

| 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 | 160 | 17.8 | 7.8 | 0.1 | 181 | 767.5 | 5.7 | 0.4 | 1.3 | 14.5 | Milk, Egg, Soy | |
| Bake-Mediterranean Egg & Sweet Potato | 4 oz. | 4oz. | 172 | 90 | 10 | 4.7 | 0 | 177 | 205 | 12.1 | 1.8 | 3.8 | 7.4 | Milk, Egg, Soy | |
| Bake-Mesquite Ham & Smoked Gouda | 4 oz. | 4oz. | 178 | 114 | 12.7 | 6.3 | 0 | 163.3 | 421.8 | 6.3 | 1 | 1.5 | 8.5 | Milk, Egg, Soy | |
| Bake-Praline Pecan Berry French Toast | 4 oz. | 4oz. | 255 | 80 | 8.9 | 2.2 | 0.4 | 105 | 323.3 | 39 | 1.5 | 24.1 | 5.8 | Milk, Egg, Soy, Wheat, Nut(Pecan) | |
| Bake-Strata- Layered Ham & Cheddar | 4 oz. | 4oz. | 284 | 129 | 14.4 | 6 | 0.6 | 90.6 | 611 | 27.5 | 1.4 | 2.9 | 11.2 | 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 | |
| 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 | |
| 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, Milk | |
| 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 | | |
| 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 | |
| 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 | 11.21zo | 715 | 95 | 10.5 | 2.3 | 0 | 98.1 | 783.8 | 110.8 | 6.5 | 17.9 | 44 | N | Wheat | |
| Bowl, Noodle, Lemongrass Thai Curry Chicken | 11.99oz | 401 | 133 | 14.8 | 6.1 | 0 | 52.3 | 999 | 46.3 | 3.4 | 8.3 | 20.1 | Y | Coconut, Milk | |
| 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, Milk, Soy | |
| Bowl, Noodle, Sriracha Teriyaki Chicken | 11.85oz | 334 | 37 | 4.1 | 0.7 | 0 | 53 | 1109 | 51.1 | 3.2 | 18.1 | 22.1 | N | Wheat, Milk, Soy | |
| Bowl, Noodle, Thai Peanut Chicken | 11.18 oz | 725 | 191 | 21.2 | 4.2 | 0 | 103 | 1544.2 | 92.9 | 5.7 | 16.4 | 44.2 | N | Wheat, Soy | |
| 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 | |

| 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 |
|---|-------------------|----------|-------------------|---------------|-------------|----------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------------|---|
| 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 |
| Chicken, Enchilada | 4 oz. | 271 | 127 | 14 | 6.9 | 0 | 55.1 | 585 | 16.5 | 1 | 2 | 17.8 | 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 |
| 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 | 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 | 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 |
| 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 |
| 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 Potatoes, Butte | 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 | Milk, 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 | Milk, 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 |
| 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 |
| 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 | 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 |
| 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 |
| 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