

									Updated	Fall 2020
<b>Location/Food</b>										
<b>Smart Choices</b>										
<b>Build-Your-Own Fruit Salad</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
<b>Fruit</b>										
Cantaloupe	1oz.	5	0	1	1	0	✓	✓	✓	
Grapes	1oz.	17	0	5	1	0	✓	✓	✓	
Grapefruit	1oz.	4	0	1	1	0	✓	✓	✓	
Honeydew melon	1oz.	5	0	1	1	0	✓	✓	✓	
Orange	1oz.	10	0	2	1	0	✓	✓	✓	
Pineapple	1oz.	12	0	3	0	0	✓	✓	✓	
Strawberry	1oz.	10	0	3	1	0	✓	✓	✓	
Watermelon	1oz.	9	0	2	0	0	✓	✓	✓	
Yogurt	4oz	80	0	10	0	10		✓	✓	Milk
<b>Build-Your-Own Salad/Wrap</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
<b>Vegetables</b>										
Avocado 1/4 c serving	1oz.	81	8	4	2	1	✓	✓	✓	
Avocado 1/2 c serving	1oz.	117	11	6	5	2	✓	✓	✓	
Bell Peppers	1oz.	6	0	1	1	0	✓	✓	✓	
Broccoli	1oz.	8	0	1	1	1	✓	✓	✓	
Carrots, shredded	1oz.	11	0	3	1	0	✓	✓	✓	
Jalapenos, pickled	1oz.	8	0	2	1	0	✓	✓	✓	
Kale	1oz.	10	0	1	1	2	✓	✓	✓	
Lettuce, mixed greens	1oz.	5	0	1	1	0	✓	✓	✓	
Mushrooms	1oz.	7	0	1	1	0	✓	✓	✓	
Onions, red	1oz.	10	0	2	1	0	✓	✓	✓	
Tomatoes	1oz.	5	0	1	1	0	✓	✓	✓	
Croutons										
Wheat Wrap Tortilla (only)	1 tortilla	290	7	50	6	9	✓	✓		Wheat, Soy
Garlic and Herb Wrap Tortilla (only)	1 tortilla	310	7	52	2	8	✓	✓		Wheat, Soy
Jalapeno Cheese Wrap Tortilla (only)	1 tortilla	310	7	50	2	8	✓	✓		Wheat, Soy
<b>Proteins</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Egg, hard boiled	1 egg	77	5	0.5	0	6		✓		Egg
Chicken	3oz	107	3	0	0	20				
Turkey	3oz	108	2	0	0	21				

[illegible]

<b>Wraps</b>										
Club	1 Wrap	477	24	40	6	28				Wheat
Garden Veggie	1 Wrap	458	13	74	10	15		✓		Wheat
Lettuce	1 Wrap	286	14	19	3	23		✓		
<b>Juice Bar</b>										
Fresh Pressed Orange Juice	8oz	116.5	0.5	26	1	2	✓	✓	✓	
Fresh Pressed Orange Juice	20oz	281	1	64	0	4	✓	✓	✓	
Orange You Glad	12 oz	121	0	28.5	0	2	✓	✓	✓	
Immune Booster	12 oz	156	0	38	0	2	✓	✓	✓	
Green Light	12 oz	151	0	36	0	5	✓	✓	✓	
Jump Start	12 oz	191	0	47	0	1	✓	✓	✓	
Fresh Start	12 oz	191	0	47	0	1	✓	✓	✓	
Watermelon Breeze	12oz	160	<1	39	0	1	✓	✓	✓	
*Dressing not included										
Yes =✓										
Yellow = Needs More Information										
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										