



**JUST
ADD
FORK**

NUTRITIONAL GUIDE

MENU ITEM	CONTAINS	MAY CONTAIN	Calories	Fat (g)	Carb (g)	Prot (g)	Fat Cals	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Fiber (g)	Sugar (g)	Vit A-IU (IU)	Vit C (mg)	Calc (mg)	Iron (mg)
BASIL PESTO CHICKEN ALFREDO	MILK, TREE NUT	PEANUT, TREE NUT, MILK, EGG, WHEAT, SOY	767.58	41.96	69.05	32.18	368.4	11.09	0.12	90.61	2319.64	5.33	2.68	1647.86	139	264.93	2.92
BASIL PESTO LINGUINE WITH BLACKENED SALMON	FISH, TREE NUT, MILK	PEANUT, TREE NUT, MILK, EGG, WHEAT, SOY	576.24	29.31	50.08	29.97	256.26	5.29	0.06	90.07	469.44	1.63	1.55	948.71	10.4	99.59	1.68
BBQ CHICKEN PROTEIN BOWL	MILK	----	486.44	14.29	58.66	30.16	128.13	5.63	0	66.73	846.92	5.64	23.6	976.11	24.79	262.74	5.54
BBQ CHICKEN SALAD	MILK	----	436.32	21.07	28.69	32.84	189.17	10.66	0	88.81	1480.48	3.69	21.77	11049.79	30.84	498.8	2.52
BLEU CHEESE STEAK	MILK	----	675.18	45.92	38.37	29.23	403.26	13.29	0	96.67	1870.47	5.52	3.62	4663.37	30.86	144.14	5.9
BLEU CHOPPED CHICKEN SALAD	MILK	----	446.9	20.53	12.36	52.54	184.75	11.22	0	138.46	1735.14	5.37	4.8	10903.72	14.8	409.87	2.88
CHEESEBURGER CHILI MAC	MILK, SOY, WHEAT	----	473.01	18.24	47.77	28.03	164.2	7.82	0.46	76.6	967.56	3.21	2.93	1619.75	17.79	245.67	4.82
CHICKEN ENCHILADA BAKE	MILK	----	622.38	27.39	26.32	64.91	245	12.05	0	175.3	2011.43	3.67	4.82	1978.84	38.58	528.96	3.79
CHICKEN TACO PROTEIN BOWL	MILK	----	549.91	17.45	51.79	44.86	156.05	6.23	0	102.29	737.12	8.87	8.5	1884.94	60.96	290.83	8.19
CHILE GLAZED SALMON	FISH, SOY, SESAME	----	431.64	6.21	64.57	26.69	55.7	1.24	0	84.03	1781.12	1.1	3.13	2474.16	14.01	35.6	1.21
CLASSIC MEATLOAF (GR BEANS)	EGG, FISH, MILK, SOY, WHEAT	----	496.5	20.47	54.36	26.17	182.3	7.58	0.73	104.3	1740	4.53	22.59	859.2	24.34	120	3.34
CLASSIC MEATLOAF (BROCCOLI)	EGG, FISH, MILK, SOY, WHEAT	----	509.58	21.19	55.43	27.33	188.53	7.67	0.73	104.25	2484.84	4.81	21.87	980.25	86.6	133.71	3.57
FOUR CHEESE MAC	MILK, SOY, WHEAT	----	837.85	62.62	41.27	22.98	559.69	37.07	1.09	200.53	799.44	2.16	4.14	1967.34	0.04	533.93	1.55
FRESH BERRY YOGURT PARFAIT	MILK, SOY	----	286.83	5.06	44.56	18.64	45.51	0.54	0	10.74	156.07	5.36	27.54	37.15	15.27	192.7	0.97
GLAZED PORK TENDERLOIN	MILK	----	367.75	14.23	29.7	29.75	125.48	5.67	0.27	92.65	2248.03	4.46	11.57	21250.11	18.16	52.25	2.35
HERB CRUSTED SALMON	FISH, MILK	----	377.44	16.7	30.21	28.06	145.88	3.97	0.1	90.81	2214.01	4.3	2.39	1111.31	88.52	96.97	2.23
PEANUT BUTTER CHOCOLATE PROTEIN BALLS	PEANUT, MILK, SOY	TREE NUT	186.94	11.16	15.67	7.1	100.41	2.56	0	0	96.15	1.94	8.97	0	0	11.81	0.54
SHAWARMA CHICKEN BOWL	MILK	----	588.04	19.33	54.27	46.53	171.21	4.56	0.07	210.27	495.58	0.38	1.88	248.38	3.02	65.59	3.26
SHEPHERD'S PIE	SOY, WHEAT, MILK	EGG, MILK, TREE NUT	517.3	24.09	36.04	37.86	216.44	9.61	1.02	114.98	1362.87	4.48	4.55	1518.22	24.04	82.37	4.15
SHRIMP & GRITS	WHEAT, SHELLFISH, MILK, SOY, FISH, EGG, PEANUT, TREE NUT	----	500.5	27.65	31.99	25.09	247.36	13.43	0.4	149.4	1467.66	3.6	5.52	2092.7	52.36	274.45	2.48
SHRIMP AND PUMPKIN CURRY	TREE NUT, FISH, SHELLFISH	PEANUT, TREE NUT	486.25	14.48	72.47	13.41	129.31	10.01	0.01	68.19	695.06	3.51	3.37	1777.7	64.27	86.92	2.15
STEAK TACO PROTEIN BOWL	MILK	----	670.55	32.91	52.04	40.58	294.18	11.98	0	105.15	1688.7	8.96	8.5	1869.18	60.96	288.98	9.97
TURKEY CHILI	MILK, SOY	----	264.29	15.94	11.31	21.01	142.55	6.26	0.07	68.53	921.52	2.94	4.18	2559.07	33.37	195.24	2.25
VEGETABLE FRIED RICE	EGG, SOY, SESAME	----	378.46	14.68	52.14	9.48	128.09	2.64	0.01	83.33	948.74	4.61	3.16	1860.42	11.26	43.34	1.68