



Panera Bread® Nutrition Guide - VERSION 2

Effective: 1/7/2026 EDITION 1

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BAGELS & SPREADS												
Asiago Cheese Bagel	1 Bagel	350	80	9	4	0	15	660	55	3	5	14
Asiago Everything Bagel	1 Bagel	370	90	9	4	0	15	810	55	3	5	15
Blueberry Bagel	1 Bagel	320	20	2	0	0	0	570	65	3	10	11
Cinnamon Crunch Bagel	1 Bagel	430	60	7	4	0	0	460	78	3	25	13
Cinnamon Swirl Raisin Bagel	1 Bagel	320	20	2	0	0	0	550	66	3	13	10
Everything Bagel	1 Bagel	340	35	4	0.5	0	0	810	66	3	7	11
Multigrain Bagel Flat	1 Bagel	190	20	2.5	0	0	0	420	35	0	2	6
Plain Bagel	1 Bagel	290	15	2	0	0	0	680	59	2	7	10
Sesame Bagel	1 Bagel	360	60	6	1	0	0	720	64	3	7	12
Honey Walnut Cream Cheese Spread - 1.5 oz	1 Container	130	90	10	6	0	25	160	9	0	8	4
Honey Walnut Cream Cheese Spread - 8 oz	2 Tbsp	90	60	7	4.5	0	20	110	6	0	5	3
Plain Cream Cheese Spread - 1.5 oz	1 Container	140	130	14	11	0	40	150	1	0	1	2
Plain Cream Cheese Spread - 8 oz	2 Tbsp	100	90	10	8	0	25	110	less than 1	0	1	2
BREADS												
Artisan Ciabatta	2 oz (about 2 3/4 inch slice / 57g)	150	10	1.5	0	0	0	260	30	1	1	5
Black Pepper Focaccia	2 oz (about 1 3/4 inch slice / 57g)	160	25	2.5	0	0	0	350	30	1	1	5
Classic White Miche	2.2 oz (about 3/4 inch slice / 62g)	190	35	3.5	2.5	0	10	290	32	3	6	6
Country Rustic Sourdough	2 oz (about 2/3 inch slice / 57g)	140	5	0.5	0	0	0	240	30	1	0	5
French Baguette	2 oz (about 2 3/4 inch slice / 57g)	150	5	0.5	0	0	0	320	32	1	1	5
Sourdough Soup Bowl	1 Bread Bowl	650	20	2.5	0	0	0	1340	136	5	4	21
Tomato Basil Miche	2 oz (about 1/2 inch slice / 57g)	150	5	0.5	0	0	0	320	30	2	3	5
Bread Portion - Artisan Ciabatta	1/3 Loaf	250	20	2	0	0	0	430	49	2	1	8
Bread Portion - Black Pepper Focaccia	1/4 loaf	210	30	3.5	0.5	0	0	460	40	1	1	6
Bread Portion - Classic White Miche	1 Slice	190	35	3.5	2.5	0	10	290	32	3	6	6
Bread Portion - Country Rustic Sourdough	1 Slice	130	5	0.5	0	0	0	220	27	1	0	4
Bread Portion - French Baguette	1/4 Baguette	290	10	1	0	0	0	620	61	2	2	9



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Bread Portion - Tomato Basil Miche	1 Slice	160	5	0.5	0	0	0	350	33	2	3	6
BREAKFAST												
Asiago Bagel Stack - Farmhouse Duo	1 Sandwich	730	360	40	18	0.5	345	1520	58	3	6	34
Asiago Bagel Stack - Sausage & Egg	1 Sandwich	810	450	50	19	0.5	350	1590	58	3	6	33
Asiago Everything Bagel Stack Sandwich - Wake-Up BLT	1 Sandwich	570	220	24	11	0	310	1280	59	3	7	27
Bacon Double Take on Black Pepper Focaccia	1 Sandwich	550	260	29	13	0	315	1380	43	1	2	28
Bacon, Egg & Cheese on Artisan Ciabatta	1 Sandwich	470	180	20	9	0	295	830	51	2	2	23
Bacon, Egg & Cheese on Croissant	1 Sandwich	480	260	29	16	0.5	325	730	33	2	7	22
Chipotle Chicken, Egg & Avo on Artisan Ciabatta	1 Sandwich	600	280	31	10	0	320	1090	55	4	3	27
Classic Avo Toast	1 Toast	260	100	11	1.5	0	0	280	33	5	1	6
Egg & Cheese on Artisan Ciabatta	1 Sandwich	430	140	16	7	0	285	680	51	2	2	20
Egg & Cheese on Croissant	1 Sandwich	440	230	25	15	0.5	315	590	33	2	6	19
Egg Whites	1 Portion	30	5	0	0	0	0	100	1	0	0	6
Garden Avo & Egg White on Multigrain Bagel Flat	1 Sandwich	350	120	14	5	0	20	680	40	2	4	18
Green Goddess Avo Toast	1 Toast	310	140	15	3	0	10	510	36	5	3	8
Ham Croissant Benny	1 Sandwich	430	220	24	14	0.5	325	970	34	2	7	21
Ham, Egg & Cheese on Ciabatta	1 Sandwich	460	150	17	8	0	300	1000	51	2	2	25
Sausage, Egg & Cheese on Artisan Ciabatta	1 Sandwich	610	290	33	14	0	320	1080	51	2	2	28
Sausage, Egg & Cheese on Croissant	1 Sandwich	620	380	42	21	0.5	345	990	33	2	7	26
Scrambled Egg	1 egg	90	60	7	3	0	265	90	1	0	0	8
Souffle - Four Cheese	1 Souffle	470	270	30	16	1	185	830	36	1	8	14
Souffle - Spinach & Bacon	1 Souffle	550	330	37	19	1	195	940	36	1	8	19
Steak & Wake on Ciabatta	1 Sandwich	510	180	20	9	0	320	980	51	2	2	33
Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping without pecans	1 Bowl	230	25	3	0.5	0	0	170	49	6	15	7



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Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	330	120	13	1.5	0	0	170	51	7	16	8
DRESSINGS, SAUCES, SPREADS & SOUP DIPPERS												
Soup - Creamy Tomato - Dipper Portion	4 fl oz	110	70	7	4.5	0	20	350	10	0	6	1
Soup - Bistro French Onion - Dipper Portion	4 fl oz	45	10	1	0.5	0	5	530	7	0	4	1
Sauce - Apple Cider Vinegar BBQ Sauce - Sandwich Portion	1 portion	20	0	0	0	0	0	110	5	0	5	0
Dressing - Asian Sesame Vinaigrette - Half	1 1/2 Tbsp	50	40	4	0.5	0	0	140	3	0	1	0
Dressing - Asian Sesame Vinaigrette - Whole	3 Tbsp	100	80	8	1.5	0	0	290	5	0	3	0
Dressing - Balsamic Vinaigrette - Half	1 1/2 Tbsp	50	35	4	0.5	0	0	150	4	0	4	0
Dressing - Balsamic Vinaigrette - Whole	3 Tbsp	110	70	8	1	0	0	300	8	0	8	0
Sauce - Balsamic Glaze	1 portion	20	0	0	0	0	0	10	5	0	5	0
Dressing - Caesar - Half	1 1/2 Tbsp	90	80	9	1.5	0	15	140	1	0	1	0
Dressing - Caesar - Whole	3 Tbsp	180	160	18	3	0	30	290	2	0	2	1
Sauce - Chipotle Aioli - Sandwich Portion	1 Portion	100	100	11	1.5	0	10	140	1	0	0	0
Sauce - Creamy Pesto - Sandwich Portion	1 portion	25	15	1.5	1	0	5	115	1	0	0	1
Sauce - Garlic Aioli - Sandwich Portion	1 portion	110	110	12	2	0	20	95	0	0	0	0
Dressing - Greek Dressing - Sandwich Portion	1 Portion	40	35	4	0.5	0	0	50	0	0	0	0
Dressing - Greek Dressing - Half	1 1/2 Tbsp	110	110	12	1.5	0	0	150	0	0	0	0
Dressing - Greek Dressing - Whole	3 Tbsp	230	220	25	3.5	0	0	290	1	0	0	0
Dressing - Green Goddess Dressing - Sandwich Portion	1 Portion	30	20	2	0	0	0	55	1	0	1	1
Dressing - Green Goddess - Half	1 1/2 tbsp	45	30	3.5	0	0	0	80	2	0	1	1
Dressing - Green Goddess - Whole	3 tbsp	90	60	7	1	0	5	160	4	0	3	2
Spread - Hummus - Sandwich Portion	1 portion	60	40	4.5	0.5	0	0	150	4	1	1	2
Sauce - Mayonnaise - Sandwich Portion	1 portion	130	130	14	1.5	0	10	115	0	0	0	0

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Dressing - Ranch Dressing - Sandwich Portion	1 portion	80	80	9	1	0	5	125	1	0	1	0
Dressing - Ranch - Half	1 1/2 Tbsp	110	100	11	1.5	0	10	160	1	0	1	0
Dressing - Ranch - Whole	3 Tbsp	210	200	23	3	0	15	320	3	0	2	0
Spread - Green Chile Salsa Verde - Sandwich Portion	1 Portion	60	45	5	3	0	10	160	2	0	1	1
Sauce- Cheese Hollandaise - Breakfast Sandwich Portion	1 portion	50	40	4.5	3	0	20	210	2	0	1	2
Sauce- Creamy Basil Pesto- Sandwich Portion	1 portion	25	15	1.5	1	0	5	115	1	0	0	1
Sauce - Signature Sauce -Sandwich Portion	1 portion	90	70	8	1	0	10	95	4	0	2	0
Dressing - White Balsamic Vinaigrette flavored with Apple - Half	1 1/2 Tbsp	80	60	6	1	0	0	85	5	0	5	0
Dressing - White Balsamic Vinaigrette flavored with Apple - Whole	3 Tbsp	160	120	13	2	0	0	170	11	0	10	0
DRINKS												
Additional Shot of Caramel Syrup	1 Shot	45	0	0	0	0	0	45	11	0	10	0
Additional Shot of Chocolate Flavored Sauce	1 shot	50	5	0	0	0	0	25	12	0	8	0
Additional Shot of Espresso	1 fl oz (30 mL)	5	0	0	0	0	0	0	0	0	0	0
Additional Shot of Madagascar Vanilla Syrup	1 Shot	20	0	0	0	0	0	0	5	0	5	0
Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	210	0	0	0	0	0	15	52	0	48	0
Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	320	5	0	0	0	0	20	78	0	72	0
Agave Lemonade - Serves 4 - Group	1 container	670	5	1	0	0	0	40	165	0	153	1
Agave Lemonade - Serves 8 - Group	2 containers	1350	15	1.5	0	0	0	80	331	0	307	2
AHA Blueberry Pomegranate Sparkling Water- 12 fl oz can	12 fl oz can	0	0	0	0	0	0	0	0	0	0	0
AHA Lime Watermelon Sparkling Water- 12 fl oz can	12 fl oz can	0	0	0	0	0	0	0	0	0	0	0
Substitute Almondmilk - 20 fl oz	10 fl oz (296 mL)	50	40	4.5	0	0	0	120	2	1	0	2



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Americano - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	15	1	0	0	0
Unsweetened Iced Tea - Serves 4 - Group	1 Container	20	0	0	0	0	0	60	6	0	0	0
Unsweetened Iced Tea - Serves 8 - Group	2 Containers	40	0	0	0	0	0	115	12	0	0	0
Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	250	0	0	0	0	0	45	63	1	58	1
Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	380	5	0	0	0	0	65	95	1	87	1
Blueberry Lavender Lemonade - Naturally Flavored - Serves 4 - Group	1 Container	810	5	1	0	0	0	140	202	2	186	2
Blueberry Lavender Lemonade - Naturally Flavored - Serves 8 - Group	2 Containers	1620	15	1.5	0	0	0	290	404	4	371	3
Bottled Passionfruit Papaya Naturally Flavored Iced Green Tea	1 Bottle (500 mL)	130	0	0	0	0	0	0	31	0	28	0
Bottled Water	16.9 fl oz (500mL)	0	0	0	0	0	0	10	0	0	0	0
British Breakfast Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz Can- Lemon	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz - Lime	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Cafe Blend Dark Roast Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe blend Dark Roast Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4
Cafe Blend Light Roast Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4
Cafe Blend Light Roast Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1
Cafe Blend Light Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Caffe Latte - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	12	0	11	8
Caffe Latte - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	135	15	0	14	10
Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	100	0	0	0	0
Caffeine Free Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0



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Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	85	60	0	59	0
Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	125	90	0	89	0
Cappuccino - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	12	0	11	8
Cappuccino - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	135	15	0	14	10
Caramel Latte - 16 fl oz	16 fl oz (473 mL)	320	80	9	6	0	35	250	50	0	44	9
Caramel Latte - 20 fl oz	20 fl oz (591mL)	400	90	10	7	0	40	320	64	0	56	11
Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	280	70	7	4.5	0	30	160	42	0	40	12
Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	230	50	6	4	0	25	130	33	0	32	10
Citrus Punch - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	290	0	0	0	0	0	40	69	0	69	0
Citrus Punch - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	430	0	0	0	0	0	60	104	0	104	0
Citrus Punch - Naturally Flavored - Serves 4 - Group	1 Container	920	0	0	0	0	0	125	221	0	221	0
Citrus Punch - Naturally Flavored - Serves 8 - Group	2 Containers	1840	0	0	0	0	0	250	443	0	442	1
Blue Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0
Half & Half - 1 fl oz	1 fl oz	40	30	3.5	2	0	10	10	1	0	0	1
Pink Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0
Sugar	1 packet	10	0	0	0	0	0	0	3	0	3	0
Turbinado Cane Sugar Packet	1 Packet	20	0	0	0	0	0	0	4	0	4	0
Yellow Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0
1 pump of Cane Sugar Syrup	1 pump	20	0	0	0	0	0	0	5	0	5	0
Coke - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	65	67	0	67	0
Coke - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	95	100	0	100	0
Coke 20 fl oz Bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	80	68	0	68	0
Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0



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Coke Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	100	0	0	0	0
Creme Brulee Latte - 16 fl oz	16 fl oz (473 mL)	300	90	10	6	0	35	220	41	0	34	9
Creme Brulee Latte - 20 fl oz	20 fl oz (591mL)	360	100	11	7	0	40	260	51	0	42	11
Dasani Lemon - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Dasani Lime - 12 fl oz can	12 oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Decaf Coffee - Group	1 Container	15	0	0	0	0	0	70	0	0	0	4
Decaf Coffee - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	10	0	0	0	0
Decaf Coffee - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	10	0	0	0	1
Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	120	0	0	0	0
20 oz Diet Coke Bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	120	0	0	0	0
Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	180	0	0	0	0
Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	90	1	0	1	0
Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	140	1	0	1	0
Diet Mountain Dew - 12 fl oz can	12 fl oz Can (355 mL)	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0
Dr Pepper - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	100	66	0	64	0
Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	75	65	0	64	0
Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	110	98	0	96	0
Drive Thru - Agave Lemonade - 20 fl oz with Ice	20 fl oz (591 mL)	130	0	0	0	0	0	10	32	0	29	0
Drive Thru - Agave Lemonade - 30 fl oz with Ice	30 fl oz (887 mL)	190	0	0	0	0	0	15	48	0	44	0



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Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	150	0	0	0	0	0	30	37	0	34	0
Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	210	0	0	0	0	0	45	53	0	48	0
Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Caffeine Free Diet Pepsi - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Canada Dry Ginger Ale - 20 fl oz with Ice	20 fl oz (591 mL)	140	0	0	0	0	0	50	38	0	37	0
Drive Thru - Canada Dry Ginger Ale - 30 fl oz with Ice	30 fl oz (887 mL)	210	0	0	0	0	0	80	57	0	56	0
Drive Thru - Citrus Punch - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	170	0	0	0	0	0	25	41	0	41	0
Drive Thru - Citrus Punch - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	240	0	0	0	0	0	40	58	0	57	0
Drive Thru - Coke - 20 fl oz with Ice	20 fl oz (591 mL)	150	0	0	0	0	0	40	42	0	42	0
Drive Thru - Coke - 30 fl oz with Ice	30 fl oz (887 mL)	230	0	0	0	0	0	60	63	0	63	0
Drive Thru - Coke Zero - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Coke Zero - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Diet Coke - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - Diet Coke - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	110	0	0	0	0
Drive Thru - Diet Mountain Dew - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0



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Drive Thru - Diet Mountain Dew - 30 fl oz with Ice	30 fl oz (887 mL)	5	0	0	0	0	0	85	1	0	0	0
Drive Thru - Diet Pepsi - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Diet Pepsi - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Dr. Pepper - 20 fl oz with Ice	20 fl oz (591 mL)	150	0	0	0	0	0	45	41	0	40	0
Drive Thru - Dr. Pepper - 30 fl oz with Ice	30 fl oz (887 mL)	220	0	0	0	0	0	70	61	0	60	0
Drive Thru - Fanta Orange - 20 fl oz with Ice	20 fl oz (591 mL)	160	0	0	0	0	0	40	42	0	42	0
Drive Thru - Fanta Orange - 30 fl oz with Ice	30 fl oz (887 mL)	230	0	0	0	0	0	65	63	0	63	0
Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz with Ice	20 fl oz (591 mL)	70	0	0	0	0	0	50	19	0	19	0
Drive Thru - Lipton Brisk Raspberry Tea - 30 fl oz with Ice	30 fl oz (887 mL)	110	0	0	0	0	0	75	28	0	28	0
Drive Thru - Mountain Dew - 20 fl oz with Ice	20 fl oz (591 mL)	180	0	0	0	0	0	55	46	0	46	0
Drive Thru - Mountain Dew - 30 fl oz with Ice	30 fl oz (887 mL)	260	0	0	0	0	0	80	69	0	69	0
Drive Thru - Mug Root Beer - 20 fl oz with Ice	20 fl oz (591 mL)	150	0	0	0	0	0	60	40	0	40	0
Drive Thru - Mug Root Beer - 30 fl oz with Ice	30 fl oz (887 mL)	230	0	0	0	0	0	90	60	0	59	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz with Ice	20 fl oz (591 mL)	80	0	0	0	0	0	20	21	0	21	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz with Ice	30 fl oz (887 mL)	120	0	0	0	0	0	30	29	0	29	0
Drive Thru - Pepsi - 20 fl oz with Ice	20 fl oz (591 mL)	160	0	0	0	0	0	35	43	0	43	0
Drive Thru - Pepsi - 30 fl oz with Ice	30 fl oz (887 mL)	240	0	0	0	0	0	50	65	0	64	0
Drive Thru - Pepsi Zero - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Pibb Xtra - 20 fl oz with Ice	20 fl oz (591 mL)	150	0	0	0	0	0	55	39	0	39	0
Drive Thru - Pibb Xtra - 30 fl oz with Ice	30 fl oz (887 mL)	230	0	0	0	0	0	85	58	0	58	0
Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	10	0	0	0	0	0	10	2	0	1	0



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Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	10	0	0	0	0	0	15	3	0	1	0
Drive Thru - Powerade Mountain Blast - 20 fl oz with Ice	20 fl oz (591 mL)	90	0	0	0	0	0	120	23	0	23	0
Drive Thru - Powerade Mountain Blast - 30 Fl oz with Ice	30 fl oz (887 mL)	130	0	0	0	0	0	180	35	0	34	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Sprite - 20 fl oz with Ice	20 fl oz (591 mL)	140	0	0	0	0	0	70	38	0	38	0
Drive Thru - Sprite - 30 fl oz with Ice	30 fl oz (887 mL)	210	0	0	0	0	0	105	57	0	57	0
Drive Thru - Starry Lemon Lime - 20 fl oz with Ice	20 fl oz (591 mL)	160	0	0	0	0	0	35	43	0	43	0
Drive Thru - Starry Lemon Lime - 30 fl oz with Ice	30 fl oz (887 mL)	230	0	0	0	0	0	50	61	0	61	0
Drive Thru - Sweet Iced Tea - 20 fl oz with Ice	20 fl oz (591 mL)	130	0	0	0	0	0	15	34	0	32	0
Drive Thru - Sweet Tea - 30 fl oz with Ice	30 fl oz (887 mL)	190	0	0	0	0	0	25	50	0	49	0
Drive Thru - Tropicana Fruit Punch - 20 fl oz with Ice	20 fl oz (591 mL)	190	0	0	0	0	0	35	49	0	49	0
Drive Thru - Tropicana Fruit Punch - 30 fl oz with Ice	30 fl oz (887 mL)	270	0	0	0	0	0	50	71	0	70	0
Drive Thru - Tropicana Lemonade - 20 fl oz with Ice	20 fl oz (591 mL)	160	0	0	0	0	0	160	42	0	41	0
Drive Thru - Tropicana Lemonade - 30 fl oz with Ice	30 fl oz (887 mL)	240	0	0	0	0	0	240	62	0	62	0



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Drive Thru - Tropicana Light Lemonade - 20 fl oz with Ice	20 fl oz (591 mL)	5	0	0	0	0	0	150	0	0	0	0
Drive Thru - Tropicana Light Lemonade - 30 fl oz with Ice	30 fl oz (887 mL)	10	0	0	0	0	0	220	0	0	0	0
Drive Thru - Unsweetened Iced Tea - 20 fl oz with Ice	20 fl oz (591 mL)	5	0	0	0	0	0	15	1	0	0	0
Drive Thru - Unsweetened Iced Tea - 30 fl oz with Ice	30 fl oz (887 mL)	5	0	0	0	0	0	20	2	0	0	0
Drive Thru - Wild Cherry Pepsi 20 fl oz with Ice	20 fl oz (591 mL)	160	0	0	0	0	0	35	44	0	44	0
Drive Thru - Wild Cherry Pepsi 30 fl oz with Ice	30 fl oz (887 mL)	240	0	0	0	0	0	50	66	0	66	0
Drive-Thru - Lime Bubly Sparkling Water - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Drive-Thru - Lime Bubly Sparkling Water - 30 fl oz with Ice	30 fl oz (887 mL)	5	0	0	0	0	0	95	0	0	0	0
Espresso	2 fl oz (59 mL)	5	0	0	0	0	0	10	1	0	0	0
Fanta Orange - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	65	66	0	66	0
Fanta Orange - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	100	99	0	99	0
Frozen Signature Hot Chocolate	16 fl oz	590	240	26	16	1	80	240	82	2	53	9
Gold Peak Unsweetened Iced Tea - 18.5 fl oz	18.5 fl oz (547 mL)	0	0	0	0	0	0	55	0	0	0	0
Hazelnut Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4
Hazelnut Flavored Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1
Hazelnut Flavored Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Honest Berry Hibiscus Iced Tea - 16.9 fl oz bottle	16.9 fl oz bottle	100	0	0	0	0	0	5	26	0	25	0
Honey Ginseng Green Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Signature Hot Chocolate - 16 fl oz	16 fl oz (473 mL)	330	90	10	6	0	35	190	50	1	40	10
Signature Hot Chocolate - 20 fl oz	20 fl oz (591 mL)	410	100	11	7	0	40	240	65	2	51	13
Signature Hot Chocolate - Group	1 Container	3450	1650	183	117	5	595	1270	406	11	278	53



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Hot Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Iced Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	0
Iced Cafe Blend Dark Roast Coffee - 20 fl oz - no ice	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1
Iced Cafe Blend Dark Roast Coffee - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	15	0	0	0	0
Iced Cafe Blend Dark Roast Coffee - 30 fl oz - no ice	30 fl oz (887 mL)	10	0	0	0	0	0	20	0	0	0	1
Iced Caffe Latte - 20 fl oz	20 fl oz (591 mL)	160	60	6	4	0	25	135	15	0	14	10
Iced Caramel Latte - 20 fl oz	20 fl oz (591 mL)	350	90	10	7	0	40	280	53	0	47	11
Iced Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	230	50	6	4	0	25	135	33	0	32	10
Iced Creme Brulee Latte - 20 fl oz	20 fl oz (591 mL)	330	100	11	7	0	40	250	44	0	36	11
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	280	90	10	7	0	40	150	35	0	34	11
Iced Mocha Latte - 20 fl oz	20 fl oz (591 mL)	370	100	11	7	0	40	230	54	1	43	12
Kids Organic Apple juice	6.75 fl oz (200 mL)	100	0	0	0	0	0	10	24	0	23	0
Kids Organic Chocolate Milk	8 fl oz (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8
Kids Organic White Milk	8 fl oz (237 mL)	110	20	2.5	1.5	0	10	130	13	0	12	8
Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	110	0	0	0	0
Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	160	0	0	0	0
Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	120	0	0	0	0	0	80	30	0	30	0
Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	170	0	0	0	0	0	120	45	0	45	0
Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	250	80	9	6	0	35	120	32	0	31	9
Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	300	90	10	7	0	40	150	41	0	40	11
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	300	45	5	3	0	20	75	51	1	42	13
Minute Maid Orange Juice - 12 fl oz bottle	12 fl oz (355 mL)	220	0	0	0	0	0	30	51	0	45	0
Mocha Latte - 16 fl oz	16 fl oz (473 mL)	340	90	10	6	0	35	200	51	1	40	10
Mocha Latte - 20 fl oz	20 fl oz (591 mL)	420	100	11	7	0	40	250	66	2	51	13
Mountain Dew - 12 fl oz can	1 can (355 mL)	170	0	0	0	0	0	60	46	0	46	0



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Mountain Dew - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	85	73	0	73	0
Mountain Dew- 20 fl oz bottle	20 fl oz bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0
Mountain Dew - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	130	110	0	110	0
Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	95	64	0	63	0
Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	140	96	0	95	0
Orange Ginger Mint Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	25	36	0	36	0
Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	40	54	0	54	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 4 - Group	1 Container	460	0	0	0	0	0	85	115	0	115	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 8 - Group	2 Containers	920	0	0	0	0	0	170	229	0	230	0
Pepsi - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	50	69	0	69	0
Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	55	69	0	69	0
Pepsi - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	80	103	0	103	0
Pepsi 12 fl oz can	12 fl oz can (355 mL)	150	0	0	0	0	0	30	41	0	41	0
Pepsi Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Pepsi Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	90	61	0	61	0
Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	135	92	0	92	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	15	0	0	0	0	0	10	3	0	2	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	20	0	0	0	0	0	15	5	0	3	0



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Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 4 - Group	1 Container	45	0	0	0	0	0	35	10	0	6	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 8 - Group	2 Containers	90	0	0	0	0	0	75	21	0	11	0
Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	190	37	0	36	0
Powerade Mountain Blast - 30 Fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	280	55	0	55	0
Premium Orange Juice - Serves 4 - Group	2 Containers	900	0	0	1.5	0	0	30	204	0	180	17
Premium Orange Juice - Serves 8- Group	2 Containers	1800	0	0	3	0	0	60	408	0	360	33
Premium OJ 11.5 fl oz	1 Bottle	160	0	0	0	0	0	5	37	0	32	2
SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
SoBe Life Water Yumberry Pomegranate - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	120	1	0	0	0
Sprite - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	115	61	0	61	0
Sprite - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	170	91	0	91	0
Sprite 20 fl oz Bottle	20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0
Sprite Zero - 20 fl oz bottle	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	55	68	0	68	0
Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	85	97	0	97	0
Starry Lemon Lime 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	35	39	0	39	0
Starry Lemon Lime 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	55	68	0	68	0
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	2.5	1.5	0	10	40	51	4	36	7
Strawberry Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	260	40	4.5	2.5	0	20	70	43	2	37	12
Sweet Iced Tea - 20 fl oz	20 fl oz (591 mL)	170	0	0	0	0	0	15	45	0	44	0
Sweet Iced Tea - 30 fl oz	30 fl oz (887 mL)	260	0	0	0	0	0	25	68	0	65	0

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Sweet Tea - Serves 4 - Group	1 Container (1893 mL)	560	0	0	0	0	0	55	145	0	140	0
Sweet Tea - Serves 8 - Group	2 Containers (3785 mL)	1120	0	0	0	0	0	110	290	0	279	0
Tropical Green Smoothie - 16 fl oz	16 fl oz (473mL)	200	5	0	0	0	0	60	48	2	41	1
Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	290	0	0	0	0	0	55	78	0	78	0
Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	85	113	0	112	0
Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	260	67	0	66	0
Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	390	100	0	99	0
Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	230	0	0	0	0
Tropicana Light Lemonade - 30 fl oz	30 fl oz (887 mL)	15	0	0	0	0	0	350	0	0	0	0
Unsweetened Iced Tea - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	20	2	0	0	0
Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	25	3	0	0	0
Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	70	0	70	0
Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	390	0	0	0	0	0	80	106	0	105	0
PASTRIES & SWEETS												
Pastry - Asiago Croissant Twists	2 Twists	210	120	13	8	0.5	40	250	16	1	3	7
Muffin - Blueberry	1 Muffin	510	160	18	3.5	0	65	390	79	8	35	7
Brownie	1 Brownie	520	210	24	8	0	115	230	70	4	50	7
Cookie - Candy	1 Cookie	410	170	19	11	0	55	310	58	1	31	4
Muffie - Chocolate Chip	1 Muffie	340	120	13	4.5	0	35	200	51	3	22	5
Cookie - Chocolate Chipper	1 Cookie	390	170	18	11	0	40	330	52	1	31	4
Pastry - Chocolate Croissant	1 Croissant	410	180	20	13	0.5	40	330	51	2	17	7
Cookie - Chocolate Coconut Macaroon	1 macaroon	190	90	10	8	0	0	95	23	3	18	3
Cookie - Coconut Macaroon	1 macaroon	180	80	9	8	0	0	105	24	2	19	3
Cookie - Heart Shaped Shortbread	1 Cookie	390	210	23	16	0	30	150	44	0	25	3
Cookie - Tulip Shaped Shortbread	1 Cookie	400	210	24	16	0.5	30	160	45	1	26	3
Cranberry Orange Loaf Slice - Naturally Flavored	1 Slice	380	110	12	9	0	50	290	61	3	33	6

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Cookie - Kitchen Sink	1 Cookie	810	380	42	26	1	65	840	100	3	56	7
Mini - Brownie	1 Mini Brownie	130	50	6	2	0	30	60	17	1	13	2
Mini Cookie - Candy	1 Mini Cookie	110	45	5	2.5	0	15	75	16	0	9	1
Mini Cookie - Oatmeal Raisin with Berries	1 Cookie	90	30	3	1.5	0	10	50	14	1	8	1
Mini Scone - Orange	1 mini scone	180	60	7	4.5	0	25	290	26	1	13	3
Cookie - Oatmeal Raisin with Berries	1 Cookie	340	110	12	6	0	40	190	55	3	33	4
Scone - Orange	1 Scone	550	190	21	13	1	80	860	77	2	39	8
Pastry - Almond	1 Pastry	470	220	24	11	0.5	60	280	54	3	21	10
Pastry - Cherry	1 Pastry	330	100	11	6	0	35	300	53	2	24	6
Pastry - Pecan Braid	1 Pastry	450	220	25	9	0	25	160	51	3	23	7
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	2.5	0	10	85	13	0	8	1
Cinnamon Roll	1 Roll	580	160	18	10	0	40	420	97	2	62	7
SALADS												
Asian Sesame Chicken- Half	1/2 Salad	220	110	12	1.5	0	45	470	14	3	3	16
Asian Sesame Chicken- Half (no nuts)	1/2 Salad	180	80	8	1.5	0	45	470	13	2	3	14
Asian Sesame Chicken - Whole	1 Salad	440	220	24	3.5	0	95	950	28	7	6	31
Asian Sesame Chicken - Whole (no nuts)	1 Salad	360	150	17	2.5	0	95	950	25	5	5	28
Balsamic Chicken Greens with Grains Salad - Half	1/2 Salad	300	140	15	3.5	0	55	640	24	5	6	18
Balsamic Chicken Greens with Grains Salad - Whole	1 Salad	600	280	31	7	0	110	1270	49	9	12	36
Balsamic Greens with Grains Salad - Half	1/2 Salad	240	130	14	3	0	10	390	23	4	6	6
Balsamic Greens with Grains Salad - Whole	1 Salad	470	260	28	6	0	15	780	46	9	11	12
Caesar Salad - Half	1/2 Salad	210	130	15	4	0	25	440	12	2	2	6
Caesar Salad - Whole	1 Salad	420	270	30	8	0	50	870	24	4	4	12
Caesar with Chicken Salad - Half	1/2 Salad	270	140	16	4.5	0	75	680	13	2	2	18
Caesar with Chicken Salad - Whole	1 Salad	540	290	32	9	0	145	1370	26	5	5	36



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Fuji Apple Chicken Salad - Half	1/2 Salad	280	150	16	3	0	55	440	19	3	11	15
Fuji Apple Chicken Salad without pecans - Half	1/2 Salad	220	100	11	2.5	0	55	440	18	2	11	14
Fuji Apple Chicken Salad - Whole	1 Salad	550	290	32	6	0	110	880	37	6	22	30
Fuji Apple Chicken Salad without pecans - Whole	1 Salad	450	200	22	5	0	110	880	35	5	21	28
Greek Salad - Half	1/2 Salad	210	160	18	4.5	0	15	570	9	3	4	4
Greek Salad - Whole	1 Salad	420	330	36	9	0	30	1130	17	5	8	8
Greek Salad with Chicken - Half	1/2 Salad	270	170	19	4.5	0	60	810	10	3	4	16
Greek Salad with Chicken - Whole	1 Salad	540	350	39	9	0	125	1620	20	6	8	32
Green Goddess Cobb Salad with Chicken - Half	1/2 Salad	250	130	14	3	0	150	550	11	4	5	20
Green Goddess Cobb Salad with Chicken - Whole	1 Salad	500	260	28	6	0	300	1110	23	7	10	40
Harvest Medley Chicken Salad - Half	1/2 Salad	390	180	20	3.5	0	55	560	36	3	16	18
Harvest Medley Chicken Salad - Half - without Pecans	1/2 Salad	340	130	14	3	0	55	560	35	3	15	17
Harvest Medley Chicken Salad - Whole	1 Salad	780	350	39	7	0	110	1110	73	7	32	36
Harvest Medley Chicken Salad - Whole - without Pecans	1 Salad	680	260	29	6	0	110	1110	71	6	31	34
Harvest Medley Salad - Half	1/2 Salad	330	170	19	3	0	10	310	35	3	16	6
Harvest Medley Salad - Half - without pecans	1/2 Salad	280	120	13	2.5	0	10	310	34	3	15	5
Harvest Medley Salad - Whole	1 Salad	660	330	37	6	0	15	620	71	6	31	12
Harvest Medley Salad - Whole - without Pecans	1 Salad	550	240	27	5	0	15	620	68	5	31	11
Mediterranean Chicken Greens with Grains Salad - Half	1/2 Salad	330	180	20	4	0	55	660	22	4	3	17
Mediterranean Chicken Greens with Grains Salad - Whole	1 Salad	670	370	41	8	0	110	1310	43	7	6	35
Mediterranean Greens with Grains Salad - Half	1/2 Salad	270	170	19	3.5	0	10	410	20	3	3	5



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Mediterranean Greens with Grains Salad - Whole	1 Salad	540	350	39	7	0	15	820	41	7	6	11
Ranch Parm BLT Salad - Half	1/2 Salad	320	220	25	6	0	35	810	15	2	4	11
Ranch Parm BLT Salad- Whole	1 Salad	650	440	49	13	0	75	1610	31	4	8	22
Southwest Chicken Ranch Salad - Half	1/2 Salad	340	210	23	3.5	0	60	500	18	5	5	15
Southwest Chicken Ranch Salad - Whole	1 Salad	670	420	47	7	0	120	990	36	11	10	30
SANDWICHES												
Bacon Turkey Bravo® Sandwich on Tomato Basil - Half	1/2 Sandwich	430	180	20	7	0	70	1240	41	3	7	23
Bacon Turkey Bravo® Sandwich on Tomato Basil - Whole	1 Sandwich	860	360	39	13	0.5	140	2480	82	6	14	45
Catering Ham & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	850	440	49	13	0	120	2260	63	3	5	38
Chicken Bacon Rancher on Black Pepper Focaccia Round - Half	1/2 Sandwich	480	210	23	7	0	85	1130	43	2	2	25
Chicken Bacon Rancher on Black Pepper Focaccia Round - Whole	1 Sandwich	970	420	47	14	0.5	170	2270	86	4	4	51
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	510	240	26	7	0	80	1270	45	3	3	24
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Whole	1 Sandwich	1010	470	52	14	0.5	160	2540	89	7	5	47
Ciabatta Cheesesteak on Ciabatta- Half	1/2 Sandwich	570	240	27	8	0	65	1020	57	3	6	26
Ciabatta Cheesesteak on Ciabatta- Whole	1 Sandwich	1150	480	53	16	0	130	2050	114	6	12	53
Cranberry Walnut Chicken Salad on Country Rustic - Half	1/2 Sandwich	350	150	16	2	0	40	440	34	2	6	16
Cranberry Walnut Chicken Salad on Country Rustic - Whole	1 Sandwich	700	300	33	3.5	0	80	880	68	5	11	32

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French Onion Ciabatta Dipper - Half	1/2 Sandwich + Dipper	630	260	29	10	0	85	1750	58	3	6	34
French Onion Ciabatta Dipper - Whole	1 Sandwich + Dipper	1220	500	56	19	1	170	2960	110	5	8	68
Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	400	190	21	13	0.5	60	1270	37	3	8	16
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	810	380	42	26	1.5	120	2540	74	5	16	32
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Half	1/2 Sandwich	470	250	27	8	0	90	830	33	3	2	24
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Whole	1 Sandwich	940	490	55	16	0	185	1650	66	7	3	48
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	260	60	7	2	0	10	630	41	4	6	9
Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	520	130	14	4	0	15	1250	82	8	12	18
Pesto Chicken Ciabatta Dipper - Half	1/2 Sandwich + Dipper	570	190	21	12	0	95	1470	63	3	8	30
Pesto Chicken Ciabatta Dipper - Whole	1 Sandwich + Dipper	1020	320	35	20	0	175	2600	115	5	10	60
Smokehouse BBQ Chicken on Artisan Ciabatta - Half	1/2 Sandwich	420	100	11	5	0	70	1200	56	2	7	25
Smokehouse BBQ Chicken on Artisan Ciabatta - Whole	1 Sandwich	840	190	21	10	0	140	2390	112	4	14	49
Spicy Fiesta Chicken on Ciabatta - Half	1/2 Sandwich	470	140	16	8	0	80	980	56	3	4	26
Spicy Fiesta Chicken on Ciabatta - Whole	1 Sandwich	930	290	32	16	0.5	160	1970	112	6	7	51
Toasted Frontega Chicken on Black Pepper Focaccia - Half	1/2 Sandwich	440	170	19	5	0	70	1220	43	2	3	22
Toasted Frontega Chicken on Black Pepper Focaccia - Whole	1 Sandwich	870	350	39	11	0.5	145	2430	87	4	6	45
Toasted Italiano on Baguette - Half	1/2 Sandwich	660	290	32	10	0	80	2060	65	2	3	29
Toasted Italiano on Baguette - Whole	1 Sandwich	1330	580	64	20	0	160	4110	129	5	6	58
Tomato Basil BLT on Tomato Basil Miche - Half	1/2 Sandwich	390	200	22	4.5	0	30	780	35	3	5	12
Tomato Basil BLT on Tomato Basil Miche - Whole	1 Sandwich	780	400	45	9	0	55	1560	71	6	10	23



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Tuna Salad on Country Rustic Sourdough - Half	1/2 Sandwich	300	130	14	2.5	0	25	560	30	2	2	12
Tuna Salad on Country Rustic Sourdough - Whole	1 Sandwich	600	260	29	4.5	0	50	1110	60	4	4	24
Turkey & Cheddar on Country Rustic Sourdough - Half	1/2 Sandwich	420	210	24	6	0	60	1040	32	2	3	19
Turkey & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	840	430	47	12	0	125	2070	64	3	6	39
Asiago Bagel Stack Sandwich - Chicken Roma	1 Sandwich	610	250	27	10	0	95	1120	59	3	6	31
Asiago Bagel Stack Sandwich - Spicy Steak	1 Sandwich	620	230	25	13	0	90	1450	59	4	7	39
Toasted Caprese Focaccia - Half	1/2 sandwich	370	120	13	7	0	30	750	48	2	7	15
Toasted Caprese Focaccia - Whole	1 sandwich	740	240	26	14	0.5	60	1500	96	4	14	31
SIDES												
French Baguette - Side Portion	3 1/2 inch slice	190	5	0.5	0	0	0	410	41	1	1	6
Side - Apple	1 Apple	80	0	0	0	0	0	0	22	5	16	0
Banana	1 Banana	90	5	0	0	0	0	0	23	3	12	1
Fruit Cup	1 Container	60	0	0	0	0	0	25	14	1	12	1
Greek Yogurt with Berries	1 Parfait	250	80	9	4.5	0	25	80	27	2	16	16
Kettle Cooked Potato Chips	1 package	150	80	9	1	0	0	75	17	0	<1	2
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	240	1	0	0	0
KIDS												
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	810	380	42	26	1.5	120	2540	74	5	16	32
Kids Ham & American Cheese on Classic White Miche - Whole	1 Sandwich	640	210	24	14	0	110	2490	69	5	14	38
Kids Turkey & American Cheese on Classic White Miche - Whole	1 Sandwich	640	200	22	13	0	115	2300	71	5	15	39
Broccoli Cheddar - Cup	1 Cup	240	140	16	13	1.5	45	1010	17	1	6	8
Mac & Cheese- Cup	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16

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SOUPS & MAC												
Bacon Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1170	340	38	19	1	90	2650	170	5	11	39
Bacon Mac & Cheese - Group	1 Container	2080	1270	141	74	4.5	370	5240	136	0	31	74
Bacon Mac & Cheese - Bowl	About 2 Cups	1040	640	71	37	2	185	2620	68	0	15	37
Bacon Mac & Cheese - Cup	About 1 Cup	520	320	35	19	1	90	1310	34	0	8	19
Bistro French Onion Soup - Group	1 Container	720	290	32	15	1	70	4770	82	2	29	24
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	840	100	11	4.5	0	20	2660	158	6	12	27
Bistro French Onion - Bowl	1 1/2 Cups	290	110	12	6	0	25	1990	33	1	13	9
Bistro French Onion - Cup	1 Cup	190	70	8	4	0	20	1330	22	1	8	6
Broccoli Cheddar - Bowl	1 1/2 Cups	360	210	24	19	2.5	65	1520	25	1	9	13
Broccoli Cheddar - Cup	1 Cup	240	140	16	13	1.5	45	1010	17	1	6	8
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	890	160	18	13	1.5	45	2350	152	6	10	29
Broccoli Cheddar Soup - Group	1 Container	840	500	55	44	6	155	3540	58	3	20	29
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	280	140	16	8	0.5	40	1410	27	3	7	8
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	830	110	13	6	0	30	2280	154	7	9	26
Cream of Chicken & Wild Rice - Cup	1 Cup	190	90	10	5	0	30	940	18	2	5	5
Cream of Chicken and Wild Rice - Group	1 Container	650	330	36	19	1.5	100	3280	64	6	17	18
Hearty Fireside Chili - Bowl	1 Bowl	410	140	15	7	0	25	1730	49	9	8	19
Hearty Fireside Chili - Bread Bowl	1 Bread bowl with soup	920	110	12	5	0	15	2490	168	11	9	34
Hearty Fireside Chili - Cup	1 Cup	270	90	10	5	0	15	1150	32	6	5	13
Hearty Fireside Chili - Group	1 Container	950	320	35	17	0	60	4030	113	22	19	45
Homestyle Chicken Noodle Soup - Bowl	1 bowl	180	50	5	1.5	0	50	1730	19	1	4	14
Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	770	50	6	1.5	0	35	2490	149	6	6	30
Homestyle Chicken Noodle Soup - Cup	1 cup	120	30	3.5	1	0	35	1150	13	1	2	10
Homestyle Chicken Noodle Soup - Group	1 container	430	110	12	4	0	120	4030	45	3	9	33
Loaded Baked Potato Soup - Bowl	1 1/2 cups	430	230	26	14	0.5	85	1660	38	2	6	14
Loaded Baked Potato Soup - Bread Bowl	1 Bread bowl with soup	920	170	19	10	0	55	2390	161	6	8	29

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Loaded Baked Potato Soup - Cup	1 Cup	280	150	16	9	0	55	1050	25	1	4	9
Loaded Baked Potato Soup - Group	1 Container	990	530	58	32	1.5	190	3760	88	5	15	32
Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1130	310	34	18	1	85	2490	169	5	11	37
Mac & Cheese - Group	1 Container	1930	1160	128	70	4	335	4590	134	0	29	65
Mac & Cheese - Bowl	About 2 Cups	960	580	64	35	2	165	2300	67	0	15	32
Mac & Cheese- Cup	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16
Vegetarian Autumn Squash Soup - Bowl	1 1/2 Cups	330	150	17	7	0	50	1210	41	5	33	8
Vegetarian Autumn Squash Soup - Bread Bowl	1 Bread bowl with soup	860	120	13	5	0	35	2140	163	8	26	26
Vegetarian Autumn Squash Soup - Cup	1 Cup	220	100	11	5	0	35	800	27	3	22	5
Vegetarian Autumn Squash Soup - Group	1 Container	760	340	38	17	0	120	2810	96	11	77	18
Vegetarian Black Bean Soup - Bread Bowl	1 Bread bowl with soup	740	30	3.5	0.5	0	0	2080	163	17	5	26
Vegetarian Black Bean Soup - Group	1 Container	330	40	4	0.5	0	0	2610	95	41	5	18
Vegetarian Black Bean Soup - Bowl	1 1/2 Cups	140	15	2	0	0	0	1120	41	18	2	8
Vegetarian Black Bean Soup - Cup	1 Cup	90	10	1	0	0	0	750	27	12	1	5
Vegetarian Creamy Tomato Soup - Bowl	1 1/2 Cups	370	210	23	13	0.5	55	1120	35	1	17	4
Vegetarian Creamy Tomato Soup - Cup	1 Cup	250	140	16	9	0	40	770	25	1	12	3
Vegetarian Creamy Tomato Soup - Group	1 Container	900	510	56	31	1.5	130	2710	89	2	40	10
Vegetarian Creamy Tomato - Bread Bowl	1 Bread bowl with soup	900	170	18	9	0	40	2100	161	6	15	23
CATERING												
Catering Asiago Croissant Twists	1 Twist	100	60	7	4	0	20	125	8	0	1	3
Catering Butter Pat	1 pat	35	35	4	2.5	0	10	35	0	0	0	0
Catering Asian Sesame Chicken Salad - serves 10	2 Containers	2290	1130	125	17	0.5	470	4880	149	36	33	159
Catering Asian Sesame Chicken Salad - serves 10 (no nuts)	2 Containers	1860	790	88	14	0.5	470	4870	134	28	30	144
Catering Asian Sesame Chicken Salad - serves 5	1 Container	1140	560	63	8	0	235	2440	75	18	17	80



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Catering Asian Sesame Chicken Salad - serves 5 (no nuts)	1 Container	930	400	44	7	0	235	2440	67	14	15	72
Catering Asian Sesame Salad - Half	1/2 Salad	160	100	11	1.5	0	0	230	13	3	3	4
Catering Asian Sesame Salad - serves 10	2 Containers	1670	1030	114	13	0.5	0	2420	137	33	31	40
Catering Asian Sesame Salad - serves 5	1 Container	830	510	57	7	0	0	1210	68	17	16	20
Catering Asian Sesame Salad - Whole	1 Salad	320	200	22	2.5	0	0	460	26	6	6	8
Catering Asian Sesame Salad - Half (no nuts and no chicken)	1/2 Salad	120	70	7	1	0	0	230	11	2	2	2
Catering Asian Sesame Salad - Whole (no nuts and no chicken)	1 Salad	230	130	15	2	0	0	460	23	4	5	5
Catering Asian Sesame Salad - serves 10 (no nuts and no chicken)	2 Containers	1240	690	77	10	0.5	0	2410	122	26	28	25
Catering Asian Sesame Salad - serves 5 (no nuts and no chicken)	1 Container	620	350	38	5	0	0	1210	61	13	14	12
Catering Balsamic Chicken Greens with Grains Salad - Serves 10	2 Containers	3020	1390	155	35	0.5	550	6460	250	48	63	178
Catering Balsamic Chicken Greens with Grains Salad - Serves 5	1 Container	1510	700	77	17	0	275	3230	125	24	31	89
Catering Balsamic Greens with Grains Salad - Serves 10	2 Containers	2410	1290	143	31	0.5	80	4000	238	45	61	59
Catering Balsamic Greens with Grains Salad - Serves 5	1 Container	1200	650	72	16	0	40	2000	119	22	31	29
Catering Caesar Salad - Serves 10	2 Containers	2290	1510	167	43	2.5	290	4670	127	25	25	62
Catering Caesar Salad - Serves 5	1 Container	1150	750	84	22	1.5	145	2340	64	13	12	31
Catering Caesar Salad with Chicken - Serves 10	2 Containers	2910	1610	179	47	2.5	765	7130	139	28	26	181
Catering Caesar Salad with Chicken - Serves 5	1 Container	1460	800	89	23	1.5	380	3570	70	14	13	91



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Catering Chipotle Aioli for Breakfast Sandwiches	about 0.5 oz	90	90	10	1.5	0	10	135	1	0	0	0
Catering French Baguette	1 Baguette	1160	40	4.5	1	0	0	2470	244	9	7	37
Catering Fruit Bowl - Serves 10	1 container	570	20	2	0	0	0	240	140	13	121	9
Catering Fruit Bowl - Serves 5	1 container	280	10	1	0	0	0	120	70	7	61	4
Catering Fuji Apple - Half	1/2 Salad	210	140	15	3	0	10	190	17	3	11	3
Catering Fuji Apple Salad - serves 10	2 Containers	2330	1470	164	30	1.5	75	2130	189	28	119	32
Catering Fuji Apple Salad - serves 5	1 Container	1170	740	82	15	1	40	1070	94	14	59	16
Catering Fuji Apple - Whole	1 Salad	430	270	30	6	0	15	390	35	5	21	6
Catering Fuji Apple without pecans - Half	1/2 Salad	160	90	10	2.5	0	10	190	16	2	10	2
Catering Fuji Apple Salad without pecans - serves 10	2 Containers	1800	1010	112	25	1.5	75	2130	178	23	116	25
Catering Fuji Apple Salad without pecans - serves 5	1 Container	900	500	56	13	1	40	1060	89	12	58	12
Catering Fuji Apple without pecans - Whole	1 Salad	320	180	20	4.5	0	15	390	33	4	21	5
Catering Fuji Apple with Chicken Salad without Pecans- Serves 5	1 Container	1210	560	62	14	1	275	2290	95	13	59	72
Catering Fuji Apple with Chicken Salad - Serves 10	2 Containers	2950	1570	175	34	1.5	550	4590	201	31	120	151
Catering Fuji Apple with Chicken Salad - Serves 5	1 Container	1470	790	87	17	1	275	2300	101	15	60	75
Catering Fuji Apple with Chicken Salad without Pecans- Serves 10	2 Containers	2410	1110	123	29	1.5	550	4590	190	26	117	144
Catering Garlic Aioli for Breakfast Sandwiches	about 0.5 oz	110	110	12	2	0	15	90	0	0	0	0
Catering Greek Salad - Serves 10	2 Containers	2350	1870	207	47	1.5	150	6070	93	29	40	42
Catering Greek Salad - Serves 5	1 Container	1170	930	104	24	1	75	3040	46	14	20	21
Catering Greek Salad with Chicken - Serves 10	2 Containers	2970	1970	219	51	1.5	625	8530	105	32	42	162



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Catering Greek Salad with Chicken - Serves 5	1 Container	1480	980	109	25	1	310	4270	52	16	21	81
Catering Green Goddess Cobb Salad with Chicken - Serves 10	2 Containers	2590	1340	149	33	1	1510	5710	123	40	55	204
Catering Green Goddess Cobb Salad with Chicken - Serves 5	1 Container	1290	670	74	17	0	755	2850	61	20	28	102
Catering Ham & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	790	430	48	13	0	120	2200	52	3	5	38
Catering Harvest Medley Chicken Salad - Serves 10	2 Containers	3990	1810	201	36	0.5	550	5740	372	35	162	181
Catering Harvest Medley Chicken Salad - Serves 10 - without Pecans	2 Containers	3450	1350	150	32	0.5	550	5730	361	30	160	174
Catering Harvest Medley Chicken Salad - Serves 5	1 Container	1990	900	101	18	0	275	2870	186	18	81	90
Catering Harvest Medley Chicken Salad - Serves 5 - without Pecans	1 Container	1730	670	75	16	0	275	2870	181	15	80	87
Catering Harvest Medley Salad - Serves 10	2 Containers	3370	1710	190	33	0.5	75	3280	360	32	161	61
Catering Harvest Medley Salad - Serves 10 - without Pecans	2 Containers	2840	1240	138	28	0.5	75	3270	349	27	158	54
Catering Harvest Medley Salad - Serves 5	1 Container	1690	850	95	16	0	40	1640	180	16	80	31
Catering Harvest Medley Salad - Serves 5 - without Pecans	1 Container	1420	620	69	14	0	40	1640	175	14	79	27
Catering Mediterranean Chicken Greens with Grains Salad- Serves 10	2 Containers	3490	2000	223	42	1	550	6640	214	38	30	172
Catering Mediterranean Chicken Greens with Grains Salad- Serves 5	1 Container	1750	1000	111	21	0	275	3320	107	19	15	86
Catering Mediterranean Greens with Grains Salad- Serves 10	2 Containers	2870	1900	211	39	1	75	4180	202	35	28	53



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	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Catering Mediterranean Greens with Grains Salad- Serves 5	1 Container	1440	950	106	19	0	40	2090	101	17	14	26
Catering Ranch Parm BLT Salad - Serves 10	2 Containers	3350	2300	255	65	2.5	380	8190	158	22	41	109
Catering Ranch Parm BLT Salad - Serves 5	1 Container	1670	1150	128	32	1	190	4090	79	11	20	55
Catering Southwest Chicken Ranch Salad - Serves 10	2 Containers	3500	2220	247	36	0.5	610	5150	187	56	53	153
Catering Southwest Chicken Ranch Salad - Serves 5	1 Container	1750	1110	123	18	0	305	2570	93	28	26	77
NON-TRADITIONAL GRAB & GO												
Chicken Caesar Wrap	1 Wrap	480	200	22	5	0	80	1020	39	14	6	33
Frontega Chicken Wrap	1 Wrap	460	190	22	6	0	70	1170	37	12	6	33
Green Goddess Chicken Wrap	1 Wrap	450	160	18	3.5	0	60	970	44	15	9	33
Hard Boiled Eggs	1 Container	150	100	11	3.5	0	375	125	1	0	1	13
Turkey & Cheddar Wrap	1 wrap	460	190	22	6	0	55	1180	38	12	6	31
VALUE DUETS												
Value Duet - Caesar Salad & Homestyle Chicken Noodle Soup	1 Value Duet Meal	330	170	18	5	0	60	1590	25	3	5	15
Value Duet - Greek Salad & Creamy Tomato Soup	1 Value Duet Meal	460	310	34	13	0.5	55	1330	33	3	15	7
Value Duet - Grilled Cheese & Creamy Tomato Soup	1 Value Duet Meal	660	330	37	22	1	100	2040	62	3	19	19
Value Duet - Mediterranean Veggie & Creamy Tomato Soup	1 Value Duet Meal	510	210	23	11	0	45	1390	66	5	18	12
Value Duet - Toasted Smokehouse BBQ Chicken Sandwich & Creamy Tomato Soup	1 Value Duet Meal	670	240	27	14	0.5	110	1960	81	3	18	28
Value Duet - Tuna Sandwich & Creamy Tomato Soup	1 Value Duet Meal	550	270	30	11	0	60	1320	55	3	13	15



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Value Duet - Turkey & Cheddar Sandwich & Cream of Chicken & Wild Rice Soup

Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
1 Value Duet Meal	610	310	34	12	0.5	90	1970	50	3	8	24