

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.	185	96	11	7	0	32	500	16.5	2	1	4	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
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
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	
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	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