

**Nutrition for Deli Meat Entree Items**

<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>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Gluten Free Ingrid.</b>	<b>Allergens</b>
Beef Brisket with Au Jus	4 oz.	159	75	8.3	2.4	0	43	750	5	0	2	15	N	Wheat, Milk
Beef Brisket with BBQ Sauce	4 oz.	230	81	9	2.9	0	51	574	20.7	0	18	16	N	Wheat, Milk
Beef Marsala with Pasta	4 oz.	170	66	7.4	1.4	0.1	19	255	15	0.9	0.9	9.3	N	Wheat, Milk
Beef Stroganoff	4 oz.	115	36	4	1.6	*	30	169	11.1	1.3	0.6	8.5	N	Wheat, Milk, Egg, Soy, Wheat
Beef Stew	4 oz.	93	33	3.6	1.1	0	14	599	9	4	2	8	Y	Milk
Biscuits & Gravy	4 oz.	192	57	6.4	2.4	0	16	665	26.6	0.8	5.5	7.3	N	Milk, Soy, Wheat
Bowl, HotNoodle, Asian SesTeriyaki Chckn/FrdRc	14.77	644	195	22	3.8	0	89	2469	86.8	3.4	37	19	N	Soy, Wheat, Egg
Bowl, HotNoodle, Bangkok Coconut Curry Chicken	13.47	425	137	15	9	0	58	957	47	3.7	7.7	22	Y	Milk, Coconut
Bowl, HotNoodle, General Tso's Asian Chicken	14.93	670	158	18	2.9	0	31	1050	112.4	5.7	60	18	N	Wheat, Soy
Bowl, HotNoodle, Japanese Ginger Wasabi Tofu	14.64	532	162	18	0.5	0	0	2709	77.8	6.6	27	21	N	Soy, Wheat
Bowl, HotNoodle, Korean Gochugang Chicken	13.73	434	33	3.7	0.6	0	60	1885	71.2	4.2	23	29	N	Milk, Soy, Wheat
Bowl, HotNoodle, Pad Thai Grilled Chicken	13.42	544	192	21	2.8	0	59	1239	55.6	4.9	17	26	N	Milk, Soy, Wheat, Peanut
Bowl, HotNoodle, Sriracha Sweet & Spicy Veg.	12.63	327	94	11	1.8	0	11	1242	52.8	5.7	23	7.8	N	Wheat, Soy
Bowl, HotNoodle, Veggie Stir Fried Brown Rice	13.84	456	151	17	2.8	0.1	121	2064	50.6	7.7	6.2	19	N	Wheat, Soy, Egg
Bowl, Noodle, American Bacon Ranch 7-Layer	12.2oz	798	479	53	20	0.1	113	2197	33.5	3.3	8.2	38	N	Wheat, Milk, Egg
Bowl, Noodle, Baja Mexican Chicken	11.53oz	383	142	16	4.9	0	71	1105	33.5	6.1	5.4	29	N	Wheat, Soy, Milk
Bowl, Noodle, Big Fat Greek Chicken	11.99oz	369	170	19	3.8	0	67	778.6	30.3	2.1	6.6	21	N	Wheat, Milk
Bowl, Noodle, Caprese Fresh Mozzarella	11.53oz	588	341	38	13	0	51	470	41.1	3.6	6	22	N	Wheat, Milk, Soy, Pinenuts
Bowl, Noodle, Japanese Ginger Wasabi Chicken	12.6oz	451	143	16	1.5	0	52	1428	55.7	4.2	15	23	N	Wheat, Milk, Soy
Bowl, Noodle, Lemongrass Thai Curry Chicken	11.99oz	401	133	15	6.1	0	52	999	46.3	3.4	8.3	20	Y	Coconut, Milk
Bowl, Noodle, Primo Italian Antipasto	12.17oz	655	431	48	15	0.4	77	2508	34	3.6	7.7	22	N	Wheat, Milk
Bowl, Noodle, Protein Packed Ancient Grain	12.63oz	380	181	20	1.7	0	52	817	31.9	4.5	17	22	N	Wheat, Milk, Soy
Bowl, Noodle, Sriracha Teriyaki Chicken	11.85oz	334	37	4.1	0.7	0	53	1109	51.1	3.2	18	22	N	Wheat, Milk, Soy
Burrito, Beef	14 oz.	745	338	38	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	17	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	19	8.6	0	42	926.8	43.2	5.4	4.4	18	N	Milk, Wheat
Chicken, Almond Encrusted	4 oz.	230	99	11	1.7	0	53	411.4	12.2	1.1	1.3	18	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	11	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	23	8.4	0	135	984.6	11.3	0.9	3.5	31	N	Egg, Soy, Lobster, Fish, Shellfish, Wheat, Milk
Chicken, Enchlada	4 oz.	271	127	14	6.9	0	55	585	16.5	1	2	18	N	Milk, Wheat
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

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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	17	Y	Milk
Chicken, Marsala with Pasta	4 oz.	124	22	2	0.4	0	23	216	14	0.8	0.7	10	N	Milk, Wheat
Chicken, Parmigiano	1 serv	679	221	25	7.3	0	265	1998	47.8	3.1	11	60	N	Milk, Egg, Wheat
Chicken, Parmesan Encrusted	4 oz.	224	100	11	3.9	0	50	574.9	7	0.2	1.4	20	N	Milk, Egg, Wheat
Chicken, Parmesan Encrusted Meal	18 oz.	929	201	22	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, Rotisserie Pulled, Asian Teriyaki	4 oz.	207	50	5.6	1.5	0	67	548	15	0	11	22	N	Wheat, Soy
Chicken, Rotisserie Pulled, Buffalo Sauce	4 oz.	184	84	9.3	2	0	67	881	1.4	0.1	0.5	22	N	Wheat, Soy
Chicken, Rotisserie Pulled, Gravy	4 oz.	160	56	6.2	1.5	0	67	255	2.6	0	0.7	23	Y	Milk, Soy
Chicken, Rotisserie Pulled, Plain	4 oz.	187	96	11	3.3	0	87	347	0	0	0	24	Y	
Corned Beef (Brisket)	4 oz.	154	64	7	3.7	0	53	974	7	0.2	1.2	13	Y	Milk
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	25	4.5	0	63	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	4	0	73	912.2	22	0.4	5.2	7.6	N	Egg, Soy, Lobster, Fish, Shellfish, Wheat, Milk
Eggplant Rollatini	5.3 oz.	320	170	19	8	0	35	560	19	1	3	20	N	Milk, Wheat
Frittata-Florentine	4 oz.	158	102	11	6.4	*	182	360	4.3	0.6	1.9	9.7	Y	Milk, Egg
Frittata-Ham, Broccoli, Cheddar	4 oz.	170	110	12	6.7	0	184	326	3.9	0.5	1.6	10	Y	Milk, Egg
Frittata-Lorraine (Bacon & Swiss)	4 oz.	206	135	15	8.2	*	192	644	4.2	0.2	1.9	13	Y	Milk, Egg
Frittata-Roasted Vegetable Gruyere	4 oz.	197	116	13	6.7	0	143	588	6.9	0.9	2.7	9.9	Y	Milk, Egg
Meal, Traditional Ham (Individual)	19 oz.	1101	283	31	17	0.3	192	2532	162	7.3	111	45	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
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	N	Milk, Egg, Wheat
Meatloaf, Meal	18.5 oz.	781	373	42	21	0	185	2141	63	5.6	6.7	38	N	Milk, Egg, Soy, Wheat
Meatloaf, Mini (Tomato Topping)	1 each	523	257	29	11	0	162	1096	29	2.8	9.1	38	N	Milk, Egg, Wheat
Meatloaf, Mini (Brown Gravy)	1 each	542	268	30	12	0	167	1498	30	2.7	6.3	39	N	Milk, Egg, Wheat
Prime Rib with Horseradish & Sherry Wine Demi	4 oz.	292	174	19	8.7	0	76	229	2	0	0.3	25	Y	Milk
Pork Loin, Bourbon Apples & Craisins	4 oz.	156	17	2	0.6	0	32	482	18	0.6	14	15	Y	Milk, Soy
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	17	6.2	1.9	12	464.9	27	2.7	2	5.9	N	Milk, Soy, Wheat
Pot Pie, Chicken	4 oz.	294	150	17	6.5	2	17	440.1	27.9	2.7	2.1	7.4	N	Milk, Soy, Wheat
Pot Pie, Turkey	4 oz.	280	142	16	6.2	1.9	12	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
Pot Roast, Beef & Vegetables	8 oz	199	67	7.4	1.8	0	27	986	19	2	3	14	N	Soy, Wheat
Pork Roast, Seasoned	4 oz.	154	28	3.1	1.3	0	64	715	0.7	0	0.4	29	Y	Milk

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Quiche-Florentine	4 oz.	258	159	18	7.2	0.1	143	420	15.4	0.9	1.5	9.3	N	Milk, Egg, Wheat
Quiche-Ham, Broccoli, Cheddar	4 oz.	336	205	23	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	8.5	0.1	150	638	15.2	0.6	1.5	12	N	Milk, Egg, Wheat
Quiche-Roasted Vegetable Gruyere	4 oz.	355	209	23	8.1	0	94	616	24.8	1.3	1.8	9.3	N	Milk, Egg, Wheat
Salisbury Steak Meal	1 each	690	355	40	21	0.2	174	1798	53	4.6	4.3	30	N	Milk, Egg, Wheat
Salisbury Steak with Brown gravy	1 each	355	188	21	8.7	0	130	1044	15.5	1	2.6	27	N	Milk, Egg, Wheat
Shepherds Pie, Beef	4 oz.	139	68	7.5	4.4	0	24	449	12.7	1.3	1.1	5.1	Y	Milk
Shepherds Pie, Chicken	4 oz.	131	54	6	3.8	0	26	386.8	13.5	1.3	1.7	5.9	Y	Milk, Soy
Strata, Bacon	4 oz.	205	117	13	5.9	0.2	183	740	8	0.4	3.7	14	N	Milk, Egg, Soy, Wheat
Strata, Sausage	4 oz.	249	143	16	7.6	0	168	361	10	0.5	4.9	16	N	Milk, Egg, Soy, Wheat
Strata, Three Cheese	4 oz.	202	111	12	5.5	0	196	359	11.3	0.5	5.5	12	N	Milk, Egg, Soy, Wheat
Stuffed Peppers, Green or Red	4 oz.	159	66	7.4	2.2	0	21	440	12	1	3	7.4	Y	Milk
Turkey Breast with Poultry Gravy	4 oz.	110	34	3.8	0.8	0	38	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	