

MENU ITEM	Serving Size	Size Name	Calories	Fat Calories	Fat	Sat Fat	Trans Fat*	Chol	Sodium	Carbs	Fiber	Sugars	Protein
			Kcal	Kcal	g	g	g	mg	mg	g	g	g	g
BAGELS													
Asiago Cheese Bagel	3.6 oz (102g)		300	60	7	4.5	0	20	550	45	2	4	12
Cinnamon Raisin Bagel	3.1 oz (88g)		240	5	0.5	0	0	0	370	52	2	10	7
Everything Bagel	3.2 oz (91g)		240	15	1.5	0	0	0	570	50	2	5	8
Honey Sprouted Grain Bagel	3.4 oz (98g)		250	10	1.5	0	0	0	370	53	4	5	8
Jalapeno Cheddar Bagel	3.6 oz (102)		270	50	8	4.5	0	20	570	45	2	4	12
Plain Bagel	3.1 oz (88g)		230	5	1	0	0	0	420	49	2	5	7
Sesame Seed Bagel	3.2 oz (91g)		250	20	2.5	0	0	0	420	50	2	5	8
Whole Wheat Skinny Bagel	1.6 oz (45g)		90	5	1	0	0	0	230	21	6	1	5
BAGEL SPREADS													
Garden Vegetable Cream Cheese Spread	1.5 oz (43g)		100	90	10	6	0	30	230	2	0	2	2
Herb Cream Cheese	1.5 oz (43g)		90	60	7	4.5	0	25	180	4	0	2	3
Honey Pecan Cream Cheese	1.5 oz (43g)		150	110	12	8	0	35	100	7	0	7	2
Reduced Fat Philadelphia Cream Cheese	1.5 oz (43g)		90	70	8	4.5	0	30	190	3	0	2	3
COOKIES & DESSERTS													
Brownie Bites	5.1 oz (145g)		600	230	25	8	0	100	290	82	2	55	5
Chewy Marshmallow Bar	2.1 oz (60g)		260	50	5	3.5	0	15	250	50	0	27	2
Chocolate Chip Brownie	4 oz (113 g)		440	180	21	6	0	85	240	62	2	39	4
Chocolate Chip Cookie	2.8 oz (81g)		370	160	18	11	0	45	120	54	2	35	3
Chocolate Cupcake	2.9 oz (82g)		400	220	24	9	0	65	370	43	1	33	3
Chocolate Cranberry Almond Coconut Macaroon	2.4 oz (69g)		290	150	16	13	0	0	110	34	2	25	4
Chunky Peanut Butter Cookie	2.8 oz (81g)		400	210	23	7	0	45	250	41	3	22	10
Cinnamon Swirl Roll	5.2 oz (147g)		550	230	25	13	0	70	360	76	4	41	6
Classic Oatmeal Raisin Cookie	2.2 oz (63g)		290	100	11	6	0	40	150	46	2	24	4
Double Chocolate Mudslide Cookie	2.7 oz (76g)		370	170	19	10	0	50	170	50	2	32	5
English Toffee Cookie	2.3 oz (65g)		320	140	16	9	0	50	240	42	1	25	4
Gingerbread Cookie	1.2 oz (34g)		170	70	8	4.5	0	30	90	24	2	14	2
Gingerbread Pound Cake	4 oz (113g)		440	150	17	8	0	120	460	64	1	39	7
Gluten Free Chocolate Chip Brownie	3.5 oz (100g)		420	190	21	4.5	0	85	115	56	1	44	5
Iced Lemon Pound Cake	4.5 oz (128g)		470	190	21	11	0	140	510	66	1	41	6
Mini Chocolate Chip Cookies	4.3 oz (121g)		560	240	27	16	0	70	180	81	3	52	5
Palmier	2.6 oz (73g)		380	180	20	12	0	50	320	46	1	14	5
Pecan Roll	6 oz (179g)		740	400	44	68	0	65	330	81	6	44	8
Raspberry Filled Shortbread Cookie	1.9 oz (54g)		230	100	11	7	0	30	150	33	0	17	2
Vanilla Cupcake	2.9 oz (82g)		410	220	25	9	0	60	320	44	0	33	3

*Values reflect naturally occurring Trans Fat. Menu last updated on: 10/31/2018 | www.aubonpain.com

CROISSANTS													
Almond Croissant	4.1 oz (115g)		500	270	31	13	0.5	110	390	47	3	16	11
Apple and Cinnamon Croissant	3.4 oz (97g)		220	70	8	4.5	0	30	290	35	2	14	5
Chocolate Croissant	3.9 oz (110g)		470	230	25	16	0	75	380	55	3	25	8
Ham and Cheese Croissant	4.2 oz (119g)		410	190	21	13	0.5	85	590	25	1	6	18
Plain Croissant	2.4 oz (67g)		280	140	16	9	0	65	320	28	1	4	6
Raspberry Cheese Croissant	4 oz (115g)		360	140	16	9	0	55	280	48	2	20	6
Spinach and Cheese Croissant	3.4 oz (98g)		320	160	18	11	0	70	420	32	1	5	7
Sweet Cheese Croissant	3.7 (104g)		410	200	22	13	0.5	95	420	46	1	22	8
DANISH													
Sweet Cheese Danish	4.4 oz (124g)		410	180	20	12	0	70	410	50	2	19	7
MUFFINS													
Blueberry Muffin	4.9 oz (138g)		480	220	25	4.5	0	85	330	59	1	34	6
Corn Muffin	4.7 oz (133g)		470	200	22	4	0	85	290	62	1	28	7
Double Chocolate Chunk Muffin	4.7 oz (133g)		580	270	30	8	0	90	320	66	2	41	8
Raisin Bran Muffin	4.7 oz (133g)		430	110	12	2.5	0	100	350	75	7	31	10
BEVERAGES													
BLASTS & SMOOTHIES													
Berry Pomegranate Smoothie	16 fl oz (480 mL)		270	5	0	0	0	5	30	62	3	52	6
Mango Smoothie	16 fl oz. (480 mL)		300	0	0	0	0	5	30	72	3	55	6
Strawberry Banana Smoothie	16 fl oz (480 mL)		290	5	0	0	0	5	30	68	3	54	6
COFFEE & ESPRESSO													
Caffe Americano	20 fl oz (600 mL)	Large	15	5	0	0	0	0	35	3	0	3	0
Caffe Americano	16 fl oz (480 mL)	Medium	10	0	0	0	0	0	25	2	0	2	0
Caffe Latte	20 fl oz (600 mL)	Large	180	80	9	5	0	25	135	15	0	15	9
Caffe Latte	16 fl oz. (480 mL)	Medium	140	60	7	4	0	20	105	12	0	12	7
Caffe Milano	20 fl oz (600 mL)	Large	350	90	10	6	0	25	150	56	0	55	9
Caffe Milano	16 fl oz (480 mL)	Medium	280	70	8	4.5	0	20	115	45	0	44	8
Cappuccino	20 fl oz (600 mL)	Large	160	70	8	4.5	0	25	125	14	0	14	8
Cappuccino	16 fl oz. (480 mL)	Medium	120	50	6	3.5	0	20	90	10	0	10	6
Caramel Macchiato	20 fl oz (600 mL)	Large	340	90	10	6	0	30	160	53	0	48	10
Caramel Macchiato	16 fl oz (480 mL)	Medium	270	70	7	4.5	0	25	130	43	0	39	8
Chai Latte	20 fl oz (600 mL)	Large	270	80	9	5	0	25	120	38	0	38	9
Chai Latte	16 fl oz (480 mL)	Medium	210	60	7	4	0	20	90	30	0	30	7

Espresso - Double Shot	3 fl oz (90 mL)		10	0	0	0	0	0	15	1	0	1	0
Hot Chocolate	20 fl oz (600 mL)	Large	440	140	15	9	0	40	160	66	0	65	12
Hot Chocolate	16 fl oz (480 mL)	Medium	350	110	12	7	0	35	130	51	0	50	10
Iced Caffe Americano	24 fl oz (720 mL)	Large	15	5	0	0	0	0	35	3	0	3	0
Iced Caffe Americano	16 fl oz (480 mL)	Medium	10	0	0	0	0	0	30	2	0	2	0
Iced Caffe Latte	24 fl oz (720 mL)	Large	180	80	9	5	0	25	140	15	0	15	9
Iced Caffe Latte	16 fl oz (480 mL)	Medium	140	60	7	4	0	20	110	12	0	12	7
Iced Caffe Milano	24 fl oz (720 mL)	Large	350	90	10	6	0	25	150	56	0	55	9
Iced Caffe Milano	16 fl oz (480 mL)	Medium	280	70	8	4.5	0	20	120	45	0	44	8
Iced Caramel Macchiato	24 fl oz (720 mL)	Large	340	90	10	6	0	30	170	53	0	48	10
Iced Caramel Macchiato	16 fl oz (480 mL)	Medium	270	70	7	4.5	0	25	135	43	0	39	8
Iced Chai Latte	24 fl oz (720 mL)	Large	270	80	9	5	0	25	125	38	0	38	9
Iced Chai Latte	16 fl oz (480 mL)	Medium	210	60	7	4	0	20	100	30	0	30	7
Iced Decaf French Roast Coffee	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	1
Iced Decaf French Roast Coffee	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	1
Iced French Roast Coffee	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	1
Iced French Roast Coffee	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	1
Iced French Vanilla Coffee	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	1
Iced French Vanilla Coffee	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	1
Iced Mocha Latte	24 fl oz (720 mL)	Large	400	100	11	7	0	25	160	64	0	64	11
Iced Mocha Latte	16 fl oz (480 mL)	Medium	310	80	9	5	0	20	125	48	0	48	8
Iced Vanilla Latte	24 fl oz (720 mL)	Large	310	80	9	5	0	25	140	46	0	46	9
Iced Vanilla Latte	16 fl oz (480 mL)	Medium	240	60	7	4	0	20	110	37	0	35	7
Mocha Latte	20 fl oz (600 mL)	Large	400	100	11	7	0	25	160	64	0	64	11
Mocha Latte	16 fl oz (480 mL)	Medium	310	80	9	5	0	20	120	48	0	48	8
Vanilla Latte	20 fl oz (600 mL)	Large	310	80	9	5	0	25	135	46	0	46	9
Vanilla Latte	16 fl oz (480mL)	Medium	240	60	7	4	0	20	105	37	0	35	7
Vanilla Latte with Sugar Free Syrup	20 fl oz (600 mL)	Large	180	80	9	5	0	25	135	20	0	13	9
Vanilla Latte with Sugar Free Syrup	16 fl oz (480 mL)	Medium	140	60	7	4	0	20	105	15	0	12	7
Whipped Cream Topping	2 Tablespoons (6g)		20	15	1.5	1	0	5	0	0	0	0	0
FOUNTAIN & OTHER													
Caffeine Free Diet Coke	32 fl oz (960 mL)	Large	5	0	0	0	0	0	35	0	0	0	0
Caffeine Free Diet Coke	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	30	0	0	0	0
Coke	32 fl oz (960 mL)	Large	390	0	0	0	0	0	10	104	0	104	0
Coke	24 fl oz (720 mL)	Medium	290	0	0	0	0	0	5	78	0	78	0
Coke Zero	32 fl oz (960 mL)	Large	5	0	0	0	0	0	20	0	0	0	0
Coke Zero	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	0
Diet Coke	32 fl oz (960 mL)	Large	5	0	0	0	0	0	35	0	0	0	0

Diet Coke	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	30	0	0	0	0
FUZE Raspberry Iced Tea	32 fl oz (960 mL)	Large	240	0	0	0	0	0	30	66	0	0	0
FUZE Raspberry Iced Tea	24 fl oz (720 mL)	Medium	180	0	0	0	0	0	20	50	0	50	0
Homestyle Lemonade	32 fl oz (960 mL)	Large	390	0	0	0	0	0	0	103	0	97	0
Homestyle Lemonade	24 fl oz (720 mL)	Medium	290	0	0	0	0	0	0	78	0	72	0
Iced Black Tea	32 fl oz (960 mL)	Large	10	0	0	0	0	0	30	3	0	0	0
Iced Black Tea	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	20	2	0	0	0
Orange Juice	16 fl oz (480 mL)	Large	220	0	0	0	0	0	5	52	1	50	3
Orange Juice	8 fl oz (240 mL)	Medium	110	0	0	0	0	0	0	26	0	26	2
PowerAde Mountain Blast	32 fl oz (960 mL)	Large	230	0	0	0	0	0	210	57	0	57	0
PowerAde Mountain Blast	24 fl oz (720 mL)	Medium	170	0	0	0	0	0	160	43	0	43	0
Sprite	32 fl oz (960 mL)	Large	390	0	0	0	0	0	85	104	0	104	0
Sprite	24 fl oz (720 mL)	Medium	290	0	0	0	0	0	65	78	0	78	0
Sprite Zero	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	0
Sprite Zero	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	0
Strawberry Lemonade	32 fl oz (960 mL)	Large	390	5	0	0	0	0	25	103	0	97	0
Strawberry Lemonade	24 fl oz (720 mL)	Medium	300	0	0	0	0	0	20	77	0	73	0
Sweet Tea	32 fl oz (960 mL)	Large	340	0	0	0	0	0	30	88	0	85	0
Sweet Tea	24 fl oz (720 mL)	Medium	250	0	0	0	0	0	20	66	0	64	0
Vitamin Water Zero - Squeezed	32 fl oz (960 mL)	Large	10	0	0	0	0	0	10	0	0	0	0
Vitamin Water Zero - Squeezed	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	5	0	0	0	0
Vitamin Water Zero - XXX	32 fl oz (960 mL)	Large	5	0	0	0	0	0	0	0	0	0	0
Vitamin Water Zero - XXX	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	0	0	0	0	0
BREADS													
Asiago Breadstick	1.5 oz (43g)		140	25	3	2	0	5	260	23	1	2	6
Ciabatta	3.6 oz (102g)	Large	240	5	1	0	0	0	400	50	2	2	9
Ciabatta	2.7 oz (77g)	Small	190	5	0.5	0	0	0	310	39	2	2	7
Country White Bread	3.4 oz (96g)		240	10	1	0	0	0	340	49	2	1	9
Multigrain Baguette	3.6 oz (103g)	Sandwich Size	260	25	2.5	0	0	0	250	53	7	3	11
Multigrain Baguette	2.4 oz (69g)	Soup Size	180	15	1.5	0	0	0	170	35	5	2	8
Rustic Baguette	3.7 oz (105g)	Sandwich Size	270	15	2	0	0	0	360	53	2	1	10
Rustic Baguette	2.9 oz (82g)	Soup Size	220	15	1.5	0	0	0	290	42	2	1	8
Semolina	3.9 oz (110g)	Sandwich Size	290	35	4	1	0	0	300	51	4	1	12
Semolina	3.9 oz (73g)	Soup Size	200	25	2.5	0	0	0	200	35	2	1	8
Sprouted Grain Roll	3.7 oz (105g)		280	40	4.5	0	0	0	260	54	7	5	10
Tortilla Wrap	3.5 oz. (100g)		280	60	7	3.5	0	0	240	45	2	1	7
Whole Wheat Tortilla Wrap	3.5 oz. (100g)		260	70	8	1.5	0	0	270	43	6	1	8

BREAKFAST SANDWICHES													
2 Eggs & Bacon on Skinny Wheat Bagel	5.1 oz (146g)		280	130	15	6	0	345	600	22	6	2	18
2 Eggs & Turkey Sausage on Skinny Wheat Bagel	6.2 oz (177g)		310	150	16	6	0	360	660	22	7	1	23
2 Eggs on a Bagel	6.3 oz (178g)		380	100	11	4	0	330	560	50	2	5	19
2 Eggs on a Bagel with Bacon	6.7 oz (189g)		430	140	15	6	0	345	800	50	2	5	21
2 Eggs on a Bagel with Bacon and Cheese	7.2 oz (203g)		480	180	20	9	0	360	890	51	2	5	25
2 Eggs on a Bagel with Cheese	6.8 oz (192g)		430	140	16	7	0	345	650	50	2	5	22
2 Eggs on a Bagel with Ham	7.8 oz (221g)		440	130	14	5	0	360	990	52	2	7	26
2 Eggs, Bacon and Cheddar on Ciabatta	6.8 oz (192g)		440	180	20	9	0	360	780	40	2	2	24
2 Eggs, Cheddar & Bacon on Skinny Wheat Bagel	5.6 oz (160g)		340	180	20	9	0	360	690	22	6	2	22
2 Eggs, Cheddar & Ham on Skinny Wheat Bagel	6.8 oz (192g)		350	170	19	8	0	375	880	24	7	3	26
2 Eggs, Cheddar & Sausage on Skinny Wheat Bagel	7.1 oz (201g)		450	260	29	12	0	390	790	23	6	2	28
2 Eggs, Sausage & Cheddar on Asiago Bagel	9.1 oz (258g)		660	320	36	16	0	410	1110	47	2	5	35
2 Eggs, Sausage & Cheddar on Ciabatta	8.2 oz (232g)		550	260	29	12	0	390	870	40	2	2	30
2 Eggs, Turkey Sausage & Cheddar on Skinny Wheat Bagel	6.7 oz (192g)		370	190	21	9	0	375	750	22	7	1	26
Egg Whites and Cheddar on Skinny Wheat Bagel	5.7 oz (162g)		210	60	7	4.5	0	20	490	22	6	1	19
Egg Whites, Cheddar & Avocado on Skinny Wheat	7.3 oz (207g)		360	210	23	12	0.5	50	590	25	9	1	19
Signature Farmhouse Omelet	7.5 oz (214g)		520	200	22	9	0	305	840	56	7	6	26
Smoked Salmon Wasabi	6.3 oz (179g)		370	80	9	4	0	30	840	54	2	8	16
The Good Egg	9.6 oz (272g)		540	250	28	9	0	350	660	47	4	2	24
CAFÉ SANDWICHES													
Avocado BLT	4.1 oz (116g)	Half Sandwich	260	120	13	3	0	15	510	28	2	2	8
Avocado BLT	7.8 oz (222g)	Whole Sandwich	520	240	26	6	0	30	1020	55	4	3	15
Black Angus Roast Beef and Cheddar	5.6 oz (158g)	Half Sandwich	290	100	11	4.5	0	35	620	32	4	5	19
Black Angus Roast Beef and Cheddar	10.6 oz (301g)	Whole Sandwich	580	200	22	9	0	75	1230	62	8	8	37
BLT	3.5 oz (100g)	Half Sandwich	240	100	11	2.5	0	15	510	26	1	1	7
BLT	6.7 oz (191g)	Whole Sandwich	470	200	22	5	0	30	1020	52	2	3	14
Herb Chicken Salad Sandwich	5.7oz (161g)	Half Sandwich	240	60	7	1	0	25	440	30	3	2	15
Herb Chicken Salad Sandwich	10.5 oz (297g)	Whole Sandwich	470	120	13	2	0	50	880	58	5	4	30
Tuna Salad Sandwich	5.4 oz (153g)	Half Sandwich	240	50	6	1	0	30	320	30	5	3	19
Tuna Salad Sandwich	10 oz (284g)	Whole Sandwich	480	100	12	1.5	0	65	640	59	9	6	38
Turkey and Swiss Sandwich	5.5 oz (155g)	Half Sandwich	330	130	14	8	0	60	530	33	4	7	21
Turkey and Swiss Sandwich	10.6 oz (301g)	Whole Sandwich	670	260	28	16	0.5	125	1060	65	8	14	42
HOT SANDWICHES													
Black Angus Steak and Cheese	11.1 oz (315g)		700	290	32	15	0	105	1430	61	3	8	40
Chicken Margherita	9.3 oz (264g)		500	140	16	5	0	70	900	52	3	3	35
Classic Grilled Cheese	5.9 oz (167g)		520	210	24	15	0	70	720	50	2	1	27

Country Grilled Cheese	7.3 oz (206g)		580	250	28	16	0	80	980	51	2	2	30
Ham & 2 Cheese	10 oz (285g)		590	210	23	9	0	85	1790	61	3	6	33
Mayan Chicken Harvest Hot Wrap	15.6 oz (443g)		630	150	16	5	0	60	1060	89	10	6	35
Newport Turkey Sandwich	10.9 oz (309g)		730	260	29	11	0	100	1450	76	5	24	41
Roasted Vegetarian Harvest Hot Wrap	13.2 oz (375g)		670	280	31	6	0	15	810	85	10	4	17
Teriyaki Steak Harvest Hot Wrap	13.8 oz (392g)		590	140	16	4	0	35	790	86	10	7	30
SIGNATURE SANDWICHES													
Chipotle Black Bean Burger with Avocado	11.4 oz (324g)		690	260	29	7	0	25	1290	83	11	14	27
Chipotle Turkey & Avocado	10.9 oz (309g)		700	300	33	9	0	90	1490	60	5	7	37
Turkey Club	10 oz (285g)		600	230	25	9	0	100	1560	53	2	3	39
Two Tomato Caprese	8.3 oz (234g)		500	160	18	7	0	35	650	61	3	4	20
Two Tomato Caprese with Chicken	11.7 oz (333g)		600	180	20	7	0	85	970	62	3	4	39
Warm Chicken Avocado Sandwich	11 oz (313g)		600	220	25	5	0	70	1130	59	5	2	33
WRAPS													
Chicken Caesar Wrap	9.6 oz (272g)		540	230	26	9	0	60	910	50	3	4	27
Harvest Turkey Wrap	11 oz (313g)		630	240	27	9	0	85	1150	61	9	8	36
Napa Chicken with Avocado Wrap	12.1 oz (345g)		530	230	25	6	0	40	720	55	6	5	23
Thai Peanut Chicken Wrap	12.2 oz (346g)		540	150	17	5	0	35	1010	72	4	15	25
Veggie & Hummus Wrap	11.9 oz (337g)		540	250	27	7	0	25	950	60	11	6	19
HARVEST HOT BOWLS													
Mayan Chicken Harvest Hot Bowl	18.3 oz (519g)		550	90	10	4	0	60	870	84	7	6	31
Mediterranean Chicken Harvest Hot Bowl	18.1 oz (513g)		670	240	27	6	0	60	920	74	5	4	31
Roasted Vegetarian Harvest Hot Bowl	15.5 oz (439g)		640	290	32	6	0	15	700	75	5	4	12
Teriyaki Steak Harvest Hot Bowl	13.2 (374g)		600	80	9	2.5	0	35	480	96	6	9	35
HOT BREAKFAST BAR													
Roasted Potatoes	1 oz. (28g)		35	10	1	0	0	0	110	6	1	0	1
Sausage with Peppers and Onions	1 oz. (28g)		40	25	2.5	0.5	0	5	110	1	0	0	3
Scrambled Eggs	1 oz. (28g)		30	15	2	0.5	0	85	75	1	0	0	3
Scrambled Eggs, Ham & Cheese	1 oz. (28g)		40	20	2.5	1	0	75	100	1	0	1	3
Warm Apple Bake	1 oz. (28g)		80	30	3	2	0	10	90	11	0	4	2
HOT LUNCH BAR													
Adobo Chicken	1 oz (28 g)		25	5	0.5	0	0	10	125	1	0	1	4
Asian Rice with Edamame & Carrots	1 oz (28g)		30	5	0	0	0	0	10	6	0	0	1
Beef & Broccoli	1 oz (28 g)		25	10	1	0	0	5	75	2	0	1	3

Black Beans & Rice	1 oz. (28g)		25	0	0	0	0	0	15	5	1	0	1
Broccoli Chicken Pasta Alfredo	1 oz (28g)		50	15	2	1	0	10	40	5	0	0	2
Brown Rice	1 oz (28g)		30	5	0	0	0	0	15	6	0	0	1
Bruschetta Wings	1 oz (28g)		70	45	5	1	0	20	160	0	0	0	6
Chicken Dumplings	1 oz (28g)		45	10	1	0	0	5	150	7	0	1	2
Chipotle Wings	1 oz (28g)		70	40	4.5	1	0	20	190	2	0	1	6
Corn Bread	1 oz (28g)		100	45	5	1	0	20	60	13	0	6	1
Garlic Bread	1 Slice (19g)		80	45	5	2	0	10	70	7	0	0	1
Honey & Herb Carrots	1 oz. (28 g)		25	10	1.5	1	0	5	30	4	1	1	0
Meatballs in Marinara Sauce with Penne	1 oz. (28 g)		50	25	2.5	1	0	5	105	4	1	1	2
Mediterranean Rice	1 oz (28g)		35	5	0.5	0	0	0	25	6	0	0	1
Pork Carnitas	1 oz (28g)		45	20	2.5	0.5	0	10	110	1	0	1	5
Pulled BBQ Pork	1 oz (28g)		45	10	1.5	0	0	10	150	4	0	4	4
Red Beans & Rice	1 oz (28g)		25	5	0	0	0	0	55	5	1	0	1
Roasted Corn & Jalapenos	1 oz (28g)		20	5	0	0	0	0	20	4	1	2	1
Roasted Mediterranean Vegetables	1 oz (28 g)		35	15	2	0	0	0	95	4	1	1	1
Sesame Green Beans	1 oz (28 g)		20	10	1	0	0	0	55	2	1	1	1
Smothered Beans	1 oz (28 g)		30	20	2	1	0	5	105	2	0	1	1
Southwest Wings	1 oz (28g)		70	45	5	1.5	0	20	170	0	0	0	6
Sweet & Sour Wings	1 oz (28g)		70	40	4.5	1.5	0	20	180	1	0	1	6
Tomato Asiago Rice	1 oz (28g)		35	10	1	0.5	0	0	25	5	0	0	1
Vegetable Lasagna	1 oz (28g)		45	25	2.5	1.5	0	10	75	3	0	1	3
COLD LUNCH BAR													
Lettuce Blend	1 oz (28g)		5	0	0	0	0	0	0	1	1	0	0
spinach	1 oz (28g)		5	0	0	0	0	0	20	1	1	0	1
romaine	1 oz (28g)		5	0	0	0	0	0	0	1	1	0	0
Mixed Salad Greens	1 oz (28g)		5	0	0	0	0	0	5	1	1	0	0
Caesar Salad	1 oz (28g)		25	10	1	0	0	0	30	3	1	0	1
Vegetarian Deluxe Salad	1 oz (28g)		20	10	1	0	0	0	60	2	1	1	1
Southwest Chicken Salad	1 oz (28g)		20	5	0.5	0	0	5	30	2	1	1	1
Harvest Turkey Salad	1 oz (28g)		35	15	1.5	0	0	5	70	3	0	2	3
Chicken Salad	1 oz (28g)		40	20	2	0	0	15	140	1	0	0	4
Mediterranean Pasta Salad	1 oz (28g)		50	20	2	0	0	0	50	7	1	1	2
Black Bean & Corn Salad	1 oz (28g)		35	10	1.5	0	0	0	50	4	1	1	2
Chickpeas & Tomatoes Salad	1 oz (28g)		35	20	2	0	0	0	100	3	1	1	1
Pesto Tortellini	1 oz (28g)		60	35	3.5	0	0	5	55	5	0	0	1
Carrot & Raisin Salad	1 oz (28g)		80	60	7	1	0	5	55	5	0	3	0
Tuna	1 oz (28g)		35	0	0	0	0	15	40	1	0	0	9
Sliced Chicken	1 oz (28g)		35	5	0.5	0	0	20	85	1	0	0	5
Turkey	1 oz (28g)		30	5	0	0	0	15	200	0	0	0	7
carrots	1 oz (28g)		10	0	0	0	0	0	20	3	1	1	0

tomatoes	1 oz (28g)		5	0	0	0	0	0	0	1	0	1	0
cucumber	1 oz (28g)		5	0	0	0	0	0	0	1	0	0	0
Corn	1 oz (28g)		20	5	0	0	0	0	0	4	1	2	1
Edamame	1 oz (28g)		40	15	2	0	0	0	0	3	1	1	4
Kalamata Olives	1 oz (28g)		70	50	6	0.5	0	0	390	4	1	0	1
Black Beans	1 oz (28g)		30	0	0	0	0	0	30	5	1	0	2
Chickpeas	1 oz (28g)		20	5	0	0	0	0	30	3	1	1	1
onion	1 oz (28g)		10	0	0	0	0	0	0	3	0	1	0
Pickled Beets	1 oz (28g)		20	0	0	0	0	0	75	5	0	4	0
Hard Boiled Eggs	1 oz (28g)		45	25	3	1	0	105	35	0	0	0	4
Red Pepper	1 oz (28g)		10	0	0	0	0	0	115	2	1	1	0
grapes	1 oz (28g)		20	0	0	0	0	0	0	5	0	4	0
Mozzarella	1 oz (28g)		70	45	5	3.5	0	20	70	0	0	0	6
Apple Smoked Bacon	1 oz (28g)		130	90	10	3.5	0	15	660	0	0	0	9
cantaloupe	1 oz (28g)		10	0	0	0	0	0	0	2	0	2	0
Asiago	1 oz (28g)		110	70	8	5	0	25	170	1	0	0	7
Feta	1 oz (28g)		100	70	8	4.5	0	25	250	1	0	0	6
Greek Vanilla Yogurt	1 oz (28g)		20	0	0	0	0	0	10	3	0	3	2
honeydew	1 oz (28g)		10	0	0	0	0	0	5	3	0	2	0
watermelon	1 oz (28g)		10	0	0	0	0	0	0	2	0	2	0
Cottage Cheese	1 oz (28g)		30	10	1.5	1	0	5	110	1	0	1	3
Grapefruit Sections	1 oz (28g)		10	0	0	0	0	0	0	3	1	2	0
Croutons	1 oz (28g)		90	20	2.5	0	0	0	100	14	1	1	2
Wontons	1 oz (28g)		140	60	6	1	0	0	150	18	1	1	3
Sweetened Dried Cranberries	1 oz (28g)		100	0	0	--	0	0	0	24	1	19	0
Walnuts	1 oz (28g)		190	170	19	1.5	0	0	0	1	3	1	4
Almonds	1 oz (28g)		170	130	14	1	0	0	0	6	4	1	6
OATMEAL													
Classic Oatmeal	16 oz (454 g)	Large	340	60	6	1	0	0	15	63	9	1	13
Classic Oatmeal	12 oz (340 g)	Medium	260	45	5	0.5	0	0	10	47	6	1	10
Classic Oatmeal	8 oz (227g)	Small	170	30	3	0	0	0	5	32	4	1	6
Superfood Cranberry Almond Hot Cereal	16 oz. (454g)	Large	360	120	13	1.5	0	0	35	51	9	5	12
Superfood Cranberry Almond Hot Cereal	12 oz. (340g)	Medium	270	90	10	1	0	0	25	38	7	4	9
Superfood Cranberry Almond Hot Cereal	8 oz. (227g)	Small	180	60	7	1	0	0	15	26	4	3	6
SNACKS													
Baked! Lay's Original Potato Crisps	1.125 oz (32g)		130	15	2	0	0	0	200	26	2	2	2
Bon To Go - Caprese Chicken	9.2 oz (262g)		320	170	19	6	0	60	760	17	3	8	20
Bon To Go - Cheese & Fruit	6.8 oz (195g)		390	220	25	14	0.5	70	590	31	2	16	14
Bon To Go - Fruit, Eggs & Nuts	9.3 oz (265g)		500	310	35	10	0	195	320	31	4	19	21
Bon To Go - Hard Boiled Eggs	3.1 oz (88g)		140	80	9	3	0	330	110	1	0	1	11
Bon To Go - Hummus	6 oz (170g)		300	130	14	1.5	0	0	670	37	4	5	8

Bon To Go - Smoked Salmon	5.3 oz (149g)		200	80	9	3.5	0	30	490	20	2	5	12
Bon To Go - Tuna Wrap Pack	11.1 oz (315g)		710	190	22	4.5	0	90	1040	93	10	18	40
Bon To Go - Turkey & Cheddar Picnic	11.1 oz (314g)		640	230	25	12	0	95	1430	69	3	14	34
Chocolate Covered Almonds	3 oz (85g)		450	260	29	17	0	0	75	46	5	39	7
Food Should Taste Good All Natural Multigrain Chips	1.5 oz (43g)		210	90	9	1	0	0	120	27	5	2	4
Fresh Grapes	8 oz. (227g)		160	5	0	0	0	0	0	41	2	35	2
Fruit Cup	12 oz (340g)	Large	140	5	0.5	0	0	0	30	36	2	32	2
Fruit Cup	6 oz (170g)	Medium	70	0	0	0	0	0	15	18	1	16	1
Housemade Granola	1/4 cup (30g)		140	60	7	2.5	0	5	30	18	2	9	3
Kettle Cooked BBQ Potato Chips	1.4 oz (39g)		200	100	12	1	0	0	200	24	2	3	2
Kettle Cooked Original Potato Chips	1.4 oz (39g)		210	110	12	1	0	0	160	23	2	2	2
Kettle Cooked Sea Salt & Vinegar Potato Chips	1.4 oz (39g)		200	100	12	1	0	0	340	23	2	3	2
Mixed Nuts	2.6 oz (74g)		420	320	35	5	0	0	140	19	5	4	14
Overnight Oats	8 oz (227g)		410	120	13	3	0	5	40	61	8	20	15
Skinny Pop Popcorn	.65 oz (18g)		100	50	6	0.5	0	0	45	9	2	0	2
Snyders of Hanover Mini Pretzels	1 oz (30g)		110	0	0	0	0	0	250	25	0	0	3
YOGURT													
Blueberry Yogurt & Wild Blueberry Parfait	10.2 oz (289g)		380	90	10	4	0	15	170	68	3	48	11
Greek Vanilla Yogurt & Wild Blueberry Parfait	10.2 oz (289g)		340	80	8	3	0	20	115	47	4	34	24
SALADS													
Caesar Asiago	6.5 oz (184g)		160	60	7	3	0	15	200	19	4	2	8
Chicken Caesar Asiago	10oz (283g)		280	80	9	3.5	0	75	500	22	4	3	27
Chicken Cobb with Avocado	16.2 oz (461g)		450	230	26	10	0	255	1100	18	7	6	38
Harvest Turkey	12.7 oz (360g)		380	130	15	3.5	0	75	790	32	6	22	30
Side Garden	8.5 oz (241g)		50	5	0	0	0	0	35	11	4	5	2
Southwest Chicken	17.8 oz (505g)		370	120	13	2	0	55	500	40	10	10	26
Thai Peanut Chicken Salad	13.7 oz (388g)		240	50	6	1	0	60	430	23	5	6	29
Vegetarian Deluxe	15.2 oz (432g)		260	120	13	5	0	25	820	26	8	10	12
SALAD DRESSINGS													
ABP Croutons	1 oz (28g)		80	20	2.5	0	0	0	95	14	1	1	2
Avocado Green Goddess Dressing	1.5 oz (43g)		140	120	14	1.5	0	15	260	3	0	2	1
Balsamic Vinaigrette	1.5 oz (43g)		80	60	7	1	0	0	270	5	0	5	0
Caesar Dressing	1.5 oz (43g)		190	170	19	3.5	0	15	500	3	0	2	2
Chili Lime Vinaigrette	1.5 oz (43g)		110	80	9	1	0	0	300	7	0	6	0
Lemon Vinaigrette	1.5 oz (43g)		150	130	14	1.5	0	0	370	6	0	5	0
Lite Citrus Lime Vinaigrette	1.5 oz (43g)		110	80	9	1	0	0	260	7	0	6	0

Ranch Dressing	1.5 oz (43g)		180	170	19	3	0	15	290	4	0	1	1
Thai Dressing	1.5 oz (43g)		120	50	6	0.5	0	0	550	16	0	14	1
SOUPS													
12 Veggies Soup	16 fl oz (480 mL)	Large	240	70	8	0.5	0	0	1200	36	5	14	6
12 Veggies Soup	12 fl oz (360 mL)	Medium	180	50	6	0	0	0	900	27	4	11	4
12 Veggies Soup	8 fl oz (240 mL)	Small	120	35	4	0	0	0	600	18	2	7	3
Asparagus & Pea Soup	16 fl oz (480 mL)	Large	370	240	26	12	0.5	65	1490	27	5	4	10
Asparagus & Pea Soup	12 fl oz (360 mL)	Medium	280	180	20	9	0.5	50	1120	20	4	3	7
Asparagus & Pea Soup	8 fl oz (240 mL)	Small	190	120	13	6	0	35	750	13	2	2	5
Baked Stuffed Potato Soup	16 fl oz (480 mL)	Large	510	290	33	16	1	85	1400	46	4	2	9
Baked Stuffed Potato Soup	12 fl oz (360 mL)	Medium	390	220	24	12	0.5	65	1050	34	3	2	7
Baked Stuffed Potato Soup	8 fl oz (240 mL)	Small	260	150	16	8	0	45	700	23	2	1	5
Barley and Creamy Lentil Soup	16 fl oz (480 mL)	Large	280	50	5	0.5	0	0	930	47	9	4	12
Barley and Creamy Lentil Soup	12 fl oz (360 mL)	Medium	210	35	4	0	0	0	700	35	7	3	9
Barley and Creamy Lentil Soup	8 fl oz (240 mL)	Small	140	25	2.5	0	0	0	460	24	5	2	6
Black Bean Soup	16 fl oz (480 mL)	Large	360	15	1.5	0	0	0	1490	65	37	4	22
Black Bean Soup	12 fl oz (360 mL)	Medium	270	10	1	0	0	0	1110	49	28	3	17
Black Bean Soup	8 fl oz (240 mL)	Small	180	5	0.5	0	0	0	740	32	18	2	11
Broccoli Cheddar Soup	16 fl oz (480 mL)	Large	450	290	32	15	1	80	1390	27	4	7	14
Broccoli Cheddar Soup	12 fl oz (360 mL)	Medium	340	220	24	11	0.5	60	1040	20	3	6	10
Broccoli Cheddar Soup	8 fl oz (240 mL)	Small	220	140	16	7	0	40	690	13	2	4	7
Butternut Squash & Apple	16 fl oz (480 mL)	Large	270	90	10	4	0	20	930	44	4	17	4
Butternut Squash & Apple	12 fl oz (360 mL)	Medium	200	70	8	3	0	15	700	33	3	13	3
Butternut Squash & Apple	8 fl oz (240 mL)	Small	130	45	5	2	0	10	460	22	2	9	2
Chicken and Dumpling Soup	16 fl oz (480 mL)	Large	350	110	12	4.5	0	85	1700	44	4	9	17
Chicken and Dumpling Soup	12 fl oz (360 mL)	Medium	260	80	9	3.5	0	65	1270	33	3	6	13
Chicken and Dumpling Soup	8 fl oz (240 mL)	Small	170	50	6	2	0	40	850	22	2	4	9
Chicken Florentine Soup	16 fl oz (480 mL)	Large	380	180	20	8	0	75	1490	36	2	6	13
Chicken Florentine Soup	12 fl oz (360 mL)	Medium	280	130	15	6	0	60	1120	27	2	4	10
Chicken Florentine Soup	8 fl oz (240 mL)	Small	190	90	10	4	0	40	750	18	1	3	6
Chicken Gumbo Soup	16 fl oz (480 mL)	Large	260	110	12	1.5	0	15	1240	30	3	2	8
Chicken Gumbo Soup	12 fl oz (360 mL)	Medium	200	80	9	1	0	10	930	23	2	2	6
Chicken Gumbo Soup	8 fl oz (240mL)	Small	130	50	6	0.5	0	10	620	15	1	1	4
Chicken Noodle Soup	16 fl oz (480 mL)	Large	160	35	3.5	1	0	40	1370	20	2	3	10
Chicken Noodle Soup	12 fl oz (360 mL)	Medium	120	25	2.5	1	0	30	1030	15	1	3	8
Chicken Noodle Soup	8 fl oz (240 mL)	Small	80	15	2	0.5	0	20	690	10	1	2	5
Clam Chowder	16 fl oz (480 mL)	Large	460	240	26	10	0.5	75	1490	42	3	12	15
Clam Chowder	12 fl oz (360 mL)	Medium	350	180	20	8	0	55	1120	32	2	9	11

Clam Chowder	8 fl oz (240 mL)	Small	230	120	13	5	0	40	740	21	1	6	7
Corn and Green Chili Bisque	16 fl oz (480 mL)	Large	360	200	22	12	0.5	65	1780	35	4	7	7
Corn and Green Chili Bisque	12 fl oz (360 mL)	Medium	270	150	16	9	0	45	1330	26	3	5	6
Corn and Green Chili Bisque	8 fl oz (240 mL)	Small	180	100	11	6	0	30	890	17	2	3	4
Corn Chowder	16 fl oz (480 mL)	Large	480	220	24	12	0.5	65	1510	56	5	17	11
Corn Chowder	12 fl oz (360 mL)	Medium	360	160	18	9	0	50	1130	42	4	12	9
Corn Chowder	8 fl oz (240 mL)	Small	240	110	12	6	0	35	760	28	2	8	6
Cream of Chicken and Wild Rice Soup	16 fl oz (480 mL)	Large	360	180	20	7	0	50	1320	34	2	4	9
Cream of Chicken and Wild Rice Soup	12 fl oz (360 mL)	Medium	270	140	15	5	0	35	990	26	2	3	7
Cream of Chicken and Wild Rice Soup	8 fl oz (240 mL)	Small	180	90	10	3.5	0	25	660	17	1	2	5
Curried Rice and Lentil Soup	16 fl oz (480 mL)	Large	240	10	1	0	0	0	1420	46	11	6	12
Curried Rice and Lentil Soup	12 fl oz (360 mL)	Medium	180	5	0.5	0	0	0	1060	34	9	5	9
Curried Rice and Lentil Soup	8 fl oz (240 mL)	Small	120	5	0	0	0	0	710	23	6	3	6
Five Onion Soup	16 fl oz (480 mL)	Large	270	130	14	6	0.5	20	1350	31	3	14	7
Five Onion Soup	12 fl oz (360 mL)	Medium	210	90	11	4.5	0	15	1010	23	3	10	5
Five Onion Soup	8 fl oz (240 mL)	Small	140	60	7	3	0	10	680	15	2	7	4
French Moroccan Tomato Lentil Soup	16 fl oz (480 mL)	Large	260	25	3	0	0	0	1430	44	17	8	13
French Moroccan Tomato Lentil Soup	12 fl oz (360 mL)	Medium	190	20	2.5	0	0	0	1070	33	13	6	10
French Moroccan Tomato Lentil Soup	8 fl oz (240 mL)	Small	130	15	1.5	0	0	0	710	22	9	4	7
French Onion Soup	16 fl oz (480 mL)	Large	150	60	6	3	0	15	1810	20	2	9	4
French Onion Soup	12 fl oz (360 mL)	Medium	110	45	5	2.5	0	10	1360	15	1	7	3
French Onion Soup	8 fl oz (240 mL)	Small	80	30	3	1.5	0	10	910	10	1	4	2
Garden Vegetable Soup	16 fl oz (480 mL)	Large	110	15	2	0	0	0	1520	19	4	7	4
Garden Vegetable Soup	12 fl oz (360 mL)	Medium	80	10	1.5	0	0	0	1140	14	3	5	3
Garden Vegetable Soup	8 fl oz (240 mL)	Small	50	10	1	0	0	0	760	9	2	3	2
Harvest Pumpkin Soup	16 fl oz (480 mL)	Large	310	160	18	10	0	50	1420	35	3	12	4
Harvest Pumpkin Soup	12 fl oz (360 mL)	Medium	230	120	13	7	0	35	1070	24	3	9	3
Harvest Pumpkin Soup	8 fl oz (240 mL)	Small	150	80	9	5	0	25	710	18	2	6	2
Italian Wedding Soup	16 fl oz (480 mL)	Large	220	110	12	4	0	20	950	20	3	5	8
Italian Wedding Soup	12 fl oz (360 mL)	Medium	170	80	9	3	0	15	710	15	2	3	6
Italian Wedding Soup	8 fl oz (240 mL)	Small	110	50	6	2	0	10	480	10	1	2	4
Lemon Orzo Chicken Soup	16 fl oz (480 mL)	Large	310	140	16	7	0	65	1590	26	2	3	16
Lemon Orzo Chicken Soup	12 fl oz (360 mL)	Medium	230	110	12	6	0	50	1190	20	1	3	12
Lemon Orzo Chicken Soup	8 fl oz (240 mL)	Small	150	70	8	3.5	0	30	790	13	1	2	8
Lobster & Corn Bisque	16 fl oz (480 mL)	Large	370	200	22	12	0.5	90	1480	33	3	6	11
Lobster & Corn Bisque	12 fl oz (360 mL)	Medium	280	150	16	9	0	70	1110	25	2	5	8
Lobster & Corn Bisque	8 fl oz (240 mL)	Small	190	100	11	6	0	45	740	17	1	3	5
Minestrone with Basil	16 fl oz (480 mL)	Large	240	70	8	2.5	0	10	990	32	7	7	11
Minestrone with Basil	12 fl oz (360 mL)	Medium	180	50	6	2	0	10	740	24	5	5	8

Minestrone with Basil	8 fl oz (240 mL)	Small	120	35	4	1	0	5	500	16	3	3	5
Pasta e Fagioli Soup	16 fl oz (480 mL)	Large	350	100	11	2	0	10	1320	47	9	4	15
Pasta e Fagioli Soup	12 fl oz (360 mL)	Medium	270	80	9	1.5	0	10	990	35	7	3	11
Pasta e Fagioli Soup	8 fl oz (240 mL)	Small	180	50	6	1	0	5	660	24	5	2	7
Potato Leek Soup	16 fl oz (480 mL)	Large	390	260	28	17	1	95	1370	29	3	3	5
Potato Leek Soup	12 fl oz (360 mL)	Medium	290	190	21	13	0.5	70	1020	22	2	2	3
Potato Leek Soup	8 fl oz (240 mL)	Small	190	130	14	8	0	50	680	15	2	1	2
Red Beans, Italian Sausage and Rice Soup	16 fl oz (480 mL)	Large	410	80	9	3	0	15	1660	60	26	5	21
Red Beans, Italian Sausage and Rice Soup	12 fl oz (360 mL)	Medium	310	60	7	2	0	10	1250	45	19	4	16
Red Beans, Italian Sausage and Rice Soup	8 fl oz (240 mL)	Small	200	40	4.5	1.5	0	10	830	30	13	37	11
Roasted Eggplant Soup	16 fl oz (480 mL)	Large	250	80	8	3	0	15	890	33	5	14	11
Roasted Eggplant Soup	12 fl oz (360 mL)	Medium	190	60	6	2	0	10	670	25	4	11	8
Roasted Eggplant Soup	8 fl oz (240 mL)	Small	130	40	4	1.5	0	5	450	17	3	7	6
Roasted Red Pepper & Gouda Soup	16 fl oz (480 mL)	Large	410	250	28	13	0.5	65	1330	34	3	17	8
Roasted Red Pepper & Gouda Soup	12 fl oz (360 mL)	Medium	310	190	21	10	0	45	990	26	2	13	6
Roasted Red Pepper & Gouda Soup	8 fl oz (240 mL)	Small	210	120	14	7	0	30	660	17	1	9	4
Roasted Tomato & Fennel Soup	16 fl oz (480 mL)	Large	240	120	13	5	0	25	1200	27	3	14	6
Roasted Tomato & Fennel Soup	12 fl oz (360 mL)	Medium	180	90	10	4	0	20	900	20	2	11	4
Roasted Tomato & Fennel Soup	8 fl oz (240 mL)	Small	120	60	7	2.5	0	15	600	13	2	7	3
Roasted Tomato, Chicken & Orzo	16 fl oz (480 mL)	Large	230	70	8	3	0	25	1150	29	4	10	10
Roasted Tomato, Chicken & Orzo	12 fl oz (360 mL)	Medium	170	50	6	2	0	20	860	22	3	7	8
Roasted Tomato, Chicken & Orzo	8 fl oz (240 mL)	Small	110	35	4	1.5	0	15	580	14	2	5	5
Slow Cooked Smokey Chicken & Sausage	16 fl oz (480 mL)	Large	230	70	8	2	0	20	1140	30	7	3	11
Slow Cooked Smokey Chicken & Sausage	12 fl oz (360 mL)	Medium	180	50	6	1.5	0	15	850	22	5	2	8
Slow Cooked Smokey Chicken & Sausage	8 fl oz (240 mL)	Small	120	35	4	1	0	10	570	15	4	1	6
Southwest Tortilla Soup	16 fl oz (480 mL)	Large	260	120	14	4	0	15	1310	31	6	5	5
Southwest Tortilla Soup	12 fl oz (360 mL)	Medium	200	90	10	3	0	10	980	23	4	4	4
Southwest Tortilla Soup	8 fl oz (240 mL)	Small	130	60	7	2	0	10	650	15	3	3	3
Split Pea with Ham Soup	16 fl oz (480 mL)	Large	360	20	2.5	0.5	0	10	1710	59	22	8	26
Split Pea with Ham Soup	12 fl oz (360 mL)	Medium	270	15	2	0	0	10	1290	44	16	6	19
Split Pea with Ham Soup	8 fl oz (240 mL)	Small	180	10	1	0	0	5	860	29	11	4	13
Swiss Chard and Three Bean Soup	16 fl oz (480 mL)	Large	270	50	6	1	0	0	950	46	13	5	10
Swiss Chard and Three Bean Soup	12 fl oz (360 mL)	Medium	210	40	4.5	0.5	0	0	710	35	10	3	7
Swiss Chard and Three Bean Soup	8 fl oz (240 mL)	Small	140	25	3	0	0	0	470	23	7	2	5
Thai Chicken & Lime Soup	16 fl oz (480 mL)	Large	180	45	5	1	0	15	1210	27	3	4	7
Thai Chicken & Lime Soup	12 fl oz (360 mL)	Medium	140	35	4	0.5	0	10	900	20	2	3	6
Thai Chicken & Lime Soup	8 fl oz (240 mL)	Small	90	25	2.5	0	0	10	600	13	1	2	4
Tomato Basil Bisque	16 fl oz (480 mL)	Large	320	130	14	9	0	50	500	40	3	22	9
Tomato Basil Bisque	12 fl oz (360 mL)	Medium	240	100	11	7	0	40	380	30	2	17	7

Tomato Basil Bisque	8 fl oz (240 mL)	Small	160	60	7	4.5	0	25	250	20	1	11	4
Turkey, Kale & Wild Rice Soup	16 fl oz (480 mL)	Large	420	200	23	10	0.5	60	1550	36	3	4	16
Turkey, Kale & Wild Rice Soup	12 fl oz (360 mL)	Medium	310	150	17	7	0	45	1160	27	2	3	12
Turkey, Kale & Wild Rice Soup	8 fl oz (240 mL)	Small	210	100	11	5	0	30	780	18	2	2	8
Tuscan White Bean Soup	16 fl oz (480 mL)	Large	310	60	6	0	0	0	1270	48	21	8	15
Tuscan White Bean Soup	12 fl oz (360 mL)	Medium	230	40	4.5	0	0	0	950	36	15	6	11
Tuscan White Bean Soup	8 fl oz (240 mL)	Small	150	30	3	0	0	0	630	24	10	4	7
Vegetable Beef & Barley	16 fl oz (480 mL)	Large	210	40	4.5	2	0	35	940	30	6	4	15
Vegetable Beef & Barley	12 fl oz (360 mL)	Medium	160	30	3	1.5	0	25	710	22	5	3	11
Vegetable Beef & Barley	8 fl oz (240 mL)	Small	110	20	2	1	0	20	470	15	3	2	7
Vegetarian Chili	16 fl oz (480 mL)	Large	340	20	2.5	0	0	0	1210	61	32	9	19
Vegetarian Chili	12 fl oz (360 mL)	Medium	260	15	2	0	0	0	910	46	24	7	14
Vegetarian Chili	8 fl oz (240 mL)	Small	170	10	1	0	0	0	610	31	16	4	10
Vegetarian Minestrone Soup	16 fl oz (480 mL)	Large	160	15	1.5	0	0	0	1480	30	5	10	7
Vegetarian Minestrone Soup	12 fl oz (360 mL)	Medium	120	10	1	0	0	0	1110	23	4	7	5
Vegetarian Minestrone Soup	8 fl oz (240 mL)	Small	80	5	1	0	0	0	740	15	3	5	3
Wild Mushroom Bisque	16 fl oz (480 mL)	Large	250	110	12	2	0	10	1420	30	4	8	7
Wild Mushroom Bisque	12 fl oz (360 mL)	Medium	190	80	9	1.5	0	5	1070	23	3	6	5
Wild Mushroom Bisque	8 fl oz (240mL)	Small	130	50	6	1	0	5	710	15	2	4	4
SPECIALTY SOUPS													
Beef and Vegetable Stew	16 fl oz (480 mL)	Large	450	200	22	4	0	75	1470	38	5	5	26
Beef and Vegetable Stew	12 fl oz (360 mL)	Medium	340	150	16	3	0	60	1100	28	4	4	20
Beef and Vegetable Stew	8 fl oz (240 mL)	Small	230	100	11	2	0	40	730	19	3	2	13
Chicken and Vegetable Stew	16 fl oz (480 mL)	Large	450	230	25	6	0	60	1390	37	5	5	17
Chicken and Vegetable Stew	12 fl oz (360 mL)	Medium	340	170	19	5	0	45	1040	28	4	4	12
Chicken and Vegetable Stew	8 fl oz (240 mL)	Small	220	110	13	3	0	30	700	19	2	3	8
Macaroni and Cheese	16 fl oz (480 mL)	Large	1170	510	57	35	2	195	1470	122	4	5	40
Macaroni and Cheese	12 fl oz (360 mL)	Medium	880	390	43	26	1.5	145	1100	92	3	4	30
Macaroni and Cheese	8 fl oz (240 mL)	Small	590	260	29	18	1	95	730	61	2	2	20
Roasted Poblano Chicken Stew	16 fl oz (480 mL)	Large	160	35	4	0.5	0	15	1190	24	4	7	7
Roasted Poblano Chicken Stew	12 fl oz (360 mL)	Medium	120	30	3	0	0	10	890	18	3	5	5
Roasted Poblano Chicken Stew	8 fl oz (240 mL)	Small	80	20	2	0	0	5	590	12	2	4	4
Steak & Wild Rice Soup	16 fl oz (480 mL)	Large	230	40	4.5	1.5	0	35	1380	32	3	5	14
Steak & Wild Rice Soup	12 fl oz (360 mL)	Medium	170	30	3	1.5	0	25	1040	24	2	4	11
Steak & Wild Rice Soup	8 fl oz (240 mL)	Small	110	20	2	1	0	15	690	16	2	3	7
Turkey Chili	16 fl oz (480 mL)	Large	450	110	12	2	0	40	900	59	21	8	26
Turkey Chili	12 fl oz (360 mL)	Medium	330	80	9	1.5	0	30	680	44	15	6	19
Turkey Chili	8 fl oz (240 mL)	Small	220	50	6	1	0	20	450	29	10	4	13