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

Cheese	Serving Size	Calories	Fat	Carbs	<b>Fiber</b>	<b>Protein</b>	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bleu Cheese	1oz	100	8	1	0	6		✓		Wheat, Milk
Feta	1oz	75	6	1	0	4		✓	✓	Milk
Monterey Jack	1oz	106	9	0	0	7		✓	✓	Milk
Parmesan	1oz	129	9	1	0	12		✓	✓	Milk
Nuts/Seeds										
Almonds	1 Tablspoon	53	5	1	trace	2	✓	✓	✓	Tree Nuts
Pecans	1 Tablspoon	47	5	1	trace	1	✓	✓	✓	Tree Nuts
Sunflower Seeds	1 Tablspoon	52	5	1	trace	2	✓	✓	✓	Tree Nuts, May Contain Peanut Oil
Walnuts	1 Tablspoon	47	4	1	trace	2	✓	✓	✓	Tree Nuts
Dressing	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Balsamic Vinaigrette	loz.	50	3.5	5	0	0	✓	✓		Soy
Fat Free Caesar	loz.	20	0	3	0	0			✓	Milk, Fish (Anchovy)
Fat Free Italian	loz.	10	0	2	0	0	✓	✓	✓	Soy
Fat Free Ranch	loz.	50	0	11	0	0		✓	✓	Milk(Whey), Soy
Honey Mustard	1oz.	45	0	9	1	1		✓	✓	Milk, Egg
Olive Oil Blend (2 Tablespoons)	0.5oz	120	14	0	0	0	✓	✓	✓	
Raspberry Vinaigrette	1oz.	35	0	8	0	0	✓	✓	✓	
Red Wine Vinegar	1oz.	5	0	2	0	0	✓	✓	✓	
Tomato Basil	1oz.	30	0	6	0	0	✓	✓	✓	
Tzatziki	1oz.	45	4	2	0	1		<b>✓</b>	✓	Milk
Ranch Dressing	2oz	207	21	2.5	0	1.5		<b>✓</b>	✓	Milk, Egg, Soy
Add a Pita										
White Pita Round	1ea	210	2	41	3	7	✓	✓		Wheat, Soy Oil
Salads (Per Recipe)										
Caesar Salad*	1 Salad	323	15	30	4	18		✓		Wheat
With Chicken*	1 Salad	403	14	33	4	35				
Baby Spinach*	1 Salad	157	12	9	4	7		✓	✓	
Taco-less Taco Salad	1 Salad	469	27	17	3	38				·

Wraps										
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		✓		
Juice Bar										
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										