

Nutrition for Deli Side Dish Items														
Product Name *seasonal item	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
Acorn Squash, Honey Maple*	4 oz.	169	71	8	3.5	0	14	59	26	3	10	2	Y	Milk, Almonds, Pecans
Bacon & Cheddar Loaded Mashed Potatoes	4 oz.	190	97	11	7	0	33.8	415	18.1	2	1.6	4.3	Y	Milk
Baked Beans	4 oz.	171	13	1.4	0.4	0	1.4	422	34.6	3.3	21.1	6.4	Y	
BBQ Texas Pit Beans	4 oz.	142	10	1	0	0	3	532	28	5	11	5	N	Wheat, Soy
Bourbon Glazed Apples & Craisins*	4 oz.	122	4	0.5	0	0	0	105	30	2	24	0	Y	
Broccoli Rice Casserole*	4 oz.	164	71	8	5	0	24	542	17	1	2	7	N	Wheat, Milk, Soy
Broccoli, Cauliflower, Carrot with Cheese	4 oz.	100	54	6	3	0	10	183	8	2	3	4	Y	Milk
Bread Stuffing, Traditional	4 oz.	167	38	4.3	0.7	0	3.8	729	26.4	2	2.7	5.1	N	Wheat, Milk, Soy
Bread Stuffing, Cranberry Apple*	4 oz.	229	103	11	6	0	26	512	28	1.5	5	4	N	Wheat, Milk, Soy
Buttery Dill Potato Wedges	4 oz.	135	71	8	1	0	3	162	16	0	1	2	Y	Milk
Carrots and Sugar Snap Peas	4 oz.	87	42	5	2	0	9	104	9	3	5	2	Y	Milk
Cheesy Texas Potatoes	4 oz.	162	72	8.1	4.7	0.2	30.3	362	17	1.3	3.1	5.3	Y	Mik, Soy
Country Green Bean with Bacon	4 oz.	53	22	2	0.5	0	1	517	5	3	2	3	Y	Milk
Fresh & Crisp Seasoned Green Beans	4 oz.	65	23	3	0	0	0	267	9	3	4	2	Y	
Fresh Green Bean Amandine	4 oz.	113	84	9	4	0	15	287	4	0	2	2	Y	Milk, Soy, Almonds
Fresh Vegetable Medley	4 oz.	81	49	5	0.4	0	0	88	7	2	4	1	Y	
Green Bean Casserole	4 oz.	107	59	7	3.5	0	10	441	8	2	2	4	N	Wheat, Milk, Soy
Grilled Vegetables	4 oz.	79	49	5.5	0.5	0	0	7	8	2	5	2	Y	
Oven Roasted Seasoned Carrots	4 oz.	104	58	6	1	0	0	101	11	3	5	1	Y	
Herb Roasted Red Skin Potatoes	4 oz.	115	42	5	0.5	0	0	319	18	2	1	2	Y	
Homestyle Oven Fried Potatoes	4 oz.	136	67	7	1	0	0	550	16.5	2	1	2	Y	
Honey Glazed Carrots	4 oz.	88	2	0	0	0	0	458	22	3	15	1	Y	
Honey Maple Mash Sweet Potato*	4 oz.	151	43	5	3	0	12	62	27	2.5	15	1	Y	Milk, Soy
Macaroni & Cheese, Gourmet White Cheddar	4 oz.	217	112	12	9	0	36	585	16	1	3	10	N	Wheat, Milk
Macaroni & Cheese, Gourmet Wht Chddr Ball	6oz	444	251	28	12	0.4	130	836	31.8	1.3	3	16.2	N	Egg, Milk, Wheat
Macaroni & Cheese, Traditional	4 oz.	196	106	12	8	0	36	484	14	0.5	1	9	N	Wheat, Milk
Mashed Potatoes	4 oz.	158	81	9	4.9	0	20.7	383	17.7	1.8	0.9	2.7	Y	Milk
Parsley Buttered Linguine Noodles	4 oz.	400	35	4	1	0	0	9	78	3	5	14	N	Wheat, Milk
Praline Sweet Potato Casserole*	4 oz.	259	102	11	2	1	19	111	39	3	18	2	N	Wheat, Milk, Egg, Pecans

<b>Product Name</b> *seasonal item	<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 Ingred.</b>	<b>Allergens</b>
Risotto Balls	1 each	257	109	12	5	0	35	585	26	0.5	1	7	N	Wheat, Milk, Egg, Soy
Roasted Brussels Sprout Medley	4 oz.	94	51	5.6	0.8	0	0	169	10.2	3.6	3.5	2.7	Y	
Rosemary Parmesan Sweet Potatoes	4 oz.	170	82	9	1	0	0	114	21	3	4	2	Y	Milk
Smoked Baby Yellow Potatoes	4 oz.	178	48	5	1	0	0	314	30	3	4	3	Y	
Smoked Sweet Potato Wedges	4 oz.	181	49	5	1	0	0	418	32	5	9	2	Y	
Three Cheese Potato Gratin	4 oz.	170	81	9	5	0	25	393	27	1	2	7	N	Wheat, Milk
Twice Baked Potatoes	1 each	354	155	17	11	0	54.1	664	41	3.4	2.5	8	Y	Milk