

**Box Lunch Program**

<b>Product Name</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans fats (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Gluten Free</b>	<b>Allergens</b>
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
<b>Desserts</b>														
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
<b>Sides/Side Salads</b>														
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
<b>Entrée Salads (Entrée Salad Boxed Lunch)</b>														
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
<b>Soups</b>														
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