

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 Ingreed.	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.	131	42	4.6	1.8	0.1	38.3	302.3	10.2	1.2	0.6	11.7	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
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	21.7	3.8	0	88.8	2469	86.8	3.4	36.7	18.5	N	Soy, Wheat, Egg
Bowl, HotNoodle, Bangkok Coconut Curry Chicken	13.47	425	137	15.2	9	0	58.2	957	47	3.7	7.7	22.2	Y	Milk, Coconut
Bowl, HotNoodle, General Tso's Asian Chicken	14.93	670	158	17.6	2.9	0	30.5	1050	112.4	5.7	60.2	18.3	N	Wheat, Soy
Bowl, HotNoodle, Japanese Ginger Wasabi Tofu	14.64	532	162	18	0.5	0	0	2709	77.8	6.6	27.2	20.9	N	Soy, Wheat
Bowl, HotNoodle, Korean Gochugang Chicken	13.73	434	33	3.7	0.6	0	60.4	1885	71.2	4.2	22.9	29.1	N	Milk, Soy, Wheat
Bowl, HotNoodle, Pad Thai Grilled Chicken	13.42	544	192	21.4	2.8	0	58.7	1239	55.6	4.9	17.4	26.2	N	Milk, Soy, Wheat, Peanut
Bowl, HotNoodle, Sriracha Sweet & Spicy Veg.	12.63	327	94	10.5	1.8	0	10.9	1242	52.8	5.7	23.3	7.8	N	Wheat, Soy
Bowl, HotNoodle, Veggie Stir Fried Brown Rice	13.84	456	151	16.8	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	53.2	19.5	0.1	113	2197	33.5	3.3	8.2	38.3	N	Wheat, Milk, Egg
Bowl, Noodle, Baja Mexican Chicken	11.53oz	383	142	15.7	4.9	0	71.4	1105	33.5	6.1	5.4	29.4	N	Wheat, Soy, Milk
Bowl, Noodle, Big Fat Greek Chicken	11.99oz	369	170	18.9	3.8	0	66.9	778.6	30.3	2.1	6.6	21.4	N	Wheat, Milk
Bowl, Noodle, Caprese Fresh Mozzarella	11.53oz	588	341	37.9	12.9	0	50.7	470	41.1	3.6	6	21.8	N	Wheat, Milk, Soy, Pinenuts, Almonds
Bowl, Noodle, Japanese Ginger Wasabi Chicken	12.6oz	451	143	15.9	1.5	0	52.3	1428	55.7	4.2	14.9	22.5	N	Wheat, Milk, Soy
Bowl, Noodle, Jerk Chicken	11.53oz	497	63	7	1.9	0	98.1	773.2	72.6	8	16.1	36	N	Wheat
Bowl, Noodle, Lemongrass Thai Curry Chicken	13.36oz	460	143	15.9	7.6	0	50.5	1259	59.5	3	10.4	19.8	N	Wheat, Coconut
Bowl, Noodle, Primo Italian Antipasto	12.17oz	655	431	47.9	14.7	0.4	77.2	2508	34	3.6	7.7	21.9	N	Wheat, Milk
Bowl, Noodle, Protein Packed Ancient Grain	12.63oz	380	181	20.2	1.7	0	52.3	817	31.9	4.5	17.3	21.9	N	Wheat, Soy
Bowl, Noodle, Sriracha Teriyaki Chicken	13.12oz	369	38	4.2	0.06	0	51.4	1192	58.9	3.6	19.3	22.8	N	Wheat, Soy
Bowl, Noodle, Thai Peanut Chicken	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

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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
Chicken, Enchilada	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, Rotisserie Pulled, Asian Teriyaki	4 oz.	207	50	5.6	1.5	0	67	548	15	0	10.5	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, Milk
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	10.6	3.3	0	86.8	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, Soy
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, 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
Meal, Grilled Chicken Skewers, Herb Pot, Butternut Squash	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, Pesto	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)
Meal, Grilled Chicken Skewers, Texas Potatoes, Grilled Veg	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 Lemon butter	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

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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
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 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, Beef	4 oz.	139	68	7.5	4.4	0	24.1	449	12.7	1.3	1.1	5.1	Y	Milk
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
Strata, Bacon	4 oz.	205	117	13	5.9	0.2	183	740	8	0.4	3.7	14.2	N	Milk, Egg, Soy, Wheat
Strata, Sausage	4 oz.	249	143	15.9	7.6	0	168	361	10	0.5	4.9	16.3	N	Milk, Egg, Soy, Wheat
Strata, Three Cheese	4 oz.	202	111	12.3	5.5	0	196	359	11.3	0.5	5.5	11.6	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	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