



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)
CHICKEN ALFREDO	WHEAT, GLUTEN, MILK, SOY	640	30	61	28	270	12	0	80	990	1	5
CHICKEN BACON RANCH BOWL	MILK, EGG	490	30	31	24	270	7	0	85	1280	4	4
CHICKEN CARNITAS TACOS	MILK, EGG, FISH, TREE NUT, WHEAT, GLUTEN, PEANUT, SOY	630	25	68	30	220	9	0	95	1630	5	13
CHICKEN ENCHILADAS	MILK, SOY, EGG, FISH, TREENUT, WHEAT GLUTEN, PEANUT	680	32	57	37	290	14	0	125	1850	5	9
CHICKEN PARMESAN	WHEAT, GLUTEN, MILK	560	17	66	33	150	6	0	65	1020	3	10
CHICKEN PESTO TORTELLINI	WHEAT, GLUTEN, MILK, EGG, SOY	840	45	70	40	400	17	0	130	1770	2	7
CHICKEN PROTEIN BOWL	MILK, SOY	490	19	48	30	170	8	0	80	1140	7	9
CLASSIC LASAGNA	WHEAT, GLUTEN, MILK, SOY	410	17	42	22	160	8	0	45	1400	6	16
CLASSIC MAC	MILK, WHEAT, GLTUEN MAY CONTAIN: EGGS	830	41	86	30	370	14	1	75	1650	3	21
CLASSIC POT ROAST	SOY, WHEAT, GLUTEN, MILK	380	18	30	24	160	8	0	75	1540	5	7
GRILLED ALASKAN SALMON	FISH, MILK	300	12	24	25	110	4.5	0	85	850	4	2
PASTA WITH MEATBALLS	WHEAT, GLUTEN, MILK, EGG, SOY	570	17	73	28	150	5	0	65	1100	5	10
SOUTHERN-STYLE MEATLOAF	WHEAT, GLUTEN, SOY, MILK	420	17	43	26	150	8	0	55	1570	6	12
STEAK PROTEIN BOWL	MILK, SOY	400	17	43	22	150	7	0	50	970	6	9
TERIYAKI CHICKEN OVER CAULIFLOWER RICE	SOY, WHEAT, GLUTEN	230	1	28	24	10	0	0	45	1800	5	16