

Box Lunch Program

Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free	Allergens
Angus Roast Beef - Skinny	1 ea	254	66	7.4	3	0	54	710	23	5.3	2.8	23.6	N	Wheat, Milk, Soy
Beef & Bleu - Wrap	3 rolls	564	213	24	10	0	77	1821	48	4	5	28	N	Wheat, Milk
Beef & Cheddar - Bistro	1 ea	673	311	35	7.3	0	147	1606	40	1.4	2.6	34	N	Wheat, Milk, Egg
Beef & Provolone - Ciabatta	1 ea	700	430	47.8	11	0	87	1569	37	1.3	0.3	28	N	Wheat, Milk
Chicken Caesar - Wrap	3 rolls	606	237	26	10.5	0	113	1617	48	3	5	40	N	Wheat, Milk, Egg
Chunky Chicken Pecan - Ciabatta	1 ea	625	370	41	4.9	0	67	948	41	2.4	2.8	23	N	Wheat, Milk, Egg, Pecans
Chunky Chicken Salad - Cranberry Oat	1 ea	718	370	41	5	0	68	1138	66	5.6	8.6	24	N	Wheat, Milk, Egg, Soy, Pecan
Fresh Veggie & Cheese - Ciabatta	1 ea	387	141	15.7	8.6	0.2	42	740	45	3.4	5.5	16	N	Wheat, Milk
Gourmet Trio of Meat & Cheese - Bistro	1 ea	796	340	38	13.6	1.3	116	1963	63	2.5	17	47	N	Wheat, Milk, Egg
Grilled Chicken Caprese - Bistro	1 ea	805	398	44	23.4	0	160	1219	44	1.5	5	49	N	Wheat, Milk
Grilled Chicken Pesto - Bistro	1 ea	640	311	35	6.4	1.3	58	1452	58	5	8.5	24	N	Wheat, Milk, Egg
Ham & Cheddar - Pretzel	1 ea	517	221	24.5	8	0	42	1408	47	4.2	14.2	25.4	N	Wheat, Milk
Ham & Swiss - Ciabatta	1 ea	555	229	25.4	7	0	38.5	1298	52.5	3.2	13.5	29	N	Wheat, Milk
Honey Craisin Ham - Cranberry Oat	1 ea	720	308	34	16	0	112	1886	74	5	16	32	N	Wheat, Milk, Egg, Soy, Pecan
Honey Craisin Turkey - Cranberry Oat	1 ea	544	160	18	5	0	70	1306	68	5	12	36	N	Wheat, Milk, Egg, Soy, Pecan
Honey Ham - Skinny	1 ea	247	77	8.5	2.2	0	42	853	27	5.3	6.3	18	N	Wheat, Milk, Egg, Soy
Mesquite Chicken - Pretzel	1 ea	375	104	11.5	2	0	58	994	36.4	2.5	2	29	N	Wheat, Milk
Oven Roasted Turkey - Skinny	1 ea	261	63	7	1.3	0	51	784	25.4	5.3	3.8	21	N	Wheat, Milk, Egg, Soy
Oven Roasted Turkey & Brie - Bistro	1 ea	591	199	22	11	0	120	1683	50	3.4	11	43	N	Wheat, Milk
Roasted Veggie - Skinny	1 ea	230	100	11	1.6	0	6.3	323	30	6.7	5.7	5.5	N	Wheat, Milk, Egg, Soy
Santa Fe Veggie - Wrap	3 rolls	933	552	60	22.5		106	2820	63	6.6	6	31	N	Wheat, Milk, Egg
Turkey & Cheddar - Ciabatta	1 ea	710	417	46.3	10.6	0	104	1259	38	1.3	1.6	27	N	Wheat, Milk
Turkey Club - Wrap	3 rolls	576	246	27	12	0	79	2055	52	3	7	33	N	Wheat, Milk, Egg
Tuscan Turkey - Ciabatta	1 ea	492	168	18.6	8.3	0	84	1578	45	3.4	3.8	31	N	Wheat, Milk
Desserts														
Chocolate Chip Brownie	1 brownie	380	153	17	5	0	75	390	62	1	41	5	N	Wheat, Milk, Egg, Soy
Chocolate Chunk Cookie	1 cookie	510	200	22	12	0	50	310	77	3	52	6	N	Wheat, Milk, Egg
Oatmeal Raisin Cookie	1 cookie	470	130	15	8	0	50	260	78	2	50	7	N	Wheat, Milk, Egg
Sides/Side Salads														
Broccoli Slaw	5 oz	245	146	16	2.5	0	12.5	344	25	3	17.5	1	Y	Milk, Egg
Caesar Salad - Bistro	4oz	620	372	41	18	0	71	2100	23	2	5.3	27	N	Wheat, Milk
Capellini Asiago Pasta Salad	5 oz	358	171	19	5	0	16	458	31	1	0.8	9	N	Wheat, Milk
Caprese Pasta Salad	5 oz	280	159	17.5	2	0	0	830	26	2	6	4.5	N	Wheat, Milk, Pinenuts
Classic Chef Salad - Pick Two	8oz	308	219	24	8	0	176	619	7.5	1.6	4.5	18	Y	Milk, Egg
Classic Chicken Cobb - Pick Two	9oz	345	224	25	7	0	71	654	8	2	4	21	Y	Milk, Egg
Creamy Cole Slaw	5 oz	210	135	15	2	0	9	340	18	2	15	1.6	Y	Egg
Creamy Red Potato Salad	5 oz	321	220	24	4	0	103	456	21	2	2	4	Y	Egg

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Fresh Seasonal Fruit	5 oz	66	3	0.3	0.1	0	0	10	17	2	12	1	Y	
Garden Spiral Pasta Salad	5 oz	285	131	14.6	2	0	0	454	33	1.6	5	0.6	N	Wheat, Milk
Italian Salad with Zia's - Pick Two	8oz	440	325	36	13	0	52	1503	15	2	11	15	Y	Milk
Mixed Greens Salad with Balsamic - Bistro	4oz	169	123	14	3	0	7	449	10	2	5.6	3	Y	Milk
Spring Greens with Balsamic -Pick Two	5.5oz	314	180	20	4	0	20	489	28	2	20	4	Y	Milk, Walnuts
Twice Baked Potato Salad	5 oz	264	168	19	4.6	0	25	512	21	2	2	5	Y	Milk, Egg
Vegetable Crudites with Dill Dip	5oz	194	158	18	5	0	26	285	8	2.7	5	1.4	Y	Milk
Entrée Salads (Entrée Salad Boxed Lunch)														
Classic Chef Salad	13	382	211	23	12.5	0	310	765	12	4	6	33	Y	Milk, Egg
Classic Chicken Caesar	10	279	92	10	4	0	59	700	23	4	3	25	N	Milk, Wheat
Greek Salad	10.5	202	108	12	5	0	27	744	18	6	5	9	Y	Milk
Italian Salad with Chicken	11.5	288	132	15	4	0	83	858	10	5	4	28	Y	Milk
Craisin Walnut Spring Mix Salad	8	390	209	23	6	0	27	474	41	7	26	11	Y	Milk, Walnuts
Soups														
Beef Chili	8 oz	186	75	8.3	3	0	30	910	16.5	5	4	13	Y	
Broccoli Cheddar	8 oz	283	140	15.5	10	0.1	52	1500	21.5	4	8.7	15.5	N	Wheat, Milk
Chicken Noodle	8 oz	193	30	3.3	1.4	0.1	49	1585	31	5	3.4	13	N	Wheat, Soy
Twice Baked Potato	8oz	249	122	13.6	8	0.1	42	1578	22	3.6	6.6	12	N	Wheat, Milk
Vegetable Steak	8 oz	131	36	4	1.5	0	17	1479	13.5	4.5	2.5	11.5	Y	Soy