

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 |
| Asparagus, Grilled | 4 oz. | 65 | 39 | 4 | 0.6 | 0 | 0 | 3 | 5 | 3 | 2.5 | 3 | Y | |
| 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. | 169 | 13 | 1.4 | 0 | 0.4 | 1.4 | 509 | 34.4 | 3.3 | 20.9 | 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 |
| Bread Stuffing, Savory Mushroom & Wild Rice | 4 oz. | 163 | 49 | 6 | 1 | 0 | 2 | 402 | 24 | 2 | 2 | 5 | N | Wheat, Milk, Soy |
| Butternut, Sweet Potato Souffle* | 4 oz. | 113 | 33 | 4 | 1.5 | 0 | 37 | 55 | 17 | 4 | 4 | 4 | N | Wheat, Milk, Egg |
| 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 |
| Cider Glazed Butternut Squash, almonds, raisins | 4 oz. | 147 | 93 | 10 | 1.5 | 0 | 0 | 11 | 15 | 4 | 5 | 1 | Y | Nut(Almonds) |
| Corn Souffle | 4 oz. | 170 | 7 | 4 | 9 | 0 | 90 | 440 | 20 | 1 | 7 | 5 | N | Milk, Wheat, Egg |
| Cornbread, Cheddar | 4 oz. | 312 | 110 | 12 | 7 | 0 | 64 | 474 | 44 | 1 | 18 | 8 | N | Wheat, Milk, Egg |
| Cornbread, Jalapeno | 4 oz. | 292 | 95 | 11 | 6 | 0 | 59 | 538 | 43 | 0 | 18 | 6 | N | Wheat, Milk, Egg |
| Country Green Bean with Bacon | 4 oz. | 53 | 22 | 2 | 0.5 | 0 | 1 | 517 | 5 | 3 | 2 | 3 | Y | Milk |
| Fingerling Potatoes | 4 oz. | 115 | 28 | 3 | 0.4 | 0 | 0 | 275 | 20 | 3 | 1 | 2 | Y | |
| 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, Bacon & Onion | 4 oz. | 225 | 125 | 14 | 8 | 0 | 32 | 930 | 14.5 | 1 | 3 | 10 | N | Wheat, Milk |
| Macaroni & Cheese, Gourmet White Cheddar | 4 oz. | 217 | 112 | 12 | 9 | 0 | 36 | 585 | 16 | 1 | 3 | 10 | N | Wheat, Milk |

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|--|--------------------------|-----------------|--------------------------|----------------------|--------------------|-----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------|--------------------|----------------------------|--------------------------|
| 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 |
| Mashed Potatoes with Garlic | 4 oz. | 179 | 92 | 10 | 7 | 0 | 28 | 369 | 18 | 1 | 2 | 3 | Y | Milk |
| Moroccan Curried Quinoa | 4 oz. | 176 | 40 | 4.4 | 0.5 | 0 | 0 | 260 | 23.8 | 2.8 | 5.9 | 4 | Y | Nut(Almonds) |
| Orange Ginger Glazed Carrots* | 4 oz. | 77 | 2 | 0 | 0 | 0 | 0 | 220 | 18 | 3 | 12 | 1 | N | Wheat, Soy |
| Parmesan Herbed Squashallini | 4 oz. | 137 | 76 | 8.5 | 1.7 | 0 | 6.2 | 417 | 9.8 | 2.1 | 2.4 | 4.5 | Y | Milk |
| Parsley Buttered Linguine Noodles | 4 oz. | 400 | 35 | 4 | 1 | 0 | 0 | 9 | 78 | 3 | 5 | 14 | N | Wheat, Milk |
| Pineapple Gratin* | 4 oz. | 150 | 9 | 5 | 3 | 0 | 10 | 210 | 22 | 1 | 12 | 3 | N | Wheat, Milk, Soy |
| Praline Sweet Potato Casserole* | 4 oz. | 259 | 102 | 11 | 2 | 1 | 19 | 111 | 39 | 3 | 18 | 2 | N | Wheat, Milk, Egg, Pecans |
| Risotto Balls | 1 each | 257 | 109 | 12 | 5 | 0 | 35 | 585 | 26 | 0.5 | 1 | 7 | N | Wheat, Milk, Egg, Soy |
| Roasted Garlic Infused Fresh Veg Blend* | 4 oz. | 131 | 79 | 8.8 | 1 | 0 | 0 | 488 | 12.1 | 2.8 | 2.5 | 2.4 | Y | |
| Rosemary Parmesan Sweet Potatoes | 4 oz. | 170 | 82 | 9 | 1 | 0 | 0 | 114 | 21 | 3 | 4 | 2 | Y | Milk |
| Rustic Roasted Sweets & Butternut | 4 oz. | 163 | 61 | 6.7 | 0.8 | 0 | 0 | 208 | 24.9 | 3.5 | 12 | 1.6 | Y | |
| Six-Grain Veggie Pilaf | 4 oz. | 201 | 44 | 5 | 0 | 0 | 0 | 250 | 30 | 1 | 1 | 5 | N | Wheat |
| 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 | |
| Texas Pit Beans | 5 oz. | 155 | 8 | 0.9 | 0.2 | 0 | 3.1 | 433 | 31.6 | 3.6 | 13.2 | 5.9 | N | Wheat, Soy |
| 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 |
| Veggie Packed Potato Pancakes | 4 oz. | 185 | 88 | 10 | 2 | 0 | 29 | 439 | 14 | 1 | 2 | 4 | N | Wheat, Milk |
| Wild Rice Blend, Walnuts, Craisins, Kale | 4 oz. | 331 | 22 | 2 | 0.3 | 0 | 0 | 180 | 69 | 5 | 8 | 11 | Y | Nut (Walnuts) |
| Whole Grain Mushroom Pilaf | 4 oz. | 197 | 70 | 8 | 1 | 0 | 2 | 466 | 22 | 2 | 2 | 3 | N | Wheat, Soy |