



**JUST
ADD
FORK**

NUTRITIONAL GUIDE

MENU ITEM	CONTAINS	MAY CONTAIN	Calories	Fat (g)	Carb (g)	Prot (g)	Fat Cals	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Fiber (g)	Sugar (g)	Vit A-IU (%DV)	Vit C (%DV)	Calc (%DV)	Iron (%DV)
BASIL PESTO CHICKEN ALFREDO	MILK, TREE NUT	PEANUT, TREE NUT, MILK, EGG, WHEAT, SOY, GLUTEN	770	42	69	32	370	11	0	90	1290	5	3	35%	230%	25%	15%
BASIL PESTO LINGUINE WITH BLACKENED SALMON	FISH, TREE NUT, MILK	PEANUT, TREE NUT, MILK, EGG, WHEAT, SOY, GLUTEN	580	29	50	30	260	5	0	90	410	2	2	20%	15%	10%	10%
BBQ CHICKEN PROTEIN BOWL	MILK	----	490	14	59	30	130	6	0	65	670	6	24	20%	40%	25%	30%
BBQ CHICKEN SALAD	MILK	----	440	21	29	33	190	11	0	90	1050	4	22	220%	50%	50%	15%
BLEU CHEESE STEAK	MILK	----	680	46	38	29	400	13	0	95	1070	6	4	90%	50%	15%	35%
BLEU CHOPPED CHICKEN SALAD	MILK	----	450	21	12	53	180	11	0	140	1310	5	5	220%	25%	40%	15%
CHEESEBURGER CHILI MAC	MILK, SOY, WHEAT, GLUTEN	----	470	18	48	28	160	8	0	75	780	3	3	30%	30%	25%	25%
CHICKEN ENCHILADA BAKE	MILK	----	620	27	26	65	240	12	0	175	1440	4	5	40%	60%	50%	20%
CHICKEN TACO PROTEIN BOWL	MILK	----	550	17	52	45	160	6	0	100	580	9	9	40%	100%	30%	45%
CHILE GLAZED SALMON	FISH, SOY, SESAME	----	430	6	65	27	60	1	0	85	1700	1	3	50%	25%	4%	6%
CLASSIC MEATLOAF (GR BEANS)	EGG, FISH, MILK, SOY, WHEAT, GLUTEN	----	500	20	54	26	180	8	0.5	105	1170	5	23	15%	40%	10%	20%
CLASSIC MEATLOAF (BROCCOLI)	EGG, FISH, MILK, SOY, WHEAT, GLUTEN	----	510	21	55	27	190	8	0.5	105	1550	5	22	20%	140%	15%	20%
FOUR CHEESE MAC	MILK, SOY, WHEAT, GLUTEN	----	840	63	41	23	560	37	1	200	610	2	4	40%	0%	50%	8%
FRESH BERRY YOGURT PARFAIT	MILK, SOY	----	290	5	45	19	45	0.5	0	10	160	5	28	0%	25%	20%	6%
GLAZED PORK TENDERLOIN	MILK	----	370	14	30	30	130	6	0	95	600	4	12	420%	30%	6%	15%
HERB CRUSTED SALMON	FISH, MILK	----	380	17	30	28	150	4	0	90	1160	4	2	20%	150%	10%	15%
PEANUT BUTTER CHOCOLATE PROTEIN BALLS	PEANUT, MILK, SOY	TREE NUT	190	11	16	7	100	2.5	0	0	95	2	9	0%	0%	2%	2%
SHAWARMA CHICKEN BOWL	MILK	----	590	19	54	47	170	4.5	0	210	340	0	2	4%	6%	6%	20%
SHEPHERD'S PIE	SOY, WHEAT, MILK, GLUTEN	EGG, MILK, TREE NUT	520	24	36	38	220	10	1	115	770	4	5	30%	40%	8%	25%
SHRIMP & GRITS	WHEAT, SHELLFISH, MILK, SOY, FISH, GLUTEN	----	500	28	32	25	250	13	0	150	1080	4	6	45%	90%	25%	15%
SHRIMP AND PUMPKIN CURRY	TREE NUT, FISH, SHELLFISH	PEANUT, TREE NUT	490	14	72	13	130	10	0	70	650	4	3	35%	110%	8%	10%
STEAK TACO PROTEIN BOWL	MILK	----	670	33	52	41	290	12	0	105	1050	9	9	35%	100%	30%	60%
TURKEY CHILI	MILK, SOY	----	360	21	17	29	180	8	0	90	990	4	6	70%	80%	20%	20%
VEGETABLE FRIED RICE	EGG, SOY, SESAME	----	380	15	52	9	130	2.5	0	85	760	5	3	35%	20%	4%	10%