

Fresh Plate									Updated	Fall 2020
Monday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Breakfast										
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg
Bacon	2 slices	70	6	0	0	4			✓	Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
French Toast (Without Toppings)	2 Slices	309.5	9.5	41	0.5	15		✓		Wheat, Milk, Soy, Egg
Add Ons										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓	
Syrup	1 serving	116	0	29	0	0	✓	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓	
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Greek Yogurt	4oz	80	0	10	0	10		✓	✓	Milk
Strawberries	1oz	28	0	7	0	0	✓	✓	✓	
Granola	1.5oz	249	9	38	3	4		✓		Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Entrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Chicken Masala	4oz	309	5	24	0	42			✓	Milk
Masala Sauce	2oz	180	0	24	0	21		✓	✓	Milk
Grilled Chicken	4oz	129	5	0	0	21			✓	
Sides										
Mashed Potatoes	2oz	130	8	13	0	1.5		✓	✓	Milk
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Basmati Rice	2oz	158	0	18	0	2				
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy
Fried Okra	3oz	141	5	21	1	3		✓		Wheat, Milk, Soy
Spinach	4oz	55	3	4	2	3	✓	✓	✓	Soy
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Burgers										
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		✓	✓	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	

Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Desserts										
Cookies:										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies:										
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Honeydew Melon	3oz	36	0	3	0.5	0	✓	✓	✓	
Cantaloupe	3oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice:										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓	
Teas										
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓	
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓	
Raspberry Tea	16oz	184	0	46	0	0	✓	✓	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	

Fresh Plate									Updated	Fall 2020
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
<u>Breakfast</u>										
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk, Egg
Bacon	2 slices	70	6	0	0	4			✓	Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Waffles	1 each	105	1	20	1	4		✓		Wheat, Milk, Soy
<u>Add Ons</u>										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓	
Syrup	1 serving	116	0	29	0	0	✓	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓	
<u>Breakfast Yogurt Bar</u>										
Greek Yogurt	4oz	80	0	10	0	10		✓	✓	Milk
Strawberries	1oz	28	0	7	0	0	✓	✓	✓	
Granola	1.5oz	249	9	38	3	4		✓		Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
<u>Entrées Daily Specials</u>										
Ground Beef Taco (Crispy Shell, Lettuce, Tomato, Cheese, Meat)	1 Taco	257	15	22	2	8.5			✓	Milk, Soy
Cheese Enchilada	4oz	585.0	6	11	1	122				Wheat, Milk, Soy
Grilled Chicken	4oz	129	5	0	0	21			✓	
<u>Sides</u>										
Spanish Rice	2oz	95.5	1.5	19	1	1.5	✓	✓		May contain wheat
Refried Beans	3oz	46.5	0.5	7.5	2.5	3	✓	✓	✓	
Salsa	1oz	4	0	1	0	0	✓	✓	✓	
Pico	1oz	4	0	1	0	0	✓	✓	✓	
<u>Vegetables</u>										
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy
Mixed Squash and Zucchini	2oz	35.5	1.5	5	1	0.5	✓	✓	✓	Soy
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
<u>Burgers</u>										
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Single Burger (Patty, Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
<u>Cheese Options</u>										
American Cheese	1 Slice	61	5	0	0	4		✓	✓	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
<u>Basic Toppings</u>										
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	

French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Desserts										
Cookies:										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M & M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies:										
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Fruit Cup	3oz	36	0	3	0.5	0	✓	✓	✓	
Honeydew Melon	3oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Cantaloupe	6oz	63.5	0	5.3	1	0				
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice:										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	0	0	0	0	0	✓	✓	✓	
Unsweet Tea	16oz	144	0	36	0	0	✓	✓	✓	
Sweet Tea	16oz	184	0	46	0	0	✓	✓	✓	
Raspberry Tea	16oz	230	0	57.5	0	0	✓	✓	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
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										

Fresh Plate										Updated	Fall 2020
Wednesday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		
Breakfast											
Scrambled Eggs	3.5oz	119.5	7.5	2.5	0	10.5		✓	✓		Milk,Egg
Bacon	2 slices	70	6	0	0	4			✓		Pork
Sausage	2 patties	300	28	0	0	12			✓		Pork
Biscuits	1 each	238	8	23	1	18.5		✓			Wheat, Milk, Soy
Gravy	1oz	63	3	9	0	0		✓			Wheat, Milk, Egg, Soy
Chorizo, Egg and 6" Tortilla	1 taco	313	19	18.5	2	16.5					Wheat, Milk, Egg, Soy, Pork
Add Ons											
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓		
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓		
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓		Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓		
Syrup	1 serving	116	0	29	0	0	✓	✓	✓		
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓		
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		Allergy/Contains
Greek Yogurt	4oz	80	0	10	0	10		✓	✓		Milk
Strawberries	1oz	28	0	7	0	0	✓	✓	✓		
Granola	1.5oz	249	9	38	3	4		✓			Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓		Milk, Soy
Entrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		Allergy/Contains
Vegetable Lasagna	4oz	136	6	13.5	2	7		✓			Wheat, Milk, Egg, Soy
Lemon Pepper Tilapia (Breaded)	4oz	176	8	9	0	17					Wheat, Soy, Fish
Grilled Chicken	4oz	129	5	0	0	21			✓		
Sides											
Cabbage	2oz	38	2	3	1	2	✓	✓	✓		
Red Potatoes	2oz	70	2	11	1	2	✓	✓	✓		
Rice	2oz	155	16.5	0	0	1.5	✓	✓	✓		
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓		Soy
Fried Okra	3oz	141	5	21	1	3		✓			Wheat, Milk, Soy
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓		Soy
Burgers											
Beef Patty	4oz	301	25	0	0	19			✓		
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓			Wheat, Soy
Single Burger (Patty,Bun)	1 Burger	467.04	26.56	33	1	24					Wheat, Soy
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free		Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		✓	✓		Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓		Milk
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free		Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓		
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓		
Mayo	1 pkt	76	8	1	0	0		✓	✓		Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓		
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓		
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓		

Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Desserts										
Cookies:										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies:										
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Fruit Cup	3oz	36	0	3	0.5	0	✓	✓	✓	
Honeydew Melon	3oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Cantaloupe	6oz	63.5	0	5.3	1	0	✓	✓	✓	
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice:										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓	
Teas:										
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓	
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓	
Raspberry Tea	16oz	184	0	46	0	0	✓	✓	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
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										

Fresh Plate									Updated	Fall 2020
Thursday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Breakfast										
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg
Bacon	2 slices	70	6	0	0	4			✓	Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Waffles	1 each	105	1	20	1	4		✓		Wheat, Milk, Soy
Add Ons										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓	
Syrup	1 serving	116	0	29	0	0	✓	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓	
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Greek Yogurt	4oz	80	0	10	0	10		✓	✓	Milk
Strawberries	1oz	28	0	7	0	0	✓	✓	✓	
Granola	1.5oz	249	9	38	3	4		✓		Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Entrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Chicken Fried Steak w/ Cream Gravy	4oz	365	20.5	31	1	14				Wheat, Milk, Soy, Whey
Chicken Fried Steak (Only)	4oz	244	12	22	1	14				Wheat, Milk, Soy, Whey
Cream Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Grilled Chicken	4oz	129	5	0	0	21			✓	
Broccoli & Cheese Casserole	4oz	167	10	14	1	5				Wheat,Milk,Soy,Whey
Sides										
Rice	2oz	155	16.5	0	0	1.5	✓	✓	✓	
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Mac and Cheese	2oz	86	4	8.5	0	4		✓		Wheat, Milk, Soy
		0								
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy
Green Beans	3oz	26	2	2			✓	✓	✓	Soy
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Burgers										
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Single Burger (Patty,Bun)	1 Burger	467.04	26.56	33	1	24				Wheat, Soy
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		✓	✓	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk

<u>Basic Toppings</u>	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
<u>Desserts</u>										
Cookies:										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies:										
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Fruit Cup	3oz	36	0	3	0.5	0	✓	✓	✓	
Honeydew Melon	3oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Cantaloupe	6oz	63.5	0	5.3	1	0				
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
<u>Drinks</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice:										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade										
Teas:	16oz	0	0	0	0	0	✓	✓	✓	
Unsweet Tea	16oz	144	0	36	0	0	✓	✓	✓	
Sweet Tea	16oz	184	0	46	0	0	✓	✓	✓	
Raspberry Tea	16oz	230	0	57.5	0	0	✓	✓	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	

Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	Allergy/Contains
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
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										

Fresh Plate									Updated	Fall 2020
Friday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
<u>Breakfast</u>										
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg
Bacon	2 slices	70	6	0	0	4			✓	Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Pancakes	1 each	105	1	20	1	4		✓		Wheat, Soy, Milk
<u>Add Ons</u>										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓	
Syrup	1 serving	116	0	29	0	0	✓	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓	
<u>Breakfast Yogurt Bar</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Greek Yogurt	4oz	80	0	10	0	10		✓	✓	Milk
Strawberries	1oz	28	0	7	0	0	✓	✓	✓	
Granola	1.5oz	249	9	38	3	4		✓		Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
<u>Entrées Daily Specials</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fried Catfish	4oz	114.5	9.5	16	1	13				Wheat, Fish
Baked Fish with Lemon Pepper	4oz	105	1	0	0	24			✓	
Grilled Chicken	4oz	129	5	0	0	21			✓	
Baked Ziti (Pasta, Sauce, Beef, Mozzarella, Parmesan)	8oz	774	36	76	5.5	36.5				Wheat, Milk, Soy
<u>Sides</u>										
Rice	2oz	155	16.5	0	0	1.5	✓	✓	✓	
Cabbage	2oz	38	2	3	1	2	✓	✓	✓	
Pinto Beans	2oz	24	0	4.5	1	1.5	✓	✓	✓	
Hush Puppies	2ct.	169	9	20	1	2				
<u>Vegetables</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy
Fried Okra	3oz	141	5	21	1	3		✓		Wheat, Milk, Soy
Spinach	4oz	55	3	4	2	3		✓	✓	Margarine
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
<u>Burgers</u>										
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
<u>Cheese Options</u>	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		✓	✓	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
<u>Basic Toppings</u>	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains

Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Desserts										
Cookies:										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓	✓	Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓	✓	Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies:										
Carrot Cake	1 Slice	299	15	38	1	3		✓	✓	Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓	✓	Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓	✓	Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓	✓	Wheat, Milk, Egg, Soy, Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Fruit Cup	3oz	36	0	3	0.5	0	✓	✓	✓	
Honeydew Melon	3oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Cantaloupe	6oz	63.5	0	5.3	1	0	✓	✓	✓	
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice:										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓	
Teas:										
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓	
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓	
Raspberry Tea	16oz	184	0	46	0	0	✓	✓	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	

Powerade:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
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										

Fresh Plate									Updated	Fall 2020
Friday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Breakfast										
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg
Bacon	2 slices	70	6	0	0	4			✓	Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
French Toast (Without Toppings)	2 Slices	309.5	9.5	41	0.5	15		✓		Wheat, Milk, Soy, Egg
Pancakes	1 each	105	1	20	1	4		✓		Wheat, Soy, Milk
Add Ons										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓	
Syrup	1 serving	116	0	29	0	0	✓	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓	
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Greek Yogurt	4oz	80	0	10	0	10		✓	✓	Milk
Strawberries	1oz	28	0	7	0	0	✓	✓	✓	
Granola	1.5oz	249	9	38	3	4		✓		Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Entrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fried Catfish	4oz	114.5	9.5	16	1	13				Wheat, Fish
Baked Fish with Lemon Pepper	4oz	105	1	0	0	24			✓	
Grilled Chicken	4oz	129	5	0	0	21			✓	
Baked Ziti (Pasta, Sauce, Beef, Mozzarella)	8oz	774	36	76	5.5	36.5				Wheat, Milk, Soy
Sides										
Rice	2oz	155	16.5	0	0	1.5	✓	✓	✓	
Cabbage	2oz	38	2	3	1	2	✓	✓	✓	
Pinto Beans	2oz	44	0	8	2	3	✓	✓	✓	
Hush Puppies	2ct.	169	9	20	1	2				
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy
Fried Okra	3oz	141	5	21	1	3		✓		Wheat, Milk, Soy
Spinach	4oz	55	3	4	2	3	✓	✓	✓	Margarine
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Burgers										
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy

Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
<u>Cheese Options</u>	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		✓	✓	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
<u>Basic Toppings</u>	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
<u>Desserts</u>										
Cookies:										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓	✓	Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓	✓	Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies:										
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Fruit Cup	6oz	63.5	0	5	1	0	✓	✓	✓	
Honeydew Melon	1oz	12	0	3	0.5	0	✓	✓	✓	
Cantaloupe	1oz	9.2	0	2.3	0.5	0	✓	✓	✓	
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
<u>Drinks</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice:										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓	
Teas:										
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓	
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓	

Raspberry Tea	16oz	184	0	46	0	0	✓	✓	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
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										