

Nutrition for Deli Meat Entrée Items														
Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingrid.	Allergens
Bake-Hearty Sausage & Bacon Farmhouse	4 oz.	40z.	244	17.8	7.8	0.1	181	767.5	5.7	0.4	1.3	14.5	Y	Milk, Egg, Soy
Bake-Mediterranean Egg & Sweet Potato	4 oz.	40z.	172	10	4.7	0	177	204.6	12.1	1.8	3.8	7.4	Y	Milk, Egg, Soy
Bake-Mesquite Ham & Smoked Gouda	4 oz.	40z.	178	12.7	6.3	0	163	421.8	6.3	1	1.5	8.5	Y	Milk, Egg, Soy
Bake-Praline Pecan Berry French Toast	4 oz.	40z.	255	8.9	2.2	0.4	105	323.3	38.9	1.5	24.1	5.8	N	Milk, Egg, Soy, Wheat, Nut(Pecan)
Bake-Strata- Layered Ham & Cheddar	4 oz.	40z.	284	14.4	6	0.6	90.6	611	27.5	1.4	2.9	11.2	N	Milk, Egg, Soy, Wheat
Beef Brisket with Au Jus	4 oz.	159	75	8.3	2.4	0	43	750	5	0	2	15	N	Wheat, Milk, Soy
Beef Brisket with BBQ Sauce	4 oz.	230	81	9	2.9	0	50.6	574	20.7	0	17.9	16	N	Wheat, Milk, Soy
Beef Marsala with Pasta	4 oz.	170	66	7.4	1.4	0.1	18.5	255	15	0.9	0.9	9.3	N	Wheat
Beef Stroganoff	4 oz.	135	41	4.6	1.7	0	38.3	340	11.4	0.7	0.6	11.5	N	Wheat, Milk, Egg, Soy, Wheat
Beef Stew	4 oz.	103	33	3.7	0.9	0	15	749.1	11.8	3.6	2	7.6	Y	Soy, Wheat
Bowl, Asian SesTeriyaki Chckn/FrdRc	14.25	623	186	20.7	3.6	0	88	2392	82.6	3.1	35.2	18.1	N	Soy, Wheat, Egg, Sesame Seed
Bowl, Bangkok Coconut Curry Chicken Ndl	13.93	455	166	18.5	12.1	0	44.9	1239	52.2	3.7	10.5	18.1	Y	Milk, Coconut
Bowl, Chili Lime Chicken 6 Grain	13.83	572	25	2.7	0.5	0	44.9	1101.6	103.5	7.6	37.8	25	N	Wheat
Bowl, General Tso's Asian Chicken/FrdRc	15.06	634	139	15.4	2.6	0	27.6	1015	110	6.1	60.4	17.3	N	Wheat, Soy, Sesame Seed
Bowl, Italian Chicken Capellini Ndl	14.39	711	298	33.1	8.3	0	68	1086	56.7	4.8	8.7	31.4	N	Milk, Wheat
Bowl, Chicken Cauliflower Stir Fry/Veggie Rice	13.12	242	21	2.3	0.5	0	44.9	2407.4	35.7	4.9	19.9	20.2	N	Wheat, Soy
Bowl, Chicken Florentine Alfredo Ndl	15.48	1201	587	65.3	13.8	0.4	100	1476	78	5.4	10.2	38.1	N	Wheat, Milk, Nut (Almond)
Bowl, Cauliflower Caprese Veg Rice	13.36	681	439	48.8	10.9	0	12.8	1268	28.7	4.3	7.8	17.7	N	Wheat, Milk, Nut (Almonds)
Bowl, General Tso Chicken BrnRc	15.06	634	139	15.4	2.6	0	27.6	1015	110	6.1	60.4	17.3	N	Wheat, Soy, Sesame Seed
Bowl, Ginger Wasabi Chicken, Rc	13.93	448	81	9	0.3	0	51	1734	70	5.4	23.8	22.4	N	Wheat, Milk, Soy, Sesame Seed
Bowl, Jerk Chicken 6 Grain	13.93	543	26	2.9	0.5	0	44.9	902.2	104.2	8.5	44.3	25	N	Wheat
Bowl, Mandarin Orange Chicken Frd/Rc	15.34	618	183	20.3	3.6	0	87.9	1601	90.6	3.9	47.4	17.6	N	Wheat, Egg, Soy
Bowl, Pad Thai Chicken Ndl	13.62	617	243	27	3	0	50.8	1536	61.3	5.8	22.2	25.1	N	Wheat, Soy, Nut (Peanut)
Bowl, Pesto Chicken Penne	13.79	973	517	57.4	6.7	0	63.6	890	64.1	4.3	5.6	29.5	N	Wheat, Nut (Almond), Milk
Bowl, Florentine Alfredo Veggie Rc	11.53 oz.	735	201	22.3	4.3	0	103	1549	92.7	5.7	16.3	44.5	N	Wheat, Soy, Peanut
Burrito, Beef	14 oz.	745	338	37.7	20	0	104	1588	67	9	5.4	37	N	Milk, Soy, Wheat
Burrito, Beef Meal	18 oz.	975	401	45	23	0.1	163	1901	104	10	17	42	N	Milk, Soy, Wheat
Burrito, Chicken	13 oz.	642	241	27	14	0	88	1452	64	8	5	37	N	Milk, Soy, Wheat
Burrito, Chicken Meal	17 oz.	871	304	34	17	0.1	147	1765	101	9	16.5	41	N	Milk, Soy, Wheat
Cabbage Rolls	1 roll	240	117	13	4.5	0	35	890	19	2	4	12	N	Milk, Soy, Wheat
Cheesy 6-Grain Veggie Stuffed Pepper	1 each	444	170	18.8	8.6	0	42	926.8	43.2	5.4	4.4	17.6	N	Milk, Wheat
Chicken, Almond Encrusted	4 oz.	230	99	11	1.7	0	52.8	411.4	12.2	1.1	1.3	18.2	N	Milk, Egg, Almonds, Wheat
Chicken, Breaded Cutlet	1 each	270	120	13	3.5	0	120	570	17	0	1	36	N	Egg, Soy, Wheat
Chicken, Colossal Breast	4 oz.	187	96	10.6	3.3	0	87	347	0	0	0	24	Y	
Chicken, Cordon Bleu	1 each	480	230	26	9	0	175	1120	24	2	1	55	N	Milk, Soy, Wheat
Chicken, Crab Stuffed	1 each	387	204	22.6	8.4	0	135	984.6	11.3	0.9	3.5	31.2	N	Egg, Soy, Lobster, Fish, Shellfish, Wheat, Milk

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Chicken, Enchlada	4 oz.	271	127	14	6.9	0	55.1	585	16.5	1	2	17.8	N	Milk, Wheat, Soy, Egg
Chicken, Grilled Breast	4 oz.	150	15	2	0	0	95	810	1	0	1	29	Y	Soy
Chicken, Grilled Breast Asian Garlic	6.3 oz.	180	20	2	0.5	0	95	1180	6	0	1	30	N	Wheat, Soy
Chicken, Grilled Breast Lemon	5 oz.	150	20	2	0	0	80	980	5	0	4	24	N	Wheat, Soy
Chicken, Just Bare, Dark Meat	3oz	180	100	11	4	0	90	190	0	0	0	20	Y	
Chicken, Just Bare, White Meat	3oz	160	70	8	2.5	0	80	150	0	0	0	22	Y	
Chicken, Marsala	4 oz.	112	26	3	0.5	0	52	331	3	0.2	0.4	16.5	Y	
Chicken, Marsala with Pasta	4 oz.	124	22	2	0.4	0	23	216	14	0.8	0.7	10	N	Wheat
Chicken, Parmigiano	1 serv	679	221	24.6	7.3	0	265	1998	47.8	3.1	10.6	60	N	Milk, Egg, Wheat
Chicken, Parmesan Encrusted	4 oz.	224	100	11.1	3.9	0	50.2	574.9	7	0.2	1.4	19.9	N	Milk, Egg, Wheat
Chicken, Parmesan Encrusted Meal	18 oz.	929	201	22.3	4.1	0	271	1229	105	5.4	11	69	N	Milk, Egg, Wheat
Chicken, Piccata	4 oz.	142	51	6	2.5	0	63	503	3	0.1	0.3	17	Y	Milk
Chicken, Piccata with Pasta	4 oz.	170	59	7	3	0	33	461	16	0.9	0.7	9	N	Milk, Wheat
Chicken, Rotisserie Bird	3 oz.	202	71	8	2.2	0	95	92	0	0	0	31	Y	
Chicken, Pulled, Asian Teriyaki	4 oz.	131	14	1.5	0	0	37.8	845.6	15	0	10.5	12.8	N	Wheat, Soy, Sesame Seed
Chicken, Pulled, Buffalo Sauce	4 oz.	105	46	5.1	0.5	0	37.9	1444	0.9	0	0.3	12.9	N	Milk
Chicken, Pulled, Gravy	4 oz.	85	19	2.1	0	0	37.8	553	2.6	0	0.7	13.6	Y	Milk, Soy
Chicken, Pulled, Plain	4 oz.	102	20	2.3	0	0	56.7	543.9	0	0	0	19.3	Y	
Corned Beef (Brisket)	4 oz.	148	53	5.8	3	0	57	1000	7.6	0.3	1.7	13.2	Y	Milk, Soy
Country Fried Pork Schnitzel Fritter	7oz	400	100	11	3.5	0	80	1260	42	1	1	31	N	Wheat
Country Fried Pork Schnitzel Fritter Meal	18oz	823	292	32.4	17.7	0.2	143	2498	89	4.7	8.2	40.1	N	Milk, Wheat
Country Fried Steak Meal	14 oz.	605	250	28	15	0.1	100	1730	55	2.9	5.6	31	N	Milk, Wheat
Crab Cakes, Southwest Chipotle	4 oz.	346	223	24.7	4.5	0	62.5	808	19.6	1	4.1	5.7	N	Egg, Soy, Lobster, Fish, Shellfish, Wheat, Milk
Crab Cakes, Traditional Style	4 oz.	331	191	21.2	4	0	73.4	912.2	22	0.4	5.2	7.6	N	Egg, Soy, Lobster, Fish, Shellfish, Wheat, Milk
Crustless Quiche-Garden Veg White Cheddar	4 oz.	158	102	11.3	6.4	*	182	360	4.3	0.6	1.9	9.7	Y	Milk, Egg, Soy
Crustless Quiche-Ham Broccoli Cheddar	4 oz.	170	110	12.2	6.7	0	184	326	3.9	0.5	1.6	10.4	Y	Milk, Egg
Crustless Quiche-Bacon & Swiss Lorraine	4 oz.	206	135	15	8.2	*	192	644	4.2	0.2	1.9	13	Y	Milk, Egg
Eggplant Rollatini	5.3 oz.	320	170	19	8	0	35	560	19	1	3	20	N	Milk, Wheat
Frittata-Garden Veggie White Cheddar	4 oz.	158	102	11.3	6.4	*	182	360	4.3	0.6	1.9	9.7	Y	Milk, Egg, Soy
Frittata-Ham, Broccoli, Cheddar	4 oz.	170	110	12.2	6.7	0	184	326	3.9	0.5	1.6	10.4	Y	Milk, Egg
Frittata-Bacon & Swiss Lorraine	4 oz.	206	135	15	8.2	*	192	644	4.2	0.2	1.9	13	Y	Milk, Egg
Meal, Corned Beef(St Pat's)Seasonal	21.12	692	363	40.3	12.8	0.2	125	2496	53.4	5.7	18	29.2	Y	Milk, Soy
Meal, Traditional Ham (Individual)	19 oz.	790	210	23.3	10.7	0.7	103	2370	104.2	5.9	54	42	N	Milk, Egg, Soy, Wheat
Meal, Traditional Turkey (Individual)	20 oz.	1031	343	38	16	0.2	114	2346	132	8.6	38	44	N	Milk, Egg, Soy, Wheat
Meal, Turkey with Stuffing	16 oz.	1025	340	38	15	0.1	108	3262	122	6.7	7.9	43	N	Milk, Egg, Soy, Wheat
Meal, Grilled Chicken Skewers, Herb Pot, Butternut S	16 oz.	531	219	24.4	2.6	0	38.4	1413.4	68	8.4	14.9	21	Y	
Meal, Grilled Chicken Skewers, 6 Grain Veg Medley,	18 oz.	1211	479	53.2	5.7	*.1	48.4	1521.7	110.7	10.8	5.5	35	N	Milk, Wheat, Nut (Almond)

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Meal, Grilled Chicken Skewers, Texas Potatoes, Grill	17 oz.	594	515	23.8	9.8	*.2	89	1884.3	67	5.8	29.4	28.8	N	Milk, Soy, Wheat
Meal, Grilled Chicken Skewers, Grilled Veg, Pesto	15 oz.	814	478	53.1	5.8	*.1	48.4	771.9	40.9	6	13.1	25.3	Y	Milk, Nuts (Almonds)
Meal, Grilled Chicken Skewers, Orzo, Wht Wine Lem	17 oz.	649	187	20.8	4.9	*.2	54.3	1434.5	90.7	6.9	10.4	32.3	N	Milk, Wheat
Meal, Grilled Chicken Skewers, Lemon Orzo, Pesto	17 oz.	1180	578	64.2	11.4	0	84.9	1816.3	92.7	7.6	9.2	41.2	N	Milk, Soy, Wheat, Nuts (Pine Nuts, Almonds)
Meatloaf, Large (1.5 lbs. with Tomato Topping)	4 oz.	200	93	10	3.8	0	55	503.4	14	1.3	5.6	13.2	N	Soy Egg, Wheat
Meatloaf, Meal	18.5 oz.	781	373	41.5	21.3	0	185	2141	63	5.6	6.7	38	N	Milk, Egg, Soy, Wheat
Meatloaf, Mini (Tomato Topping)	1 each	523	257	28.6	11	0	162	1096	29	2.8	9.1	38	N	Soy, Egg, Wheat
Meatloaf, Mini (Brown Gravy)	1 each	542	268	30	12.2	0	167	1498	30	2.7	6.3	39	N	Milk, Egg, Wheat, Soy
Meatballs, Turkey Colossal- no marinara	4 oz.	172	61	6.8	2.1	0.1	73.2	366.8	10.6	1.4	1.9	17.4	N	Milk, Egg, Wheat, Soy
Meatloaf, Turkey w/ glz	4 oz.	163	51	5.7	1.3	0.1	53.7	420.5	13.2	2.3	2.6	15.5	N	Milk, Egg, Soy, Wheat
Prime Rib with Horseradish & Sherry Wine Demi	4 oz.	292	174	19.3	8.7	0	76	229	2	0	0.3	25.2	Y	Milk, Soy, Wheat
Pork Loin, Bourbon Apples & Craisins	4 oz.	156	17	2	0.6	0	32	482	18	0.6	14	15	Y	Milk, Soy, Wheat
Pork Loin, Sherry Wine Demi Glace	4 oz.	137	25	2.8	1.2	0	48	697	4	0	0.3	22	Y	Milk
Pot Pie, Beef	4 oz.	284	150	16.6	6.2	1.9	11.5	464.9	27	2.7	2	5.9	N	Milk, Soy, Wheat
Pot Pie, Chicken	4 oz.	294	150	16.7	6.5	2	16.8	440.1	27.9	2.7	2.1	7.4	N	Milk, Soy, Wheat
Pot Pie, Turkey	4 oz.	280	142	15.8	6.2	1.9	11.5	588	27.7	2.6	2.2	6.4	N	Milk, Soy, Wheat
Pot Roast, Single Serve	1 Serv	251	60	6.7	1.7	0	32	959	31	4	4.4	18	N	Soy, Wheat, Milk
Pot Roast, Beef & Vegetables	8 oz	199	67	7.4	1.8	0	27	986	19	2	3	14	N	Soy, Wheat, Milk
Pork, Country Fried Schnitzel Fritter	6 oz.	400	99	11	3.5	0	80	1260	42	1	1	31	N	Wheat
Pork Roast, Seasoned	4 oz.	154	28	3.1	1.3	0	64	715	0.7	0	0.4	29	Y	Milk
Quiche-Garden Veggie White Cheddar	4 oz.	245	145	16.1	6.8	0.1	173	517.2	16.1	2.3	2.7	8.7	N	Milk, Egg, Soy, Wheat
Quiche-Ham, Broccoli, Cheddar	4 oz.	336	205	22.8	8.1	0	121	445	22.8	1	1.1	9.5	N	Milk, Egg, Wheat
Quiche-Lorraine (Bacon & Swiss)	4 oz.	292	183	20.3	8.5	0.1	150	638	15.2	0.6	1.5	11.8	N	Milk, Egg, Wheat
Salisbury Steak Meal	1 each	690	355	40	21.4	0.2	174	1798	53	4.6	4.3	30	N	Milk, Egg, Wheat
Salisbury Steak with Brown gravy	1 each	355	188	20.9	8.7	0	130	1044	15.5	1	2.6	27.2	N	Milk, Egg, Wheat
Shepherds Pie, Chicken	4 oz.	131	54	6	3.8	0	25.9	386.8	13.5	1.3	1.7	5.9	Y	Milk, Soy
Stuffed Peppers, Green or Red	4 oz.	159	66	7.4	2.2	0	21	440	12	1	3	7.4	Y	Milk
Tamales- Chipotle Beef w/ Jalapeno sc	1-6 oz.	349	185	20.6	5.9	0	58.6	596.3	22.9	2.1	3	18.5	Y	Milk
Tamales- Green Chili Cheese w/ Jalapeno sc	1-6 oz.	389	239	26.6	10.4	0	48.6	686.3	26.9	3.1	3	11.5	Y	Milk
Tamales- Green Chili Chicken w/ Jalapeno sc	1-6 oz.	349	203	22.6	6.4	0	48.6	726.3	22.9	3.1	4	13.5	Y	Milk
Turkey Breast with Poultry Gravy	4 oz.	110	34	3.8	0.8	0	37.5	593	2.7	0	1.3	16	N	Milk, Soy, Wheat
Turkey, Smoked Spiral with Honey Crust	4 oz.	135	15	1.6	0	0	44	789	16	0	13	15	Y	

\*indicates trace amount naturally occurring trans fat