

Eat With Us Group

Nutritional Label

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Cajun Shrimp Nachos

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,486 kcal
Calories From Fat	860 kcal
Protein	53 g
Total lipid (fat)	98 g
Fatty acids, total saturated	40 g
Fatty acids, total trans	0 g
Cholesterol	269 mg
Carbohydrate, by difference	123 g
Fiber, total dietary	8 g
Sugars, total	15 g
Sodium, Na	4,507 mg

Chili Nachos

Serving Size: 1 each

Servings: 1

Notes:

Energy	2,425 kcal
Calories From Fat	1,185 kcal
Protein	51 g
Total lipid (fat)	105 g
Fatty acids, total saturated	46 g
Fatty acids, total trans	1 g
Cholesterol	161 mg
Carbohydrate, by difference	127 g
Fiber, total dietary	11 g
Sugars, total	11 g
Sodium, Na	2,422 mg

Chips & Rotel

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,217 kcal
Calories From Fat	620 kcal
Protein	31 g
Total lipid (fat)	69 g
Fatty acids, total saturated	36 g
Fatty acids, total trans	g
Cholesterol	90 mg
Carbohydrate, by difference	114 g
Fiber, total dietary	7 g
Sugars, total	11 g
Sodium, Na	2,894 mg

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BBQ Chicken Nachos

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,359 kcal
Calories From Fat	736 kcal
Protein	51 g
Total lipid (fat)	82 g
Fatty acids, total saturated	37 g
Fatty acids, total trans	0 g
Cholesterol	170 mg
Carbohydrate, by difference	133 g
Fiber, total dietary	6 g
Sugars, total	39 g
Sodium, Na	3,981 mg

Mediterranean Hummus

Serving Size: 1 each

Servings: 1

Notes:

Energy	844 kcal
Calories From Fat	272 kcal
Protein	30 g
Total lipid (fat)	38 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	0 g
Cholesterol	0 mg
Carbohydrate, by difference	127 g
Fiber, total dietary	15 g
Sugars, total	11 g
Sodium, Na	2,418 mg

Broccoli & Cheese Soup Cup

Serving Size: 1 each

Servings: 1

Notes:

Energy	293 kcal
Calories From Fat	150 kcal
Protein	16 g
Total lipid (fat)	17 g
Fatty acids, total saturated	11 g
Fatty acids, total trans	0 g
Cholesterol	54 mg
Carbohydrate, by difference	21 g
Fiber, total dietary	2 g
Sugars, total	11 g
Sodium, Na	1,614 mg

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Broccoli & Cheese Soup Bowl

Serving Size: 1 each

Servings: 1

Notes:

Energy	789 kcal
Calories From Fat	310 kcal
Protein	36 g
Total lipid (fat)	33 g
Fatty acids, total saturated	21 g
Fatty acids, total trans	0 g
Cholesterol	108 mg
Carbohydrate, by difference	71 g
Fiber, total dietary	6 g
Sugars, total	23 g
Sodium, Na	3,517 mg

Crawfish Bisque Cup

Serving Size: 1 each

Servings: 1

Notes:

Energy	727 kcal
Calories From Fat	275 kcal
Protein	10 g
Total lipid (fat)	19 g
Fatty acids, total saturated	9 g
Fatty acids, total trans	0 g
Cholesterol	70 mg
Carbohydrate, by difference	14 g
Fiber, total dietary	0 g
Sugars, total	1 g
Sodium, Na	1,190 mg

Crawfish Bisque Bowl

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,657 kcal
Calories From Fat	560 kcal
Protein	24 g
Total lipid (fat)	37 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	0 g
Cholesterol	140 mg
Carbohydrate, by difference	57 g
Fiber, total dietary	1 g
Sugars, total	3 g
Sodium, Na	2,670 mg

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Creamy Chicken Noodle Soup Cup

Serving Size: 1 each

Servings: 1

Notes:

Energy	637 kcal
Calories From Fat	177 kcal
Protein	24 g
Total lipid (fat)	13 g
Fatty acids, total saturated	4 g
Fatty acids, total trans	8 g
Cholesterol	73 mg
Carbohydrate, by difference	5 g
Fiber, total dietary	8 g
Sugars, total	0 g
Sodium, Na	896 mg

Creamy Chicken Noodle Soup Bowl

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,477 kcal
Calories From Fat	365 kcal
Protein	51 g
Total lipid (fat)	25 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	15 g
Cholesterol	146 mg
Carbohydrate, by difference	39 g
Fiber, total dietary	17 g
Sugars, total	1 g
Sodium, Na	2,083 mg

Chicken & Sausage Gumbo Cup

Serving Size: 1 each

Servings: 1

Notes:

Energy	614 kcal
Calories From Fat	154 kcal
Protein	14 g
Total lipid (fat)	9 g
Fatty acids, total saturated	3 g
Fatty acids, total trans	0 g
Cholesterol	38 mg
Carbohydrate, by difference	12 g
Fiber, total dietary	1 g
Sugars, total	2 g
Sodium, Na	458 mg

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Chicken & Sausage Gumbo Bowl

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,431 kcal
Calories From Fat	319 kcal
Protein	31 g
Total lipid (fat)	17 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	0 g
Cholesterol	76 mg
Carbohydrate, by difference	53 g
Fiber, total dietary	3 g
Sugars, total	4 g
Sodium, Na	1,206 mg

Tomato Basil Soup Bowl

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,657 kcal
Calories From Fat	500 kcal
Protein	10 g
Total lipid (fat)	33 g
Fatty acids, total saturated	14 g
Fatty acids, total trans	0 g
Cholesterol	70 mg
Carbohydrate, by difference	75 g
Fiber, total dietary	1 g
Sugars, total	19 g
Sodium, Na	2,170 mg

Tomato Basil Soup Cup

Serving Size: 1 each

Servings: 1

Notes:

Energy	727 kcal
Calories From Fat	245 kcal
Protein	3 g
Total lipid (fat)	17 g
Fatty acids, total saturated	7 g
Fatty acids, total trans	0 g
Cholesterol	35 mg
Carbohydrate, by difference	23 g
Fiber, total dietary	0 g
Sugars, total	9 g
Sodium, Na	940 mg

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Loaded Potato Soup Bowl

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,385 kcal
Calories From Fat	288 kcal
Protein	20 g
Total lipid (fat)	21 g
Fatty acids, total saturated	10 g
Fatty acids, total trans	0 g
Cholesterol	39 mg
Carbohydrate, by difference	99 g
Fiber, total dietary	7 g
Sugars, total	4 g
Sodium, Na	1,572 mg

Loaded Potato Soup Cup

Serving Size: 1 each

Servings: 1

Notes:

Energy	592 kcal
Calories From Fat	139 kcal
Protein	8 g
Total lipid (fat)	11 g
Fatty acids, total saturated	5 g
Fatty acids, total trans	0 g
Cholesterol	19 mg
Carbohydrate, by difference	35 g
Fiber, total dietary	3 g
Sugars, total	2 g
Sodium, Na	641 mg

Homemade Chili Bowl

Serving Size: 1 each

Servings: 1

Notes:

Energy	2,651 kcal
Calories From Fat	1,014 kcal
Protein	50 g
Total lipid (fat)	59 g
Fatty acids, total saturated	24 g
Fatty acids, total trans	3 g
Cholesterol	139 mg
Carbohydrate, by difference	95 g
Fiber, total dietary	12 g
Sugars, total	13 g
Sodium, Na	1,811 mg

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Homemade Chili Cup

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,356 kcal
Calories From Fat	563 kcal
Protein	25 g
Total lipid (fat)	36 g
Fatty acids, total saturated	15 g
Fatty acids, total trans	1 g
Cholesterol	69 mg
Carbohydrate, by difference	49 g
Fiber, total dietary	7 g
Sugars, total	7 g
Sodium, Na	881 mg

Three-Bean Vegan Chili Bowl

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	830 kcal
Calories From Fat	162 kcal
Protein	27 g
Total lipid (fat)	17 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	0 g
Cholesterol	0 mg
Carbohydrate, by difference	128 g
Fiber, total dietary	24 g
Sugars, total	5 g
Sodium, Na	2,959 mg

Three-Bean Vegan Chili Cup

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	440 kcal
Calories From Fat	137 kcal
Protein	13 g
Total lipid (fat)	15 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	0 g
Cholesterol	0 mg
Carbohydrate, by difference	64 g
Fiber, total dietary	13 g
Sugars, total	2 g
Sodium, Na	1,454 mg

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Chef Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	475 kcal
Calories From Fat	245 kcal
Protein	35 g
Total lipid (fat)	28 g
Fatty acids, total saturated	17 g
Fatty acids, total trans	0 g
Cholesterol	107 mg
Carbohydrate, by difference	17 g
Fiber, total dietary	4 g
Sugars, total	5 g
Sodium, Na	1,448 mg

Cobb Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	749 kcal
Calories From Fat	452 kcal
Protein	40 g
Total lipid (fat)	50 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	0 g
Cholesterol	296 mg
Carbohydrate, by difference	45 g
Fiber, total dietary	5 g
Sugars, total	24 g
Sodium, Na	1,299 mg

Chicken Waldorf Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	709 kcal
Calories From Fat	432 kcal
Protein	34 g
Total lipid (fat)	47 g
Fatty acids, total saturated	12 g
Fatty acids, total trans	2 g
Cholesterol	100 mg
Carbohydrate, by difference	33 g
Fiber, total dietary	4 g
Sugars, total	23 g
Sodium, Na	1,289 mg

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Oven-Roasted Chicken Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	549 kcal
Calories From Fat	285 kcal
Protein	46 g
Total lipid (fat)	32 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	0 g
Cholesterol	150 mg
Carbohydrate, by difference	13 g
Fiber, total dietary	4 g
Sugars, total	4 g
Sodium, Na	679 mg

Taco Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,907 kcal
Calories From Fat	936 kcal
Protein	45 g
Total lipid (fat)	78 g
Fatty acids, total saturated	34 g
Fatty acids, total trans	1 g
Cholesterol	161 mg
Carbohydrate, by difference	68 g
Fiber, total dietary	12 g
Sugars, total	15 g
Sodium, Na	2,145 mg

Big Greek Hummus Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,080 kcal
Calories From Fat	547 kcal
Protein	31 g
Total lipid (fat)	60 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	0 g
Cholesterol	20 mg
Carbohydrate, by difference	107 g
Fiber, total dietary	17 g
Sugars, total	18 g
Sodium, Na	2,616 mg

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Fiesta Chicken Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	515 kcal
Calories From Fat	204 kcal
Protein	39 g
Total lipid (fat)	30 g
Fatty acids, total saturated	15 g
Fatty acids, total trans	0 g
Cholesterol	137 mg
Carbohydrate, by difference	24 g
Fiber, total dietary	8 g
Sugars, total	11 g
Sodium, Na	467 mg

Chicken Caesar Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	889 kcal
Calories From Fat	589 kcal
Protein	47 g
Total lipid (fat)	65 g
Fatty acids, total saturated	15 g
Fatty acids, total trans	0 g
Cholesterol	124 mg
Carbohydrate, by difference	26 g
Fiber, total dietary	12 g
Sugars, total	11 g
Sodium, Na	1,802 mg

Bayou Shrimp Flatbread

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	848 kcal
Calories From Fat	614 kcal
Protein	51 g
Total lipid (fat)	74 g
Fatty acids, total saturated	23 g
Fatty acids, total trans	0 g
Cholesterol	255 mg
Carbohydrate, by difference	66 g
Fiber, total dietary	3 g
Sugars, total	9 g
Sodium, Na	2,035 mg

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Meat Lovers Flatbread

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	757 kcal
Calories From Fat	342 kcal
Protein	42 g
Total lipid (fat)	45 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	3 g
Cholesterol	105 mg
Carbohydrate, by difference	66 g
Fiber, total dietary	2 g
Sugars, total	8 g
Sodium, Na	2,638 mg

BBQ Chicken Flatbread

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	681 kcal
Calories From Fat	326 kcal
Protein	54 g
Total lipid (fat)	40 g
Fatty acids, total saturated	20 g
Fatty acids, total trans	0 g
Cholesterol	162 mg
Carbohydrate, by difference	126 g
Fiber, total dietary	6 g
Sugars, total	63 g
Sodium, Na	2,041 mg

Philly Flat Bread

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	622 kcal
Calories From Fat	310 kcal
Protein	41 g
Total lipid (fat)	39 g
Fatty acids, total saturated	13 g
Fatty acids, total trans	0 g
Cholesterol	61 mg
Carbohydrate, by difference	69 g
Fiber, total dietary	4 g
Sugars, total	12 g
Sodium, Na	2,530 mg

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Roasted Chicken Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	414 kcal
Calories From Fat	250 kcal
Protein	33 g
Total lipid (fat)	28 g
Fatty acids, total saturated	9 g
Fatty acids, total trans	1 g
Cholesterol	120 mg
Carbohydrate, by difference	9 g
Fiber, total dietary	1 g
Sugars, total	6 g
Sodium, Na	717 mg

Roasted Chicken Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	823 kcal
Calories From Fat	499 kcal
Protein	66 g
Total lipid (fat)	55 g
Fatty acids, total saturated	19 g
Fatty acids, total trans	1 g
Cholesterol	240 mg
Carbohydrate, by difference	16 g
Fiber, total dietary	1 g
Sugars, total	11 g
Sodium, Na	978 mg

The Blitz Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	251 kcal
Calories From Fat	134 kcal
Protein	21 g
Total lipid (fat)	16 g
Fatty acids, total saturated	3 g
Fatty acids, total trans	1 g
Cholesterol	45 mg
Carbohydrate, by difference	8 g
Fiber, total dietary	1 g
Sugars, total	2 g
Sodium, Na	2,004 mg

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The Blitz Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	499 kcal
Calories From Fat	268 kcal
Protein	41 g
Total lipid (fat)	31 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	1 g
Cholesterol	91 mg
Carbohydrate, by difference	13 g
Fiber, total dietary	1 g
Sugars, total	4 g
Sodium, Na	3,553 mg

Smoked Cheddar Melt Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	483 kcal
Calories From Fat	327 kcal
Protein	32 g
Total lipid (fat)	36 g
Fatty acids, total saturated	13 g
Fatty acids, total trans	1 g
Cholesterol	107 mg
Carbohydrate, by difference	8 g
Fiber, total dietary	1 g
Sugars, total	5 g
Sodium, Na	3,050 mg

Smoked Cheddar Melt Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	856 kcal
Calories From Fat	573 kcal
Protein	59 g
Total lipid (fat)	63 g
Fatty acids, total saturated	22 g
Fatty acids, total trans	1 g
Cholesterol	193 mg
Carbohydrate, by difference	14 g
Fiber, total dietary	1 g
Sugars, total	9 g
Sodium, Na	5,255 mg

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Peppers & Beef Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	386 kcal
Calories From Fat	225 kcal
Protein	29 g
Total lipid (fat)	26 g
Fatty acids, total saturated	9 g
Fatty acids, total trans	1 g
Cholesterol	42 mg
Carbohydrate, by difference	9 g
Fiber, total dietary	2 g
Sugars, total	4 g
Sodium, Na	8,765 mg

Peppers & Beef Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	717 kcal
Calories From Fat	415 kcal
Protein	55 g
Total lipid (fat)	48 g
Fatty acids, total saturated	15 g
Fatty acids, total trans	1 g
Cholesterol	74 mg
Carbohydrate, by difference	15 g
Fiber, total dietary	3 g
Sugars, total	7 g
Sodium, Na	10,386 mg

Chicken Salad Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	603 kcal
Calories From Fat	469 kcal
Protein	24 g
Total lipid (fat)	52 g
Fatty acids, total saturated	9 g
Fatty acids, total trans	1 g
Cholesterol	150 mg
Carbohydrate, by difference	15 g
Fiber, total dietary	3 g
Sugars, total	7 g
Sodium, Na	1,058 mg

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Chicken Salad Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	949 kcal
Calories From Fat	753 kcal
Protein	35 g
Total lipid (fat)	83 g
Fatty acids, total saturated	14 g
Fatty acids, total trans	1 g
Cholesterol	227 mg
Carbohydrate, by difference	21 g
Fiber, total dietary	4 g
Sugars, total	10 g
Sodium, Na	1,391 mg

Smoked Turkey Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	245 kcal
Calories From Fat	122 kcal
Protein	17 g
Total lipid (fat)	15 g
Fatty acids, total saturated	2 g
Fatty acids, total trans	1 g
Cholesterol	47 mg
Carbohydrate, by difference	11 g
Fiber, total dietary	1 g
Sugars, total	1 g
Sodium, Na	1,659 mg

Smoked Turkey Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	484 kcal
Calories From Fat	243 kcal
Protein	35 g
Total lipid (fat)	31 g
Fatty acids, total saturated	4 g
Fatty acids, total trans	1 g
Cholesterol	94 mg
Carbohydrate, by difference	19 g
Fiber, total dietary	1 g
Sugars, total	2 g
Sodium, Na	2,862 mg

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Hickory Smoked Ham Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	245 kcal
Calories From Fat	143 kcal
Protein	20 g
Total lipid (fat)	15 g
Fatty acids, total saturated	3 g
Fatty acids, total trans	1 g
Cholesterol	61 mg
Carbohydrate, by difference	7 g
Fiber, total dietary	1 g
Sugars, total	4 g
Sodium, Na	2,178 mg

Hickory Smoked Ham Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	484 kcal
Calories From Fat	286 kcal
Protein	40 g
Total lipid (fat)	31 g
Fatty acids, total saturated	7 g
Fatty acids, total trans	1 g
Cholesterol	122 mg
Carbohydrate, by difference	12 g
Fiber, total dietary	1 g
Sugars, total	8 g
Sodium, Na	3,901 mg

Roast Beef Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	284 kcal
Calories From Fat	153 kcal
Protein	22 g
Total lipid (fat)	18 g
Fatty acids, total saturated	5 g
Fatty acids, total trans	1 g
Cholesterol	29 mg
Carbohydrate, by difference	8 g
Fiber, total dietary	1 g
Sugars, total	2 g
Sodium, Na	2,257 mg

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Roast Beef Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	524 kcal
Calories From Fat	285 kcal
Protein	43 g
Total lipid (fat)	33 g
Fatty acids, total saturated	10 g
Fatty acids, total trans	1 g
Cholesterol	51 mg
Carbohydrate, by difference	10 g
Fiber, total dietary	1 g
Sugars, total	3 g
Sodium, Na	3,776 mg

Corned Beef Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	287 kcal
Calories From Fat	185 kcal
Protein	20 g
Total lipid (fat)	21 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	1 g
Cholesterol	58 mg
Carbohydrate, by difference	7 g
Fiber, total dietary	1 g
Sugars, total	1 g
Sodium, Na	1,911 mg

Corned Beef Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	569 kcal
Calories From Fat	370 kcal
Protein	39 g
Total lipid (fat)	41 g
Fatty acids, total saturated	12 g
Fatty acids, total trans	1 g
Cholesterol	115 mg
Carbohydrate, by difference	11 g
Fiber, total dietary	1 g
Sugars, total	2 g
Sodium, Na	3,367 mg

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Salami Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	118 kcal
Calories From Fat	101 kcal
Protein	21 g
Total lipid (fat)	42 g
Fatty acids, total saturated	13 g
Fatty acids, total trans	16 g
Cholesterol	87 mg
Carbohydrate, by difference	8 g
Fiber, total dietary	1 g
Sugars, total	1 g
Sodium, Na	2,279 mg

Salami Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	232 kcal
Calories From Fat	201 kcal
Protein	41 g
Total lipid (fat)	84 g
Fatty acids, total saturated	26 g
Fatty acids, total trans	30 g
Cholesterol	174 mg
Carbohydrate, by difference	14 g
Fiber, total dietary	1 g
Sugars, total	2 g
Sodium, Na	4,102 mg

Southern Club Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	907 kcal
Calories From Fat	683 kcal
Protein	34 g
Total lipid (fat)	82 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	7 g
Cholesterol	82 mg
Carbohydrate, by difference	83 g
Fiber, total dietary	3 g
Sugars, total	25 g
Sodium, Na	3,477 mg

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Roasted Veggie Pita

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	776 kcal
Calories From Fat	333 kcal
Protein	22 g
Total lipid (fat)	37 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	0 g
Cholesterol	19 mg
Carbohydrate, by difference	92 g
Fiber, total dietary	9 g
Sugars, total	30 g
Sodium, Na	1,711 mg

Shrimp Pita

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	476 kcal
Calories From Fat	246 kcal
Protein	34 g
Total lipid (fat)	29 g
Fatty acids, total saturated	7 g
Fatty acids, total trans	1 g
Cholesterol	192 mg
Carbohydrate, by difference	47 g
Fiber, total dietary	3 g
Sugars, total	5 g
Sodium, Na	2,185 mg

Turkey & Avocado Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	431 kcal
Calories From Fat	28 kcal
Protein	33 g
Total lipid (fat)	26 g
Fatty acids, total saturated	3 g
Fatty acids, total trans	0 g
Cholesterol	42 mg
Carbohydrate, by difference	102 g
Fiber, total dietary	5 g
Sugars, total	26 g
Sodium, Na	2,294 mg

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White BBQ Chicken Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,094 kcal
Calories From Fat	673 kcal
Protein	44 g
Total lipid (fat)	74 g
Fatty acids, total saturated	19 g
Fatty acids, total trans	1 g
Cholesterol	148 mg
Carbohydrate, by difference	43 g
Fiber, total dietary	1 g
Sugars, total	5 g
Sodium, Na	1,910 mg

Club Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	867 kcal
Calories From Fat	453 kcal
Protein	40 g
Total lipid (fat)	53 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	1 g
Cholesterol	112 mg
Carbohydrate, by difference	66 g
Fiber, total dietary	4 g
Sugars, total	12 g
Sodium, Na	2,749 mg

Chicken Club Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,002 kcal
Calories From Fat	521 kcal
Protein	53 g
Total lipid (fat)	60 g
Fatty acids, total saturated	20 g
Fatty acids, total trans	1 g
Cholesterol	163 mg
Carbohydrate, by difference	70 g
Fiber, total dietary	4 g
Sugars, total	17 g
Sodium, Na	2,014 mg

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California Club Sub Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	617 kcal
Calories From Fat	346 kcal
Protein	29 g
Total lipid (fat)	49 g
Fatty acids, total saturated	13 g
Fatty acids, total trans	1 g
Cholesterol	89 mg
Carbohydrate, by difference	22 g
Fiber, total dietary	1 g
Sugars, total	5 g
Sodium, Na	3,188 mg

White Hoagie Bread Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	260 kcal
Calories From Fat	22 kcal
Protein	6 g
Total lipid (fat)	2 g
Fatty acids, total saturated	1 g
Fatty acids, total trans	g
Cholesterol	5 mg
Carbohydrate, by difference	32 g
Fiber, total dietary	1 g
Sugars, total	1 g
Sodium, Na	350 mg

White Hoagie Bread Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	520 kcal
Calories From Fat	44 kcal
Protein	12 g
Total lipid (fat)	3 g
Fatty acids, total saturated	1 g
Fatty acids, total trans	g
Cholesterol	10 mg
Carbohydrate, by difference	64 g
Fiber, total dietary	2 g
Sugars, total	2 g
Sodium, Na	700 mg

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Wheat Hoagie Bread Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	380 kcal
Calories From Fat	35 kcal
Protein	6 g
Total lipid (fat)	2 g
Fatty acids, total saturated	g
Fatty acids, total trans	g
Cholesterol	mg
Carbohydrate, by difference	37 g
Fiber, total dietary	3 g
Sugars, total	3 g
Sodium, Na	510 mg

Wheat Hoagie Bread Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	760 kcal
Calories From Fat	70 kcal
Protein	12 g
Total lipid (fat)	4 g
Fatty acids, total saturated	g
Fatty acids, total trans	g
Cholesterol	mg
Carbohydrate, by difference	74 g
Fiber, total dietary	6 g
Sugars, total	6 g
Sodium, Na	1,020 mg

Croissant Bread

Serving Size: 1 each

Servings: 1

Notes:

Energy	330 kcal
Calories From Fat	125 kcal
Protein	7 g
Total lipid (fat)	15 g
Fatty acids, total saturated	9 g
Fatty acids, total trans	g
Cholesterol	40 mg
Carbohydrate, by difference	41 g
Fiber, total dietary	1 g
Sugars, total	6 g
Sodium, Na	390 mg

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Wheat Toast Bread

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	90 kcal
Calories From Fat	14 kcal
Protein	3 g
Total lipid (fat)	2 g
Fatty acids, total saturated	g
Fatty acids, total trans	g
Cholesterol	mg
Carbohydrate, by difference	17 g
Fiber, total dietary	1 g
Sugars, total	1 g
Sodium, Na	200 mg

Gluten Free Udi Bread

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	140 kcal
Calories From Fat	36 kcal
Protein	4 g
Total lipid (fat)	4 g
Fatty acids, total saturated	g
Fatty acids, total trans	g
Cholesterol	mg
Carbohydrate, by difference	22 g
Fiber, total dietary	1 g
Sugars, total	2 g
Sodium, Na	300 mg

Focaccia Bread

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	17 kcal
Calories From Fat	kcal
Protein	1 g
Total lipid (fat)	0 g
Fatty acids, total saturated	g
Fatty acids, total trans	g
Cholesterol	mg
Carbohydrate, by difference	3 g
Fiber, total dietary	0 g
Sugars, total	g
Sodium, Na	36 mg

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Sourdough Bread

Serving Size: 1 each

Servings: 1

Notes:

Energy	kcal
Calories From Fat	0 kcal
Protein	12 g
Total lipid (fat)	4 g
Fatty acids, total saturated	0 g
Fatty acids, total trans	0 g
Cholesterol	0 mg
Carbohydrate, by difference	60 g
Fiber, total dietary	2 g
Sugars, total	4 g
Sodium, Na	704 mg

Marble Rye Bread

Serving Size: 1 each

Servings: 1

Notes:

Energy	280 kcal
Calories From Fat	40 kcal
Protein	12 g
Total lipid (fat)	6 g
Fatty acids, total saturated	g
Fatty acids, total trans	g
Cholesterol	mg
Carbohydrate, by difference	6 g
Fiber, total dietary	4 g
Sugars, total	2 g
Sodium, Na	564 mg

Mediterranean Chicken Panini

Serving Size: 1 each

Servings: 1

Notes:

Energy	949 kcal
Calories From Fat	446 kcal
Protein	53 g
Total lipid (fat)	61 g
Fatty acids, total saturated	17 g
Fatty acids, total trans	8 g
Cholesterol	163 mg
Carbohydrate, by difference	53 g
Fiber, total dietary	2 g
Sugars, total	8 g
Sodium, Na	2,604 mg

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Cuban Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	834 kcal
Calories From Fat	346 kcal
Protein	42 g
Total lipid (fat)	40 g
Fatty acids, total saturated	12 g
Fatty acids, total trans	2 g
Cholesterol	116 mg
Carbohydrate, by difference	57 g
Fiber, total dietary	1 g
Sugars, total	3 g
Sodium, Na	3,805 mg

Southwestern Quesadilla Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,246 kcal
Calories From Fat	584 kcal
Protein	55 g
Total lipid (fat)	82 g
Fatty acids, total saturated	34 g
Fatty acids, total trans	2 g
Cholesterol	191 mg
Carbohydrate, by difference	76 g
Fiber, total dietary	6 g
Sugars, total	12 g
Sodium, Na	3,061 mg

Southwestern Veggie Quesadilla Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,096 kcal
Calories From Fat	538 kcal
Protein	32 g
Total lipid (fat)	77 g
Fatty acids, total saturated	32 g
Fatty acids, total trans	2 g
Cholesterol	109 mg
Carbohydrate, by difference	75 g
Fiber, total dietary	6 g
Sugars, total	11 g
Sodium, Na	2,988 mg

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Smoked Brisket Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	909 kcal
Calories From Fat	305 kcal
Protein	39 g
Total lipid (fat)	59 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	4 g
Cholesterol	134 mg
Carbohydrate, by difference	38 g
Fiber, total dietary	2 g
Sugars, total	3 g
Sodium, Na	2,090 mg

Sicilian Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,087 kcal
Calories From Fat	624 kcal
Protein	44 g
Total lipid (fat)	80 g
Fatty acids, total saturated	25 g
Fatty acids, total trans	6 g
Cholesterol	139 mg
Carbohydrate, by difference	54 g
Fiber, total dietary	3 g
Sugars, total	6 g
Sodium, Na	3,248 mg

Reuben Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,060 kcal
Calories From Fat	598 kcal
Protein	45 g
Total lipid (fat)	70 g
Fatty acids, total saturated	23 g
Fatty acids, total trans	2 g
Cholesterol	140 mg
Carbohydrate, by difference	27 g
Fiber, total dietary	14 g
Sugars, total	9 g
Sodium, Na	4,518 mg

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Southwest Wrap

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	727 kcal
Calories From Fat	215 kcal
Protein	45 g
Total lipid (fat)	31 g
Fatty acids, total saturated	13 g
Fatty acids, total trans	1 g
Cholesterol	121 mg
Carbohydrate, by difference	88 g
Fiber, total dietary	6 g
Sugars, total	27 g
Sodium, Na	2,451 mg

Cajun Shrimp Wrap

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	569 kcal
Calories From Fat	241 kcal
Protein	31 g
Total lipid (fat)	36 g
Fatty acids, total saturated	7 g
Fatty acids, total trans	1 g
Cholesterol	179 mg
Carbohydrate, by difference	61 g
Fiber, total dietary	4 g
Sugars, total	8 g
Sodium, Na	2,808 mg

Chicken Caesar Wrap

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	823 kcal
Calories From Fat	352 kcal
Protein	50 g
Total lipid (fat)	46 g
Fatty acids, total saturated	14 g
Fatty acids, total trans	1 g
Cholesterol	125 mg
Carbohydrate, by difference	54 g
Fiber, total dietary	4 g
Sugars, total	4 g
Sodium, Na	2,398 mg

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Club Wrap

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	880 kcal
Calories From Fat	389 kcal
Protein	36 g
Total lipid (fat)	51 g
Fatty acids, total saturated	19 g
Fatty acids, total trans	1 g
Cholesterol	94 mg
Carbohydrate, by difference	75 g
Fiber, total dietary	2 g
Sugars, total	21 g
Sodium, Na	3,028 mg

Pick 2 White BBQ Chicken Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	638 kcal
Calories From Fat	375 kcal
Protein	27 g
Total lipid (fat)	41 g
Fatty acids, total saturated	12 g
Fatty acids, total trans	1 g
Cholesterol	85 mg
Carbohydrate, by difference	27 g
Fiber, total dietary	1 g
Sugars, total	3 g
Sodium, Na	1,338 mg

Pick 2 Oven-Roasted Chicken Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	458 kcal
Calories From Fat	211 kcal
Protein	20 g
Total lipid (fat)	23 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	1 g
Cholesterol	67 mg
Carbohydrate, by difference	29 g
Fiber, total dietary	1 g
Sugars, total	6 g
Sodium, Na	892 mg

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Pick 2 Club Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	583 kcal
Calories From Fat	306 kcal
Protein	22 g
Total lipid (fat)	34 g
Fatty acids, total saturated	11 g
Fatty acids, total trans	0 g
Cholesterol	71 mg
Carbohydrate, by difference	33 g
Fiber, total dietary	1 g
Sugars, total	8 g
Sodium, Na	1,374 mg

Pick 2 Chicken Salad Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	605 kcal
Calories From Fat	360 kcal
Protein	20 g
Total lipid (fat)	39 g
Fatty acids, total saturated	7 g
Fatty acids, total trans	0 g
Cholesterol	105 mg
Carbohydrate, by difference	30 g
Fiber, total dietary	2 g
Sugars, total	5 g
Sodium, Na	655 mg

Pick 2 Roasted Veggie Pita

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	776 kcal
Calories From Fat	333 kcal
Protein	22 g
Total lipid (fat)	37 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	0 g
Cholesterol	19 mg
Carbohydrate, by difference	92 g
Fiber, total dietary	9 g
Sugars, total	30 g
Sodium, Na	1,711 mg

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Pick 2 Smoked Cheddar Melt Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	481 kcal
Calories From Fat	239 kcal
Protein	21 g
Total lipid (fat)	26 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	0 g
Cholesterol	61 mg
Carbohydrate, by difference	25 g
Fiber, total dietary	1 g
Sugars, total	3 g
Sodium, Na	1,651 mg

Pick 2 Turkey Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	348 kcal
Calories From Fat	125 kcal
Protein	13 g
Total lipid (fat)	14 g
Fatty acids, total saturated	2 g
Fatty acids, total trans	0 g
Cholesterol	29 mg
Carbohydrate, by difference	26 g
Fiber, total dietary	1 g
Sugars, total	1 g
Sodium, Na	908 mg

Pick 2 Ham Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	348 kcal
Calories From Fat	136 kcal
Protein	14 g
Total lipid (fat)	14 g
Fatty acids, total saturated	3 g
Fatty acids, total trans	0 g
Cholesterol	36 mg
Carbohydrate, by difference	25 g
Fiber, total dietary	1 g
Sugars, total	3 g
Sodium, Na	1,168 mg

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Pick 2 Roast Beef Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	374 kcal
Calories From Fat	144 kcal
Protein	15 g
Total lipid (fat)	16 g
Fatty acids, total saturated	4 g
Fatty acids, total trans	0 g
Cholesterol	22 mg
Carbohydrate, by difference	26 g
Fiber, total dietary	1 g
Sugars, total	2 g
Sodium, Na	1,254 mg

Pick 2 Sicilian Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	544 kcal
Calories From Fat	312 kcal
Protein	22 g
Total lipid (fat)	40 g
Fatty acids, total saturated	13 g
Fatty acids, total trans	3 g
Cholesterol	69 mg
Carbohydrate, by difference	27 g
Fiber, total dietary	1 g
Sugars, total	3 g
Sodium, Na	1,624 mg

Pick 2 Cuban Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	417 kcal
Calories From Fat	173 kcal
Protein	21 g
Total lipid (fat)	20 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	1 g
Cholesterol	58 mg
Carbohydrate, by difference	28 g
Fiber, total dietary	1 g
Sugars, total	2 g
Sodium, Na	1,676 mg

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Pick 2 Mediterranean Pinini

Serving Size: 1 each

Servings: 1

Notes:

Energy	743 kcal
Calories From Fat	397 kcal
Protein	49 g
Total lipid (fat)	55 g
Fatty acids, total saturated	16 g
Fatty acids, total trans	7 g
Cholesterol	159 mg
Carbohydrate, by difference	32 g
Fiber, total dietary	1 g
Sugars, total	7 g
Sodium, Na	2,330 mg

Pick 2 Reuben Panini

Serving Size: 1 each

Servings: 1

Notes:

Energy	530 kcal
Calories From Fat	299 kcal
Protein	22 g
Total lipid (fat)	35 g
Fatty acids, total saturated	12 g
Fatty acids, total trans	1 g
Cholesterol	70 mg
Carbohydrate, by difference	13 g
Fiber, total dietary	7 g
Sugars, total	5 g
Sodium, Na	2,032 mg

Pick 2 Chicken Waldorf Salad

Serving Size: 1 each

Servings: 1

Notes:

Energy	431 kcal
Calories From Fat	302 kcal
Protein	17 g
Total lipid (fat)	32 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	1 g
Cholesterol	50 mg
Carbohydrate, by difference	19 g
Fiber, total dietary	2 g
Sugars, total	16 g
Sodium, Na	946 mg

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Pick 2 Chicken on Greens

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	172 kcal
Calories From Fat	87 kcal
Protein	18 g
Total lipid (fat)	10 g
Fatty acids, total saturated	5 g
Fatty acids, total trans	0 g
Cholesterol	57 mg
Carbohydrate, by difference	4 g
Fiber, total dietary	2 g
Sugars, total	2 g
Sodium, Na	215 mg

Pick 2 Garden Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	97 kcal
Calories From Fat	55 kcal
Protein	6 g
Total lipid (fat)	6 g
Fatty acids, total saturated	4 g
Fatty acids, total trans	0 g
Cholesterol	17 mg
Carbohydrate, by difference	6 g
Fiber, total dietary	2 g
Sugars, total	3 g
Sodium, Na	109 mg

Pick 2 Chicken Caesar Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	466 kcal
Calories From Fat	296 kcal
Protein	24 g
Total lipid (fat)	33 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	0 g
Cholesterol	62 mg
Carbohydrate, by difference	14 g
Fiber, total dietary	6 g
Sugars, total	6 g
Sodium, Na	916 mg

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Pick 2 Caesar Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	386 kcal
Calories From Fat	304 kcal
Protein	13 g
Total lipid (fat)	34 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	0 g
Cholesterol	27 mg
Carbohydrate, by difference	12 g
Fiber, total dietary	6 g
Sugars, total	6 g
Sodium, Na	916 mg

Pick 2 Chef Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	134 kcal
Calories From Fat	67 kcal
Protein	13 g
Total lipid (fat)	8 g
Fatty acids, total saturated	4 g
Fatty acids, total trans	0 g
Cholesterol	36 mg
Carbohydrate, by difference	6 g
Fiber, total dietary	2 g
Sugars, total	2 g
Sodium, Na	600 mg

Pick 2 Vegan Chili

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	830 kcal
Calories From Fat	162 kcal
Protein	27 g
Total lipid (fat)	17 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	0 g
Cholesterol	0 mg
Carbohydrate, by difference	128 g
Fiber, total dietary	24 g
Sugars, total	5 g
Sodium, Na	2,959 mg

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Pick 2 Chili

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	2,130 kcal
Calories From Fat	873 kcal
Protein	41 g
Total lipid (fat)	45 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	3 g
Cholesterol	139 mg
Carbohydrate, by difference	25 g
Fiber, total dietary	8 g
Sugars, total	11 g
Sodium, Na	1,160 mg

Pick 2 Loaded Potato Soup

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,128 kcal
Calories From Fat	268 kcal
Protein	14 g
Total lipid (fat)	20 g
Fatty acids, total saturated	10 g
Fatty acids, total trans	0 g
Cholesterol	39 mg
Carbohydrate, by difference	61 g
Fiber, total dietary	6 g
Sugars, total	3 g
Sodium, Na	1,162 mg

Pick 2 Broccoli & Cheese Soup

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	532 kcal
Calories From Fat	290 kcal
Protein	30 g
Total lipid (fat)	32 g
Fatty acids, total saturated	21 g
Fatty acids, total trans	0 g
Cholesterol	108 mg
Carbohydrate, by difference	32 g
Fiber, total dietary	4 g
Sugars, total	22 g
Sodium, Na	3,108 mg

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Pick 2 Crawfish Bisque

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,400 kcal
Calories From Fat	540 kcal
Protein	18 g
Total lipid (fat)	36 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	g
Cholesterol	140 mg
Carbohydrate, by difference	18 g
Fiber, total dietary	g
Sugars, total	2 g
Sodium, Na	2,260 mg

Pick 2 Creamy Chicken Noodle Soup

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,221 kcal
Calories From Fat	345 kcal
Protein	46 g
Total lipid (fat)	24 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	15 g
Cholesterol	146 mg
Carbohydrate, by difference	0 g
Fiber, total dietary	15 g
Sugars, total	0 g
Sodium, Na	1,673 mg

Pick 2 Chicken & Sausage Gumbo

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,175 kcal
Calories From Fat	299 kcal
Protein	26 g
Total lipid (fat)	16 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	0 g
Cholesterol	76 mg
Carbohydrate, by difference	14 g
Fiber, total dietary	2 g
Sugars, total	3 g
Sodium, Na	796 mg

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Pick 2 Tomato Basil Soup

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,400 kcal
Calories From Fat	480 kcal
Protein	4 g
Total lipid (fat)	32 g
Fatty acids, total saturated	14 g
Fatty acids, total trans	g
Cholesterol	70 mg
Carbohydrate, by difference	36 g
Fiber, total dietary	g
Sugars, total	18 g
Sodium, Na	1,760 mg

Pick 2 Plain Potato

Serving Size: 1 each

Servings: 1

Notes:

Energy	627 kcal
Calories From Fat	325 kcal
Protein	9 g
Total lipid (fat)	42 g
Fatty acids, total saturated	14 g
Fatty acids, total trans	4 g
Cholesterol	30 mg
Carbohydrate, by difference	67 g
Fiber, total dietary	8 g
Sugars, total	6 g
Sodium, Na	424 mg

Pick 2 BBQ Chicken Potato

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,009 kcal
Calories From Fat	608 kcal
Protein	30 g
Total lipid (fat)	73 g
Fatty acids, total saturated	26 g
Fatty acids, total trans	4 g
Cholesterol	111 mg
Carbohydrate, by difference	85 g
Fiber, total dietary	8 g
Sugars, total	21 g
Sodium, Na	1,079 mg

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Pick 2 Loaded Potato

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	911 kcal
Calories From Fat	511 kcal
Protein	25 g
Total lipid (fat)	63 g
Fatty acids, total saturated	23 g
Fatty acids, total trans	4 g
Cholesterol	85 mg
Carbohydrate, by difference	72 g
Fiber, total dietary	8 g
Sugars, total	7 g
Sodium, Na	1,398 mg

Pick 2 Bacon Cheesy Potato

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	799 kcal
Calories From Fat	452 kcal
Protein	19 g
Total lipid (fat)	56 g
Fatty acids, total saturated	23 g
Fatty acids, total trans	4 g
Cholesterol	69 mg
Carbohydrate, by difference	67 g
Fiber, total dietary	8 g
Sugars, total	6 g
Sodium, Na	697 mg

Loaded Potato

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,475 kcal
Calories From Fat	697 kcal
Protein	49 g
Total lipid (fat)	83 g
Fatty acids, total saturated	31 g
Fatty acids, total trans	4 g
Cholesterol	140 mg
Carbohydrate, by difference	140 g
Fiber, total dietary	16 g
Sugars, total	10 g
Sodium, Na	2,391 mg

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Bacon Cheesy Potato

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,336 kcal
Calories From Fat	664 kcal
Protein	37 g
Total lipid (fat)	81 g
Fatty acids, total saturated	34 g
Fatty acids, total trans	6 g
Cholesterol	107 mg
Carbohydrate, by difference	131 g
Fiber, total dietary	16 g
Sugars, total	9 g
Sodium, Na	1,097 mg

BBQ Chicken Potato

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,671 kcal
Calories From Fat	891 kcal
Protein	58 g
Total lipid (fat)	104 g
Fatty acids, total saturated	37 g
Fatty acids, total trans	4 g
Cholesterol	192 mg
Carbohydrate, by difference	168 g
Fiber, total dietary	16 g
Sugars, total	38 g
Sodium, Na	1,753 mg

Cajun Shrimp Potato

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,268 kcal
Calories From Fat	592 kcal
Protein	56 g
Total lipid (fat)	74 g
Fatty acids, total saturated	30 g
Fatty acids, total trans	4 g
Cholesterol	270 mg
Carbohydrate, by difference	135 g
Fiber, total dietary	17 g
Sugars, total	11 g
Sodium, Na	1,462 mg

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Turtle Cheesecake

Serving Size: 1 each

Servings: 1

Notes:

Energy	940 kcal
Calories From Fat	550 kcal
Protein	15 g
Total lipid (fat)	61 g
Fatty acids, total saturated	33 g
Fatty acids, total trans	2 g
Cholesterol	265 mg
Carbohydrate, by difference	83 g
Fiber, total dietary	3 g
Sugars, total	58 g
Sodium, Na	600 mg

Strawberry Wave Cheesecake

Serving Size: 1 each

Servings: 1

Notes:

Energy	830 kcal
Calories From Fat	500 kcal
Protein	14 g
Total lipid (fat)	55 g
Fatty acids, total saturated	32 g
Fatty acids, total trans	2 g
Cholesterol	265 mg
Carbohydrate, by difference	71 g
Fiber, total dietary	2 g
Sugars, total	57 g
Sodium, Na	560 mg

Chocolate Eruption

Serving Size: 1 each

Servings: 1

Notes:

Energy	950 kcal
Calories From Fat	510 kcal
Protein	12 g
Total lipid (fat)	57 g
Fatty acids, total saturated	35 g
Fatty acids, total trans	1 g
Cholesterol	150 mg
Carbohydrate, by difference	117 g
Fiber, total dietary	4 g
Sugars, total	88 g
Sodium, Na	580 mg

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Carrot Cake

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,170 kcal
Calories From Fat	660 kcal
Protein	11 g
Total lipid (fat)	73 g
Fatty acids, total saturated	31 g
Fatty acids, total trans	1 g
Cholesterol	135 mg
Carbohydrate, by difference	117 g
Fiber, total dietary	4 g
Sugars, total	88 g
Sodium, Na	700 mg

Mile High Cheesecake

Serving Size: 1 each

Servings: 1

Notes:

Energy	910 kcal
Calories From Fat	560 kcal
Protein	16 g
Total lipid (fat)	62 g
Fatty acids, total saturated	36 g
Fatty acids, total trans	3 g
Cholesterol	320 mg
Carbohydrate, by difference	72 g
Fiber, total dietary	2 g
Sugars, total	59 g
Sodium, Na	660 mg

Chocolate Chunk Cookie

Serving Size: 1 each

Servings: 1

Notes:

Energy	360 kcal
Calories From Fat	150 kcal
Protein	g
Total lipid (fat)	17 g
Fatty acids, total saturated	10 g
Fatty acids, total trans	g
Cholesterol	45 mg
Carbohydrate, by difference	55 g
Fiber, total dietary	3 g
Sugars, total	20 g
Sodium, Na	270 mg

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Heathbar Crunch Cookie

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	380 kcal
Calories From Fat	150 kcal
Protein	3 g
Total lipid (fat)	17 g
Fatty acids, total saturated	10 g
Fatty acids, total trans	g
Cholesterol	50 mg
Carbohydrate, by difference	53 g
Fiber, total dietary	1 g
Sugars, total	35 g
Sodium, Na	360 mg

White Chocolate Macadamia Cookie

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	400 kcal
Calories From Fat	200 kcal
Protein	4 g
Total lipid (fat)	22 g
Fatty acids, total saturated	12 g
Fatty acids, total trans	g
Cholesterol	40 mg
Carbohydrate, by difference	49 g
Fiber, total dietary	1 g
Sugars, total	32 g
Sodium, Na	260 mg

Royale Cookie

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	390 kcal
Calories From Fat	200 kcal
Protein	4 g
Total lipid (fat)	22 g
Fatty acids, total saturated	11 g
Fatty acids, total trans	g
Cholesterol	35 mg
Carbohydrate, by difference	48 g
Fiber, total dietary	3 g
Sugars, total	31 g
Sodium, Na	240 mg

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Peanut Butter Cup Cookie

Serving Size: 1 each

Servings: 1

Notes:

Energy	320 kcal
Calories From Fat	0 kcal
Protein	5 g
Total lipid (fat)	16 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	g
Cholesterol	10 mg
Carbohydrate, by difference	38 g
Fiber, total dietary	2 g
Sugars, total	23 g
Sodium, Na	440 mg

Harvest Cookie

Serving Size: 1 each

Servings: 1

Notes:

Energy	360 kcal
Calories From Fat	0 kcal
Protein	6 g
Total lipid (fat)	16 g
Fatty acids, total saturated	5 g
Fatty acids, total trans	0 g
Cholesterol	30 mg
Carbohydrate, by difference	47 g
Fiber, total dietary	g
Sugars, total	25 g
Sodium, Na	230 mg

Junior Ham Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	334 kcal
Calories From Fat	104 kcal
Protein	21 g
Total lipid (fat)	14 g
Fatty acids, total saturated	5 g
Fatty acids, total trans	1 g
Cholesterol	51 mg
Carbohydrate, by difference	37 g
Fiber, total dietary	2 g
Sugars, total	3 g
Sodium, Na	1,783 mg

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Junior Turkey Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	334 kcal
Calories From Fat	93 kcal
Protein	20 g
Total lipid (fat)	14 g
Fatty acids, total saturated	5 g
Fatty acids, total trans	1 g
Cholesterol	44 mg
Carbohydrate, by difference	38 g
Fiber, total dietary	2 g
Sugars, total	2 g
Sodium, Na	1,524 mg

Kids Nachos

Serving Size: 1 each

Servings: 1

Notes:

Energy	809 kcal
Calories From Fat	413 kcal
Protein	20 g
Total lipid (fat)	46 g
Fatty acids, total saturated	24 g
Fatty acids, total trans	g
Cholesterol	60 mg
Carbohydrate, by difference	76 g
Fiber, total dietary	4 g
Sugars, total	7 g
Sodium, Na	1,913 mg

Junior Cheesy Potato

Serving Size: 1 each

Servings: 1

Notes:

Energy	774 kcal
Calories From Fat	431 kcal
Protein	18 g
Total lipid (fat)	54 g
Fatty acids, total saturated	22 g
Fatty acids, total trans	4 g
Cholesterol	65 mg
Carbohydrate, by difference	67 g
Fiber, total dietary	8 g
Sugars, total	6 g
Sodium, Na	612 mg

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Kids Pizza

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	475 kcal
Calories From Fat	152 kcal
Protein	16 g
Total lipid (fat)	15 g
Fatty acids, total saturated	7 g
Fatty acids, total trans	g
Cholesterol	28 mg
Carbohydrate, by difference	45 g
Fiber, total dietary	2 g
Sugars, total	3 g
Sodium, Na	969 mg

Kids Hot Dawg

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	393 kcal
Calories From Fat	273 kcal
Protein	10 g
Total lipid (fat)	30 g
Fatty acids, total saturated	10 g
Fatty acids, total trans	2 g
Cholesterol	40 mg
Carbohydrate, by difference	31 g
Fiber, total dietary	0 g
Sugars, total	5 g
Sodium, Na	1,506 mg

Kids Cheese Quesadilla

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	940 kcal
Calories From Fat	495 kcal
Protein	44 g
Total lipid (fat)	64 g
Fatty acids, total saturated	37 g
Fatty acids, total trans	2 g
Cholesterol	140 mg
Carbohydrate, by difference	48 g
Fiber, total dietary	1 g
Sugars, total	1 g
Sodium, Na	2,023 mg

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Kids Mac-n-Cheese

Serving Size: 7 oz

Servings: 1

Notes:

Energy	300 kcal
Calories From Fat	81 kcal
Protein	11 g
Total lipid (fat)	9 g
Fatty acids, total saturated	3 g
Fatty acids, total trans	g
Cholesterol	15 mg
Carbohydrate, by difference	45 g
Fiber, total dietary	2 g
Sugars, total	8 g
Sodium, Na	570 mg