	15mg	20g	1g										X		X			X
Mixed Grill	4oz	220	10g	5g	65mg	480mg	4g	16g		X						X				X			
Mixed Melon & Pineapple Salad	4oz	80	0g	0g	0mg	25mg	20g	1g											X	X			X
Mixed Vegetables	4oz	60	0g	0g	0mg	50mg	13g	2g								X				X			X
Molasses Cookies	1 ea	130	8g	2.5g	10mg	40mg	13g	1g	X						X	X		X		X			X
Montreal Potato	4oz	70	1g	.5g	5mg	280mg	12g	2g		X						X		X		X			
Moroccan chickpea Chili	8 fl oz	250	8g	1g	0mg	460mg	51g	4g								X		X		X			
Moroccan Spiced Garbanzo Stew	4oz	140	2.5g	0g	0g	370mg	30g	3g										x		x			
Muffaletta Pizza	1sl	300	12g	7g	25mg	760mg	33g	14g		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					
Mushroom Bhajia	4oz	80	.5g	.5g	0mg	40mg	7g	5g											X	X			X
Mushroom Marsala Sauce	2fl oz	210	17g	9g	35mg	440mg	11g	5g		X					X	X							
Mushroom Sauce	4fl oz	90	6g	3g	5mg	250mg	6g	3g		X					X	X							
Mushroom Sauce	2fl oz	140	10g	5g	10mg	105mg	9g	5g		X					X	X		X					
Mushroom Shawarma	3.2oz	300	16g	1.5g	0mg	45mg	34mg	23g										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					
Nashville Hot sauce	2fl oz	160	17g	2g	0mg	640mg	2g	0g								X			X	X			
Navy Bean soup	8fl oz	180	3g	1g	15mg	380mg	25g	13g															
New England chicken Salad Sandwich	1 ea	460	24g	4.5g	60mg	640mg	46g	19g	X	X					X	X							X
Noodles Romanoff	4 oz	185	9g	4g	31mg	158mg	19g	15g	X	X					X	X							
Northern Italy Pizza	1sl	290	13g	6g	25mg	650mg	31g	13g		X					X	X							
Nuoc Cham Sauce	2fl oz	20	0g	0g	0mg	950mg	6g	1g				X	X		X	X							
Nutella Streusel Dessert Pizza	1sl	730	15g	6g	0	430mg	140g	10g		X			X		X	X		X					
NY Coney Sauce	2oz	130	8g	3g	30mg	55mg	4g	9g				X				X							
NY Crumb Cake	1pc	300	19g	14g	75mg	480mg	31g	10g	X	X					X	X		X					
NY Style Chili	8 fl oz	280	17g	7g	65mg	990mg	10g	21g				X			X	X							
Oatmeal	3.5oz	71	1.52g	0.31g	0mg	71mg	12g	2.54g							X			X	X				
Oatmeal Butterscotch Bar	1 ea	260	14g	8g	15mg	160mg	31g	3g	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	110	4g	1.5g	5mg	120mg	18g	1g	X	X					X	X		X					
OCU Pizza Sauce	5fl oz	100	0g	0g	0mg	190mg	20g	0g											X	X			
Ohio Sloppy Susan	4oz	380	19g	4.5g	15mg	700mg	24g	27g		X					X	X							
Okra	10oz	85	0.71g	0.185g	0mg	0mg	18.93g	4.8g										X	X	X			
Olivo Pasta with Caper & Parmesan	6oz	730	43g	9g	40mg	1520mg	61g	28g		X					X			X					
Olivo with Caper Parmesan & Black Pepper	6oz	1100	52g	8g	20mg	1040mg	131g	32g							X			X					
Olive & Pepperoni Focaccia	1pc	250	11g	2g	10mg	350mg	30g	7g							X								
Olive Garden Pasta E Fagioli	8 fl oz	148	5g	2g	14mg	315mg	19g	9g							X	X							
Olive Garden Pasta E Fagioli	8 fl oz	130	4.5g	1.5g	15mg	1030mg	15g	8g							X	X							
Onion Rice	4oz	150	0g	0g	0mg	16mg	33g	4g							X	X			x				
Onion Smashed Focaccia	1pc	190	4g	0g	0mg	0mg	33g	6g							X				X				
Orange Popcorn Chicken	4oz	360	16g	2.5g	25mg	1180mg	35g	17g							X	X							
Orange Quarters	1/2 cup	62	0g	0g	0mg	0mg	15g	1.2g															
Orange Roasted Chicken	6oz	240	6g	1.5g	125mg	240mg	6g	38g							X	X							
Orange Roasted Rotisserie Chicken	6oz	380	28g	8g	115mg	120mg	3g	27g												X			
Orange Roasted Sweet Potato	4oz	270	4g	1.5g	0mg	50mg	58g	3g								X			X	X			
Orange Sesame Asparagus	4oz	90	2g	0g	0mg	250mg	15g	3g							X	X	X		X				
Oreo Cream Brownies	1 ea	220	17g	8g	65mg	190mg	27g	6g	X	X					X	X		X					
Oreo Pancake	4oz	190	5g	1.5g	0mg	700mg	50g	5g	X	X					X	X		X					
Oven Fried Chicken	1ea	260	11g	5g	65mg	135mg	10g	28g		X					X	X							
Panko Tofu w Vinaigrette	4oz	350	11g	3.5g	90mg	580mg	47g	17g	X						X	X	X	X					
Parisian Ham Baguette	1 ea	660	12g	7g	65mg	1730mg	106g	22g		X					X	X							
Parisian Style Remoulade	2fl oz	340	37g	5g	35mg	460mg	1g	0g	X	X		X			X	X				X			
Parkerhouse Dinner Roll	1 ea	80	2.5g	1g	10mg	130mg	11g	2g	X	X					X	X		X					
Parmesan & Thyme Roasted Cauliflower	4oz	130	10g	2g	5mg	105mg	10g	6g		X								X		X			
Parmesan Baked Fish	1ea	200	10g	2.5g	70mg	240mg	0g	34g	X	X		X				X				X			
Parmesan Basil Rice	4oz	210	5g	2.5g	10mg	160mg	36g	8g		X					X	X		X		X			
Parmesan Chicken	1ea	540	17g	7g	230mg	700mg	52g	43g	X	X					X								
Parmesan Herb Bread	1pc	130	2.5g	1.5g	5mg	310mg	0g	5g		X					X	X		X					
Parmesan Style Green Bean	4oz	170	13g	6g	15mg	280mg	12g	9g		X						X		X		X			
Parsley Buttered Potato	4oz	190	5g	2g	0mg	60mg	34g	4g								X		X		X			
Pasta & Butternut Squash Primavera	6 oz	220	2.5g	1g	5mg	500mg	37g	9g										x					
Peach Berry Medley	4oz	50	0g	0g	0mg	10mg	12g	1g								X				X			
Peach Glazed Chicken	1ea	430	9g	3g	5mg	140mg	51g	39g		X					X	X							
Peach Glazed Chicken	1ea	430	9g	3g	5mg	140mg	51g	39g		X					X	X							
peach pie	1ea = 4.5oz	300	15g	6g	0mg	330mg	41g	3g							X	X			X				
Peach Scone with Vanilla Glaze	1ea	480	36g	15g	130mg	220mg	57g	7g	X	X					X	X		X					
Peaches & Cream Oatmeal	4oz	50	2.5g	1g	5mg	50mg	7g	2g		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 pie	1ea = 5.5oz	720	4g	26g	30mg	270mg	66g	7g	X	X				X	X	X		X					
Peanut Butter Pretzel Chocolate Chip Cookie	1 ea	160	8g	3.5g	5mg	125mg	18g	3g	X	X				X	X	X		X					

Name	Nutritional Information							Allergen Awareness *X=Contains Allergen							Lifestyle								
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Peanut Butter Pretzel PB Chip	1 ea	160	9g	4g	5mg	135mg	15g	4g	X	X				X	X	X		X					
Peanut Butter Sauce	2fl oz	200	12g	3.5g	10mg	125mg	17g	7g		X				X		X				X			
Peanut Chicken	4oz	500	19g	5g	115mg	840mg	48g	38g	X	X				X	X	X							
Peanut Satay Sauce	2fl oz	170	16g	12g	0mg	160mg	4g	3g			X		X	X	X	X							
Peanut Sauce	2fl oz	130	8g	1.5g	0mg	890mg	12g	5g		X				X	X	X							
Peanut Tahini Sauce	2fl oz	250	24g	4g	0mg	110mg	6g	7g						X		X	X		X	X			
Peanut(Less) Butter & Jelly Bars	1 ea	290	9g	5g	25mg	160mg	30g	7g	X						X	X		X					
Pecan & Avocado Brussel Sprouts	4oz	200	16g	1.5g	0mg	30mg	13g	5g				X							X	X			
Pecan & Bacon Bars	1 ea	240	17g	6g	30mg	90mg	21g	4g	X	X			X		X			x					
Pecan Bars	1 ea	220	15g	5g	30mg	15mg	21g	2g	X	X			X		X			x					
pecan pie	1ea = 4.5oz	520	25g	8g	75mg	530mg	70g	5g	X				X		X	X		X					
Penne	2oz	200	1	0	0	0	42	7	X						X				X				
Penne Al Forno	6oz	350	20g	10g	60mg	590mg	30g	14g		X					X	X		X					
Penne with Mushroom Ragu	6oz	450	13g	5g	90mg	45mg	74g	15g		X					X			X					
Pepper Pot Soup	8 fl oz	430	22g	3g	165mg	27290mg	43g	2g							X	X							
Peppered Big Blue	1ea	980	58g	25g	170mg	2250mg	61g	52g	X	X					X	X							
Pepperjack Macaroni & Cheese	6oz	360	26g	15g	115mg	320mg	21g	14g		X					X			X					
Pepperjack Ranch Pizza	1sl	400	24g	9g	30mg	810mg	38g	19g	X	X					X	X							
Pepperoncini Aioli	2fl oz	320	35g	4.5g	30mg	310mg	1g	0g	X						X					X			
Pepperoni & Sausage Stromboli	1 ea	220	15g	8g	37mg	541mg	5g	25g		x					x	x							
Pepperoni Grilled Cheese	1ea	1020	68g	29g	145mg	2690mg	56g	55g		X					X	X							
Pepperoni Penne Pasta	6oz	270	11g	4.5g	50mg	760mg	27g	12g		X					X								
Persian Bean & Herbs	4oz	90	4.5g	.5g	0mg	135mg	8g	3g	X	X						X		X		X			
Persian Beans and Rice	4oz	60	.5g	0g	0g	200mg	8g	3g	x							x		x		x			
Pesto Cream Sauce	4fl oz	150	11g	5g	15mg	380mg	10g	5g		X			X		X								
Pesto Mayo	2fl oz	360	39g	6g	35mg	310mg	0g	1g	X	X			X			X		X		X			
Pesto Penne Pasta	6oz	270	11g	4g	50mg	250mg	34g	10g		X			X		X								
Pesto Roasted Vegetable & Hummus	1ea	580	31g	10g	25mg	790mg	45g	16g	X	X			X		X		X	X					
Pesto Smashed Potato	4oz	70	7g	3g	5mg	260mg	34g	5g		X			X		X	X		X		X			
Pesto Tilapia with Pico De Gallo	4oz	200	11g	2.5g	60mg	105mg	2g	25g		X		X	X			X				X			
Philly Cheesesteak Pizza - Fresh	1sl	280	11g	6g	30mg	170mg	29g	16g		X					X								
Philly CheesesteakCalzone	1sl	170	14g	4g	35mg	1200mg	66g	23g		X					X	X							
Philly Dilla Quesadilla	1ea	1060	55g	25g	70mg	1450mg	65g	49g	X	X					X	X							
Philly Steak 2 Pizza	1sl	350	19g	7g	20mg	540mg	31g	14g		X					X	X							
Pierogi Pasta & Sausage	6oz	370	20g	8g	20mg	940mg	31g	10g		X					X	X							
Pierogie Pasta & Sausage	6oz	379	20g	8g	20mg	940mg	31g	20g		X					X	X							
Pierogie with Onion	4oz	250	11g	5g	10mg	510mg	32g	7g	X	X					X	X		X					
Pilaf Mushroom Rice	4oz	110	4g	1.5g	0mg	125mg	16g	3g		X					X	X			x				
Pilaf Mushroom with Craisins	4oz	130	3.5g	1.5g	0mg	125mg	21g	3g		X					X	X			x				
Pineapple & Honeydew	4oz	90	0g	0g	0mg	20mg	24g	1g											X	X			
Pineapple Chicken Salad	3 oz	120	5g	.5g	35mg	190mg	8g	12g								X				X			
Pineapple Tidbits	5oz	80	0g	0g	0mg	0mg	22g	1g										X	X	X			
Pineapple-Lime Rice	4oz	180	0g	0g	0mg	120mg	38g	4g								X		X	X	X		X	
Pistachio Crusted Salmon	1ea	620	47g	7g	90mg	440mg	19g	28g	X			X	X		X								
Pit Ham	3oz	120	5g	2g	45mg	870mg	4g	13g												X			
Pita Bread	1ea	230	4.5g	1g	0mg	370mg	40g	8g							X	X			X				
Pizza Sauce	5fl oz	50	2g	1g	5mg	70mg	11g	3g		X								X		X			
Plain Cake Muffin	3oz	240	12g	5g	35mg	180mg	28g	6g	X	X					X	X		X					
Plain Cake Muffin	3oz	240	12g	5g	35mg	180mg	28g	6g	X	X					X	X		X					
Plain Pancakes	2.5oz	220	2.5g	0.5g	0mg	720mg	43g	5g	X	X					X			X					
Pobano Rice	4oz	180	2g	1g	0mg	190mg	34g	4g								X			X	X			
Pobano Rice	4oz	190	2g	1g	0mg	200mg	35g	4g								X			X	X			
Polish Mushroom Soup	8 fl oz	150	6g	3g	5mg	360mg	20g	5g		X					X	X							
Polish Mushroom Soup- Vegetarian	8fl oz	150	6g	3g	5mg	190mg	19g	5g		X					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			
Polynesian Chicken	6oz	250	6g	1.5g	125mg	370mg	8g	39g							X	X							
Pomodoro Affumicata Chicken	1ea	380	16g	6g	0mg	700mg	22g	39g	X	X					X	X							
Pomodoro Sauce	4fl oz	20	1g	0g	0mg	5mg	3g	1g											X	X			
Poppy Seed Chicken Casserole	4oz	340	20g	8g	35mg	290mg	29g	12g		X					X	X							
Pork & Vegetable Egg Roll	3oz 180*	8	2	20	510	20	7		X						X	X							
Pork adobo Skewer	1ea	170	13g	4g	35mg	330mg	4g	11g							X	X							
Pork Al Pastor	4oz	240	14g	2.5g	75mg	370mg	4g	26g												X			
Pork Bulgogi	4oz	310	21g	6g	70mg	440mg	6g	23g							X	X	X						
Pork Fried Rice	4oz	270	11g	3.5g	70mg	1090mg	28g	14g	X						X	X							
Pork Gravy	2fl oz	60	4g	2g	0mg	210mg	6g	1g							X	X							
Pork Green Chili Stew	8 fl oz	170	7g	2.5g	30mg	230mg	13g	13g												X			
Pork Korean Fire Buldak	4oz	290	20g	9g	65mg	660mg	5g	23g		X					X	X							
Pork Lo Mein	6oz	550	14g	4.5g	40mg	2370mg	73g	29g			X	X			X	X	X						
Pork Marsala	1ea	230	11g	6g	105mg	75mg	5g	27g		X					X	X							
Pork Potsticker Soup	8fl oz	140	8g	1.5g	10mg	880mg	8g	9g	X	X	X				X	X	X						
Pork Potstickers	4oz	284	8g	4g	32g	596mg	36g	12g							X	X							
Pork Sausage Links	2oz	260	26g	9g	45mg	550mg	0g	6g												X			
Pork Sausage Patty	3.5oz	231	18.56g	4.968g	73mg	507mg	0g	14.95g												X			
Pork Tallarin	6oz	230	12g	2.5g	40mg	630mg	21g	10g							X	X	X						
Pork with Bacon Cream Sauce	4oz	460	30g	12g	85mg	440mg	18g	29g		X					X	X							
Pork Wonton	5oz	290	5g	1g	50mg	440mg	41g	20g							X	X							
Portobello & Red Pepper Pizza	1 slice	335	19g	11g	47mg	246mg	29g	13g	X	X					X	X							
Portuguese Kale & Red Bean Soup HH	8 fl oz	160	7g	1g	10mg	550mg	19g	6g												X			X
Potato & Roasted Red Pepper	8fl oz	180	7g	3.5g	10mg	440mg	30g	8g		X					X	X							
Potato and Andouille Sausage Chowder	8fl oz	280	16g	6g	30mg	440mg	24g	10g		X					X	X							

Name Menu Sign Name	Nutritional Information							Allergen Awareness *X=Contains Allergen							Lifestyle								
	Serving Siz	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Potato and Roasted Red Pepper Soup	8 fl oz	190	7g	3.5g	10mg	260mg	31g	8g		X					X	X		X					
Potato Chowder	8fl oz	300	8g	8g	35mg	490mg	25g	7g		X					X	X							
Potato Pancakes	4oz	120	5g	1g	0mg	310mg	17g	1g							X	x		X	X				
Potato Pancakes	4oz	140	1g	0g	35mg	30mg	29g	5g	X	X					X			X					
Potato Wedge	4oz	160*	5.3g	.6g	0mg	453.3mg	26.6g	2.6g		X					X	X		X					
Potato, Rosemary & Bacon Focaccia Pizza	1sl	70	4.5g	2g	10mg	60mg	6g	2g		X					X	X							
Power Roasted Salad	3 oz	70	4.5g	1g	5mg	60mg	5g	3g		X						X				X			X
Primavera Rice	4oz	100	1.5g	1g	5mg	70mg	17g	4g		X								X		X			
Provencal Pizza	1sl	320	16g	7g	20mg	570mg	32g	14g		X					X	X		X					
Provencal Style Green Bean	4oz	80	4.5g	1g	0mg	25mg	11g	3g								X							
Pub Style Fried Fish	4oz	160	1g	0g	25mg	780mg	24g	14g	X			X			X	X				X			X
Puff Pastry	3.5oz	382	20.59g	8.82g	0mg	559mg	41.18g	5.88g								X		X					
Pulled Pork & Bacon Quesadilla	1ea	1060	70g	20g	130mg	2160mg	57g	50g	X	X		X			X	X		X	X				
Pumpkin Bread	1sl	150	8g	1.5g	30mg	135mg	16g	3g	X						X	X		X					
Pumpkin Cookie	1 ea	200	8g	3.5g	15mg	190mg	29g	3g	X	X					X	X		X					
Pumpkin Pie	4.5oz	250	9g	4g	45mg	310mg	38g	4g	X	X					X	X		X					
Pumpkin Pie Bars	1 ea	350	18g	6g	45mg	210mg	41g	9g	X	X			X		X	X		X					
Pumpkin Roll	1pc	260	13g	6g	95mg	220mg	31g	6g	X	X					X	X		X					
Pumpkin Spice Pancake	4oz	190	2g	0g	0mg	630mg	37g	4g	X	X					X	X		X					
Puttanesca Sauce	4fl oz	60	2.5g	.5g	5mg	450mg	8g	2g		X								X					
Queso Chiptole Sauce	2fl oz	60	4g	1g	0mg	440mg	5g	0g		X						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			
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
Raita Sauce	2fl oz	25	1g	.5g	5mg	15mg	3g	1g		X								X		X			
Ranch & Rosemary Roasted Potato	4oz	110	2g	0g	0mg	5mg	21g	2g		X						X		X		X			
Ranch Dressing	1oz	110	11g	1.5g	10mg	270mg	2g	0g	X	X						X		X		X			
Ranch Scallion Wedge Potato	4oz	160*	4g	0g	0mg	35mg	28g	0g		X						X		X		X			
Ranch Smashed Potato	4oz	320	25g	13g	25mg	490mg	22g	4g		X						X		X		X			
Raspberry Coulis	2fl oz	60	1g	0g	0mg	0mg	14g	2g										X		X			
Raspberry Scone with Vanilla Glaze	1ea	390	21g	12g	120mg	310mg	45g	7g	X	X					X	X		X					
Raspberry Streusel Dessert Pizza	1sl	580	9g	4.5g	0	420mg	120g	7g		X					X	X		X					
Ratatouille	4oz	60	2.5g	0g	0mg	15mg	8g	1g											X	X			X
Red Coconut Chutney	4oz	380	23g	18g	0mg	150mg	45g	7g					X							X			
Red Curry Broth	8fl oz	300	29g	26g	0mg	480mg	9g	3g		X	X					X							
Red Curry Broth	8fl oz	100	10g	9g	0mg	140mg	3g	1g		X	X		X			X							
Red Curry Pork	4oz	260	19g	8g	25mg	230mg	12g	11g		X	X		X		X	X							
Red Delicious Apples	4oz	52	0.17g	0.028g	0mg	1mg	13.81g	0.26g										X	X	X			
Red Garlic Smashed Potato	4oz	170	12g	7g	20mg	510mg	15g	5g		X						X		X		X			
Remoulade Sauce	2fl oz	340	36g	5g	35mg	370mg	1g	0g	X							X		X		X			
Rhode Island Clam Chowder	8fl oz	200	8g	4g	30mg	140mg	17g	15g		X	X				X								
Rice Almond Porridge	4oz	170	6g	1.5g	5mg	40mg	25g	5g		X			X					X		X			
Rice Bean Vegetable Curried	4oz	120	1g	0g	0mg	190mg	25g	3g								X			X				X
Rice Porridge	4oz	150	2g	1g	5mg	35mg	29g	3g		X								X	X	X			X
Rigatoni	2oz														X				X				
Rigatoni & Turkey Meatballs	6oz	190	3.5g	0g	25mg	430mg	24g	15g	X	X					X								
Risotto	4oz	170	9g	3.5g	5mg	310mg	18g	4g		X					X	X			x				
Roast Beef BLT	1 ea	710	43g	14g	105mg	2060mg	43g	39g	X	X					X	X							
Roast Beef Fork Tender	4oz	240	10g	3.5g	90mg	360mg	3g	33g							X	X							
Roast Beef Rueben	1ea	1050	61g	21g	130mg	2800mg	77g	48g	X	X					X	X							
Roasted BBQ Turkey	4oz	160	4g	2g	80mg	730mg	5g	29g												X			
Roasted Cauliflower & Broccoli	4oz	100	7g	1g	0mg	40mg	8g	3g											X	X			X
Roasted Cauliflower Pizza	1sl	300	16g	7g	20mg	490mg	30g	13g		X					X	X		X					
Roasted Caesar Broccoli	4oz	170	12g	2g	10mg	300mg	13g	6g	X	X		X			X								
Roasted Chicken	6oz	366	27g	8g	118mg	300mg	0g	28g												x			
Roasted Chicken and Broccoli Casserole	4oz	370	8g	2g	70mg	520mg	37g	29g		X					X	X							
Roasted Coconut Green Bean	4oz	90	4g	3.5g	0mg	15mg	13g	3g					X				X		X	X			
Roasted Corn Salsa	4oz	80	4.5g	0g	0mg	35mg	9g	1g											X	X			
Roasted Curry Cauliflower	4oz	110	8g	1g	0mg	35mg	10g	4g											X	X			
Roasted Dijon Honey Potato	4oz	90	1.5g	.5g	0mg	40mg	18g	2g										X		X			X
Roasted Dill & Onion Cauliflower	4oz	110	9g	2.5g	0mg	80mg	7g	3g											X	X			
Roasted Garlic Cream Sauce	4fl oz	180	14g	7g	25mg	440mg	9g	7g		X					X	X				X			
Roasted Green Bean & Squash Salad with Arugula	3 oz	160	15g	.5g	8mg	10mg	9g	2g												X			
Roasted Lemon & Orange Potato	4oz	140	6g	.5g	0mg	10mg	19g	2g											X	X			
Roasted Lightening Chicken	6oz	210	6g	1.5g	120mg	180mg	1g	36g								X				X			X
Roasted Peruvian Chicken	6oz	240	8g	1.5g	120mg	150mg	2g	36g												X			
Roasted Potato Planks	4oz	140	5g	0g	0mg	5mg	21g	2g											X	X			
Roasted Red Skin Potato	4oz	180	11g	0g	0mg	5mg	20g	2g											X	X			X
Roasted Sweet Potato	4oz	360	17g	.5g	0mg	15mg	52g	3g											X	X			
Roasted Tomato Focaccia Pizza	1sl	60	2.5g	1.5g	5mg	45mg	6g	3g		X					X			X					
Roasted Tomato Salsa	2oz	25	1.5g	0g	0mg	40mg	3g	1g											X	X			
Roasted Top Round	4oz	260	17g	7g	80mg	350mg	1g	25g				X			X	X							
Roasted Turkey Breast	4oz	120	3g	1.5g	65mg	520mg	1g	23g								X				X			
Roasted Veggie Strada	4oz	300	12g	5g	215mg	550mg	31g	19g	X	X					X	X		X					
Romanoff Potatoes	4oz	130	5g	3g	15mg	105mg	19g	3g		X								X		X			
Rosemary & Garlic Rotisserie Beef	4oz	270	18g	7g	80mg	80mg	2g	24g				X				X							
Rosemary Lemon Smashed Potato	4oz	120	6g	2.5g	5mg	250mg	0g	5g		X						X		X		X			
Rosemary Orange Chicken Breast	1ea	300	14g	2.5g	0mg	125mg	12g	34g							X	X							
Rosemary Roasted Salmon	1ea	410	35g	4g	65mg	70mg	1g	23g				X								X			

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	Serving Siz	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Rotini Pasta	2oz	200	1	0	0	0	42	7							X			X					
Rotisserie Huli Huli Chicken	6oz	390	25g	7g	115mg	460mg	12g	27g				X			X	X	X						
Rueben with Cumin Salsa	1ea	1090	66g	27g	135mg	3280mg	75g	50g	X	X					X	X							
Saag w/ Tofu	4oz	50	2g	0g	0mg	130mg	8g	3g								X			X	X			
Saffron & Smoked Paprika Smashed Potato	4oz	160	6g	3g	0mg	105mg	24g	4g		X						X		X		X			
Salmon & Bacon Gabatta	1 ea	900	67g	10g	100mg	1000mg	383g	32g	X	X		X			X	X							
Salmon Bacon Potato Chowder	8fl oz	390	27g	11g	60mg	610mg	22g	14g		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			
Salsa	2.5oz	27	0.16g	0.03g	0mg	600mg	6.26g	1.54g										X	X	X			
Salsa Verde Chicken	4oz	260	15g	3g	0mg	640mg	6g	26g												X			
Salsa Verde Chicken Breast	1ea	370	27g	4.5g	0mg	115mg	1g	32g												X			
Salsibury Steak with Mushroom Gravy	4oz	140	9g	2.5g	40mg	410mg	7g	9g	X						X	X				X			
Salted Caramel Sauce	2fl oz	140	14g	9g	45mg	80mg	5g	1g		X								X		X			
Salted Caramel Toffee Bites	1 ea	260	19g	8g	15mg	100mg	21g	3g	X	X			X		X	X		X					
Salvadoran Cream	2fl oz	110	11g	7g	30mg	45mg	2g	1g		X										X			
Samosa Stuffed Potato	1ea	360	4g	1.5g	0mg	85mg	72g	8g							X	X		X					
San Fran Rice	4oz	330	8g	1g	0mg	800mg	56g	5g							X	X			x				
Santa Fe Bake	6oz	430	22g	9g	40mg	880mg	27g	26g		X					X	X							
Sante Fe Black Bean	4oz	80	0g	0g	0mg	450mg	15g	5g															X
Sauerkraut with Apple and Caraway	4oz	45	0g	0g	0mg	650mg	12g	1g		X					X	X			X				
Sausag and Cheddar Chowder	8fl oz	250	11g	8g	35mg	1010mg	13g	7g		X					X	X							
Sausage & Bacon Pizza	1sl	320	13g	8g	20mg	810mg	32g	16g		X					X	X							
Sausage & Cheddar Scrambled Eggs	4oz	210	15g	6g	415mg	250mg	1g	16g	X	X										X			
Sausage & Fennel Bolognese Sauce	4fl oz	90	4.5g	1g	5mg	550mg	10g	4g												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 & Roasted Red Pepper Focaccia	1 slice	195	9g	5g	19mg	377mg	22g	10g		x					x	x							
Sausage Bolognese Sauce	4fl oz	120	3.5g	1g	10mg	630mg	11g	3g							X	X				X			
Sausage Cavatappi Alfredo	6oz	470	31g	13g	60mg	780mg	32g	18g		X					X	X							
Sausage Coins	2oz	140	24g	9g	64mg	673mg	1g	14g															
Sausage Egg & Cheese Muffin	1ea	420	23g	5g	400mg	1160mg	28g	25g	X	X					X	X							
Sausage Egg & Pepperjack Bagel	1ea	530	21g	8g	265mg	950mg	54g	29g	X	X					X	X							
Sausage Pizza	1sl	290	10g	7g	20mg	720mg	33g	12g		X					X	X							
Sauteed Mushrooms	4oz	70	5g	2g	0mg	60mg	5g	5g								X			X	X			
Sauteed Onions	4oz	90	4.5g	2g	0mg	50mg	13g	2g								X			X	X			
Savory Carrots	4oz	110	4.5g	2g	0mg	250mg	14g	2g		X					X	X			X				
Savory Cheese Sauce	4fl oz	210	16g	8g	40mg	260mg	8g	10g		X		X			X	X							
Savory Grilled Salmon	1ea	260	14g	3g	65mg	580mg	7g	23g				X			X	X							
Scallion & Sriracha Scrambled Eggs	4oz	170	12g	4.5g	405mg	190mg	2g	14g	X	X								X		X			
Scallion Camp Mashed Potato	4oz	160	7g	3g	5mg	70mg	22g	4g		X						X		X		X			
Scallion Grilled Breast	4oz	170	7g	2g	65mg	105mg	2g	26g												X			
Scallion Grilled Chicken Breast	4oz	170	7g	2g	65mg	105mg	2g	26g												X			
Scallop Potato HH	4oz	60	2g	1g	5mg	45mg	9g	3g		X								X		X			
Scrambled Eggs with Chorizo & Cheddar	4oz	220	17g	6g	415mg	310mg	1g	16g	X	X						X				X			
Scrambled Eggs with Ham & Cheddar	4oz	200	13g	4.5g	415mg	360mg	2g	16g	X	X										X			
Seasoned Asparagus	4oz	50	3g	1.5g	0mg	30mg	6g	3g								X			X	X			
Seasoned Baby Carrot	4oz	90	4.5g	2g	0mg	125mg	10g	2g								X			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
Seasoned Corn	4oz	140	5g	2g	0mg	45mg	24g	4g								X			X	X	X		X
Seasoned Green Bean	4oz	45	0g	0g	0mg	35mg	11g	3g								X			X	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
Seasoned Mini Homefries	4oz	140	11g	5g	0mg	380mg	11g	2g								X			X	X			
Seasoned Mini Homefries	4oz	140	11g	5g	0mg	380mg	11g	2g								X			X	X			
Seasoned New Potato	4oz	110	3g	1.5g	0mg	35mg	20g	3g								X			X	X			
Seasoned Spinach	4oz	140	10g	4g	0mg	300mg	11g	9g								X			X	X			
Sesame Aioli	2fl oz	320	35g	8g	45mg	230mg	1g	0g	X	X					X	X	X						
Sesame Bean Sprout Salad	4oz	30	1g	0g	0mg	85mg	3g	1g				X	X				X			X			
Sesame Beef and Broccoli	4oz	200	9g	3g	50mg	1460mg	12g	18g			X	X			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				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						
Sesame Green Bean	4oz	80	3g	0g	0mg	5mg	11g	3g									X		X	X			X
Sesame Green Bean HH	4oz	70	1.5g	0g	0mg	10mg	12g	3g									X		X	X			
Sesame Scallion Noodle	4oz	230	12g	2g	20mg	480mg	25g	6g						X	X	X	X						
Sesame Snap Pea with Carrot	4oz	50	1.5g	0g	0mg	125mg	8g	2g							X	X	X		X				X
Shallot & Thyme Roasted Airline Chicken	1ea	440	37g	8g	140mg	410mg	3g	26g												X			
Shallot & Thyme Roasted Airline Chicken 5oz	1ea	310	20g	2.5g	0mg	50mg	4g	33g												X			
Shallot & Thyme Roasted Chicken Quarters	1ea	670	56g	13g	140mg	690mg	3g	39g												X			
Shephards Pie	4oz	250	16g	7g	40mg	290mg	14g	13g							X	X							
Shepherd's Pie	4oz	160	4g	0g	0mg	340mg	15g	15g								X				X			X
Shredded Chipotle Chicken	4oz	150	3.5g	.5g	70mg	450mg	3g	24g		X					X	X							
Shrimp Fried Rice	4oz	190	6g	1g	35mg	360mg	29g	5g	X		X				X	X							
Shrimp Shwarma	4oz	140	7g	.5g	145mg	640mg	3g	16g			X					X				X			
Sicilian Rice & Vegetables	4oz	90	4g	1.5g	5mg	65mg	10g	4g		X								X		X			
Skillet Chicken w/ Bacon Cream Sauce	1ea	520	32g	11g	30mg	610mg	14g	40g		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			

Name	Nutritional Information							Allergen Awareness *X=Contains Allergen								Lifestyle							
Menu Sign Name	Serving Siz	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carbohydrate	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Sliced Almonds	4oz	590	52.52g	3.953g	0mg	19mg	18.67g	21.4g					X					X	X	X			
Sliced Peaches	5oz	80	0g	0g	0mg	10mg	20g	1g										X	X	X			
Sliced Pears	3.5oz	50	0.07g	0g	0mg	4mg	13g	0.3g										X	X				
Slivered Almonds	4oz	590	52.52g	3.953g	0mg	19mg	18.67g	21.4g					X					X	X	X			
Smoked Bacon Tomato Jam	2oz	120	6g	2g	0mg	460mg	8g	7g							X	X							
Smoked Chili Rotisserie Chicken	6oz	340	25g	7g	115mg	105mg	1g	27g												X			
Smoked Onion & Cheddar Burger	1ea	710	42g	18g	145mg	950mg	50g	33g	X	X					X	X							
Smoked Paprika Porkloin	4oz	330	24g	8g	90mg	65mg	0g	28g												X			X
Smoked Tomato Jam	2oz	70	2.5g	0g	0mg	240mg	10g	2g							X	X							
Smokehouse Chicken Pizza	1sl	330	13g	7g	25mg	840mg	36g	19g		X					X	X							
Smoky Aioli	2fl oz	380	32g	7g	45mg	300mg	0g	0g	X	X										X			
Smoky Chipotle Black Bean	4oz	120	3g	0g	0mg	330mg	17g	5g												X			X
Smothered Steak	4oz	200	10g	4g	30mg	270mg	11g	17g							X	X							
Snickerdoodle Cookies	1 ea	120	7g	3g	15mg	110mg	12g	2g	X						X	X		X					
Sole Amandine	1ea	250	16g	6g	70mg	560mg	6g	22g				X	X		X	X							
Sonoma Chicken Salad on Croissant	1ea	660	39g	13g	100mg	470mg	57g	25g	X	X			X		X	X							
Sour Cherry Scone	1ea	500	27g	13g	105mg	320	56g	8g	X	X			X		X	X		X					
Sour Cream Coffeecake	1pc	270	17g	6g	50mg	190mg	27g	5g	X	X			X		X	X		X					
South of the Border soup	8fl oz	260	17g	7g	50mg	250mg	10g	16g							X	X							X
Southern Fried Chicken & Biscuit Sliders	1ea	80	6g	1g	5mg	45mg	8g	1g	X	X					X	X							
Southern Green Bean Almondine	4oz	190	12g	3g	0mg	270mg	13g	10g					X			X			x				
Southwest BBQ Pulled Chicken	4oz	190	4g	.5g	90mg	110mg	5g	31g				X				X				X			
Southwest Chipotle St. Pepper	1ea	360	20g	9g	75mg	540mg	23g	23g		X										X			
Southwest Salmon	4oz	230	12g	2.5g	65mg	340mg	5g	24g				x								x			
Southwestern Chicken & Rice	6oz	230	8g	1g	35mg	85mg	23g	15g								X				x			
Southwestern Mini Frittata	4oz	230	16g	7g	390mg	610m g	5g	18g	X	X								X		X			
Southwestern Rotisserie Chicken	6oz	340	25g	7g	115mg	105mg	1g	27g												x			
Southwestern Vegetable & Chicken Soup	8 fl oz	360	13g	0g	125mg	18320mg	43g	11g		X					X	X							X
Soy Peanut Sauce	2fl oz	140	11g	2g	0mg	500mg	8g	5g						X	X	X	X		X				
Spaghetti	2oz	200	1g			42g	7g								X					X			
Spaghetti Frittata	4oz	180	6g	2g	145mg	135mg	24g	10g	X	X					X			X					
Spaghetti Sauce	4fl oz	50	0g	0g	0mg	300mg	8g	2g										X		X			
Spanakopita Smashed Potato	4oz	130	8g	3g	10mg	290mg	18g	5g		X						X		X		X			
Spanish Rice	4oz	290	11g	4.5g	45mg	230mg	29g	16g												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			
Spanish Style Green Bean	4oz	60	2g	.5g	5mg	40mg	10g	3g					X		X				x				
Spiced & Roasted Carrot	4oz	140	10g	2.5g	0mg	115mg	14g	3g					X			X				X	X		
Spiced Carrot	4oz	50	1g	0g	0mg	90mg	10g	1g											X	X			X
Spiced Chickpea & Zucchini	4oz	70	4g	.5g	0mg	30mg	8g	1g								X				X			
Spicy Battered Cauliflower	23oz	150	7g	1g	0mg	520mg	19g	2g		X					X			X					
Spicy Beef Puttanesca Pizza	1sl	290	13g	7g	25mg	550mg	32g	15g		X					X	X							
Spicy Cajun Sauce	2fl oz	10	0g	0g	0mg	1380mg	2g	0g								X				X	X		
Spicy Chicago Beef Pizza	1sl	280	10g	6g	20mg	650mg	32g	14g		X					X	X							
Spicy Chili Chicken Stir-Fry	4oz	150	7g	1.5g	60mg	540mg	6g	17g	X					X	X	X							
Spicy Green Chili Homefries	4oz	150	8g	1g	0mg	55mg	20g	2g												X	X		
Spinach	1/2 cup	25	0g	0g	0mg	100mg	4g	2.5g												x			
Spinach & Artichoke Lasagna	1ea	410	21g	11g	95mg	470mg	36g	24g	X	X					X	X		X					
Spinach & Cheese Turnover	1ea	370	23g	11g	60mg	550mg	27g	16g	X	X					X	X		X					
Spinach & Herb Egg Noodle	6oz	280	15g	6g	35mg	140mg	31g	7g	X						X	X				X			
Spinach & Herb Penne	6oz	240	14g	6g	30mg	150mg	24g	6g							X	X				X			
Spinach & Ricotta Focaccia Pizza	1sl	80	5g	2.5g	10mg	65mg	5g	4g		X			X		X	X		X					
Spinach Alfredo	4fl oz	150	10g	5g	15mg	370mg	11g	5g		X					X	X							
Spinach Basmati Rice	4oz	210	2.5g	0g	0g	0mg	44g	4g					X										
Spinach Egg Cheese Pastry	1ea	370	22g	9g	250mg	420mg	27g	15g	X	X					X	X		X					
Spinach Egg Feta Pastry	1ea	400	25g	11g	265mg	720mg	28g	17g	X	X					X	X		X					
Spinach Maria	4oz	130	9g	4.5g	10mg	130mg	7g	8g		X					X	X		X					
Spinach Salad with Bacon Vinagrette	3 oz	150	10g	2g	65mg	240mg	9g	4g	X	X					X	X							
Spinach with Cherry Tomato	4oz	150	11g	4g	0mg	85mg	12g	9g								X				X	X		
Split Pea & Black Bean soup	8fl oz	260	7g	1.5g	0mg	150mg	39g	11g							X								
Split Pea Soup	8fl oz	380	24g	11g	10mg	1170mg	31g	13g							X	X							
Sriracha Mayo	2fl oz	330	35g	4.5g	30mg	400mg	2g	0g	X							X		X		X			
St. Chicken Breast	1ea	430	19g	7g	5mg	790mg	30g	39g	X	X					X	X							
St. Louis Baby Back Ribs	4 oz	485	32g	10g	109mg	725mg	27g	21g								X							
St. Pepper Cajun Meatless	1ea	180	3.5g	.5g	0mg	470mg	28g	9g	X							X		X		X			
St. Peppers Meatless	1ea	140	1g	0g	0mg	280mg	26g	7g	X							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			
St. Petersburg	1ea	970	62g	22g	165mg	1910mg	71g	33g	X	X					X	X							
St. Supreme Chicken	1ea	340	18g	8g	30mg	340mg	6g	41g		X			X		X	X							
Steak & Walnut Blueberry Salad	1 ea	230	17g	3.5g	45mg	150mg	5g	17g		X			X							X			X
Steak Chili Con Carne	8fl oz	320	17g	7g	80mg	710mg	14g	27g		X		X			X	X							
Steak Chili Con Carne	8 fl oz	320	17g	7g	80mg	710mg	14g	27g		X		X			X	X							
SteakHouse Feta Caesar Salad	4oz	270	20g	6g	25mg	660mg	15g	8g	X	X		X			X	X							
SteakHouse Roasted Potato	4oz	120	3.5g	1g	5mg	50mg	20g	3g		X								X		X			
Steamed Broccoli	3oz	30	0g	0g	0mg	20mg	0g	1g										X	X	X			X
Steamed Peas	3.5oz	81	0.4g	0.071g	0mg	5mg	14.45g	5.42g										X	X	X			
Steamed Rice	4oz	126	0g	0.6g	0mg	5mg	87g	8.5g										X	X	X			X
Steamed Rice	1.5oz	170	0g	0g	0mg	0mg	37g	4g										X	X	X			
Steamed Rice	2 oz	205	0g	0g	0mg	0mg	40g	4g										X	X	X			
Stewed White Bean	4oz	130	0g	0g	0mg	460mg	24g	7g											X	X			X

Name		Nutritional Information							Allergen Awareness *X=Contains Allergen										Lifestyle					
Menu Sign Name	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carb	Hydrate	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Stinger Calzone	1sl	180	13g	5g	30mg	980mg	71g	25g		X	X					X	X							
Stir-Fried Vegetables	4oz	45	0g	0g	0mg	35mg	10g	2g												X	X			
Stone Fruit Bar	1 ea	180	8g	2g	25mg	15mg	18g	4g		X	X			X		X	X		X					X
Strawberry & Cream Oatmeal	4oz	50	2.5g	1g	5mg	50mg	6g	2g			X					X			X					
Strawberry Angel Delight cake	1pc	260	8g	8g	0mg	270mg	44g	2g		X						X	X		X					
Strawberry Cream Cheese Dessert Pizza	1sl	380	19g	9g	30mg	560mg	46g	9g								X	X		X					
Strawberry Cream Pie	4.25oz	350	20g	15g	5mg	135mg	40g	2g					X (coconut oil)			X	X		X					
Strawberry French Toast	1sl	240	9g	2g	240mg	330mg	27g	13g		X	X					X	X		X					
strawberry rhubarb pie	1ea = 4.5oz	320	13g	6g	0mg	300mg	50g	3g								X	X			X				
Stuffed Cabbage Rolls	1ea	220	1.5g	0g	0mg	300mg	32g	19g									X				X			X
Stuffed Cherry Peppers																								
Stuffed French Toast	1slice	550	28g	14g	270mg	880mg	6g	20g		X	X					X			X					
Stuffed Italian Roasted Turkey	4oz	220	9g	5g	105mg	840mg	10g	37g			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			
Stuffed Pork Chop	1ea	500	21g	8g	225mg	1810mg	17g	50g		X	X					X	X							
Succotash	4oz	130	6g	2g	0mg	330mg	14g	8g													X			
Summer Tortellini & Olives	6oz	450	26g	10g	35mg	760mg	47g	12g		X	X					X	X		X					
Summer Vegetable Rigatoni with Chicken	6oz	270	12g	2.5g	65mg	210mg	22g	19g			X					X								
Sundried Tomato & Bacon Sauce	4fl oz	150	10g	2.5g	15mg	470mg	11g	6g								X	X							
Sundried Tomato Cream Sauce	4fl oz	220	16g	8g	30mg	500mg	15g	7g			X					X	X							
Sundried Tomato Mayo	2fl oz	420	44g	6g	40mg	570mg	7g	2g		X						X	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							
Swedish Meatball	4oz	250	18g	8g	35mg	660mg	9g	11g		X	X					X	X							
Swedish Sauce	2fl oz	60	5g	2.5g	5mg	290mg	2g	1g			X					X								
Sweet & Sour Carrot	4oz	100	7g	2g	0mg	125mg	10g	1g				X				X		X		X	X			

Name	Nutritional Information							Allergen Awareness *X=Contains Allergen								Lifestyle							
Menu Sign Name	Serving Siz	Calories	Total Fat	Saturated	Cholesterol	Sodium	Total Carb	Protein	Egg	Milk	Shellfish	Fish	Treenut	Peanut	Wheat	Soy	Sesame	Vegetarian	Vegan	Gluten Free	F3 Meal	Power Plates	Healthy Habit
Three Cheese Polenta w Onion	4oz	110	9g	3g	15mg	220mg	5g	4g		X					X			X					
Tiger Sauce	2fl oz	190	20g	3.5g	20mg	350mg	4g	0g	X	X						X				X			
Tilapia with Louisiana Remoulade	4oz	270	19g	5g	80mg	320mg	1g	27g	X	X		X				X				X			
Tilapia with Pepper Corn	4oz	200	9g	3g	60mg	80mg	7g	25g				X				X					X		
Titan Wedge Salad	3 oz	60	3g	1g	30mg	150mg	2g	3g	X							X					X		
Toasted Chocolate Almond Cake	1pc	420	18g	6g	25mg	350mg	60g	4G	X	X			X		X			X					
Toasted Italian Grinder	4"	548	20g	8g	104mg	2190mg	36g	32g	X						X								
Toasted Sesame Aioli	2fl oz	350	38g	6g	35mg	250mg	0g	0g	X	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					
tofu	3.25oz	35	0g	0g	0mg	15mg	5g	2g										X	X	X			
Tofu Lomein	6oz	360	6g	.5g	0mg	420mg	66g	13g							X	X		X					
Tofu Mapo	4oz	100	4g	1g	0mg	340mg	8g	8g	X						X	X	X	X					
Tofu Mock Egg Salad	4 oz	840	19g	4g	15mg	1780mg	146g	28g	X						X	X		X					
Tofu Peanut Chili Crisp	4oz	190	15g	3g	0mg	310mg	10g	9g					X		X	X	X		X				
Tomato Basil Quiche	1 slice	430	32g	15g	65mg	410mg	22g	12g	X	X					X	X		X					
Tomato Basil Rice	4oz	190	3.5g	2g	10mg	130mg	33g	7g		X						X		X		X			
Tomato Basil Vegan Pasta	6oz	420	11g	1.5g	0mg	90mg	64g	20g					X		X				X				
Tomato Lime Guacamole	2oz	70	6g	1g	0mg	160mg	2g	2g											X	X			
Tomato Rice soup	8fl oz	80	3g	1.5g	0mg	490mg	13g	2g		X					X	X							
Tonkatsu Sauce	2fl oz	60	0g	0g	0mg	740mg	15g	0g				X			X	X							
Tortellini & Sundried Tomato Alfredo	6oz	400	17g	7g	55mg	1000mg	47g	17g	X	X					X	X							
Tortellini Primavera	6oz	240	9g	3g	30mg	680mg	28g	11g	X	X					X	X		X					
Traditional Cheese & Pepperoni Pizza	1sl	260	11g	6g	15mg	560mg	31g	12g		X					X	X							
Tri Color Rotini Pasta	2oz														X				X				
Triple Berry Salad	3 oz	230	20g	3.5g	25mg	320mg	14g	3g	X	X			X			X				X			
Tropical Fruit Cocktail	4.25oz	90	0g	0g	0mg	22g	22g	1g										X	X	X			
Tuna and Noodles	6oz	220	7g	2g	40mg	580mg	17g	14g	X	X		X			X	X							
Turkey & Artichoke Sandwich	1 ea	590	27g	14g	60mg	1750mg	403g	12g	X	X					X	X							
Turkey and Dumplings	6oz	250	8g	4g	60mg	890mg	26g	19g	X	X					X	X							
Turkey Bacon	1oz	60	4g	1g	20mg	300mg	1g	5g												X			
Turkey Burger	2.5oz	80	.5g	0g	0mg	45mg	0g	16g								X				X			
Turkey Canadian Bacon	2oz	70	3.5g	1g	40mg	360mg	1g	9g												X			X
Turkey Cowboy Casserole	6oz	300	14g	6g	25mg	580mg	14g	22g		X					X	X							
Turkey Gravy	2fl oz	60	4g	2g	0mg	50mg	5g	1g							X	X							
Turkey Lasagna	4oz	380	20g	9g	55mg	1180mg	28g	23g	X	X					X	X							
Turkey Meat Loaf	4oz	210	3.5g	1g	55mg	220mg	14g	29g	X	X					X	X							X
Turkey Sausage Chowder	8fl oz	220	14g	7g	50mg	880mg	11g	14g		X					X	X							
Turkey Sausage Egg Ham Bagel	1ea	490	17g	4g	250mg	1220mg	55g	28g	X	X					X	X							
Turkey Sausage Links	2oz	90	6g	1.5g	30mg	290mg	1g	10g												X			
Turkey Sausage Patty	1 ea	80	5g	1.5g	25mg	310mg	1g	8g												X			
Turkey Soft Tacos	1ea	190	5g	2g	5mg	80mg	18g	19g		X					X								
Turkey Supreme Burger	1ea	990	66g	20g	80mg	1700mg	71g	43g	X	X			X		X								
Turkey Taco Meat	4oz	170	4.5g	0g	0mg	90mg	3g	34g												X			
Turkey Tetrazzini	6oz	180	5g	2g	30mg	250mg	20g	16g		X					X	X							
Tuscan Ajuis	2fl oz	5	0g	0g	0mg	230mg	1g	0g							X	X							
Tuscan Chicken	4oz	240	14g	3g	65mg	120mg	4g	26g												X			
Tuscan Chickenh	4oz	210	9g	1.5g	90mg	95mg	1g	30g												X			
Tuscan French Onion soup- Vegetarian	8fl oz	90	6g	2.5g	0	310mg	9g	1g							X	X		X	X				
Tuscan Mashed Potato	4oz	130	6g	2.5g	5mg	250mg	14g	5g		X						X				X			
Tuscan Pork Chop	4oz	350	22g	7g	80mg	200mg	8g	28g		X					X	X							
Tuscan Roast Pork Loin	4oz	130	6g	2g	25mg	55mg	12g	9g												X			
Tzatziki	1oz	50	4g	3.5g	0mg	70mg	2g	1g		X		X (coconut oil)						X					
Unami Sauce	2fl oz	360	39g	5g	35mg	680mg	0g	0g	X						X	X		X					
Vegan Broth	8fl oz	100	0g	0g	0g	730mg	23g	2g							X	X							
Vegan Burger	120g	160	1.5g	0g	0mg	480mg	28g	9g							X	X		X	X				
Vegan Chocolate Chip Cookies	1 ea	140	7g	3.5g	0mg	150mg	13g	2g					X		X	X		X	x				
Vegan Greens and Beans HH	4oz	340	7g	1g	0mg	210mg	59g	12g							X				X				
Vegetable Bolognese Sauce	4fl oz	90	3g	0g	0mg	600mg	13g	3g											X	X			
Vegetable Egg Roll	3oz	140*	4.5g	1g	0mg	450mg	21g	3g	X	X					X	X	X	X					
Vegetable Fried Rice	4oz	130	0g	0g	45mg	680mg	24g	6g	X						X	X		X				X	
Vegetable Gravy	2fl oz	60	4g	2g	0mg	135mg	5g	1g							X	X							
Vegetable Stir Fry w/ Baby Corn	4oz	80	3.5g	.5g	0mg	450mg	9g	2g							X	X		X	X				
Vegetarian Shephards Pie	4oz	180	7g	2.5g	0mg	160mg	21g	9g	X						X	X		X					
Veggie Delight Calzone	1 ea	190	11g	7g	25mg	240mg	12g	10g		X					X	X		X					
Veggie Nugget	4oz	260*	12g	2g	0mg	490mg	26g	16g							X	X		X					
Veggie Nuggets	4oz	267*	12g	2g	0mg	493mg	27g	16g							X	X			X				
Veloute Sauce	2fl oz	90	8g	4g	10mg	130mg	5g	2g		X					X	X							
Vietname Roasted Chicken	6oz	260	8g	1.5g	125mg	870mg	5g	39g			X	X			X	x							
viva Espana Chicken	1ea	640	8g	16g	130mg	1360mg	39g	53g		X					X	X							
Waffle Fries	4oz	213*	10.6g	2.6g	0mg	480mg	25.3g	2.6g							X				X				
Wasabi Aioli	2fl oz	290	31g	6g	30mg	270mg	3g	1g	X	X					X	X	X						
Wasabi Mashed Potato	4oz	320	25g	12g	25mg	190mg	22g	4g		X						X		X		X			
West African Peanut Soup	8fl oz	150	7g	1.5g	0mg	470mg	13g	5g					X			X							
Western Bean Bacon Wrap	1ea	660	30g	12g	375mg	1840mg	56g	38g	X	X					X								
Western Wrap	1ea	570	25g	10g	395mg	1330mg	53g	31g	X	X					X								
White Bean & Tomato Sauce	4oz	430	7g	.5g	0mg	20mg	70g	26g										X					
White Cheddar Cheese Sauce	4fl oz	270	20g	20g	25mg	370mg	16g	9g		X					X	X							
White Chili	8fl oz	150	6g	3.5g	25mg	500mg	7g	13g		X					X	X							
White Chili	8fl oz	150	6g	3.5g	25mg	500mg	7g	13g		X					X	X							
White Chocolate Chip Cookie	1 ea	120	6g	3.5g	15mg	75mg	14g	2g	X	X					X	X		X					

