

Item By Category	Calories (kcal)	Protein (gms)	Carbohydrates (gms)	Dietary Fiber (gms)	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Sodium (mgs)
BREAKFAST								
Bacon Sunrise Croissant Sandwich	660.0	23.0	40.0	2.0	44.0	17.9	0.0	1086.0
Bacon Sunrise English Muffin Sandwich	547.0	26.0	46.0	2.0	29.0	8.6	0.0	1179.0
Bacon Sunrise Bagel Sandwich	458.0	20.0	47.0	2.0	20.2	6.2	0.0	936.0
Breakfast Burrito with Pork Sausage and Ham	270.0	15.0	15.0	2.0	17.0	6.0	0.0	1190.0
Breakfast Potatoes	139.0	3.0	17.0	3.0	7.5	0.5	0.0	883.0
Combo Sunrise Croissant Sandwich	746.0	27.0	28.0	1.0	56.7	20.9	0.0	1739.0
Combo Sunrise English Muffin Sandwich	574.0	28.0	32.0	1.0	47.0	14.9	0.0	1798.0
Combo Sunrise Bagel Sandwich	674.0	23.0	34.0	1.0	36.6	11.7	0.0	1516.0
Ham Sunrise Croissant Sandwich	566.0	22.0	38.0	2.0	35.3	14.4	0.0	1252.0
Ham Sunrise English Muffin Sandwich	406.0	24.0	43.0	2.0	21.8	6.0	0.0	1335.0
Ham Sunrise Bagel Sandwich	464.0	20.0	45.0	2.0	15.7	4.5	0.0	1066.0
Meatless Sunrise Croissant Sandwich	593.0	19.0	42.0	2.0	38.4	16.0	0.0	854.0
Meatless Sunrise English Muffin Sandwich	408.0	22.0	47.0	2.0	23.0	6.4	0.0	950.0
Meatless Sunrise Bagel Sandwich	476.0	17.0	48.0	2.0	15.9	4.6	0.0	774.0
Sausage Sunrise Croissant Sandwich	836.0	25.0	35.0	2.0	65.2	24.3	0.0	1546.0
Sausage Sunrise English Muffin Sandwich	605.0	27.0	39.0	1.0	53.0	16.7	0.0	1622.0
Sausage Sunrise Bagel Sandwich	744.0	21.0	40.0	2.0	38.9	12.4	0.0	1330.0
Scrambled Eggs Side	122.0	10.0	3.0	0.0	7.5	2.3	0.0	122.0
Scrambled Eggs, Tater Tots and Bacon Combo	549.0	19.0	41.0	4.0	30.2	9.7	0.0	1060.0
Scrambled Eggs, Tater Tots and Sausage Combo	875.0	25.0	43.0	4.0	62.6	20.4	0.0	1780.0
Wheat Toast with Butter	346.0	8.0	48.0	2.0	12.7	2.4	0.0	677.0
White Toast with Butter	261.0	8.0	48.0	2.0	3.0	0.0	0.0	481.0
White Toast	261.0	8.0	48.0	2.0	3.0	0.0	0.0	601.0
Bacon Side	171.0	10.0	0.0	0.0	13.3	4.8	0.0	514.0
Sausage Side	826.0	22.0	4.0	0.0	78.2	26.1	0.0	1955.0
Tater Tots	342.0	4.0	38.0	4.0	16.1	5.0	0.0	684.0
Scrambled Eggs, Tater Tots and Turkey Sausage Combo	580.0	23.0	41.0	4.0	32.6	10.2	0.0	1157.0
Bacon Side, Three Slices	128.0	7.0	0.0	0.0	9.9	3.6	0.0	384.0
Power Sunrise Bollo	300.0	18.0	40.0	5.0	9.0	4.4	0.0	712.0
Steak Egg and Cheese Panini	470.0	25.0	20.0	1.0	32.0	10.0	1.0	1370.0
Classic Omelette	500.0	28.0	5.0	1.0	40.0	15.0	1.5	730.0
Classic Omelette with Bacon	390.0	25.0	5.0	1.0	29.0	12.0	0.0	405.0
Classic Omelette with Ham	410.0	30.0	7.0	2.0	28.0	12.0	1.5	1060.0
Southwestern Omelette	450.0	36.0	5.0	1.0	32.0	13.0	0.0	450.0
Egg White Florentine Omelette	200.0	14.0	4.0	1.0	14.0	3.5	0.0	210.0
Greek Omelette	330.0	17.0	8.0	2.0	26.0	12.0	0.0	770.0
Egg White Panini	550.0	18.0	22.0	2.0	44.0	13.0	0.0	740.0
Fruit and Yogurt Parfait	550.0	17.0	88.0	7.0	17.0	3.0	0.0	320.0
Overnight Oats and Pb&J	1240.0	49.0	174.0	22.0	44.0	10.0	0.0	370.0
SALADS								
Big House Salad	752.0	28.0	35.0	4.0	55.4	18.4	0.0	925.0
Chicken Caesar Salad	890.0	44.0	29.0	5.0	66.0	15.0	0.0	1850.0
Greek Salad	753.0	13.0	73.0	8.0	47.1	14.1	0.0	1878.0
Julienne Salad	960.0	43.0	18.0	4.0	81.0	22.0	0.0	2830.0
Spinach Salad	660.0	23.0	15.0	5.0	58.0	12.0	0.0	1630.0
Buffalo Cauliflower Salad	620.0	13.0	29.0	11.0	53.0	12.0	0.0	1470.0
American Chicken Salad	1230.0	44.0	50.0	8.0	96.0	27.0	0.0	2300.0
BBQ Pulled Pork Chopped Salad	1240.0	49.0	53.0	7.0	94.0	29.0	0.0	3280.0
Buffalo Chicken Salad	950.0	37.0	33.0	6.0	75.0	20.0	0.0	2240.0
Cheddar Chipotle Chicken Chop Salad	1050.0	53.0	68.0	11.0	65.0	23.0	0.0	2060.0
Chicken and Avocado Salad with Honey Lime Dressing	820.0	36.0	60.0	8.0	51.0	15.0	0.0	2320.0
Chicken BLT Salad	1030.0	38.0	45.0	5.0	78.0	16.0	0.0	2050.0
Chicken Rotini Pasta Salad	680.0	26.0	51.0	4.0	41.0	8.0	7.0	450.0
Chopped Veggie Salad	350.0	18.0	34.0	6.0	16.0	8.0	0.0	330.0
Cole Slaw	250.0	1.0	30.0	1.0	14.0	2.0	0.0	360.0
Feta Apple Crunch Salad	800.0	23.0	94.0	16.0	42.0	11.0	0.0	690.0
Deli Time House Salad	880.0	32.0	24.0	4.0	75.0	23.0	0.0	1770.0
Italian Chopped Salad	530.0	34.0	30.0	4.0	33.0	10.0	0.0	2070.0
Monterey Chicken Salad	1150.0	43.0	73.0	11.0	78.0	19.0	0.0	2360.0
Oriental Salad	950.0	33.0	62.0	9.0	65.0	9.0	0.0	1380.0
Santa Fe Taco Salad	760.0	15.0	81.0	11.0	44.0	8.0	0.0	1350.0
Vegetable Rotini Pasta Salad	350.0	11.0	64.0	6.0	6.0	1.0	0.0	800.0
Tuscan Pasta Salad	550.0	30.0	66.0	6.0	17.0	9.0	0.0	570.0
Thai Chicken Salad with Peanut Ginger Dressing	1120.0	56.0	65.0	14.0	75.0	19.0	0.0	1160.0
Wildberry Salad	530.0	14.0	87.0	9.0	16.0	8.0	0.0	650.0
GRILL								
One Hot Dog w/mustard, relish ,tomatoes onions, pickle, celery salt	320.0	12.0	43.0	3.0	11.0	3.5	0.0	1370.0
Italian Beef Sandwich	510.0	45.0	21.0	2.0	27.0	11.0	0.0	520.0
Zesty Meatball Sandwich	710.0	58.0	27.0	3.0	40.0	17.0	0.0	840.0
Cajun Chicken Sandwich	350.0	41.0	30.0	2.0	6.0	1.5	0.0	360.0
Grilled Cheese Sandwich on Texas Toast	530.0	22.0	57.0	3.0	24.0	12.0	0.0	1600.0
Marinated Chicken Sandwich	340.0	41.0	29.0	2.0	6.0	1.5	0.0	360.0
French Fries	308.0	4.0	38.0	3.0	16.1	2.0	0.0	393.0
Cheeze Beef	550.0	59.0	22.0	2.0	24.0	13.0	0.0	740.0
SUBS AND SANDWICHES								
Hot Gobbler Sub	360.0	36.0	31.0	4.0	11.0	6.0	0.0	1540.0
Tuna Melt Sub	440.0	32.0	36.0	3.0	19.0	8.0	0.0	670.0
Triple Threat Sub	410.0	40.0	30.0	4.0	14.0	6.0	0.0	2190.0
Chicago Combo Sub	580.0	46.0	27.0	2.0	32.0	15.0	0.0	1860.0

Hot Italian	450.0	30.0	30.0	3.0	23.0	9.0	0.0	2110.0
Reuben Sandwich	610.0	35.0	15.0	2.0	45.0	16.0	0.0	2280.0
Reuben Kincaid Sandwich	460.0	31.0	26.0	1.0	26.0	8.0	0.0	1250.0
Smoked Pulled Pork Sliders	400.0	22.0	62.0	12.0	9.0	2.0	0.0	1230.0
Vegetable Pita	200.0	10.0	19.0	2.0	9.0	5.0	0.0	110.0
Turkey Spinach Pretzel Sandwich	420.0	39.0	30.0	3.0	17.0	9.0	0.0	1320.0
Turkey Cranberry Carver	870.0	57.0	66.0	4.0	43.0	16.0	0.0	1160.0
Turkey Avocado Carver	440.0	42.0	33.0	7.0	17.0	6.0	0.0	2020.0
Super California Sandwich	650.0	38.0	49.0	5.0	34.0	13.0	0.0	1600.0
Pepper Jack Turkey w/Bacon and Chipotle Mayo	630.0	40.0	33.0	2.0	37.0	13.0	0.0	2240.0
Roast Beef with Dijonaise Horseradish	460.0	40.0	29.0	2.0	21.0	6.0	0.0	1000.0
Roast Beef Pita	370.0	38.0	8.0	1.0	20.0	15.0	0.0	280.0
Pepper and Egg Sandwich	330.0	23.0	5.0	1.0	24.0	7.0	0.0	830.0
Club Sandwich	470.0	38.0	48.0	3.0	13.0	6.0	0.0	1590.0
Bacon Lettuce and Tomato Sandwich	350.0	14.0	12.0	1.0	28.0	8.0	0.0	820.0
Chipotle Roast Beef Pretzel	460.0	43.0	28.0	2.0	18.0	7.0	0.0	1180.0
Chicken Cordon Blue Sandwich	500.0	55.0	31.0	2.0	15.0	7.0	0.0	930.0
BBQ Chicken Pita	240.0	33.0	17.0	2.0	4.0	1.0	0.0	310.0
Turkey Breast Sandwich	500.0	43.0	50.0	9.0	15.0	7.0	0.0	1360.0
Smoked Ham Sandwich	480.0	33.0	52.0	6.0	15.0	7.0	0.0	1910.0
Roast Beef Sandwich	540.0	48.0	59.0	3.0	12.0	5.0	0.0	750.0
Caprese Focaccia	580.0	33.0	67.0	3.0	20.0	10.0	0.0	1150.0
Turkey Havarti Crunch	360.0	25.0	45.0	2.0	9.0	3.5	0.0	890.0
Tarragon Beef Sandwich	380.0	33.0	12.0	1.0	23.0	9.0	0.0	420.0
Southwest Chicken Club Sandwich	600.0	46.0	34.0	5.0	31.0	11.0	0.0	890.0
Peanut Butter and Jelly on White Bread	902.0	29.0	102.0	7.0	46.8	8.9	0.0	951.0
Peanut Butter and Jelly on Wheat Bread	902.0	29.0	102.0	7.0	45.8	8.9	0.0	871.0
PANINIS								
Italian Panini	730.0	47.0	39.0	2.0	43.0	20.0	0.0	2810.0
Reuben Panini	620.0	31.0	35.0	3.0	39.0	13.0	0.0	1890.0
Chicken Parmesan Panini	490.0	61.0	7.0	1.0	22.0	12.0	0.0	930.0
Ham and Cheese Panini	470.0	30.0	32.0	2.0	24.0	10.0	0.0	1430.0
Patty Melt Panini	530.0	39.0	34.0	3.0	26.0	11.0	0.0	390.0
Pizza Panini	620.0	36.0	37.0	3.0	36.0	15.0	0.0	1760.0
Steak Egg and Cheese Panini	470.0	25.0	70.0	1.0	32.0	10.0	0.0	1370.0
Turkey Bacon and Cheddar Panini	570.0	43.0	41.0	3.0	26.0	11.0	0.0	1650.0
Turkey Panini	350.0	31.0	14.0	1.0	20.0	8.0	0.0	1160.0
MELTS								
Mozzarella and Tomato Melt	340.0	16.0	23.0	3.0	21.0	9.0	0.0	460.0
Philly Steak Melt	780.0	45.0	47.0	2.0	46.0	13.0	0.0	1390.0
Blueberry Bacon and Brie Melt	370.0	20.0	10.0	0.0	28.0	14.0	0.0	760.0
Pizza Melt	730.0	40.0	37.0	4.0	46.0	18.0	0.0	2380.0
Steak Fajita Melt	580.0	36.0	29.0	6.0	37.0	15.0	0.0	540.0
Tuscan Chicken Melt	450.0	50.0	24.0	2.0	16.0	6.0	0.0	560.0
WRAPS								
Black Bean and Chicken Wrap	430.0	40.0	21.0	6.0	20.0	10.0	0.0	240.0
Turkey Basil Wrap	360.0	35.0	34.0	3.0	9.0	4.0	0.0	1330.0
Spicy Chicken Fajita Wrap	540.0	49.0	46.0	8.0	17.0	8.0	0.0	1080.0
California Wrap	490.0	33.0	33.0	4.0	26.0	10.0	0.0	1670.0
Chicken Caesar Wrap	670.0	47.0	29.0	3.0	40.0	10.0	0.0	1390.0
Mediterranean Steak Wrap	880.0	44.0	37.0	4.0	62.0	20.0	1.0	2500.0
Grilled Chicken with Spinach and Red Pepper Wrap	700.0	35.0	30.0	3.0	48.0	8.0	0.0	1780.0
Crispy Chicken Cheddar Chipotle Wrap	890.0	58.0	34.0	4.0	57.0	19.0	0.0	2210.0
Santa Fe Chicken Wrap	660.0	37.0	46.0	8.0	36.0	6.0	0.0	1170.0
Sriracha Ranch Club Wrap	1010.0	55.0	45.0	5.0	69.0	23.0	0.0	2670.0
Sweet and Sour Chicken Sriracha Wrap	540.0	33.0	64.0	5.0	18.0	4.5	0.0	1140.0
Vegetarian Caprese Wrap	480.0	32.0	45.0	5.0	19.0	10.0	0.0	1210.0
FLATBREADS								
Buffalo Chicken Flatbread	910.0	46.0	37.0	3.0	65.0	27.0	0.0	2170.0
Baja Bacon Flatbread	480.0	27.0	27.0	5.0	29.0	9.0	0.0	960.0
Florentine Flatbread (Vegetarian)	320.0	17.0	30.0	3.0	16.0	7.0	0.0	1390.0
Fiesta Flatbread	340.0	27.0	30.0	3.0	13.0	5.0	0.0	890.0
Margherita Flatbread	540.0	26.0	25.0	2.0	37.0	18.0	0.0	780.0
Santa Cruz Flat Bread (Vegetarian)	340.0	19.0	29.0	5.0	17.0	4.5	0.0	670.0
Smoky Pork Flatbread	730.0	41.0	46.0	3.0	42.0	19.0	0.0	1530.0
BBQ Chicken Ranch Flatbread	540.0	30.0	44.0	2.0	26.0	8.0	0.0	1260.0
SOUPS 12 OUNCE SERVINGS								
Tuscan Sausage and Potato Soup	450.0	14.0	21.0	1.0	35.0	14.0	0.5	2530.0
Tomato Florentine Soup	120.0	6.0	17.0	3.0	4.0	1.5	0.0	1310.0
Tomato Bisque with Rice	140.0	4.0	26.0	2.0	3.0	0.5	0.0	1190.0
Sweet Corn Chowder Soup	370.0	5.0	37.0	5.0	24.0	7.0	1.0	390.0
Spicy Zucchini with Italian Sausage Soup	460.0	22.0	43.0	5.0	23.0	8.0	0.0	1020.0
Smoked Ham, Black Bean and Kale Soup	210.0	13.0	31.0	8.0	5.0	1.0	0.0	470.0
Smoked Bacon and Cicken Chowder Soup	380.0	20.0	16.0	1.0	26.0	10.0	0.5	850.0
Seafood Chowder	320.0	19.0	28.0	2.0	15.0	7.0	0.0	1880.0
Santa Fe Black Bean Soup	300.0	18.0	47.0	17.0	6.0	2.0	0.0	1750.0
Roasted Potato and Kale Soup	110.0	2.0	14.0	2.0	6.0	1.0	0.0	80.0
Roasted Cauliflower Soup	120.0	4.0	15.0	2.0	4.0	0.5	0.0	160.0
Roasted Turkey and Kale Soup	310.0	15.0	23.0	1.0	18.0	9.0	0.0	1090.0
Navy Bean with Ham Soup	180.0	11.0	31.0	12.0	1.0	0.0	0.0	300.0
Mediterranean Vegan Bean Soup	70.0	4.0	10.0	0.0	2.5	0.0	0.0	160.0
Hearty Tomato and White Bean	320.0	17.0	50.0	17.0	7.0	0.5	0.0	1320.0

Vegetable Soup	70.0	2.0	6.0	2.0	4.5	0.0	0.0	1300.0
Turkey Chili	390.0	32.0	31.0	10.0	17.0	4.5	0.0	490.0
Tomato Vegetable Soup	90.0	3.0	12.0	4.0	4.0	0.0	0.0	1220.0
Tomato Bisque Soup	110.0	3.0	19.0	2.0	3.5	0.5	0.0	1270.0
Tomato Basil Soup	250.0	4.0	10.0	1.0	23.0	12.0	0.0	2130.0
Split Pea with Ham Soup	180.0	12.0	31.0	12.0	1.0	0.0	0.0	300.0
Mushroom Barley Soup	80.0	3.0	16.0	4.0	1.0	0.0	0.0	900.0
Minestrone Soup	150.0	6.0	22.0	5.0	4.5	0.5	0.0	1080.0
Cream of Broccoli Soup	220.0	7.0	29.0	3.0	9.0	3.5	0.0	400.0
Clam Chowder	330.0	17.0	24.0	1.0	19.0	8.0	0.0	2100.0
Chili	420.0	27.0	28.0	8.0	23.0	8.0	1.5	870.0
Beef Noodle Soup	130.0	9.0	13.0	1.0	4.5	1.5	0.0	1080.0
Beef Barley Soup	130.0	8.0	17.0	3.0	4.0	1.5	0.0	2210.0
Cream of Chicken Tortilla Soup	520.0	35.0	45.0	12.0	23.0	10.0	0.0	2750.0
Cream of Chicken Florentine Soup	340.0	20.0	22.0	1.0	19.0	9.0	0.0	1040.0
Mexican Tortilla Soup	170.0	6.0	27.0	6.0	5.0	1.0	0.0	2200.0
Lemon Chicken Rice Soup	140.0	10.0	16.0	1.0	3.5	1.0	0.0	2200.0
Italian Wedding Soup	190.0	15.0	9.0	1.0	10.0	3.5	0.5	1060.0
Cream of Spinach Soup	170.0	5.0	16.0	1.0	9.0	4.0	0.0	1320.0
Cream of Mushroom Soup	180.0	4.0	16.0	0.0	11.0	5.0	0.0	1190.0
Cream of Cauliflower Soup	210.0	5.0	21.0	1.0	12.0	5.0	0.0	170.0
Pasta Fagiola Soup	410.0	19.0	59.0	17.0	12.0	2.5	0.0	1350.0
Chicken Rice Soup	140.0	10.0	15.0	1.0	3.5	1.0	0.0	2240.0
Chicken Noodle Soup	110.0	10.0	9.0	1.0	3.5	0.5	0.0	2180.0
Chicken Gumbo Soup	210.0	16.0	20.0	5.0	8.0	2.0	0.0	2070.0
Chicken Dumpling Soup	320.0	17.0	32.0	1.0	14.0	5.0	1.0	1140.0
Chicken Barley Soup	140.0	11.0	17.0	4.0	3.5	1.0	0.0	2230.0
Broccoli Cheese Soup	320.0	12.0	20.0	1.0	21.0	11.0	0.0	340.0
Baked Potato Soup	330.0	11.0	26.0	1.0	21.0	11.0	0.0	330.0
Creamy Summer Squash Soup	120.0	3.0	11.0	1.0	8.0	4.0	0.0	230.0
Cream of Roasted Red Pepper and Tomato Soup	210.0	3.0	14.0	1.0	17.0	6.0	0.5	730.0
Cream of Garden Vegetable Soup	200.0	6.0	21.0	2.0	10.0	4.5	0.0	2060.0
Cream of Chicken with Wild Rice Soup	330.0	17.0	34.0	2.0	13.0	5.0	0.0	1020.0
Cream of Chicken with Rice Soup	390.0	16.0	42.0	1.0	17.0	6.0	0.0	1060.0
Cream of Broccoli Cheese Soup	370.0	11.0	24.0	1.0	26.0	13.0	0.5	360.0
HOT SPECIALS								
Almond Dijon Chicken w/Wild Rice and Mixe Vegetables	710.0	50.0	95.0	10.0	16.0	2.5	0.0	1200.0
Corned Beef and Cabbage	740.0	58.0	75.0	7.0	22.0	6.0	0.5	1140.0
Apple and Herb Stuffed Chicken	490.0	30.0	54.0	10.0	17.0	6.0	2.5	2620.0
Apple Roasted Chicken Quarter w/Mashed Sweet Potato&Cornbread	760.0	91.0	19.0	2.0	34.0	9.0	3.0	350.0
Arriabata Beef Bowl with Penne Pasta	940.0	58.0	110.0	12.0	31.0	9.0	1.0	1160.0
Baked Ziti	1140.0	53.0	152.0	9.0	35.0	18.0	0.0	1130.0
Beef Taco Salad	630.0	37.0	4.0	33.0	39.0	19.0	1.0	1010.0
CajunChicken Pasta with Ciabatta Bread Stick	1100.0	57.0	114.0	9.0	47.0	17.0	2.5	3150.0
Cheese and Vegetable Enchiladas with Spanish Rice	800.0	29.0	73.0	6.0	44.0	27.0	1.0	2450.0
Chicken Bruschetta with Angel Hair Pasta	480.0	33.0	37.0	1.0	22.0	8.0	3.0	680.0
Chicken Italiano Bowl w/Creamy Pesto Liguini & Ciabatta Bread Stick	1090.0	71.0	71.0	4.0	58.0	25.0	1.0	1790.0
Chicken Bruschetta with Greek Potatoes and Broccoli Crowns	980.0	55.0	111.0	7.0	36.0	5.0	0.0	2310.0
Chicken Parmesan with Pasta and Ciabatta Bread Stick	790.0	43.0	61.0	4.0	41.0	13.0	1.5	1580.0
Chicken Pesto Lasagna Rolls and Ciabatta Bread Stick	710.0	49.0	43.0	2.0	37.0	19.0	0.0	1120.0
Chicken Pesto Rotillini with Vegetables and Garlic Bread	1030.0	56.0	67.0	4.0	60.0	21.0	0.0	4350.0
Chicken Quesadillas and Spanish Rice	760.0	40.0	71.0	6.0	35.0	10.0	1.0	1770.0
Garden Fresh Lasagna Rolls	640.0	35.0	56.0	7.0	31.0	14.0	1.0	1540.0
Chicken Tacos and Spanish Rice	830.0	63.0	59.0	6.0	38.0	13.0	0.0	1940.0
Chicken Tika Marsala with Vegetable Rice and Naans	740.0	43.0	98.0	9.0	20.0	4.5	0.0	2020.0
Columbian Fish Tacos with Sweet Potato Home Fries	990.0	44.0	74.0	9.0	59.0	14.0	0.0	1770.0
Glazed Salmon with Mixed Vegetables and Wild Rice	900.0	89.0	97.0	11.0	20.0	6.0	0.0	800.0
Greek Chicken with Lemon Orzo and Greeek Roasted Vegetables	510.0	39.0	46.0	5.0	19.0	2.5	0.0	700.0
Homestyle Pot Roast	2280.0	71.0	275.0	25.0	101.0	27.0	7.0	3840.0
Italian Sausage Bowl with Roasted Apples and Onions	900.0	33.0	93.0	6.0	45.0	14.0	0.5	2890.0
Mahi Fish Tacos with Spanish Rice	610.0	36.0	54.0	5.0	28.0	7.0	0.0	1450.0
Marinated Chicken Quartersw/Smashed Potatoes and Corn on the Cob	1520.0	66.0	166.0	16.0	67.0	16.0	6.0	2250.0
Marinated Chicken Quarters w/Greek Potatoes and Mixed Vegetables	840.0	74.0	19.0	3.0	51.0	11.0	0.0	1120.0
Meatball Parmesan Sandwich with Home Fries	1210.0	79.0	38.0	8.0	82.0	31.0	12.0	2610.0
Meatballs with Spaghetti or Linguini	990.0	61.0	81.0	7.0	46.0	16.0	2.5	1400.0
Mongolian Beef Bowl	1170.0	50.0	147.0	5.0	43.0	9.0	1.5	1440.0
Oven Roasted Turkey with Smashed Potatoes and Charred Corn	500.0	32.0	60.0	6.0	16.0	3.5	0.5	2190.0
Oven Roasted Pork Loin with Smashed Potatoes and Green Beans	460.0	34.0	37.0	6.0	20.0	5.0	2.5	970.0
Parmesan Crusted Pork Medallions with Penne Pasta	610.0	36.0	54.0	4.0	28.0	7.0	0.0	760.0
Pasta and Italian Sausage with Romano Cream Sauce	1450.0	56.0	139.0	9.0	75.0	31.0	2.0	1860.0
Pasta Primavera with Grilled Chicken	870.0	54.0	74.0	5.0	40.0	21.0	0.0	500.0
Pepper and Egg Sandwich and Home Fries	1220.0	52.0	100.0	10.0	69.0	25.0	13.0	2840.0
Pork and Penne Romano Bowl	880.0	37.0	99.0	7.0	37.0	11.0	1.0	1930.0
Sesame Chicken with Asian Noodles	910.0	77.0	32.0	4.0	53.0	11.0	0.0	1820.0
Sicilian Stuffed Chicken Breast with Potato Croquette	990.0	60.0	104.0	10.0	37.0	14.0	0.0	2080.0
Sloppy Joes with Home Fries	1030.0	45.0	71.0	6.0	64.0	23.0	9.0	2040.0
Smoked Pulled Pork Slider w/Cole Slaw and Sweet Potato Home Fries	760.0	24.0	70.0	6.0	44.0	9.0	0.0	2110.0
Smoked Pulled Pork Slider w/Cole Slaw and Tater Tots	710.0	19.0	98.0	7.0	28.0	6.0	0.0	2020.0
Soft Shell Beef Tacos with Spanish Rice	980.0	51.0	103.0	8.0	41.0	19.0	1.5	2790.0
Soft Shell Steak Tacos with Spanish Rice	1020.0	49.0	109.0	9.0	44.0	18.0	1.5	2700.0
Steak Quesadillas with Spanish Rice	1040.0	50.0	108.0	9.0	47.0	19.0	1.5	2720.0
Stuffed Peppers with Roasted Red Potatoes	750.0	40.0	82.0	10.0	29.0	10.0	3.5	3400.0

Stuffed Shells with Garlic Bread	650.0	26.0	93.0	7.0	19.0	7.0	0.0	1170.0
Sweet and Sour Pork Bowl with White Rice	930.0	38.0	182.0	4.0	4.5	1.5	0.0	2740.0
Tortilla Crusted Tilapia with Mixed Veggies and Wild Rice	650.0	35.0	99.0	10.0	15.0	3.5	0.0	370.0
Turkey Tetrazzini with Ciabatta Garlic Bread	910.0	37.0	112.0	6.0	34.0	12.0	1.0	1380.0
Tuscan Chicken Pasta with Ciabatta Bread Stick	1120.0	54.0	93.0	6.0	59.0	21.0	1.5	3150.0
Vegetable and Cheese Quesadillas with Spanish Rice	770.0	30.0	85.0	8.0	36.0	16.0	0.5	2670.0
Italian Style Meatloaf	1870.0	63.0	211.0	21.0	86.0	24.0	5.0	3290.0
Jambalyaya with Corn Muffin	810.0	26.0	96.0	10.0	35.0	11.0	1.5	3120.0
PIZZA								
BBQ Chicken Pizza	780.0	61.0	59.0	2.0	33.0	15.0	0.0	1930.0
Bruschetta Pizza	570.0	41.0	31.0	2.0	32.0	15.0	0.0	1230.0
Pepperoni Pizza	710.0	46.0	32.0	3.0	44.0	19.0	0.0	1980.0
Spinach Garlic Tomato Pizza	680.0	51.0	30.0	3.0	40.0	20.0	0.0	1760.0
Three Meat Pizza	920.0	59.0	35.0	3.0	60.0	25.0	0.0	2660.0
Chicken Bacon Avocado Pizza	1210.0	87.0	41.0	7.0	79.0	30.0	0.0	2340.0
Candy Crisp Pizza	640.0	10.0	78.0	3.0	34.0	15.0	0.0	320.0
Italian Sausage Ricotta Pizza	910.0	59.0	39.0	4.0	57.0	24.0	0.0	3210.0
BAKERY								
LARGE MUFFINS	420.0	6.0	54.0	8.0	20.0	4.0	0.0	380.0
Apple Spice	510.0	6.0	65.0	2.0	25.0	3.0	0.0	492.0
Banana Walnut	546.0	7.0	69.0	2.0	27.0	5.0	0.0	438.0
Blueberry	380.0	7.0	70.0	10.0	10.0	2.0	0.0	630.0
Bran	420.0	6.0	48.0	8.0	22.0	4.0	0.0	340.0
Carrot	496.0	11.0	70.0	3.0	20.0	6.0	0.0	611.0
Chocolate Chip	390.0	8.0	70.0	4.0	10.0	2.0	0.0	670.0
Corn	440.0	6.0	52.0	8.0	24.0	4.0	0.0	340.0
Cranberry	420.0	6.0	48.0	8.0	22.0	4.0	0.0	340.0
Cream Cheese	520.0	7.0	63.0	2.0	27.0	4.0	0.0	480.0
Double Chocolate Chip	460.0	7.0	60.0	3.0	22.0	4.0	0.0	340.0
Lemon Poppy	440.0	8.0	66.0	3.0	17.0	33.0	0.0	480.0
Orange	440.0	6.0	50.0	1.0	24.0	4.0	0.0	380.0
RAISED DONUTS	270.0	3.0	27.0	1.0	17.0	4.0	0.0	245.0
Chocolate	270.0	3.0	27.0	1.0	17.0	4.0	0.0	245.0
Vanilla	300.0	5.0	38.0	2.0	14.0	4.0	0.0	29.0
Glaze	300.0	5.0	38.0	2.0	14.0	4.0	0.0	290.0
Glaze Twist	270.0	3.0	27.0	1.0	17.0	4.0	0.0	245.0
Chocolate Long John	270.0	3.0	27.0	1.0	17.0	4.0	0.0	245.0
Vanilla Long John	260.0	2.0	21.0	0.0	20.0	9.0	0.0	105.0
Vanilla French	260.0	2.0	21.0	0.0	20.0	9.0	0.0	105.0
Chocolate French								
CAKE DONUTS	270.0	3.0	34.0	1.0	14.0	6.0	0.0	350.0
Apple Spice	370.0	3.0	35.0	1.0	24.0	11.0	0.0	390.0
Chocolate	380.0	4.0	36.0	2.0	25.0	11.0	0.0	410.0
Double Chocolate	260.0	2.0	34.0	1.0	12.0	3.0	0.0	290.0
Plain	370.0	4.0	47.0	0.0	19.0	7.0	0.0	290.0
Old Fashion Cake	340.0	4.0	38.0	1.0	22.0	10.0	0.0	300.0
Powder Sugar	340.0	3.0	38.0	1.0	22.0	10.0	0.0	300.0
Cinnamon Sugar	330.0	3.0	43.0	1.0	17.0	10.0	0.0	300.0
Strawberry	290.0	3.0	33.0	1.0	17.0	5.0	0.0	360.0
Chocolate Coconut	290.0	3.0	33.0	1.0	17.0	5.0	0.0	360.0
Vanilla Coconut								
BISMARKS	390.0	5.0	52.0	2.0	19.0	8.0	0.0	360.0
Chocolate	300.0	3.0	42.0	1.0	15.0	6.0	0.0	330.0
Jelly								
FRITTERS	410.0	4.0	60.0	2.0	17.0	7.0	0.0	380.0
Apple								
COOKIES	441.0	5.0	62.0	2.0	19.0	7.0	0.0	317.0
Chocolate Chip	388.0	5.0	60.0	4.0	14.0	3.0	0.0	319.0
Oatmeal Raisin	459.0	5.0	56.0	2.0	25.0	8.0	0.0	307.0
Macadamia White Chocolate	441.0	5.0	58.0	4.0	23.0	8.0	0.0	316.0
Double Chocolate Chip								
Brownies	570.0	5.0	117.0	1.0	9.0	1.5	0.5	470.0
MISCELLANEOUS								
Rice Krispy Treats	570.0	5.0	117.0	1.0	9.0	1.5	0.5	470.0
Veggie Dip Grab and Go	390.0	3.0	15.0	4.0	37.0	6.0	0.0	860.0
Hummus and Pita Chips Grab and Go	550.0	15.0	71.0	5.0	24.0	2.5	0.0	970.0
Fresh Fruit Cup	50.0	1.0	13.0	1.0	1.0	1.0	1.0	10.0
Cookies and Strawberry Cream Grab and Go	360.0	4.0	43.0	2.0	20.0	12.0	0.0	230.0
Chips and Guacamole Grab and Go	400.0	5.0	45.0	7.0	23.0	3.0	0.0	570.0
Cheese with Crackers Grab and Go	700.0	46.0	16.0	0.0	50.0	30.0	0.0	590.0
Cheese Salami and Cracker Grab and Go	770.0	39.0	30.0	1.0	55.0	28.0	0.0	1600.0
Chips and Guacamole Grab and Go								
Apples, Caramel and Peanut Grab and Go	520.0	13.0	68.0	6.0	26.0	4.5	0.0	130.0
Roasted Red Potatoes	140.0	2.0	21.0	2.0	5.0	1.5	1.5	1030.0
Chicken Salad	250.0	25.0	11.0	0.0	11.0	2.0	0.0	290.0
Tuna Salad	160.0	19.0	5.0	0.0	7.0	1.0	0.0	210.0