

**Nutrition for Deli Side Dish Items**

<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 Ingrid.</b>	<b>Allergens</b>
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.	185	96	11	7	0	32	500	16.5	2	1	4	Y	Milk
Baked Beans	4 oz.	165	14	1.5	0	0	1	472	33	6	19	5	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.	178	55	6	1	0	4	617	26	2	2	5	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.	161	71	8	5	0	27	323	17	1	2	5	Y	Mik, Soy
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
Macaroni & Cheese, Traditional	4 oz.	196	106	12	8	0	36	484	14	0.5	1	9	N	Wheat, Milk

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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
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	
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	
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	346	154	17	11	0	52	640	39	3.5	1	8	Y	Milk
Veggie Packed Potato Pancakes	4 oz.	185	88	10	2	0	29	439	14	1	2	4	N	Wheat, Milk
Whole Grain Mushroom Pilaf	4 oz.	197	70	8	1	0	2	466	22	2	2	3	N	Wheat, Soy