

Greens & Things										Fall 2020
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
<b>Salads (dressings not included)</b>										
Caesar Salad	4-6oz.	409	20	20	2	35			✓	Milk,Soy,Egg
Greek Salad	4-6oz.	279	16	4	2	34				Wheat,Milk
West Tex Salad	4-6oz.	504	29	24	6	37				Wheat,Milk,Soy,Egg, Pork
Strawberry Margarita Salad	4-6oz.	466	30	29	8	22		✓	✓	Milk
<b>Wraps</b>										
12" Flour Tortilla	1 each	310	8	52	5	9	✓	✓		Wheat,Soy
12" Wheat Tortilla	1 each	290	7	50	6	9	✓	✓		Wheat,Soy
12" Spinach Herb Tortilla	1 each	270	8	42	2	6	✓	✓		Wheat,Soy
12" Jalapeno Cheese Tortilla	1 each	340	7	50	2	8	✓	✓		Wheat,Soy
<b>Vegetables</b>										
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Avocado	1 half (~2.6oz)	138	12	6	4.5	1.5	✓	✓	✓	
Bacon	1oz.	35	3	0	0	2			✓	Pork
Balsamic Vinegar	1oz.	59	4.9	3	0	0	✓	✓	✓	
Banana Pepper	1oz.	8	< 0.1	1.8	0.3	0.3	✓	✓	✓	
Black Beans	1oz.	37	0.2	6.7	2.5	2.5	✓	✓	✓	
Broccoli	1oz.	10	<0.1	1.5	0.5	0.75	✓	✓	✓	
Cabbage	1oz.	14	< 0.1	3.2	1.1	0.8	✓	✓	✓	
Candied Pecans	1oz.	164	14	10	1.5	1.5	✓	✓	✓	Treenut
Carrot	1oz.	12	< 0.1	2.7	0.8	0.3	✓	✓	✓	
Cilantro	1oz.	7	0.1	1	0.8	0.6	✓	✓	✓	
Crackers	1 package	28.5	0.5	5	0	1	✓	✓		Wheat, Soy
Croutons	.24oz	30	1	5	0	1		✓		Wheat,Milk
Cucumbers	1oz.	4	< 0.1	1	0.1	0.2	✓	✓	✓	
Dried Cranberries	1oz.	92	0	23.4	2.1	0	✓	✓	✓	Sunflower Oil
Hard Boiled Egg	1 each	78	5.3	0.6	0	6.3		✓	✓	Egg
Feta	2oz.	150	12.1	2.3	0	8.1		✓	✓	Milk
Fried Chicken	4oz	120	4.5	8	1	12				Wheat
Green Apple										
Green Bell Pepper	1oz.	6	<0.1	1.3	0.5	0.2	✓	✓	✓	
Grilled Chicken	4oz	179	1.1	35	2	6.6			✓	
Jalapenos	1oz.	8	0.3	1.3	0.7	0.3	✓	✓	✓	
Lemon	1 wedge	1	0	0.5	< 0.1	< 0.1	✓	✓	✓	
Linguine Pasta Noodles	1oz.	149	8.7	16.3	1.1	2.4	✓	✓		Wheat
Mandarine Oranges	1oz.	10	< 0.1	2.7	0.2	0.2	✓	✓	✓	
Montery Jack	1oz.	80	6	0	0	5		✓	✓	Milk
Mozzerella	1oz.	72	4.5	0.8	0	6.9		✓	✓	Milk
Olive Oil	1oz.	243	27	0	0	0	✓	✓	✓	
Black Olives	1oz.	41	4.3	1.1	0.9	0.3	✓	✓	✓	
Pecans	1oz.	196	20.4	3.9	2.7	2.6	✓	✓	✓	Pecan
Pesto	1oz.	115	10.5	3	0.5	1.5		✓	✓	Milk
Red Onion	1oz.	12	< 0.1	2.9	0.4	0.3	✓	✓	✓	
Roasted Corn	1oz.	24	0.4	5.9	0.7	1	✓	✓	✓	
Romaine	6oz.	5	< 0.1	0.9	0.6	0.3	✓	✓	✓	
Spinach	6oz.	29	0.5	5.6	3.6	2.1	✓	✓	✓	
Spring Mix	6oz.	39	0.7	6.2	3.7	4.9	✓	✓	✓	
Strawberries	1oz.	40	0	6	1	4	✓	✓	✓	
Sunflower Seeds	1oz.	174	14	6	3	6	✓	✓	✓	May contain Peanut, Cottonseed, Soybean and/or Sunflower Oil
Cherry Tomato	1oz.	5	< 0.1	1.1	0.3	0.2	✓	✓	✓	
Tortilla Strips	1oz.	35	1.5	5	0	0.5	✓	✓	✓	

Whole Wheat Spaghetti	2oz.	70	0.3	15	1.6	3	✓	✓		Wheat
<b>Dressing</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains:</b>
Avocado Chili Ranch	1oz.	138	13.2	3.4	1.8	1.4		✓	✓	Milk,Soy,Egg
Caesar	1oz.	123	12	2	0	2		✓	✓	Milk,Soy,Egg
Strawberry Lime Dressing	1oz.	48	4	2	0	0	✓	✓	✓	
Balsamic Vinegar	1oz.	10	0	2	0	0	✓	✓	✓	
Balsamic Vinaigrette	1oz.	51.5	3.5	5	0	0	✓	✓	✓	Soy
Zesty Italian	1oz.	82	8	3	0	0.1		✓	✓	Milk,Soy
Olive Oil Blend	1oz.	240	28	0	0	0	✓	✓	✓	
Ranch	1oz.	137	14.6	1.9	0.2	0.3		✓	✓	Milk,Soy,Egg
Oriental Sesame	1oz.	140	12	7	0	1	✓	✓		Wheat,Soy,Sesame
Yes =✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										