

Entrees	SPC	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Allergens
"Rodiculous" Carrot Cake	1	725	38g	17g	1g	134mg	108mg	95g	2g	68g	6g	Eggs, Milk, Soy, Tree Nuts, Wheat
Bowtie Pasta, Fresh Broccoli & Carrots	1	280	10g	2g	2g	0mg	475mg	42g	5g	5g	8g	Soy, Milk and Wheat
Bowtie w/ Chicken & Broccoli	1	330	17g	10g	0.6g	70mg	590mg	27g	2g	1g	18g	Milk, Soy and Wheat
Cheese Blintz w/ Peaches	1	535	21g	10.5g	0g	105mg	615mg	75g	3g	47g	15g	Eggs, Milk and Wheat
Cheese Blintz w/ Strawberries	1	570	21g	10.5g	0g	105mg	615mg	81g	3g	57g	15g	Eggs, Milk and Wheat
Cheese Enchiladas	1	473	30g	15g	0.5g	75mg	770mg	33g	5g	6g	21g	Milk
Cheese Ravioli	1.5	200	8g	3.5g	0g	75mg	510mg	23g	3g	6g	11g	Eggs, Milk, Soy, Wheat
Cheesy Macaroni	1.5	276	7g	2g	3g	5mg	628.7mg	41g	1g	4g	11g	Milk and Wheat
Chicken Farfalle, Green Beans & Carrots	1	340	12g	3g	2g	67mg	475mg	27g	2g	3g	30g	Soy, Milk and Wheat
Chicken w/ Spinach, Carrots & Kale	1	245	8g	1g	0g	67mg	470mg	14g	6g	5g	29g	Soy
Chicken Enchiladas	1	380	20g	9g	0g	65mg	920mg	31g	5g	5g	21g	Milk
Chicken Fajitas	1	421	31g	6g	0g	54mg	1250mg	30g	2g	5g	21g	Soy
Corn Beef Hash	1	535	21g	10.5g	0g	105mg	615mg	75g	3g	47g	15g	Milk
Creamy Shells	1.5	190	3.5g	1g	0g	10mg	450mg	32g	3g	3g	8g	Milk, Soy and Wheat
Dim Sum Remix	1	410	16g	3g	0g	92mg	1083mg	41g	1g	5g	25g	Fish, Milk, Shellfish, Soy, Wheat
Eight Finger Cavatelli	1	570	25g	11g	0g	90mg	548mg	74g	14g	5g	17g	Milk, Soy, Wheat, Eggs
Farfalle w/ Chicken & Pesto	1	950	41g	23g	0g	144mg	1071mg	108g	5g	4g	36g	Milk, Soy, Wheat
Fettuccini w/ Chicken & Spinach	1	570	25g	15g	0g	95mg	580mg	61g	3g	3g	22g	Milk, Soy and Wheat
French Toast	1	567	7g	2g	0g	244mg	479mg	107g	0g	79g	13g	Eggs, Milk, Soy and Wheat
Garden Vegetable Blend	1	90	0g	0g	0g	0mg	77mg	15g	6g	9g	3g	
Gluten Free 4-cheese Ravioli Marinara	1	275	9g	5g	0g	81mg	625mg	39g	3g	1g	13g	Eggs and Milk
Jumbo Stuffed Shells	1	391	19g	10g	0g	100mg	1010mg	31g	5g	5g	25.6g	Milk and Wheat
Meat Lasagna	1	440	17g	8g	0g	60mg	1050mg	43g	6g	10g	27g	Soy, Wheat, Eggs and Milk
Pulled Chicken in Spicy Mustard Sauce	1	420	12g	5g	0g	150mg	450mg	21g	0g	20g	53g	Milk
Pulled Pork w/ BBQ Sauce	1	563	25g	8g	0g	120mg	1050mg	50g	1g	42g	33g	
Rigatoni w/ Sausage & Peppers	1	360	15g	5g	0g	30mg	885mg	42g	5g	5g	15g	Milk, Soy and Wheat
Sausage, Peppers & Onions	1	612	48.2g	17.2g	0.6g	111.9mg	2102.4mg	8.8g	2.1g	4.6g	38.1g	Milk
Shrimp & Grits	1	595	8g	3g	0g	230mg	1979mg	99g	6g	9g	35g	Shrimp and Milk
Shrimp Ceviche & Guacamole	1	181	12g	2g	0g	60mg	250mg	14g	7g	3g	10g	Fish
Sliced Brisket in BBQ Sauce	1	761	41g	11g	0g	200mg	1070mg	38g	1g	30g	57g	
Spanish Rice w/ Refried Beans	1	450	25g	8g	0g	25mg	900mg	55g	10g	0g	15g	Soy and Wheat
Spinach Lasagna	1	352	16g	9g	0g	45mg	830mg	30g	6g	9g	22g	Milk, Soy, Wheat, Eggs