



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

*NEW: Scroll down to view weekly nutrition of all menu items listed.*

## Creekside Café

Week of October 19<sup>th</sup>, 2020

### Monday

BREAKFAST:	<b>BANANA PECAN WHOLE GRAIN PANCAKES</b>
SOUPS:	<b>POTATO AND CORN CHOWDER</b> - <b>VEGAN LENTIL</b> 🍃
ENTREES:	<b>STUFFED PASTA W/ VEGETABLE RAGU</b> 🍃 <b>STIR-FRIED RICE WITH SCALLION AND EGG</b>
SIDES:	<b>BROCCOLI &amp; CAULIFLOWER FLORETS</b> 🍃 - <b>CHICKPEA CHILI</b> <b>ROASTED MUSHROOMS</b> 🍃 - <b>ROASTED GREEN BEANS</b> 🍃
CHEF'S FEATURE:	<b>BYO BAKED POTATO BAR</b> 🍃
GRILL:	<b>CARAMELIZED ONION GRILLED CHEESE</b>

### Tuesday

BREAKFAST:	<b>BREAKFAST HASH</b>
SOUPS:	<b>CHICKEN ENCHILADA</b> - <b>ITALIAN WEDDING</b> 🍃
ENTREES:	<b>BLACKENED SALMON W/ PINEAPPLE SALSA</b> 🍃 <b>APPLE RAISIN STUFFED PORK LOIN</b> 🍃
SIDES:	<b>MALIBU BLEND</b> 🍃 - <b>KALE AND POTATO GRATIN</b> <b>PAN-FRIED BLACK-EYED PEAS</b> 🍃 - <b>CREOLE RICE W/ TOMATOES</b> 🍃
CHEF'S FEATURE:	<b>CHICKEN SHWARMA W/ TABBOULEH</b>
GRILL:	<b>TEX MEX BARBACOA</b>

### Wednesday

BREAKFAST:	<b>APPLE RAISIN FRENCH TOAST STRATA</b> (MADE TO ORDER OMELETS AT CHEF'S FEATURE STATION)
SOUPS:	<b>WISCONSIN CHILI</b> 🍃 - <b>BROCCOLI CHEESE</b>
ENTREES:	<b>GARLIC CHICKEN W/ WHITE WINE SAUCE</b> <b>CHEDDAR AND HERB CRUSTED COD</b> 🍃
SIDES:	<b>ROASTED SUMMER SQUASH</b> 🍃 - <b>ROASTED BROCCOLI AND CARROT</b> 🍃 <b>GNOCCHI W/ HERBED BUTTER</b> - <b>MUSHROOM RED RICE PILAF</b> 🍃
CHEF'S FEATURE:	<b>GRILLED CHICKEN AND SPINACH PASTA SALAD</b> 🍃
GRILL:	<b>PHILLY BEEF SANDWICH</b>



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

## Creekside Café

### Thursday

BREAKFAST:	<b>BLUEBERRY WAFFLE</b>
SOUPS:	<b>OLD FASHIONED HAM WITH BEAN</b> 🍃 - <b>CHICKEN POT PIE</b> 🍃
ENTREES:	<b>CHILI LIME TORTILLA COD</b> 🍃 <b>PULLED PORK STUFFED SWEET POTATO</b>
SIDES:	<b>SOUTHERN STYLE GREEN BEANS</b> - <b>MEXICAN STREET CORN</b> <b>BLACK BEAN COUSCOUS</b> 🍃 - <b>CAPRI BLEND VEGETABLES</b> 🍃
CHEF'S FEATURE:	<b>SWEET AND SOUR CHICKEN BOWL</b>
GRILL:	<b>CHIMICHURRI CHICKEN SANDWICH</b>

### Friday

BREAKFAST:	<b>BREAKFAST CASSEROLE</b>
SOUPS:	<b>NEW ENGLAND CLAM CHOWDER</b> 🍃 - <b>CHICKEN NOODLE</b> 🍃
ENTREES:	<b>WEST COAST BAKED SALMON</b> 🍃 <b>VEGETABLE LASAGNA</b>
SIDES:	<b>ROASTED FRESH CALIFORNIA BLEND</b> 🍃 - <b>ITALIAN STYLE GREEN BEAN</b> 🍃 <b>HEARTY GRAINS W/ KALE</b> 🍃 - <b>PARMESAN GARLIC TELERA ROLL</b>
CHEF'S FEATURE:	<b>GRILLED GINGER SESAME CHICKEN SALAD</b> 🍃
GRILL:	<b>BAKED BATTERED COD SANDWICH</b>

*Hours of Operation: Monday through Friday 6:30 a.m. to 6:30 p.m.  
Saturday and Sunday 7:00 a.m. to 2:00 p.m.*

Weekday Grill Hours: 6:30 a.m. to 10:00 a.m.; 11:00 a.m. to 1:30 p.m.  
Evening and Weekend Grill Hours: Limited hot items available

*Executive Chef: Rich Nimkie*

*Hospitality Services Director: Donna Van Buren*



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

## Monday Week 3

### Chickpea Chili

Allergens: Soy **Vg G** Serving Size-1/2 cup  
Total Cal...60 Sugars...3g Sodium...280mg  
Fiber... 2g Carbs...10g Total Fat...1g  
Protein...2g Sat Fat...0g Total Chol... 0mg  
Trans-Fat...0g

### Roasted Mushrooms

Allergens: None **Vg G** Serving Size-3/4 cup  
Total Cal...70 Sugars...1g Sodium...85mg  
Fiber... 1g Carbs...3g Total Fat...0g  
Protein...1g Sat Fat...0g Total Chol...20mg  
Trans-Fat...0g

### Baked Potato

Allergens: None **Vg G** Serving Size-1 Potato  
Total Cal...70 Sugars...2g Sodium...5mg  
Fiber... 2g Carbs...31g Total Fat...0g  
Protein...3g Sat Fat...0g Total Chol... 0mg  
Trans-Fat...0g

### Stuffed Pasta Roll

Allergens: Wheat, Milk **V** Serving Size-1 Roll  
Total Cal...180 Sugars...3g Sodium...270mg  
Fiber... 2g Carbs...3g Total Fat...4g  
Protein...8g Sat Fat...2g Total Chol...15mg  
Trans-fat...0g

### Stir-Fried Rice w/ Scallion and Egg

Allergens: Soy, Wheat **V** Serving Size-10 oz.  
Total Cal...440 Sugars...12g Sodium...810mg  
Fiber... 8g Carbs...67g Total Fat...9g  
Protein...25g Sat Fat...1g Total Chol...0mg  
Trans-Fat...0g

### Cauliflower and Broccoli Florets

Allergens: None **Vg G** Serving Size- 3/4 Cup  
Total Cal...15 Sugars...1g Sodium...15mg  
Fiber... 1g Carbs...3g Total Fat...0g  
Protein...1g Sat Fat...0g Total Chol...0mg  
Trans-Fat...0g

### Roasted Green Beans

Allergens: None **Vg G** Serving Size-3/4 cup  
Total Cal...35 Sugars...3g Sodium...15mg  
Fiber... 3g Carbs...5g Total Fat...0g  
Protein...1g Sat Fat...0g Total Chol... 0mg  
Trans-Fat...0g

### Banana Pecan Whole Grain Pancake

Allergens: Milk, Wheat, Tree Nuts **V**  
Serving Size-1 pancake  
Total Cal...130 Sugars...3g Sodium...200mg  
Fiber... 3g Carbs...24g Total Fat...3.5g  
Protein...4g Sat Fat...0g Total Chol...5mg  
Trans-Fat...0g

### Vegan Lentil Soup

Allergens: Soy **Vg G** Serving Size-8 oz.  
Total Cal...80 Sugars...2g Sodium...350mg  
Fiber... 3g Carbs...14g Total Fat...0.5g  
Protein...3g Sat Fat...0g Total Chol... 0mg  
Trans-Fat...0g

### Potato and Corn Chowder Soup

Allergens: Wheat, Soy, Milk **V** Serving Size-8 oz.  
Total Cal...180 Sugars...5g Sodium...350mg  
Fiber... 2g Carbs...22g Total Fat...9g  
Protein...5g Sat Fat...5g Total Chol...25mg  
Trans-fat...0g

### Caramelized Onion/Gouda Grilled Cheese

Allergens: Milk, Wheat, Soy **V**  
Serving Size- I Sandwich  
Total Cal...360 Sugars...11g Sodium...1010mg  
Fiber... 7g Carbs...51g Total Fat...14g  
Protein...14g Sat Fat...3g Total Chol...15mg  
Trans-Fat...0g

### Build Your Own Taco Salad

Topping Choices Will Determine  
Final Nutrition of Meal (See nutrition sheet)



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

## BYO Baked Potato Bar

### **Kale Crunch Salad** Vg G

Allergens: None Serving Size: ¼ cup

Total Cal...45	Sugars...4g	Sodium...30mg
Fiber... 1g	Carbs...6g	Total Fat...1g
Protein...1g	Sat Fat...0g	Total Chol...0mg
Trans-fat...0g		

### **Cheddar Cheese**

Allergens: Milk V G Serving Size 1 oz.

Total Cal...110	Sugars...0g	Sodium...180mg
Fiber... 0g	Carbs...0g	Total Fat...9g
Protein...7g	Sat Fat...6g	Total Chol... 30mg
Trans-Fat...0g		

### **Sour Cream**

Allergens: Milk V G Serving Size 2 Tbsp

Total Cal...60	Sugars...1g	Sodium...10mg
Fiber... 0g	Carbs...2g	Total Fat...5g
Protein...0g	Sat Fat...3.5g	Total Chol...20mg
Trans-Fat...0g		

### **Tomatoes**

Allergens: None Vg G Serving Size 2 oz.

Total Cal...5	Sugars...0.5g	Sodium...0mg
Fiber... 0.5g	Carbs...1g	Total Fat...0g
Protein...0g	Sat Fat...0g	Total Chol...0mg
Trans-Fat...0g		

### **Salsa**

Allergens: None Serving Size 1 oz.

Total Cal...10	Sugars...2g	Sodium...230mg
Fiber... 0g	Carbs...2g	Total Fat01g
Protein...0g	Sat Fat...0g	Total Chol...0mg
Trans-fat...0g		

### **Black Olives**

Allergens: None Serving Size 1 oz.

Total Cal...15	Sugars...0g	Sodium...150mg
Fiber... 0.5g	Carbs...1g	Total Fat...1.5g
Protein...0g	Sat Fat...0g	Total Chol... 0mg
Trans-Fat...0g		

### **Roasted Corn Salsa**

Allergens: None Vg Serving Size 2 Tbsp.

Total Cal...35	Sugars...1g	Sodium...10mg
Fiber... 1g	Carbs...2g	Total Fat...0g
Protein...1g	Sat Fat...0g	Total Chol...0mg
Trans-Fat...0g		

### **Onions**

Allergens: None Serving Size 1 oz.

Total Cal...10	Sugars...1g	Sodium...0mg
Fiber... 0g	Carbs...2g	Total Fat...0g
Protein...0g	Sat Fat...0g	Total Chol...0mg
Trans-Fat...0g		



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

## Tuesday Week 3

### Blackened Salmon w/ Pineapple Salsa

Allergens: Fish **G** Serving Size-1 Fillet

Total Cal...280    Sugars...5g    Sodium...420mg  
 Fiber... 0g    Carbs...7g    Total Fat...15g  
 Protein...24g    Sat Fat...3g    Total Chol...60mg  
 Trans-fat...0g

### Kale and Potato Gratin

Allergens: Soy **V** **G** Serving Size-1/2 Cup

Total Cal...110    Sugars...4g    Sodium...350mg  
 Fiber... 2g    Carbs...18g    Total Fat...3.5g  
 Protein...6g    Sat Fat...0.5g    Total Chol... 5mg  
 Trans-Fat...0g

### Malibu Blend Vegetables

Allergens: None **Vg** **G** Serving Size-3/4 cup

Total Cal...50    Sugars...2g    Sodium...30mg  
 Fiber... 4g    Carbs...10g    Total Fat...1.5g  
 Protein...2g    Sat Fat...1g    Total Chol...0mg  
 Trans-Fat...0g

### Apple Raisin Stuffed Pork Loin

Allergens: Soy, Wheat Serving Size-6 oz.

Total Cal...260    Sugars...5g    Sodium...150mg  
 Fiber... 1g    Carbs...13g    Total Fat...11g  
 Protein...26g    Sat Fat...0g    Total  
 Chol...80mg    Trans-Fat...0g

### Creole Rice w/ Roasted Tomato

Allergens: Wheat, Milk **V** Serving Size-3/4 cup

Total Cal...210    Sugars...4g    Sodium...105mg  
 Fiber...6g    Carbs...36g    Total Fat...3g  
 Protein...8g    Sat Fat...1g    Total Chol... 5mg  
 Trans-Fat...0g

### Pan-Fried Black-Eyed Peas

Allergens: None **Vg** **G** Serving Size-3/4 cup

Total Cal...30    Sugars...4g    Sodium...30mg  
 Fiber... 3g    Carbs...7g    Total Fat...0g  
 Protein...2g    Sat Fat...0g    Total Chol...0mg  
 Trans-Fat...0g

### Breakfast Hash **G**

Allergens: Milk, Eggs, Soy Serving Size- 6 oz.

Total Cal...270    Sugars...5g    Sodium...510mg  
 Fiber... 2g    Carbs...23g    Total Fat...15g  
 Protein...15g    Sat Fat...4g    Total  
 Chol...45mg    Trans-Fat...0g

### Chicken Enchilada Soup

Allergens: Milk, Wheat, Soy Serving Size- 8 oz.

Total Cal...130    Sugars...5g    Sodium...580mg  
 Fiber... 1g    Carbs...11g    Total Fat...6g  
 Protein...8g    Sat Fat...3g    Total Chol...30mg  
 Trans-Fat...0g

### Italian Wedding Soup

Allergens: Soy, Wheat Serving Size-8 oz.

Total Cal...80    Sugars...1g    Sodium...350mg  
 Fiber... 1g    Carbs...9g    Total Fat...2.5g  
 Protein...5g    Sat Fat...1g    Total Chol...10mg  
 Trans-Fat...0g

### Chicken Shawarma w/ Tabbouleh

Allergens: Wheat, Milk, Soy Serving Size- I bowl

Total Cal...350    Sugars...9g    Sodium...760mg  
 Fiber...9g    Carbs...42g    Total Fat...9g  
 Protein...27g    Sat Fat...2g    Total Chol...85mg  
 Trans-Fat...0g

### Tex Mex Barbacoa Sandwich

Allergens: Wheat, Soy, Milk Serving Size- I sandwich

Total Cal...360    Sugars...5g    Sodium...780mg  
 Fiber... 3g    Carbs...46g    Total Fat...7g  
 Protein...26g    Sat Fat...1.5g    Total  
 Chol...50mg    Trans-Fat...0g



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**


*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*


## Wednesday Week 3

### Cheddar and Herb Crusted Cod

**Allergens:** Milk, Fish, Wheat  **Serving Size-** 1 Fillet.


Total Cal...290	Sugars...1g	Sodium...500mg
Carbs...26g	Fiber... 0g	Total Fat...6g
Protein...24g	Sat Fat...3g	Total Chol...55mg
Trans-fat...0g		

### Roasted Summer Squash

**Allergens:** None  **Serving Size-** 3/4 cup

Total Cal...40	Sugars...3g	Sodium...20mg
Fiber... 2g	Carbs...9g	Total Fat...0g
Protein...0g	Sat Fat...0g	Total Chol... 0mg
Trans-Fat...0g		

### Mushroom Red Rice Pilaf

**Allergens:** soy  **Serving Size-** 1/2 cup


Total Cal...100	Sugars...1g	Sodium...100mg
Fiber... 2g	Carbs...18g	Total Fat...2g
Protein...2g	Sat Fat...0g	Total Chol...0mg
Trans-Fat...0g		

### Garlic Chicken with White Wine Sauce

**Allergens:** Milk **Serving Size-** 1 Breast w/ 2 oz. Sauce


Total Cal...270	Sugars...2g	Sodium...450mg
Fiber... 1g	Carbs...10g	Total Fat...9g
Protein...34g	Sat Fat...4.5g	Total
Chol...100mg	Trans-Fat...0g	

### Gnocchi w/ Herbed Butter

**Allergens:** Milk, Wheat  **Serving Size-** 1/2 Cup

Total Cal...430	Sugars...9g	Sodium...60mg
Fiber...3g	Carbs...63g	Total Fat...15g
Protein...10g	Sat Fat...9g	Total
Chol...45mg	Trans-Fat...0g	

### Roasted Broccoli/Carrot with Lemon Sauce

**Allergens:** None  **Serving Size-** 3/4 cup


Total Cal...150	Sugars...4g	Sodium...105mg
Fiber... 4g	Carbs...12g	Total Fat...12g
Protein...3g	Sat Fat...1g	Total Chol...0mg
Trans-Fat...0g		

### Apple Raisin French Toast Strata

**Allergens:** Wheat, milk, eggs **Serving Size-** 144 grams


Total Cal...240	Sugars...20g	Sodium...270mg
Fiber... 2g	Carbs...32g	Total Fat...8g
Protein...11g	Sat Fat...3g	Total
Chol...15mg	Trans-Fat...0g	

### Wisconsin Chili Soup

**Allergens:** Wheat, Soy  **Serving Size-** 8 oz.

Total Cal...120	Sugars...3g	Sodium...360mg
Fiber...4g	Carbs...15g	Total Fat...3g
Protein...8g	Sat Fat...1g	Total
Chol...10mg	Trans-Fat...0g	

### Broccoli Cheese Soup

**Allergens:** Soy, Milk  **Serving Size-** 8 oz.


Total Cal...160	Sugars...4g	Sodium...390mg
Fiber... 2g	Carbs...14g	Total Fat...9g
Protein...6g	Sat Fat...2g	Total
Chol...10mg	Trans-Fat...0g	

### Philly Beef Sandwich

**Allergens:** Milk, Soy, Wheat **Serving Size-** 1 sandwich

Total Cal...350	Sugars...5g	Sodium...610mg
Fiber... 3g	Carbs...45g	Total Fat...5g
Protein...27g	Sat Fat...3g	Total
Chol...55mg	Trans-Fat...0g	

### Grilled Chicken & Spinach Pasta Salad

**Allergens:** Milk, Wheat  **Serving Size-** 1 salad

Total Cal...400	Sugars...5g	Sodium...530mg
Fiber...5g	Carbs...31g	Total Fat...15g
Protein...36g	Sat Fat...6g	Total
Chol...95mg	Trans-Fat...0g	



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

## Thursday Week 3

### Chili Lime Tortilla Cod

**Allergens:** Fish, Milk, Wheat **Serving Size-1 Fillet.**  
 Total Cal...280    Sugars...1g    Sodium...510mg  
 Fiber... 1g    Carbs...16g    Total Fat...5g  
 Protein...28g    Sat Fat...1g    Total Chol...85mg  
 Trans-fat...0g

### Southern Style Green Beans

**Allergens:** None **Serving Size-3/4 cup**  
 Total Cal...110    Sugars...2g    Sodium...150mg  
 Fiber...4g    Carbs...9g    Total Fat...6g  
 Protein...6g    Sat Fat...2g    Total  
 Chol...15mg    Trans-Fat...0g

### Capri Blend Vegetables

**Allergens:** None **Vg G** **Serving Size-1/2 Cup**  
 Total Cal...45    Sugars...4g    Sodium...55mg  
 Fiber... 4g    Carbs...7g    Total Fat...g  
 Protein...4g    Sat Fat...0g    Total Chol...0mg  
 Trans-Fat...0g

### Pulled Pork Stuffed Sweet Potato

**Allergens:** Wheat, Milk, Soy **Serving Size-10 oz.**  
 Total Cal...350    Sugars...18g    Sodium...390mg  
 Fiber... 5g    Carbs...41g    Total Fat...13g  
 Protein...15g    Sat Fat...5g    Total Chol...  
 50mg    Trans-Fat...0g

### Mexican Street Corn

**Allergens:** Soy, Milk **V G** **Serving Size-3/4 cup**  
 Total Cal...170    Sugars...18g    Sodium...180mg  
 Fiber...5g    Carbs...41g    Total Fat...13g  
 Protein...15g    Sat Fat...5g    Total Chol...  
 50mg    Trans-Fat...0g

### Black Bean Couscous

**Allergens:** Wheat, Soy **Vg** **Serving Size-1/2 cup**  
 Total Cal...110    Sugars...2g    Sodium...130mg  
 Fiber... 3g    Carbs...21g    Total Fat...0g  
 Protein...5g    Sat Fat...0g    Total Chol...0mg  
 Trans-Fat...0g

### Blueberry Waffle

**Allergens:** Milk, Soy **Serving Size-1 waffle**  
 Total Cal...220    Sugars...12g    Sodium...760mg  
 Fiber...5g    Carbs...47g    Total Fat...2g  
 Protein...5g    Sat Fat...1g    Total Chol...5mg  
 Trans-fat...0g

### Chicken Pot Pie Soup

**Allergens:** Wheat, Soy, Milk, Eggs **Serving Size-8 oz.**  
 Total Cal...140    Sugars...5g    Sodium...320mg  
 Fiber... 1g    Carbs...21g    Total Fat...1g  
 Protein...11g    Sat Fat...0g    Total  
 Chol...20mg    Trans-Fat...0g

### Old Fashioned Bean w/ Ham Soup

**Allergens:** Wheat, Soy **Serving Size-8 oz.**  
 Total Cal...90    Sugars...2g    Sodium...400mg  
 Fiber... 2g    Carbs...12g    Total Fat...2g  
 Protein...6g    Sat Fat...0.5g    Total Chol...10mg  
 Trans-Fat...0g

### Sweet and Sour Chicken

**Allergens:** Soy, Wheat **Serving Size-1 stir fry**  
 Total Cal...200    Sugars...17g    Sodium...250mg  
 Fiber...5g    Carbs...28g    Total Fat...2.5g  
 Protein...20g    Sat Fat...0g    Total Chol...0mg  
 Trans-Fat...0g

### Chimichurri Chicken Sandwich

**Allergens:** Wheat, Soy **Serving Size-1 sandwich**  
 Total Cal...440    Sugars...3g    Sodium...780mg  
 Fiber... 2g    Carbs...39g    Total Fat...16g  
 Protein...36g    Sat Fat...3g    Total  
 Chol...80mg    Trans-Fat...0g



# KNOW YOUR COLORS

**GREEN**

*Good choice! Eat plenty of these foods.*

**YELLOW**

*Eat these foods in moderation.*

**RED**

*Rarely eat these foods.*

## Friday Week 3

### West Coast Baked Salmon

Allergens: Milk, Fish, Soy Serving Size-I Fillet  
Total Cal...300 Sugars...1g Sodium...270mg  
Fiber... 1g Carbs...4g Total Fat...20g  
Protein...23g Sat Fat...3.5g Total Chol...60mg  
Trans-fat...0g

### Roasted California Veg

Allergens: None Serving Size-3/4 cup  
Total Cal...45 Sugars...4g Sodium...50mg  
Fiber... 3g Carbs...8g Total Fat...0.5g  
Protein...2g Sat Fat...0g Total Chol... 0mg  
Trans-Fat...0g

### Hearty Grains with Kale

Allergens: Wheat, Soy Serving Size-3/4 Cup  
Total Cal...100 Sugars...2g Sodium...120mg  
Fiber... 2g Carbs...19g Total Fat...1.5g  
Protein...4g Sat Fat...0g Total Chol...0mg  
Trans-Fat...0g

### Vegetable Lasagna

Allergens: Milk, Wheat, Soy Serving Size-I Piece  
Total Cal...300 Sugars...6g Sodium...380mg  
Fiber... 2g Carbs...27g Total Fat...13g  
Protein...20g Sat Fat...7g Total Chol...  
40mg Trans-Fat...0g

### Roasted Green Beans

Allergens: None Serving Size-3/4 cup  
Total Cal...35 Sugars...3g Sodium...15mg  
Fiber...3g Carbs...5g Total Fat...0g  
Protein...1g Sat Fat...0g Total Chol...0mg  
Trans-Fat...0g

### Parmesan Garlic Telera Roll

Allergens: Wheat, Milk Serving Size-I Piece  
Total Cal...240 Sugars...2g Sodium...400mg  
Fiber... 1g Carbs...24g Total Fat...12g  
Protein...8g Sat Fat...6g Total  
Chol...25mg Trans-Fat...0g

### Breakfast Casserole

Allergens: Wheat, Eggs, Milk Serving Size- 6 oz.  
Total Cal...190 Sugars...1g Sodium...340mg  
Fiber... 1g Carbs...14g Total Fat...15g  
Protein...8g Sat Fat...8g Total  
Chol...45mg Trans fat...0g

### New England Clam Chowder Soup

Allergens: Wheat, Soy, Shell Fish, Milk, Fish   
Serving Size- 8oz.  
Total Cal...140 Sugars...4g Sodium...360mg  
Fiber... 1g Carbs...23g Total Fat...1g  
Protein...10g Sat Fat...0g Total  
Chol...35mg Trans-Fat...0g

### Chicken Noodle Soup

Allergens: Eggs, Wheat, Soy Serving Size- 8 oz.  
Total Cal...80 Sugars...2g Sodium...320mg  
Fiber... 1g Carbs...11g Total Fat...1g  
Protein...7g Sat Fat...0g Total  
Chol...20mg Trans-Fat...0g

### Grilled Ginger Sesame Chicken Salad

Allergens: Soy, Tree nuts Serving Size- I salad  
Total Cal...180 Sugars...3g Sodium...420mg  
Fiber...3g Carbs...8g Total Fat...4g  
Protein...25g Sat Fat...0.5g Total Chol...0mg  
Trans-Fat...0g

### Baked Battered Cod Sandwich

Allergens: Wheat, Milk, Fish Serving Size-I Sandwich  
Total Cal...350 Sugars...3g Sodium...960mg  
Fiber...4g Carbs...45g Total Fat...11g  
Protein...17g Sat Fat...0.5 Total  
Chol...25mg Trans-Fat...0g