

	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
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SALADS (*does not include dressing*)

<b>BBQ Chicken Salad</b>	298	480	240	27	9	0	100	560	32	7	15	29	130	37	8	14
<b>Chicken Caesar Salad</b>	249	420	230	25	6	0	105	470	17	5	4	32	367	28	31	23
<b>Chinese Chicken Salad</b>	230	370	160	18	2.5	0	75	610	28	4	11	23	197	60	13	21
<b>Chipotle Chicken Southwestern Salad</b>	312	470	290	32	9	0	115	390	16	7	6	32	372	35	10	20
<b>Classic Cobb Salad</b>	291	400	230	26	9	0	195	740	12	6	4	32	375	29	22	20
<b>Harvest Chicken Spinach Salad</b>	219	410	180	20	6	0	110	270	38	5	29	28	111	40	12	17
<b>Pistachio Chicken Salad</b>	241	390	160	18	3	0	85	130	32	5	25	25	112	10	7	15

SALADS (*includes dressing*)

<b>Italian Pasta Salad</b>	347	540	320	36	9	0	85	1310	39	5	5	18	24	53	25	25
<b>Lemon Chicken Pasta Salad</b>	381	600	240	26	7	0	175	680	53	1	3	35	20	22	21	26
<b>Thai Chicken Pasta Salad</b>	386	680	240	26	3.5	0	150	1020	76	2	18	33	139	36	7	29

SNACK BOX

<b>Albacore Tuna Salad &amp; Lavosh</b>	254	310	150	16	2.5	0	40	540	20	4	8	21	169	67	7	9
<b>Cheese &amp; Crackers</b>	207	630	360	40	25	0	120	640	33	3	15	35	27	40	71	7
<b>Protein Snack Box</b>	232	740	470	52	16	0	230	630	41	7	18	35	28	3	46	18

SANDWICHES

<b>Albacore Tuna Sandwich</b>	305	490	200	23	4	0	50	960	39	4	7	32	86	12	14	23
<b>Chicken Ciabatta Sandwich</b>	282	540	190	21	6	0	110	770	52	3	1	34	51	10	18	26
<b>Chicken Salad Sandwich</b>	308	790	470	52	17	0	165	670	49	4	15	30	103	12	9	21
<b>Chicken, Basil &amp; Swiss Sandwich</b>	278	710	360	40	10	0	120	810	50	2	6	36	44	18	28	26
<b>Ham &amp; Swiss Sandwich</b>	227	550	190	21	11	0	90	1460	49	1	4	38	9	0	45	19
<b>Italian Sandwich</b>	266	620	300	33	12	0	75	1770	54	3	3	27	17	14	26	25
<b>Roast Turkey &amp; Swiss Croissant</b>	266	720	340	37	19	0	175	470	49	3	13	44	64	9	29	22
<b>Roasted Vegetable Sandwich</b>	316	500	230	26	7	0	25	870	51	8	9	21	111	298	34	24
<b>Smoked Turkey &amp; Brie Sandwich</b>	283	590	240	27	10	0	110	740	48	2	5	38	89	10	11	29
<b>Traditional Turkey Sandwich</b>	275	460	130	14	4	0	110	470	36	4	5	45	84	11	14	28
<b>Turkey Rosemary Ciabatta</b>	295	710	330	37	11	0	120	850	51	2	3	42	18	10	24	28
<b>Turkey, Avocado &amp; Hummus</b>	318	460	160	18	3	0	55	630	47	7	7	31	8	26	13	21

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WRAPS

<b>BBQ Chicken Wrap</b>	343	810	360	40	18	0	135	1310	71	5	15	42	47	29	58	30
<b>Buffalo Chicken Wrap</b>	366	830	460	51	14	0	60	1970	70	4	7	22	177	36	23	27
<b>Chicken Caesar Wrap</b>	304	780	400	44	12	0	110	1220	57	4	4	38	187	11	42	32
<b>Chipotle Chicken Wrap</b>	381	830	420	47	17	0	135	1190	60	4	6	41	93	21	51	30
<b>Vegetable &amp; Hummus Wrap</b>	398	660	290	32	9	0	25	1460	78	9	7	21	294	33	37	32

SNACKS

<b>Celery Sticks with Peanut Butter</b>	198	360	260	29	6	0	0	370	15	6	8	15	13	7	8	7
<b>Citrus Chicken Couscous Salad</b>	333	600	250	28	3	0	85	150	58	4	19	28	15	45	8	15
<b>Edamame Cup with Citrus Salt</b>	176	110	30	3.5	0	0	0	300	12	9	2	9	11	27	5	9
<b>Fruit Cup</b>	198	80	0	0.5	0	0	0	20	19	2	16	1	44	121	2	3
<b>Greek Yogurt Parfait</b>	325	460	30	3.5	0.5	0	5	180	95	4	78	17	4	4	50	9
<b>Hard Cooked Eggs</b>	100	140	80	9	3	0	370	140	1	0	0	12	11	0	6	10
<b>Pretzels with Peanut Butter</b>	113	540	260	29	6	0	0	1040	58	5	7	20	0	0	6	17
<b>Strawberry Cup</b>	170	50	0	0.5	0	0	0	0	13	3	8	1	0	167	3	4
<b>Strawberry Yogurt Parfait</b>	272	330	70	7	2.5	0	10	150	61	2	33	13	10	22	37	5
<b>Tomato Mozzarella &amp; Cucumber Cup</b>	263	210	120	13	8	0	45	380	10	2	2	14	31	55	32	7
<b>Tropical Quinoa Salad</b>	222	340	170	19	3	0	0	50	38	4	11	6	42	58	6	14
<b>Vanilla Yogurt Parfait</b>	272	250	25	3	0	0	5	95	32	2	15	24	0	20	22	15
<b>Vegetable Couscous Salad</b>	297	460	240	26	6	0	25	390	45	3	5	11	40	50	20	10
<b>Vegetable Sticks with Hummus</b>	241	180	90	10	0	0	0	430	20	5	5	7	165	74	4	3
<b>Vegetable Sticks with Ranch</b>	213	240	190	21	3	0	10	380	11	3	8	2	165	69	8	3