

Sweet Peppers

Nutritional Label

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Cajun Shrimp Nachos

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,223 kcal
Calories From Fat	717 kcal
Protein	45 g
Total lipid (fat)	82 g
Fatty acids, total saturated	31 g
Fatty acids, total trans	0 g
Cholesterol	239 mg
Carbohydrate, by difference	102 g
Fiber, total dietary	7 g
Sugars, total	12 g
Sodium, Na	3,705 mg

Chili Nachos

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	2,455 kcal
Calories From Fat	1,208 kcal
Protein	52 g
Total lipid (fat)	108 g
Fatty acids, total saturated	48 g
Fatty acids, total trans	1 g
Cholesterol	171 mg
Carbohydrate, by difference	128 g
Fiber, total dietary	11 g
Sugars, total	12 g
Sodium, Na	2,450 mg

Chips & Rotel

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,193 kcal
Calories From Fat	605 kcal
Protein	29 g
Total lipid (fat)	67 g
Fatty acids, total saturated	35 g
Fatty acids, total trans	g
Cholesterol	84 mg
Carbohydrate, by difference	113 g
Fiber, total dietary	7 g
Sugars, total	10 g
Sodium, Na	2,769 mg

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Roasted Pork Nachos

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,070 kcal
Calories From Fat	600 kcal
Protein	20 g
Total lipid (fat)	66 g
Fatty acids, total saturated	28 g
Fatty acids, total trans	0 g
Cholesterol	56 mg
Carbohydrate, by difference	126 g
Fiber, total dietary	6 g
Sugars, total	34 g
Sodium, Na	2,474 mg

Mediterranean Hummus

Serving Size: 1 each

Servings: 1

Notes:

Energy	604 kcal
Calories From Fat	227 kcal
Protein	23 g
Total lipid (fat)	33 g
Fatty acids, total saturated	5 g
Fatty acids, total trans	0 g
Cholesterol	0 mg
Carbohydrate, by difference	86 g
Fiber, total dietary	13 g
Sugars, total	9 g
Sodium, Na	1,908 mg

Broccoli Cheese Soup Cup

Serving Size: 1 each

Servings: 1

Notes:

Energy	240 kcal
Calories From Fat	129 kcal
Protein	13 g
Total lipid (fat)	14 g
Fatty acids, total saturated	9 g
Fatty acids, total trans	0 g
Cholesterol	46 mg
Carbohydrate, by difference	15 g
Fiber, total dietary	2 g
Sugars, total	5 g
Sodium, Na	938 mg

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Broccoli & Cheese Soup Bowl

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	684 kcal
Calories From Fat	269 kcal
Protein	30 g
Total lipid (fat)	29 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	0 g
Cholesterol	92 mg
Carbohydrate, by difference	59 g
Fiber, total dietary	5 g
Sugars, total	10 g
Sodium, Na	2,167 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	1,348 kcal
Calories From Fat	261 kcal
Protein	17 g
Total lipid (fat)	18 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	0 g
Cholesterol	30 mg
Carbohydrate, by difference	99 g
Fiber, total dietary	7 g
Sugars, total	4 g
Sodium, Na	1,525 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

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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Chili Cup

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,393 kcal
Calories From Fat	589 kcal
Protein	27 g
Total lipid (fat)	39 g
Fatty acids, total saturated	17 g
Fatty acids, total trans	1 g
Cholesterol	78 mg
Carbohydrate, by difference	49 g
Fiber, total dietary	7 g
Sugars, total	7 g
Sodium, Na	928 mg

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

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	506 kcal
Calories From Fat	248 kcal
Protein	36 g
Total lipid (fat)	28 g
Fatty acids, total saturated	17 g
Fatty acids, total trans	0 g
Cholesterol	107 mg
Carbohydrate, by difference	21 g
Fiber, total dietary	5 g
Sugars, total	9 g
Sodium, Na	1,452 mg

Cobb Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	855 kcal
Calories From Fat	512 kcal
Protein	41 g
Total lipid (fat)	56 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	0 g
Cholesterol	296 mg
Carbohydrate, by difference	53 g
Fiber, total dietary	6 g
Sugars, total	28 g
Sodium, Na	1,553 mg

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	680 kcal
Calories From Fat	336 kcal
Protein	55 g
Total lipid (fat)	37 g
Fatty acids, total saturated	17 g
Fatty acids, total trans	0 g
Cholesterol	187 mg
Carbohydrate, by difference	20 g
Fiber, total dietary	5 g
Sugars, total	7 g
Sodium, Na	1,027 mg

Asian Chicken Salad

Serving Size: 1 each

Servings: 1

Notes:

Energy	536 kcal
Calories From Fat	264 kcal
Protein	32 g
Total lipid (fat)	29 g
Fatty acids, total saturated	5 g
Fatty acids, total trans	0 g
Cholesterol	72 mg
Carbohydrate, by difference	34 g
Fiber, total dietary	6 g
Sugars, total	3 g
Sodium, Na	892 mg

Taco Salad

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,953 kcal
Calories From Fat	959 kcal
Protein	46 g
Total lipid (fat)	80 g
Fatty acids, total saturated	36 g
Fatty acids, total trans	1 g
Cholesterol	171 mg
Carbohydrate, by difference	71 g
Fiber, total dietary	13 g
Sugars, total	18 g
Sodium, Na	2,174 mg

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Big Greek Hummus Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	961 kcal
Calories From Fat	487 kcal
Protein	32 g
Total lipid (fat)	56 g
Fatty acids, total saturated	11 g
Fatty acids, total trans	0 g
Cholesterol	28 mg
Carbohydrate, by difference	99 g
Fiber, total dietary	17 g
Sugars, total	15 g
Sodium, Na	2,881 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	849 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	67 g
Fiber, total dietary	4 g
Sugars, total	9 g
Sodium, Na	2,037 mg

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Meat Lovers Flatbread

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	820 kcal
Calories From Fat	365 kcal
Protein	47 g
Total lipid (fat)	47 g
Fatty acids, total saturated	16 g
Fatty acids, total trans	3 g
Cholesterol	132 mg
Carbohydrate, by difference	68 g
Fiber, total dietary	2 g
Sugars, total	8 g
Sodium, Na	2,853 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

Chicken Breast Sandwich Regular

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	588 kcal
Calories From Fat	376 kcal
Protein	33 g
Total lipid (fat)	42 g
Fatty acids, total saturated	12 g
Fatty acids, total trans	1 g
Cholesterol	126 mg
Carbohydrate, by difference	24 g
Fiber, total dietary	1 g
Sugars, total	18 g
Sodium, Na	980 mg

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Chicken Breast Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,002 kcal
Calories From Fat	628 kcal
Protein	63 g
Total lipid (fat)	69 g
Fatty acids, total saturated	19 g
Fatty acids, total trans	1 g
Cholesterol	233 mg
Carbohydrate, by difference	36 g
Fiber, total dietary	1 g
Sugars, total	28 g
Sodium, Na	1,303 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

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

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Smoked Cheddar Melt Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	470 kcal
Calories From Fat	316 kcal
Protein	31 g
Total lipid (fat)	35 g
Fatty acids, total saturated	13 g
Fatty acids, total trans	1 g
Cholesterol	105 mg
Carbohydrate, by difference	8 g
Fiber, total dietary	1 g
Sugars, total	5 g
Sodium, Na	3,003 mg

Smoked Cheddar Melt Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	834 kcal
Calories From Fat	556 kcal
Protein	58 g
Total lipid (fat)	61 g
Fatty acids, total saturated	21 g
Fatty acids, total trans	1 g
Cholesterol	190 mg
Carbohydrate, by difference	14 g
Fiber, total dietary	1 g
Sugars, total	9 g
Sodium, Na	5,181 mg

Peppers & Beef Sandwich Regular

Serving Size: 1 each

Servings: 1

Notes:

Energy	385 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	2,432 mg

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Peppers & Beef Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	715 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	6 g
Sodium, Na	4,053 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

Chicken Salad Sandwich Large

Serving Size: 1 each

Servings: 1

Notes:

Energy	950 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	22 g
Fiber, total dietary	4 g
Sugars, total	10 g
Sodium, Na	1,391 mg

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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

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

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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

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

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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

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

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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	769 kcal
Calories From Fat	564 kcal
Protein	33 g
Total lipid (fat)	67 g
Fatty acids, total saturated	14 g
Fatty acids, total trans	6 g
Cholesterol	79 mg
Carbohydrate, by difference	79 g
Fiber, total dietary	3 g
Sugars, total	21 g
Sodium, Na	3,266 mg

Roasted Veggie Pita

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	773 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	91 g
Fiber, total dietary	9 g
Sugars, total	29 g
Sodium, Na	1,711 mg

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Roasted Pork & Apple Hoagie

Serving Size: 1 each

Servings: 1

Notes:

Energy	793 kcal
Calories From Fat	391 kcal
Protein	14 g
Total lipid (fat)	53 g
Fatty acids, total saturated	15 g
Fatty acids, total trans	0 g
Cholesterol	55 mg
Carbohydrate, by difference	65 g
Fiber, total dietary	5 g
Sugars, total	14 g
Sodium, Na	1,459 mg

Chicken Pesto on Focaccia

Serving Size: 1 each

Servings: 1

Notes:

Energy	644 kcal
Calories From Fat	452 kcal
Protein	35 g
Total lipid (fat)	50 g
Fatty acids, total saturated	12 g
Fatty acids, total trans	0 g
Cholesterol	119 mg
Carbohydrate, by difference	13 g
Fiber, total dietary	2 g
Sugars, total	3 g
Sodium, Na	624 mg

Turkey & Avocado Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	345 kcal
Calories From Fat	92 kcal
Protein	31 g
Total lipid (fat)	17 g
Fatty acids, total saturated	1 g
Fatty acids, total trans	0 g
Cholesterol	42 mg
Carbohydrate, by difference	101 g
Fiber, total dietary	8 g
Sugars, total	27 g
Sodium, Na	2,298 mg

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

White BBQ Chicken Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	994 kcal
Calories From Fat	657 kcal
Protein	48 g
Total lipid (fat)	74 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	1 g
Cholesterol	146 mg
Carbohydrate, by difference	63 g
Fiber, total dietary	2 g
Sugars, total	7 g
Sodium, Na	2,156 mg

Club Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	856 kcal
Calories From Fat	444 kcal
Protein	40 g
Total lipid (fat)	53 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	1 g
Cholesterol	110 mg
Carbohydrate, by difference	66 g
Fiber, total dietary	4 g
Sugars, total	12 g
Sodium, Na	2,712 mg

Chicken Club Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	904 kcal
Calories From Fat	449 kcal
Protein	52 g
Total lipid (fat)	53 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	1 g
Cholesterol	158 mg
Carbohydrate, by difference	63 g
Fiber, total dietary	4 g
Sugars, total	11 g
Sodium, Na	1,845 mg

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

California Club Sub Regular

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	962 kcal
Calories From Fat	417 kcal
Protein	36 g
Total lipid (fat)	46 g
Fatty acids, total saturated	12 g
Fatty acids, total trans	1 g
Cholesterol	87 mg
Carbohydrate, by difference	63 g
Fiber, total dietary	5 g
Sugars, total	9 g
Sodium, Na	3,573 mg

California Club Sub Large

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,746 kcal
Calories From Fat	685 kcal
Protein	67 g
Total lipid (fat)	74 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	1 g
Cholesterol	154 mg
Carbohydrate, by difference	121 g
Fiber, total dietary	9 g
Sugars, total	16 g
Sodium, Na	5,924 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

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

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

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

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

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

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

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

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

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

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

Mediterranean Chicken Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	682 kcal
Calories From Fat	371 kcal
Protein	55 g
Total lipid (fat)	53 g
Fatty acids, total saturated	17 g
Fatty acids, total trans	6 g
Cholesterol	166 mg
Carbohydrate, by difference	57 g
Fiber, total dietary	2 g
Sugars, total	5 g
Sodium, Na	3,045 mg

Cuban Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	592 kcal
Calories From Fat	262 kcal
Protein	44 g
Total lipid (fat)	31 g
Fatty acids, total saturated	10 g
Fatty acids, total trans	1 g
Cholesterol	115 mg
Carbohydrate, by difference	67 g
Fiber, total dietary	2 g
Sugars, total	5 g
Sodium, Na	3,887 mg

Southwestern Quesadilla Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,305 kcal
Calories From Fat	719 kcal
Protein	54 g
Total lipid (fat)	91 g
Fatty acids, total saturated	37 g
Fatty acids, total trans	4 g
Cholesterol	191 mg
Carbohydrate, by difference	75 g
Fiber, total dietary	7 g
Sugars, total	12 g
Sodium, Na	3,191 mg

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

Southwestern Veggie Quesadilla Panini

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,186 kcal
Calories From Fat	696 kcal
Protein	32 g
Total lipid (fat)	89 g
Fatty acids, total saturated	36 g
Fatty acids, total trans	4 g
Cholesterol	119 mg
Carbohydrate, by difference	75 g
Fiber, total dietary	7 g
Sugars, total	12 g
Sodium, Na	3,147 mg

Reuben Panini

Serving Size: 1 each

Servings: 1

Notes:

Energy	991 kcal
Calories From Fat	530 kcal
Protein	45 g
Total lipid (fat)	61 g
Fatty acids, total saturated	21 g
Fatty acids, total trans	1 g
Cholesterol	140 mg
Carbohydrate, by difference	27 g
Fiber, total dietary	14 g
Sugars, total	9 g
Sodium, Na	4,433 mg

Southwest Wrap

Serving Size: 1 each

Servings: 1

Notes:

Energy	801 kcal
Calories From Fat	268 kcal
Protein	50 g
Total lipid (fat)	37 g
Fatty acids, total saturated	17 g
Fatty acids, total trans	1 g
Cholesterol	139 mg
Carbohydrate, by difference	88 g
Fiber, total dietary	6 g
Sugars, total	27 g
Sodium, Na	2,545 mg

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

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

Club Wrap

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	942 kcal
Calories From Fat	433 kcal
Protein	40 g
Total lipid (fat)	56 g
Fatty acids, total saturated	22 g
Fatty acids, total trans	1 g
Cholesterol	110 mg
Carbohydrate, by difference	75 g
Fiber, total dietary	2 g
Sugars, total	21 g
Sodium, Na	3,085 mg

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

Pick 2 White BBQ Chicken Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	547 kcal
Calories From Fat	363 kcal
Protein	27 g
Total lipid (fat)	41 g
Fatty acids, total saturated	11 g
Fatty acids, total trans	1 g
Cholesterol	83 mg
Carbohydrate, by difference	32 g
Fiber, total dietary	1 g
Sugars, total	3 g
Sodium, Na	1,404 mg

Pick 2 Oven-Roasted Chicken Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	429 kcal
Calories From Fat	245 kcal
Protein	22 g
Total lipid (fat)	28 g
Fatty acids, total saturated	7 g
Fatty acids, total trans	0 g
Cholesterol	68 mg
Carbohydrate, by difference	38 g
Fiber, total dietary	1 g
Sugars, total	11 g
Sodium, Na	611 mg

Pick 2 Club Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	520 kcal
Calories From Fat	315 kcal
Protein	23 g
Total lipid (fat)	36 g
Fatty acids, total saturated	11 g
Fatty acids, total trans	0 g
Cholesterol	70 mg
Carbohydrate, by difference	40 g
Fiber, total dietary	1 g
Sugars, total	11 g
Sodium, Na	1,483 mg

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

Pick 2 Chicken Salad Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	519 kcal
Calories From Fat	353 kcal
Protein	21 g
Total lipid (fat)	39 g
Fatty acids, total saturated	7 g
Fatty acids, total trans	0 g
Cholesterol	104 mg
Carbohydrate, by difference	35 g
Fiber, total dietary	3 g
Sugars, total	6 g
Sodium, Na	739 mg

Pick 2 Roasted Veggie Pita

Serving Size: 1 each

Servings: 1

Notes:

Energy	773 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	91 g
Fiber, total dietary	9 g
Sugars, total	29 g
Sodium, Na	1,711 mg

Pick 2 Smoked Cheddar Melt Sandwich

Serving Size: 1 each

Servings: 1

Notes:

Energy	387 kcal
Calories From Fat	225 kcal
Protein	21 g
Total lipid (fat)	25 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	0 g
Cholesterol	59 mg
Carbohydrate, by difference	30 g
Fiber, total dietary	1 g
Sugars, total	4 g
Sodium, Na	1,707 mg

Sweet Peppers

Nutritional Label

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Pick 2 Turkey Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	262 kcal
Calories From Fat	118 kcal
Protein	14 g
Total lipid (fat)	14 g
Fatty acids, total saturated	2 g
Fatty acids, total trans	0 g
Cholesterol	29 mg
Carbohydrate, by difference	31 g
Fiber, total dietary	1 g
Sugars, total	2 g
Sodium, Na	992 mg

Pick 2 Ham Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	262 kcal
Calories From Fat	129 kcal
Protein	15 g
Total lipid (fat)	14 g
Fatty acids, total saturated	3 g
Fatty acids, total trans	0 g
Cholesterol	36 mg
Carbohydrate, by difference	29 g
Fiber, total dietary	1 g
Sugars, total	4 g
Sodium, Na	1,252 mg

Pick 2 Roast Beef Sandwich

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	288 kcal
Calories From Fat	137 kcal
Protein	16 g
Total lipid (fat)	16 g
Fatty acids, total saturated	4 g
Fatty acids, total trans	0 g
Cholesterol	21 mg
Carbohydrate, by difference	30 g
Fiber, total dietary	1 g
Sugars, total	3 g
Sodium, Na	1,338 mg

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

Pick 2 Cuban Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	296 kcal
Calories From Fat	131 kcal
Protein	22 g
Total lipid (fat)	16 g
Fatty acids, total saturated	5 g
Fatty acids, total trans	g
Cholesterol	57 mg
Carbohydrate, by difference	33 g
Fiber, total dietary	1 g
Sugars, total	3 g
Sodium, Na	1,717 mg

Pick 2 Mediterranean Pinini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	682 kcal
Calories From Fat	371 kcal
Protein	55 g
Total lipid (fat)	53 g
Fatty acids, total saturated	17 g
Fatty acids, total trans	6 g
Cholesterol	166 mg
Carbohydrate, by difference	57 g
Fiber, total dietary	2 g
Sugars, total	5 g
Sodium, Na	3,045 mg

Pick 2 Reuben Panini

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	496 kcal
Calories From Fat	265 kcal
Protein	22 g
Total lipid (fat)	30 g
Fatty acids, total saturated	10 g
Fatty acids, total trans	0 g
Cholesterol	70 mg
Carbohydrate, by difference	13 g
Fiber, total dietary	7 g
Sugars, total	5 g
Sodium, Na	1,990 mg

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

Pick 2 Asian Chicken Salad

Serving Size: 1 each

Servings: 1

Notes:

Energy	385 kcal
Calories From Fat	232 kcal
Protein	17 g
Total lipid (fat)	26 g
Fatty acids, total saturated	4 g
Fatty acids, total trans	0 g
Cholesterol	36 mg
Carbohydrate, by difference	19 g
Fiber, total dietary	3 g
Sugars, total	2 g
Sodium, Na	774 mg

Pick 2 Waldorf Salad

Serving Size: 1 each

Servings: 1

Notes:

Energy	333 kcal
Calories From Fat	215 kcal
Protein	17 g
Total lipid (fat)	23 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	1 g
Cholesterol	50 mg
Carbohydrate, by difference	15 g
Fiber, total dietary	2 g
Sugars, total	11 g
Sodium, Na	630 mg

Pick 2 Chicken on Greens

Serving Size: 1 each

Servings: 1

Notes:

Energy	234 kcal
Calories From Fat	112 kcal
Protein	22 g
Total lipid (fat)	12 g
Fatty acids, total saturated	4 g
Fatty acids, total trans	0 g
Cholesterol	76 mg
Carbohydrate, by difference	7 g
Fiber, total dietary	2 g
Sugars, total	3 g
Sodium, Na	388 mg

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

Pick 2 Garden Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	108 kcal
Calories From Fat	56 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	7 g
Fiber, total dietary	3 g
Sugars, total	4 g
Sodium, Na	110 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

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

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

Pick 2 Chef Salad

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	147 kcal
Calories From Fat	68 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	7 g
Fiber, total dietary	2 g
Sugars, total	4 g
Sodium, Na	601 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

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

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

Pick 2 Loaded Potato Soup

Serving Size: 1 each

Servings: 1

Notes:

Energy	1,063 kcal
Calories From Fat	235 kcal
Protein	11 g
Total lipid (fat)	17 g
Fatty acids, total saturated	8 g
Fatty acids, total trans	0 g
Cholesterol	30 mg
Carbohydrate, by difference	59 g
Fiber, total dietary	5 g
Sugars, total	3 g
Sodium, Na	1,086 mg

Pick 2 Broccoli & Cheese Soup

Serving Size: 1 each

Servings: 1

Notes:

Energy	428 kcal
Calories From Fat	249 kcal
Protein	25 g
Total lipid (fat)	28 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	0 g
Cholesterol	92 mg
Carbohydrate, by difference	20 g
Fiber, total dietary	3 g
Sugars, total	9 g
Sodium, Na	1,757 mg

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

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

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

Pick 2 Shrimp & Corn Chowder

Serving Size: 1 each

Servings: 1

Notes:

Energy	450 kcal
Calories From Fat	244 kcal
Protein	13 g
Total lipid (fat)	34 g
Fatty acids, total saturated	19 g
Fatty acids, total trans	g
Cholesterol	150 mg
Carbohydrate, by difference	47 g
Fiber, total dietary	4 g
Sugars, total	11 g
Sodium, Na	956 mg

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

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	743 kcal
Calories From Fat	433 kcal
Protein	9 g
Total lipid (fat)	56 g
Fatty acids, total saturated	18 g
Fatty acids, total trans	6 g
Cholesterol	40 mg
Carbohydrate, by difference	68 g
Fiber, total dietary	8 g
Sugars, total	7 g
Sodium, Na	559 mg

Pick 2 Loaded Potato

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,134 kcal
Calories From Fat	695 kcal
Protein	32 g
Total lipid (fat)	85 g
Fatty acids, total saturated	31 g
Fatty acids, total trans	6 g
Cholesterol	123 mg
Carbohydrate, by difference	73 g
Fiber, total dietary	8 g
Sugars, total	8 g
Sodium, Na	1,634 mg

Sweet Peppers

Nutritional Label

Show: [Nutrition Session](#) Location Specific Recipe Source: [All Company](#)

Pick 2 Bacon Cheesy Potato

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,088 kcal
Calories From Fat	667 kcal
Protein	32 g
Total lipid (fat)	82 g
Fatty acids, total saturated	30 g
Fatty acids, total trans	6 g
Cholesterol	129 mg
Carbohydrate, by difference	69 g
Fiber, total dietary	8 g
Sugars, total	7 g
Sodium, Na	1,269 mg

Loaded Potato

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,690 kcal
Calories From Fat	859 kcal
Protein	57 g
Total lipid (fat)	103 g
Fatty acids, total saturated	35 g
Fatty acids, total trans	6 g
Cholesterol	184 mg
Carbohydrate, by difference	143 g
Fiber, total dietary	16 g
Sugars, total	11 g
Sodium, Na	2,869 mg

Bacon Cheesy Potato

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,566 kcal
Calories From Fat	794 kcal
Protein	52 g
Total lipid (fat)	96 g
Fatty acids, total saturated	34 g
Fatty acids, total trans	6 g
Cholesterol	184 mg
Carbohydrate, by difference	135 g
Fiber, total dietary	16 g
Sugars, total	10 g
Sodium, Na	1,811 mg

Sweet Peppers

Nutritional Label

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Cajun Shrimp Potato

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	1,531 kcal
Calories From Fat	807 kcal
Protein	66 g
Total lipid (fat)	99 g
Fatty acids, total saturated	43 g
Fatty acids, total trans	6 g
Cholesterol	315 mg
Carbohydrate, by difference	136 g
Fiber, total dietary	17 g
Sugars, total	12 g
Sodium, Na	1,785 mg

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

Sweet Peppers

Nutritional Label

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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

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

Sweet Peppers

Nutritional Label

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Triple Chocolate Brownie

Serving Size: 1 each

Servings: 1

Notes:

Energy	kcal
Calories From Fat	0 kcal
Protein	6 g
Total lipid (fat)	22 g
Fatty acids, total saturated	6 g
Fatty acids, total trans	0 g
Cholesterol	35 mg
Carbohydrate, by difference	57 g
Fiber, total dietary	0 g
Sugars, total	37 g
Sodium, Na	260 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

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

Sweet Peppers

Nutritional Label

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Oakmeal Raisin Cookie

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	330 kcal
Calories From Fat	90 kcal
Protein	6 g
Total lipid (fat)	10 g
Fatty acids, total saturated	4 g
Fatty acids, total trans	g
Cholesterol	30 mg
Carbohydrate, by difference	55 g
Fiber, total dietary	3 g
Sugars, total	20 g
Sodium, Na	270 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

Sweet Peppers

Nutritional Label

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Sugar Cookie

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	300 kcal
Calories From Fat	110 kcal
Protein	4 g
Total lipid (fat)	12 g
Fatty acids, total saturated	4 g
Fatty acids, total trans	g
Cholesterol	10 mg
Carbohydrate, by difference	43 g
Fiber, total dietary	1 g
Sugars, total	22 g
Sodium, Na	30 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

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

Sweet Peppers

Nutritional Label

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Kids Nachos

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	785 kcal
Calories From Fat	398 kcal
Protein	19 g
Total lipid (fat)	44 g
Fatty acids, total saturated	23 g
Fatty acids, total trans	g
Cholesterol	54 mg
Carbohydrate, by difference	75 g
Fiber, total dietary	4 g
Sugars, total	6 g
Sodium, Na	1,786 mg

Junior Cheesy Tater

Serving Size: 1 each	
# Servings: 1	
Notes:	
Energy	890 kcal
Calories From Fat	540 kcal
Protein	18 g
Total lipid (fat)	68 g
Fatty acids, total saturated	26 g
Fatty acids, total trans	6 g
Cholesterol	75 mg
Carbohydrate, by difference	68 g
Fiber, total dietary	8 g
Sugars, total	7 g
Sodium, Na	747 mg

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

Sweet Peppers

Nutritional Label

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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	1,043 kcal
Calories From Fat	598 kcal
Protein	44 g
Total lipid (fat)	77 g
Fatty acids, total saturated	41 g
Fatty acids, total trans	4 g
Cholesterol	140 mg
Carbohydrate, by difference	48 g
Fiber, total dietary	1 g
Sugars, total	1 g
Sodium, Na	2,151 mg

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