



**JUST
ADD
FORK**

NUTRITIONAL GUIDE

MENU ITEM	CONTAINS	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)
CHICKEN ALFREDO	WHEAT, GLUTEN, MILK, SOY	600	27	54	31	240	11	0	90	970	3	5	20%	80%	25%	15%
CHICKEN BACON RANCH BOWL	MILK, EGG, FISH, TREE NUT, WHEAT, GLUTEN, PEANUT, SOY	490	30	31	25	270	7	0	85	1290	5	4	20%	90%	15%	4%
CHICKEN CARNITAS TACOS	MILK, EGG, FISH, TREE NUT, WHEAT, GLUTEN, PEANUT, SOY	640	25	70	30	220	9	0	95	1780	6	15	20%	60%	40%	25%
CHICKEN PARMESAN	MILK, EGG, FISH, TREE NUT, WHEAT, GLUTEN, PEANUT, SOY	560	18	61	34	160	7	0	80	1210	3	12	15%	35%	35%	15%
CLASSIC LASAGNA	WHEAT, GLUTEN, MILK, SOY	430	19	40	26	170	10	0	55	1330	5	12	4%	2%	30%	15%
CLASSIC POT ROAST	MILK, EGG, FISH, SHELLFISH, TREE NUT, WHEAT, GLUTEN, PEANUT, SOY	370	22	22	20	200	9	0	85	1330	3	3	10%	8%	6%	10%
FIRE ROASTED PORK LOIN	MILK, EGG, FISH, TREE NUT, WHEAT, GLUTEN, PEANUT, SOY	310	13	25	24	110	3	0	60	860	2	3	8%	30%	4%	4%
GRILLED ALASKAN SALMON	MILK, EGG, FISH, SHELLFISH, TREE NUT, WHEAT, PEANUT, SOY, GLUTEN	300	12	23	26	110	4.5	0	85	860	4	2	15%	80%	10%	10%
MACARONI AND CHEESE	WHEAT, GLUTEN, MILK, SOY	640	38	55	20	340	17	0	70	1250	3	6	30%	80%	40%	15%
PESTO ALFREDO WITH CHICKEN	WHEAT, GLUTEN, MILK, SOY	600	28	54	31	250	11	0	90	980	3	5	20%	80%	30%	15%
PHILLY BOWL	MILK, EGG, FISH, TREE NUT, WHEAT, GLUTEN, PEANUT, SOY	300	9	33	20	80	3.5	0	40	1250	4	7	15%	45%	6%	6%
TRI-TIP STEAK WITH ROASTED POTATOES	MILK, EGG, FISH, TREE NUT, SOY, WHEAT, GLUTEN, PEANUT	440	24	27	26	210	11	0	90	1150	5	2	25%	15%	20%	8%