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chips","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":178.537,"calories":"180","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"0g","sugar":"18g","protein":"2g","potassium":"65mg","portionSize":"54g","portion":"1 MUFFIN","gramWeight":"54","carbohydrates":"29g","iron":"1mg","calcium":"3mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275647}]},{"courseName":"Breakfast daily 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Bar","number":"818236","description":"Vanilla Belgian Waffle served with pancake syrup and strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 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Tots","number":"812291","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":277.8097,"calories":"280","caloriesFromFat":"170","fat":"19g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"6g","cholesterol":"0mg","sodium":"450mg","dietaryFiber":"3g","sugar":"0g","protein":"2g","potassium":"280mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"24g","iron":"0mg","calcium":"14mg","vitaminA":"0mcg","vitaminC":"4mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276123},{"menuItemId":903873228,"menuDayId":0,"foodItemId":109805,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22177,"foodItemSourceKey":"1056522","formalName":"Bacon and Scrambled Egg Breakfast Bowl","number":"816876","description":"Home fried potatoes, scrambled eggs, bacon, roasted onion and cheddar cheese","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":296.2885,"calories":"300","caloriesFromFat":"200","fat":"22g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"3.5g","cholesterol":"365mg","sodium":"780mg","dietaryFiber":"1g","sugar":"1g","protein":"17g","potassium":"300mg","portionSize":"163g","portion":"1 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Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064},{"menuItemId":903873233,"menuDayId":0,"foodItemId":107773,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22179,"foodItemSourceKey":"1215464","formalName":"Texas French Toast","number":"818219","description":"Griddled thick sliced bread dipped in egg custard, finished with powdered sugar","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":213.6909,"calories":"210","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"130mg","sodium":"420mg","dietaryFiber":"0g","sugar":"5g","protein":"10g","potassium":"120mg","portionSize":"106g","portion":"1 1.5 SLC","gramWeight":"106","carbohydrates":"32g","iron":"2mg","calcium":"78mg","vitaminA":"105mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276815},{"menuItemId":903873252,"menuDayId":0,"foodItemId":106626,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22180,"foodItemSourceKey":"5013619","formalName":"Oatmeal With Toppings","number":"832415","description":"Oatmeal with choice of mix-ins: walnuts, brown sugar, raisins, cranberries & cinnamon apples","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":354.8636,"calories":"350","caloriesFromFat":"100","fat":"12g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"7g","cholesterol":"0mg","sodium":"15mg","dietaryFiber":"6g","sugar":"35g","protein":"7g","potassium":"320mg","portionSize":"248g","portion":"1 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fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562}]},{"courseName":"Yogurt Bar","menuDayId":0,"menuItems":[{"menuItemId":903873211,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":22182,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek Yogurt","number":"807310","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":23.4167,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"3g","protein":"2g","potassium":"25mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"25mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276087},{"menuItemId":903873209,"menuDayId":0,"foodItemId":109699,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":22183,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":903873232,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":22184,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"0mg","calcium":"31mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275114},{"menuItemId":903873206,"menuDayId":0,"foodItemId":109666,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Yogurt 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Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 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Cookie","number":"829903","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":197.6945,"calories":"200","caloriesFromFat":"90","fat":"10g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"20mg","sodium":"190mg","dietaryFiber":"2g","sugar":"18g","protein":"2g","potassium":"150mg","portionSize":"44g","portion":"1 COOKIE","gramWeight":"44","carbohydrates":"26g","iron":"1mg","calcium":"27mg","vitaminA":"77mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279552},{"menuItemId":903873215,"menuDayId":0,"foodItemId":111108,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":22189,"foodItemSourceKey":"1051599","formalName":"Citrus Yogurt Mousse","number":"812705","description":"Lemon, lime and vanilla yogurt mousse","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":139.9264,"calories":"140","caloriesFromFat":"80","fat":"8g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"25mg","dietaryFiber":"0g","sugar":"13g","protein":"2g","potassium":"50mg","portionSize":"71g","portion":"1 2.5 OZ","gramWeight":"71","carbohydrates":"15g","iron":"0mg","calcium":"32mg","vitaminA":"90mcg","vitaminC":"6mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279213},{"menuItemId":903873218,"menuDayId":0,"foodItemId":110590,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":22190,"foodItemSourceKey":"1053635","formalName":"Triple Chocolate Fudge Bar","number":"812809","description":"Chocolate brownie crust baked with white and semi sweet chocolate chip fudge filling","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.0539,"calories":"250","caloriesFromFat":"110","fat":"12g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"200mg","dietaryFiber":"1g","sugar":"25g","protein":"2g","potassium":"135mg","portionSize":"58g","portion":"1 DESSERT BAR","gramWeight":"58","carbohydrates":"34g","iron":"2mg","calcium":"17mg","vitaminA":"118mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276695}]},{"courseName":"Grill","menuDayId":0,"menuItems":[{"menuItemId":903873231,"menuDayId":0,"foodItemId":108804,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":22191,"foodItemSourceKey":"1059704","formalName":"Chicken Nuggets","number":"816987","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":325.7983,"calories":"330","caloriesFromFat":"210","fat":"23g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"3.5g","cholesterol":"35mg","sodium":"540mg","dietaryFiber":"0g","sugar":"0g","protein":"15g","potassium":"0mg","portionSize":"105g","portion":"1 6 EA","gramWeight":"105","carbohydrates":"15g","iron":"1mg","calcium":"19mg","vitaminA":"56mcg","vitaminC":"1mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278513}]},{"courseName":"Memorial Deli","menuDayId":0,"menuItems":[{"menuItemId":903873250,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":22192,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 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Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":903873245,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":22194,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 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mayonnaise","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":259.8657,"calories":"260","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"20mg","sodium":"600mg","dietaryFiber":"1g","sugar":"3g","protein":"13g","potassium":"135mg","portionSize":"150g","portion":"1 SLC","gramWeight":"150","carbohydrates":"29g","iron":"2mg","calcium":"182mg","vitaminA":"234mcg","vitaminC":"10mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279592},{"menuItemId":903873212,"menuDayId":0,"foodItemId":109756,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":22196,"foodItemSourceKey":"1027819","formalName":"Buffalo Turkey Casserole","number":"812124","description":"Ground turkey, vegetables, Buffalo sauce, blue cheese crumb topping, served with jasmine rice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":506.7676,"calories":"510","caloriesFromFat":"210","fat":"24g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"120mg","sodium":"1850mg","dietaryFiber":"3g","sugar":"7g","protein":"23g","potassium":"420mg","portionSize":"385g","portion":"1 ENTREE & 1 SIDE","gramWeight":"385","carbohydrates":"51g","iron":"2mg","calcium":"203mg","vitaminA":"3468mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274671}]},{"courseName":"Simple Servings","menuDayId":0,"menuItems":[{"menuItemId":903873241,"menuDayId":0,"foodItemId":124612,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22197,"foodItemSourceKey":"5203161","formalName":"Corn, Tomato & Basil Salad","number":"825172","description":"Corn and plum tomatoes tossed with balsamic vinegar, olive oil and fresh basil","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":57.3201,"calories":"60","caloriesFromFat":"15","fat":"2.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"2g","sugar":"3g","protein":"1g","potassium":"210mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"10g","iron":"1mg","calcium":"11mg","vitaminA":"99mcg","vitaminC":"7mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":292714},{"menuItemId":903873219,"menuDayId":0,"foodItemId":111208,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22198,"foodItemSourceKey":"1059620","formalName":"Jerk Chicken Thigh","number":"812998","description":"Pan seared Caribbean jerk seasoned chicken thigh","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":169.3781,"calories":"170","caloriesFromFat":"90","fat":"10g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"105mg","sodium":"115mg","dietaryFiber":"0g","sugar":"0g","protein":"19g","potassium":"210mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"1mg","calcium":"8mg","vitaminA":"19mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279252},{"menuItemId":903873220,"menuDayId":0,"foodItemId":111216,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22199,"foodItemSourceKey":"1060124","formalName":"Turmeric Rice Pilaf","number":"813032","description":"Rice simmered in vegetable broth with onions, garlic, turmeric and lemon juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":133.4671,"calories":"130","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"25mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"50mg","portionSize":"79g","portion":"1 1/2 CUP","gramWeight":"79","carbohydrates":"23g","iron":"1mg","calcium":"13mg","vitaminA":"11mcg","vitaminC":"2mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279253},{"menuItemId":903873242,"menuDayId":0,"foodItemId":111319,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22200,"foodItemSourceKey":"1226973","formalName":"Green Beans And Ginger","number":"828771","description":"Green beans stir fried with ginger, garlic and Napa cabbage","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":72.688,"calories":"70","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"0mg","sodium":"80mg","dietaryFiber":"3g","sugar":"2g","protein":"2g","potassium":"190mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"7g","iron":"1mg","calcium":"48mg","vitaminA":"248mcg","vitaminC":"12mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279496}]},{"courseName":"Soup","menuDayId":0,"menuItems":[{"menuItemId":903873225,"menuDayId":0,"foodItemId":111616,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":22201,"foodItemSourceKey":"5016236","formalName":"Cream of Tomato Soup","number":"815219","description":"Creamy tomato soup with diced tomatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":142.453,"calories":"140","caloriesFromFat":"100","fat":"11g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"30mg","sodium":"260mg","dietaryFiber":"2g","sugar":"5g","protein":"2g","potassium":"200mg","portionSize":"176g","portion":"1 6 FLOZ","gramWeight":"176","carbohydrates":"10g","iron":"0mg","calcium":"30mg","vitaminA":"273mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279333}]},{"courseName":"Vegan","menuDayId":0,"menuItems":[{"menuItemId":903873243,"menuDayId":0,"foodItemId":111370,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22202,"foodItemSourceKey":"4995966","formalName":"Enchilada Black Beans","number":"829280","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":46.893,"calories":"45","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"135mg","dietaryFiber":"3g","sugar":"0g","protein":"3g","potassium":"100mg","portionSize":"48g","portion":"1 #16 SCOOP","gramWeight":"48","carbohydrates":"8g","iron":"1mg","calcium":"12mg","vitaminA":"30mcg","vitaminC":"1mg","allergens":[{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279541},{"menuItemId":903873236,"menuDayId":0,"foodItemId":110150,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22203,"foodItemSourceKey":"1026207","formalName":"Pulao Rice","number":"820088","description":"Basmati rice simmered with cinnamon, cumin and cloves","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":129.3689,"calories":"130","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"120mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"40mg","portionSize":"84g","portion":"1 1/2 CUP","gramWeight":"84","carbohydrates":"26g","iron":"0mg","calcium":"13mg","vitaminA":"1mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278600},{"menuItemId":903873226,"menuDayId":0,"foodItemId":111059,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22204,"foodItemSourceKey":"1047809","formalName":"Mexican Pickled Vegetables","number":"816465","description":"Carrots, cauliflower, onions, jalapeno","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":16.5187,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"290mg","dietaryFiber":"1g","sugar":"1g","protein":"0g","potassium":"125mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"3g","iron":"0mg","calcium":"13mg","vitaminA":"647mcg","vitaminC":"13mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279340}]}]},{"dayPartName":"Dinner","menuDayId":0,"courses":[{"courseName":null,"menuDayId":0,"menuItems":[{"menuItemId":903873238,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":null,"courseSortOrder":0,"menuItemSortOrder":22205,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668}]},{"courseName":"Dessert","menuDayId":0,"menuItems":[{"menuItemId":903873247,"menuDayId":0,"foodItemId":111417,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":22206,"foodItemSourceKey":"5008987","formalName":"Double Chocolate Cookie","number":"829903","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":197.6945,"calories":"200","caloriesFromFat":"90","fat":"10g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"20mg","sodium":"190mg","dietaryFiber":"2g","sugar":"18g","protein":"2g","potassium":"150mg","portionSize":"44g","portion":"1 COOKIE","gramWeight":"44","carbohydrates":"26g","iron":"1mg","calcium":"27mg","vitaminA":"77mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279552},{"menuItemId":903873216,"menuDayId":0,"foodItemId":111108,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":22207,"foodItemSourceKey":"1051599","formalName":"Citrus Yogurt Mousse","number":"812705","description":"Lemon, lime and vanilla yogurt mousse","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":139.9264,"calories":"140","caloriesFromFat":"80","fat":"8g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"25mg","dietaryFiber":"0g","sugar":"13g","protein":"2g","potassium":"50mg","portionSize":"71g","portion":"1 2.5 OZ","gramWeight":"71","carbohydrates":"15g","iron":"0mg","calcium":"32mg","vitaminA":"90mcg","vitaminC":"6mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279213},{"menuItemId":903873217,"menuDayId":0,"foodItemId":110590,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":22208,"foodItemSourceKey":"1053635","formalName":"Triple Chocolate Fudge Bar","number":"812809","description":"Chocolate brownie crust baked with white and semi sweet chocolate chip fudge filling","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.0539,"calories":"250","caloriesFromFat":"110","fat":"12g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"200mg","dietaryFiber":"1g","sugar":"25g","protein":"2g","potassium":"135mg","portionSize":"58g","portion":"1 DESSERT BAR","gramWeight":"58","carbohydrates":"34g","iron":"2mg","calcium":"17mg","vitaminA":"118mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276695}]},{"courseName":"Memorial Deli","menuDayId":0,"menuItems":[{"menuItemId":903873251,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":22209,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 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Beans","number":"815085","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":23.8136,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"3g","sugar":"2g","protein":"1g","potassium":"135mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"1mg","calcium":"36mg","vitaminA":"0mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275621},{"menuItemId":903873253,"menuDayId":0,"foodItemId":111586,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22211,"foodItemSourceKey":"5014185","formalName":"Brown Rice & Quinoa Pilaf","number":"832512","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":112.5826,"calories":"110","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"35mg","dietaryFiber":"1g","sugar":"1g","protein":"3g","potassium":"120mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"22g","iron":"1mg","calcium":"9mg","vitaminA":"26mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279650},{"menuItemId":903873237,"menuDayId":0,"foodItemId":109229,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22212,"foodItemSourceKey":"1049730","formalName":"Rosemary Roasted Pork Loin","number":"820521","description":"Rosemary, kosher salt and pepper rubbed roasted pork loin","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":228.1773,"calories":"230","caloriesFromFat":"130","fat":"15g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"65mg","sodium":"85mg","dietaryFiber":"0g","sugar":"0g","protein":"22g","potassium":"340mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"1mg","calcium":"17mg","vitaminA":"6mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274465}]},{"courseName":"Soup","menuDayId":0,"menuItems":[{"menuItemId":903873224,"menuDayId":0,"foodItemId":111616,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":22213,"foodItemSourceKey":"5016236","formalName":"Cream of Tomato Soup","number":"815219","description":"Creamy tomato soup with diced tomatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":142.453,"calories":"140","caloriesFromFat":"100","fat":"11g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"30mg","sodium":"260mg","dietaryFiber":"2g","sugar":"5g","protein":"2g","potassium":"200mg","portionSize":"176g","portion":"1 6 FLOZ","gramWeight":"176","carbohydrates":"10g","iron":"0mg","calcium":"30mg","vitaminA":"273mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279333}]},{"courseName":"Vegan","menuDayId":0,"menuItems":[{"menuItemId":903873221,"menuDayId":0,"foodItemId":107301,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22214,"foodItemSourceKey":"1060728","formalName":"Filipino Vegetable Stew","number":"813040","description":"Vegetarian stew with zucchini, butternut squash, chickpeas, spinach, tomato and okra","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":134.4823,"calories":"130","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"105mg","dietaryFiber":"6g","sugar":"6g","protein":"5g","potassium":"460mg","portionSize":"229g","portion":"1 ENTREE","gramWeight":"229","carbohydrates":"21g","iron":"1mg","calcium":"80mg","vitaminA":"2208mcg","vitaminC":"21mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275580},{"menuItemId":903873222,"menuDayId":0,"foodItemId":109046,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22215,"foodItemSourceKey":"1061330","formalName":"Vietnamese Carrot Slaw","number":"813099","description":"Shredded carrots tossed with peanuts, mint, basil, cilantro, lime juice and a touch of chili pepper","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":29.1855,"calories":"30","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"45mg","dietaryFiber":"0g","sugar":"1g","protein":"1g","potassium":"100mg","portionSize":"31g","portion":"1 1/4 CUP","gramWeight":"31","carbohydrates":"3g","iron":"0mg","calcium":"13mg","vitaminA":"2094mcg","vitaminC":"5mg","allergens":[{"name":"Peanut","contains":"true","icon":null,"allergen":"4"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277837},{"menuItemId":903873208,"menuDayId":0,"foodItemId":109181,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22216,"foodItemSourceKey":"1020893","formalName":"Fried Plantains","number":"803481","description":"Crispy fried plantain slices seasoned with salt","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":125.4959,"calories":"130","caloriesFromFat":"35","fat":"3.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"220mg","dietaryFiber":"2g","sugar":"11g","protein":"0g","potassium":"380mg","portionSize":"87g","portion":"1 3 OZ","gramWeight":"87","carbohydrates":"25g","iron":"0mg","calcium":"2mg","vitaminA":"441mcg","vitaminC":"9mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276564},{"menuItemId":903873229,"menuDayId":0,"foodItemId":108340,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22217,"foodItemSourceKey":"1056599","formalName":"Jasmine Rice","number":"816882","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":122.6379,"calories":"120","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"40mg","portionSize":"85g","portion":"1 3 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EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668},{"menuItemId":903873227,"menuDayId":0,"foodItemId":109841,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"bakery","courseSortOrder":0,"menuItemSortOrder":22171,"foodItemSourceKey":"1049103","formalName":"Double Chocolate Muffin","number":"816545","description":"Rich chocolate muffin baked with chocolate chips","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":178.537,"calories":"180","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"0g","sugar":"18g","protein":"2g","potassium":"65mg","portionSize":"54g","portion":"1 MUFFIN","gramWeight":"54","carbohydrates":"29g","iron":"1mg","calcium":"3mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275647},{"menuItemId":903873234,"menuDayId":0,"foodItemId":106867,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22172,"foodItemSourceKey":"1215584","formalName":"Scrambled Eggs with Cheddar","number":"818229","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":247.0919,"calories":"250","caloriesFromFat":"160","fat":"18g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"415mg","sodium":"460mg","dietaryFiber":"0g","sugar":"0g","protein":"19g","potassium":"170mg","portionSize":"129g","portion":"1 1/2 CUP","gramWeight":"129","carbohydrates":"1g","iron":"2mg","calcium":"233mg","vitaminA":"483mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277372},{"menuItemId":903873210,"menuDayId":0,"foodItemId":106283,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22173,"foodItemSourceKey":"5007585","formalName":"Pork Sausage Link","number":"807271","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":90.2649,"calories":"90","caloriesFromFat":"80","fat":"9g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"140mg","dietaryFiber":"0g","sugar":"0g","protein":"3g","potassium":"0mg","portionSize":"23g","portion":"1 EA","gramWeight":"23","carbohydrates":"0g","iron":"0mg","calcium":"6mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277153},{"menuItemId":903873248,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22174,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":903873235,"menuDayId":0,"foodItemId":107590,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22175,"foodItemSourceKey":"1215621","formalName":"Waffle Bar","number":"818236","description":"Vanilla Belgian Waffle served with pancake syrup and strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 EA","gramWeight":"288","carbohydrates":"123g","iron":"1mg","calcium":"13mg","vitaminA":"8mcg","vitaminC":"23mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276816},{"menuItemId":903873214,"menuDayId":0,"foodItemId":108508,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22176,"foodItemSourceKey":"1042334","formalName":"Fried Tater Tots","number":"812291","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":277.8097,"calories":"280","caloriesFromFat":"170","fat":"19g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"6g","cholesterol":"0mg","sodium":"450mg","dietaryFiber":"3g","sugar":"0g","protein":"2g","potassium":"280mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"24g","iron":"0mg","calcium":"14mg","vitaminA":"0mcg","vitaminC":"4mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276123},{"menuItemId":903873228,"menuDayId":0,"foodItemId":109805,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22177,"foodItemSourceKey":"1056522","formalName":"Bacon and Scrambled Egg Breakfast Bowl","number":"816876","description":"Home fried potatoes, scrambled eggs, bacon, roasted onion and cheddar cheese","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":296.2885,"calories":"300","caloriesFromFat":"200","fat":"22g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"3.5g","cholesterol":"365mg","sodium":"780mg","dietaryFiber":"1g","sugar":"1g","protein":"17g","potassium":"300mg","portionSize":"163g","portion":"1 EA","gramWeight":"163","carbohydrates":"7g","iron":"2mg","calcium":"166mg","vitaminA":"486mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277310},{"menuItemId":903873230,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22178,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064},{"menuItemId":903873233,"menuDayId":0,"foodItemId":107773,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22179,"foodItemSourceKey":"1215464","formalName":"Texas French Toast","number":"818219","description":"Griddled thick sliced bread dipped in egg custard, finished with powdered sugar","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":213.6909,"calories":"210","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"130mg","sodium":"420mg","dietaryFiber":"0g","sugar":"5g","protein":"10g","potassium":"120mg","portionSize":"106g","portion":"1 1.5 SLC","gramWeight":"106","carbohydrates":"32g","iron":"2mg","calcium":"78mg","vitaminA":"105mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276815},{"menuItemId":903873252,"menuDayId":0,"foodItemId":106626,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":22180,"foodItemSourceKey":"5013619","formalName":"Oatmeal With Toppings","number":"832415","description":"Oatmeal with choice of mix-ins: walnuts, brown sugar, raisins, cranberries & cinnamon apples","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":354.8636,"calories":"350","caloriesFromFat":"100","fat":"12g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"7g","cholesterol":"0mg","sodium":"15mg","dietaryFiber":"6g","sugar":"35g","protein":"7g","potassium":"320mg","portionSize":"248g","portion":"1 EA","gramWeight":"248","carbohydrates":"62g","iron":"2mg","calcium":"59mg","vitaminA":"11mcg","vitaminC":"4mg","allergens":[{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274748},{"menuItemId":903873213,"menuDayId":0,"foodItemId":107599,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Grill","courseSortOrder":0,"menuItemSortOrder":22181,"foodItemSourceKey":"1042273","formalName":"Omelet Bar","number":"812282","description":"Cage free eggs with your choice of fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562},{"menuItemId":903873211,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":22182,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek Yogurt","number":"807310","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":23.4167,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"3g","protein":"2g","potassium":"25mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"25mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276087},{"menuItemId":903873209,"menuDayId":0,"foodItemId":109699,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":22183,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":903873232,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":22184,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"0mg","calcium":"31mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275114},{"menuItemId":903873206,"menuDayId":0,"foodItemId":109666,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":22185,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":903873207,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-18T07:00:00","endTime":"2019-02-18T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":22186,"foodItemSourceKey":"1009384","formalName":"Diced Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 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Cookie","number":"829903","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":197.6945,"calories":"200","caloriesFromFat":"90","fat":"10g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"20mg","sodium":"190mg","dietaryFiber":"2g","sugar":"18g","protein":"2g","potassium":"150mg","portionSize":"44g","portion":"1 COOKIE","gramWeight":"44","carbohydrates":"26g","iron":"1mg","calcium":"27mg","vitaminA":"77mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279552},{"menuItemId":903873215,"menuDayId":0,"foodItemId":111108,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":22189,"foodItemSourceKey":"1051599","formalName":"Citrus Yogurt Mousse","number":"812705","description":"Lemon, lime and vanilla yogurt mousse","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":139.9264,"calories":"140","caloriesFromFat":"80","fat":"8g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"25mg","dietaryFiber":"0g","sugar":"13g","protein":"2g","potassium":"50mg","portionSize":"71g","portion":"1 2.5 OZ","gramWeight":"71","carbohydrates":"15g","iron":"0mg","calcium":"32mg","vitaminA":"90mcg","vitaminC":"6mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279213},{"menuItemId":903873218,"menuDayId":0,"foodItemId":110590,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":22190,"foodItemSourceKey":"1053635","formalName":"Triple Chocolate Fudge Bar","number":"812809","description":"Chocolate brownie crust baked with white and semi sweet chocolate chip fudge filling","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.0539,"calories":"250","caloriesFromFat":"110","fat":"12g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"200mg","dietaryFiber":"1g","sugar":"25g","protein":"2g","potassium":"135mg","portionSize":"58g","portion":"1 DESSERT BAR","gramWeight":"58","carbohydrates":"34g","iron":"2mg","calcium":"17mg","vitaminA":"118mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276695},{"menuItemId":903873231,"menuDayId":0,"foodItemId":108804,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":22191,"foodItemSourceKey":"1059704","formalName":"Chicken Nuggets","number":"816987","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":325.7983,"calories":"330","caloriesFromFat":"210","fat":"23g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"3.5g","cholesterol":"35mg","sodium":"540mg","dietaryFiber":"0g","sugar":"0g","protein":"15g","potassium":"0mg","portionSize":"105g","portion":"1 6 EA","gramWeight":"105","carbohydrates":"15g","iron":"1mg","calcium":"19mg","vitaminA":"56mcg","vitaminC":"1mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278513},{"menuItemId":903873250,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":22192,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745},{"menuItemId":903873244,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":22193,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":903873245,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":22194,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 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mayonnaise","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":259.8657,"calories":"260","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"20mg","sodium":"600mg","dietaryFiber":"1g","sugar":"3g","protein":"13g","potassium":"135mg","portionSize":"150g","portion":"1 SLC","gramWeight":"150","carbohydrates":"29g","iron":"2mg","calcium":"182mg","vitaminA":"234mcg","vitaminC":"10mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279592},{"menuItemId":903873212,"menuDayId":0,"foodItemId":109756,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":22196,"foodItemSourceKey":"1027819","formalName":"Buffalo Turkey Casserole","number":"812124","description":"Ground turkey, vegetables, Buffalo sauce, blue cheese crumb topping, served with jasmine rice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":506.7676,"calories":"510","caloriesFromFat":"210","fat":"24g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"120mg","sodium":"1850mg","dietaryFiber":"3g","sugar":"7g","protein":"23g","potassium":"420mg","portionSize":"385g","portion":"1 ENTREE & 1 SIDE","gramWeight":"385","carbohydrates":"51g","iron":"2mg","calcium":"203mg","vitaminA":"3468mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274671},{"menuItemId":903873241,"menuDayId":0,"foodItemId":124612,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22197,"foodItemSourceKey":"5203161","formalName":"Corn, Tomato & Basil Salad","number":"825172","description":"Corn and plum tomatoes tossed with balsamic vinegar, olive oil and fresh basil","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":57.3201,"calories":"60","caloriesFromFat":"15","fat":"2.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"2g","sugar":"3g","protein":"1g","potassium":"210mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"10g","iron":"1mg","calcium":"11mg","vitaminA":"99mcg","vitaminC":"7mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":292714},{"menuItemId":903873219,"menuDayId":0,"foodItemId":111208,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22198,"foodItemSourceKey":"1059620","formalName":"Jerk Chicken Thigh","number":"812998","description":"Pan seared Caribbean jerk seasoned chicken thigh","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":169.3781,"calories":"170","caloriesFromFat":"90","fat":"10g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"105mg","sodium":"115mg","dietaryFiber":"0g","sugar":"0g","protein":"19g","potassium":"210mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"1mg","calcium":"8mg","vitaminA":"19mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279252},{"menuItemId":903873220,"menuDayId":0,"foodItemId":111216,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22199,"foodItemSourceKey":"1060124","formalName":"Turmeric Rice Pilaf","number":"813032","description":"Rice simmered in vegetable broth with onions, garlic, turmeric and lemon juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":133.4671,"calories":"130","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"25mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"50mg","portionSize":"79g","portion":"1 1/2 CUP","gramWeight":"79","carbohydrates":"23g","iron":"1mg","calcium":"13mg","vitaminA":"11mcg","vitaminC":"2mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279253},{"menuItemId":903873242,"menuDayId":0,"foodItemId":111319,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22200,"foodItemSourceKey":"1226973","formalName":"Green Beans And Ginger","number":"828771","description":"Green beans stir fried with ginger, garlic and Napa cabbage","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":72.688,"calories":"70","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"0mg","sodium":"80mg","dietaryFiber":"3g","sugar":"2g","protein":"2g","potassium":"190mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"7g","iron":"1mg","calcium":"48mg","vitaminA":"248mcg","vitaminC":"12mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279496},{"menuItemId":903873225,"menuDayId":0,"foodItemId":111616,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":22201,"foodItemSourceKey":"5016236","formalName":"Cream of Tomato Soup","number":"815219","description":"Creamy tomato soup with diced tomatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":142.453,"calories":"140","caloriesFromFat":"100","fat":"11g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"30mg","sodium":"260mg","dietaryFiber":"2g","sugar":"5g","protein":"2g","potassium":"200mg","portionSize":"176g","portion":"1 6 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Beans","number":"829280","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":46.893,"calories":"45","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"135mg","dietaryFiber":"3g","sugar":"0g","protein":"3g","potassium":"100mg","portionSize":"48g","portion":"1 #16 SCOOP","gramWeight":"48","carbohydrates":"8g","iron":"1mg","calcium":"12mg","vitaminA":"30mcg","vitaminC":"1mg","allergens":[{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279541},{"menuItemId":903873236,"menuDayId":0,"foodItemId":110150,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22203,"foodItemSourceKey":"1026207","formalName":"Pulao Rice","number":"820088","description":"Basmati rice simmered with cinnamon, cumin and cloves","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":129.3689,"calories":"130","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"120mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"40mg","portionSize":"84g","portion":"1 1/2 CUP","gramWeight":"84","carbohydrates":"26g","iron":"0mg","calcium":"13mg","vitaminA":"1mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278600},{"menuItemId":903873226,"menuDayId":0,"foodItemId":111059,"startTime":"2019-02-18T11:00:00","endTime":"2019-02-18T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22204,"foodItemSourceKey":"1047809","formalName":"Mexican Pickled Vegetables","number":"816465","description":"Carrots, cauliflower, onions, jalapeno","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":16.5187,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"290mg","dietaryFiber":"1g","sugar":"1g","protein":"0g","potassium":"125mg","portionSize":"57g","portion":"1 2 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Cookie","number":"829903","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":197.6945,"calories":"200","caloriesFromFat":"90","fat":"10g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"20mg","sodium":"190mg","dietaryFiber":"2g","sugar":"18g","protein":"2g","potassium":"150mg","portionSize":"44g","portion":"1 COOKIE","gramWeight":"44","carbohydrates":"26g","iron":"1mg","calcium":"27mg","vitaminA":"77mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279552},{"menuItemId":903873216,"menuDayId":0,"foodItemId":111108,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":22207,"foodItemSourceKey":"1051599","formalName":"Citrus Yogurt Mousse","number":"812705","description":"Lemon, lime and vanilla yogurt mousse","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":139.9264,"calories":"140","caloriesFromFat":"80","fat":"8g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"25mg","dietaryFiber":"0g","sugar":"13g","protein":"2g","potassium":"50mg","portionSize":"71g","portion":"1 2.5 OZ","gramWeight":"71","carbohydrates":"15g","iron":"0mg","calcium":"32mg","vitaminA":"90mcg","vitaminC":"6mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279213},{"menuItemId":903873217,"menuDayId":0,"foodItemId":110590,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":22208,"foodItemSourceKey":"1053635","formalName":"Triple Chocolate Fudge Bar","number":"812809","description":"Chocolate brownie crust baked with white and semi sweet chocolate chip fudge filling","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.0539,"calories":"250","caloriesFromFat":"110","fat":"12g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"200mg","dietaryFiber":"1g","sugar":"25g","protein":"2g","potassium":"135mg","portionSize":"58g","portion":"1 DESSERT BAR","gramWeight":"58","carbohydrates":"34g","iron":"2mg","calcium":"17mg","vitaminA":"118mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276695},{"menuItemId":903873251,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":22209,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745},{"menuItemId":903873223,"menuDayId":0,"foodItemId":110226,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22210,"foodItemSourceKey":"5013879","formalName":"Whole Green Beans","number":"815085","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":23.8136,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"3g","sugar":"2g","protein":"1g","potassium":"135mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"1mg","calcium":"36mg","vitaminA":"0mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275621},{"menuItemId":903873253,"menuDayId":0,"foodItemId":111586,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22211,"foodItemSourceKey":"5014185","formalName":"Brown Rice & Quinoa Pilaf","number":"832512","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":112.5826,"calories":"110","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"35mg","dietaryFiber":"1g","sugar":"1g","protein":"3g","potassium":"120mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"22g","iron":"1mg","calcium":"9mg","vitaminA":"26mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279650},{"menuItemId":903873237,"menuDayId":0,"foodItemId":109229,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":22212,"foodItemSourceKey":"1049730","formalName":"Rosemary Roasted Pork Loin","number":"820521","description":"Rosemary, kosher salt and pepper rubbed roasted pork loin","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":228.1773,"calories":"230","caloriesFromFat":"130","fat":"15g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"65mg","sodium":"85mg","dietaryFiber":"0g","sugar":"0g","protein":"22g","potassium":"340mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"1mg","calcium":"17mg","vitaminA":"6mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274465},{"menuItemId":903873224,"menuDayId":0,"foodItemId":111616,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":22213,"foodItemSourceKey":"5016236","formalName":"Cream of Tomato Soup","number":"815219","description":"Creamy tomato soup with diced tomatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":142.453,"calories":"140","caloriesFromFat":"100","fat":"11g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"30mg","sodium":"260mg","dietaryFiber":"2g","sugar":"5g","protein":"2g","potassium":"200mg","portionSize":"176g","portion":"1 6 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okra","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":134.4823,"calories":"130","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"105mg","dietaryFiber":"6g","sugar":"6g","protein":"5g","potassium":"460mg","portionSize":"229g","portion":"1 ENTREE","gramWeight":"229","carbohydrates":"21g","iron":"1mg","calcium":"80mg","vitaminA":"2208mcg","vitaminC":"21mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275580},{"menuItemId":903873222,"menuDayId":0,"foodItemId":109046,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22215,"foodItemSourceKey":"1061330","formalName":"Vietnamese Carrot Slaw","number":"813099","description":"Shredded carrots tossed with peanuts, mint, basil, cilantro, lime juice and a touch of chili pepper","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":29.1855,"calories":"30","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"45mg","dietaryFiber":"0g","sugar":"1g","protein":"1g","potassium":"100mg","portionSize":"31g","portion":"1 1/4 CUP","gramWeight":"31","carbohydrates":"3g","iron":"0mg","calcium":"13mg","vitaminA":"2094mcg","vitaminC":"5mg","allergens":[{"name":"Peanut","contains":"true","icon":null,"allergen":"4"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277837},{"menuItemId":903873208,"menuDayId":0,"foodItemId":109181,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22216,"foodItemSourceKey":"1020893","formalName":"Fried Plantains","number":"803481","description":"Crispy fried plantain slices seasoned with salt","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":125.4959,"calories":"130","caloriesFromFat":"35","fat":"3.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"220mg","dietaryFiber":"2g","sugar":"11g","protein":"0g","potassium":"380mg","portionSize":"87g","portion":"1 3 OZ","gramWeight":"87","carbohydrates":"25g","iron":"0mg","calcium":"2mg","vitaminA":"441mcg","vitaminC":"9mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276564},{"menuItemId":903873229,"menuDayId":0,"foodItemId":108340,"startTime":"2019-02-18T16:30:00","endTime":"2019-02-18T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":22217,"foodItemSourceKey":"1056599","formalName":"Jasmine Rice","number":"816882","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":122.6379,"calories":"120","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"40mg","portionSize":"85g","portion":"1 3 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sauce.","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":127.1563,"calories":"130","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"0g","sugar":"15g","protein":"1g","potassium":"50mg","portionSize":"48g","portion":"1 MUFFIN","gramWeight":"48","carbohydrates":"24g","iron":"0mg","calcium":"4mg","vitaminA":"6mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276089}]},{"courseName":"Breakfast daily 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PANCAKE","gramWeight":"180","carbohydrates":"48g","iron":"2mg","calcium":"20mg","vitaminA":"17mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276041},{"menuItemId":906960744,"menuDayId":0,"foodItemId":107590,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19900,"foodItemSourceKey":"1215621","formalName":"Waffle Bar","number":"818236","description":"Vanilla Belgian Waffle served with pancake syrup and strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 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cheese","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":296.7849,"calories":"300","caloriesFromFat":"190","fat":"21g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"3.5g","cholesterol":"370mg","sodium":"870mg","dietaryFiber":"1g","sugar":"2g","protein":"18g","potassium":"320mg","portionSize":"175g","portion":"1 EA","gramWeight":"175","carbohydrates":"8g","iron":"2mg","calcium":"167mg","vitaminA":"486mcg","vitaminC":"5mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279366},{"menuItemId":906960743,"menuDayId":0,"foodItemId":106867,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily 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Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":906960721,"menuDayId":0,"foodItemId":109191,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19904,"foodItemSourceKey":"1042198","formalName":"Hash Browned Potatoes","number":"812272","description":"Crispy shredded breakfast potatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":117.4286,"calories":"120","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"0mg","sodium":"410mg","dietaryFiber":"3g","sugar":"1g","protein":"2g","potassium":"440mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"17g","iron":"1mg","calcium":"13mg","vitaminA":"9mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275561},{"menuItemId":906960764,"menuDayId":0,"foodItemId":109684,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19905,"foodItemSourceKey":"5012657","formalName":"Frizzled Ham","number":"832306","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":61.802,"calories":"60","caloriesFromFat":"20","fat":"2.5g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"25mg","sodium":"750mg","dietaryFiber":"0g","sugar":"2g","protein":"8g","potassium":"0mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"2g","iron":"0mg","calcium":"2mg","vitaminA":"1mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275336},{"menuItemId":906960738,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19906,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064}]},{"courseName":"Grill","menuDayId":0,"menuItems":[{"menuItemId":906960722,"menuDayId":0,"foodItemId":107599,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Grill","courseSortOrder":0,"menuItemSortOrder":19907,"foodItemSourceKey":"1042273","formalName":"Omelet Bar","number":"812282","description":"Cage free eggs with your choice of fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562}]},{"courseName":"Yogurt Bar","menuDayId":0,"menuItems":[{"menuItemId":906960718,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":19908,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek Yogurt","number":"807310","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":23.4167,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"3g","protein":"2g","potassium":"25mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"25mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276087},{"menuItemId":906960713,"menuDayId":0,"foodItemId":109666,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":19909,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":906960714,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":19910,"foodItemSourceKey":"1009384","formalName":"Diced Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"0mg","calcium":"3mg","vitaminA":"575mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278149},{"menuItemId":906960716,"menuDayId":0,"foodItemId":109699,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":19911,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":906960742,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":19912,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 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sherry","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":156.1853,"calories":"160","caloriesFromFat":"60","fat":"7g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"3.0g","cholesterol":"75mg","sodium":"490mg","dietaryFiber":"0g","sugar":"2g","protein":"10g","potassium":"120mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"13g","iron":"1mg","calcium":"46mg","vitaminA":"81mcg","vitaminC":"2mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Shellfish","contains":"true","icon":null,"allergen":"5"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279461}]},{"courseName":"Daily 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cumin","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":130.6265,"calories":"130","caloriesFromFat":"15","fat":"2.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"210mg","dietaryFiber":"7g","sugar":"0g","protein":"7g","potassium":"25mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"21g","iron":"2mg","calcium":"96mg","vitaminA":"40mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287273}]},{"courseName":"Dessert","menuDayId":0,"menuItems":[{"menuItemId":906960750,"menuDayId":0,"foodItemId":108495,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":19920,"foodItemSourceKey":"1208884","formalName":"Chocolate Pudding","number":"823601","description":"Creamy chocolate pudding with whipped topping","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":135.0279,"calories":"140","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"0g","sugar":"17g","protein":"1g","potassium":"0mg","portionSize":"129g","portion":"1 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bar","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":190.0234,"calories":"190","caloriesFromFat":"80","fat":"8g","saturatedFat":"5.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"250mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"5mg","portionSize":"45g","portion":"1 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Cookies","number":"812601","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":228.426,"calories":"230","caloriesFromFat":"100","fat":"11g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"10mg","sodium":"170mg","dietaryFiber":"0g","sugar":"18g","protein":"2g","potassium":"50mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"7mg","vitaminA":"76mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276690}]},{"courseName":"Grill","menuDayId":0,"menuItems":[{"menuItemId":906960765,"menuDayId":0,"foodItemId":108874,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":19923,"foodItemSourceKey":"5013523","formalName":"Grilled Cheese Sandwich","number":"832381","description":"Melted American cheese on grilled Texas toast","foodSubCategoryDescription":"Grill","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":413.7916,"calories":"410","caloriesFromFat":"190","fat":"21g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"35mg","sodium":"1190mg","dietaryFiber":"1g","sugar":"4g","protein":"14g","potassium":"135mg","portionSize":"132g","portion":"1 SANDWICH","gramWeight":"132","carbohydrates":"40g","iron":"2mg","calcium":"269mg","vitaminA":"566mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278199}]},{"courseName":"Memorial Deli","menuDayId":0,"menuItems":[{"menuItemId":906960763,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":19924,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745}]},{"courseName":"Memorial Pizza","menuDayId":0,"menuItems":[{"menuItemId":906960757,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":19925,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":906960758,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":19926,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142},{"menuItemId":906960740,"menuDayId":0,"foodItemId":108832,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":19927,"foodItemSourceKey":"1061367","formalName":"Three Cheese Rotini Casserette","number":"817062","description":"Rotini pasta baked with alfredo sauce, mozzarella, parmesan and provolone cheeses","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":715.5182,"calories":"720","caloriesFromFat":"330","fat":"37g","saturatedFat":"20g","transFat":"0.5g","polyunsaturatedFat":"3.0g","cholesterol":"85mg","sodium":"1010mg","dietaryFiber":"3g","sugar":"4g","protein":"28g","potassium":"280mg","portionSize":"385g","portion":"1 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bacon","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":305.3788,"calories":"310","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"35mg","sodium":"760mg","dietaryFiber":"1g","sugar":"7g","protein":"19g","potassium":"70mg","portionSize":"130g","portion":"1 SLC","gramWeight":"130","carbohydrates":"35g","iron":"2mg","calcium":"185mg","vitaminA":"128mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274740}]},{"courseName":"Simple Servings","menuDayId":0,"menuItems":[{"menuItemId":906960728,"menuDayId":0,"foodItemId":107458,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":19929,"foodItemSourceKey":"1049194","formalName":"Carolina Slaw","number":"812555","description":"Cabbage, carrots, green peppers and scallions with cider vinaigrette","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":57.3953,"calories":"60","caloriesFromFat":"25","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"15mg","dietaryFiber":"2g","sugar":"5g","protein":"0g","potassium":"150mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"7g","iron":"0mg","calcium":"29mg","vitaminA":"757mcg","vitaminC":"35mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277824},{"menuItemId":906960767,"menuDayId":0,"foodItemId":106587,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":19930,"foodItemSourceKey":"5014171","formalName":"Turkey Taco Meat","number":"832508","description":"Lean ground turkey seasoned with chili, cumin, coriander, garlic and tomatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":63.7598,"calories":"60","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"40mg","sodium":"60mg","dietaryFiber":"0g","sugar":"0g","protein":"6g","potassium":"65mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"2g","iron":"1mg","calcium":"32mg","vitaminA":"238mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274453},{"menuItemId":906960755,"menuDayId":0,"foodItemId":132705,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":19931,"foodItemSourceKey":"5203172","formalName":"Baked Corn Tortilla Chips","number":"825175","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":71.1573,"calories":"70","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"1g","sugar":"0g","protein":"2g","potassium":"0mg","portionSize":"28g","portion":"1 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CUP","gramWeight":"101","carbohydrates":"30g","iron":"2mg","calcium":"19mg","vitaminA":"65mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274654}]},{"courseName":"Soup","menuDayId":0,"menuItems":[{"menuItemId":906960735,"menuDayId":0,"foodItemId":111614,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":19933,"foodItemSourceKey":"5016227","formalName":"Turkey Noodle Soup","number":"815215","description":"Turkey, carrot and celery with egg noodles and chicken broth","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":95.7112,"calories":"100","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"20mg","sodium":"440mg","dietaryFiber":"1g","sugar":"2g","protein":"4g","potassium":"95mg","portionSize":"171g","portion":"1 6 FLOZ","gramWeight":"171","carbohydrates":"11g","iron":"1mg","calcium":"26mg","vitaminA":"803mcg","vitaminC":"2mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279331},{"menuItemId":906960723,"menuDayId":0,"foodItemId":108002,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":19934,"foodItemSourceKey":"1043293","formalName":"Curried Lentil & Potato Soup","number":"812371","description":"Lentils, carrots, celery, vegetable stock, garlic, ginger, potatoes, curry powder, fresh cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":71.6705,"calories":"70","caloriesFromFat":"25","fat":"2.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"3g","sugar":"2g","protein":"3g","potassium":"250mg","portionSize":"163g","portion":"1 6 FLOZ","gramWeight":"163","carbohydrates":"10g","iron":"1mg","calcium":"32mg","vitaminA":"1709mcg","vitaminC":"4mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278412}]},{"courseName":"Vegan","menuDayId":0,"menuItems":[{"menuItemId":906960731,"menuDayId":0,"foodItemId":111141,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19935,"foodItemSourceKey":"1054357","formalName":"Minted Cucumber Tomato Salad","number":"812827","description":"Cucumber, tomato, fresh cilantro and mint with lime juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":25.7604,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"90mg","dietaryFiber":"0g","sugar":"4g","protein":"0g","potassium":"170mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"0mg","calcium":"12mg","vitaminA":"52mcg","vitaminC":"6mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279225},{"menuItemId":906960748,"menuDayId":0,"foodItemId":111234,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19936,"foodItemSourceKey":"1203841","formalName":"Seared Vegetable Lo Mein","number":"821375","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":338.2208,"calories":"340","caloriesFromFat":"90","fat":"11g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"4.0g","cholesterol":"0mg","sodium":"670mg","dietaryFiber":"4g","sugar":"8g","protein":"12g","potassium":"360mg","portionSize":"295g","portion":"1 ENTREE","gramWeight":"295","carbohydrates":"50g","iron":"3mg","calcium":"168mg","vitaminA":"1660mcg","vitaminC":"22mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279448},{"menuItemId":906960717,"menuDayId":0,"foodItemId":111400,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19937,"foodItemSourceKey":"5007624","formalName":"Fresh Snow Pea Pods","number":"807290","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":11.9068,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"1g","protein":"0g","potassium":"55mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"1mg","calcium":"12mg","vitaminA":"185mcg","vitaminC":"17mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279129}]}]},{"dayPartName":"Dinner","menuDayId":0,"courses":[{"courseName":null,"menuDayId":0,"menuItems":[{"menuItemId":906960754,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":null,"courseSortOrder":0,"menuItemSortOrder":19938,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 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dressing","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":477.5676,"calories":"480","caloriesFromFat":"360","fat":"40g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"65mg","sodium":"650mg","dietaryFiber":"2g","sugar":"1g","protein":"20g","potassium":"310mg","portionSize":"198g","portion":"1 ENTREE SALAD","gramWeight":"198","carbohydrates":"12g","iron":"2mg","calcium":"521mg","vitaminA":"3651mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Fish","contains":"true","icon":null,"allergen":"8"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279424}]},{"courseName":"Daily dish","menuDayId":0,"menuItems":[{"menuItemId":906960749,"menuDayId":0,"foodItemId":111235,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19940,"foodItemSourceKey":"1208727","formalName":"Bayou Red Beans and Rice","number":"821456","description":"Andouille sausage, red beans and white rice cooked in chicken broth with Cajun seasoning","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":147.1707,"calories":"150","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"10mg","sodium":"220mg","dietaryFiber":"2g","sugar":"2g","protein":"6g","potassium":"95mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"21g","iron":"1mg","calcium":"46mg","vitaminA":"124mcg","vitaminC":"11mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279449},{"menuItemId":906960762,"menuDayId":0,"foodItemId":111449,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19941,"foodItemSourceKey":"5010044","formalName":"Tex Mex Vegetables","number":"832121","description":"Zucchini, squash, eggplant, peppers and red onions roasted with garlic, cumin, chili pepper, and cinnamon","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":40.7711,"calories":"40","caloriesFromFat":"25","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"150mg","dietaryFiber":"1g","sugar":"2g","protein":"0g","potassium":"120mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"3g","iron":"0mg","calcium":"13mg","vitaminA":"254mcg","vitaminC":"25mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279579},{"menuItemId":906960741,"menuDayId":0,"foodItemId":109589,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19942,"foodItemSourceKey":"1153646","formalName":"Lemon Garlic Green Beans","number":"817328","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":59.8087,"calories":"60","caloriesFromFat":"25","fat":"2.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"115mg","dietaryFiber":"4g","sugar":"4g","protein":"2g","potassium":"170mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"9g","iron":"1mg","calcium":"51mg","vitaminA":"441mcg","vitaminC":"12mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274488},{"menuItemId":906960733,"menuDayId":0,"foodItemId":138402,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19943,"foodItemSourceKey":"1226069","formalName":"Grilled Cajun Salmon","number":"814770","description":"Fresh salmon marinated in garlic, rosemary, thyme, olive oil, and cajun seasoning","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":289.4862,"calories":"290","caloriesFromFat":"160","fat":"18g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"6g","cholesterol":"85mg","sodium":"180mg","dietaryFiber":"0g","sugar":"0g","protein":"29g","potassium":"510mg","portionSize":"136g","portion":"1 ENTREE","gramWeight":"136","carbohydrates":"0g","iron":"1mg","calcium":"23mg","vitaminA":"198mcg","vitaminC":"5mg","allergens":[{"name":"Fish","contains":"true","icon":null,"allergen":"8"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":308290}]},{"courseName":"Dessert","menuDayId":0,"menuItems":[{"menuItemId":906960725,"menuDayId":0,"foodItemId":108911,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":19944,"foodItemSourceKey":"1048985","formalName":"Mango Coconut Parfait","number":"812546","description":"Tapioca, vanilla pudding, toasted coconut and mango","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":182.0022,"calories":"180","caloriesFromFat":"50","fat":"6g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"160mg","dietaryFiber":"1g","sugar":"22g","protein":"2g","potassium":"100mg","portionSize":"153g","portion":"1 PARFAIT","gramWeight":"153","carbohydrates":"31g","iron":"0mg","calcium":"40mg","vitaminA":"253mcg","vitaminC":"10mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276688},{"menuItemId":906960726,"menuDayId":0,"foodItemId":110028,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":19945,"foodItemSourceKey":"1049016","formalName":"Blondie","number":"812550","description":"Vanilla butter dessert bar","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":190.0234,"calories":"190","caloriesFromFat":"80","fat":"8g","saturatedFat":"5.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"250mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"5mg","portionSize":"45g","portion":"1 SLC","gramWeight":"45","carbohydrates":"27g","iron":"1mg","calcium":"11mg","vitaminA":"95mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278417},{"menuItemId":906960730,"menuDayId":0,"foodItemId":108668,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":19946,"foodItemSourceKey":"1049688","formalName":"Chocolate Chip Cookies","number":"812601","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":228.426,"calories":"230","caloriesFromFat":"100","fat":"11g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"10mg","sodium":"170mg","dietaryFiber":"0g","sugar":"18g","protein":"2g","potassium":"50mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"7mg","vitaminA":"76mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276690}]},{"courseName":"Soup","menuDayId":0,"menuItems":[{"menuItemId":906960724,"menuDayId":0,"foodItemId":108002,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":19947,"foodItemSourceKey":"1043293","formalName":"Curried Lentil & Potato Soup","number":"812371","description":"Lentils, carrots, celery, vegetable stock, garlic, ginger, potatoes, curry powder, fresh cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":71.6705,"calories":"70","caloriesFromFat":"25","fat":"2.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"3g","sugar":"2g","protein":"3g","potassium":"250mg","portionSize":"163g","portion":"1 6 FLOZ","gramWeight":"163","carbohydrates":"10g","iron":"1mg","calcium":"32mg","vitaminA":"1709mcg","vitaminC":"4mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278412},{"menuItemId":906960736,"menuDayId":0,"foodItemId":111614,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":19948,"foodItemSourceKey":"5016227","formalName":"Turkey Noodle Soup","number":"815215","description":"Turkey, carrot and celery with egg noodles and chicken broth","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":95.7112,"calories":"100","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"20mg","sodium":"440mg","dietaryFiber":"1g","sugar":"2g","protein":"4g","potassium":"95mg","portionSize":"171g","portion":"1 6 FLOZ","gramWeight":"171","carbohydrates":"11g","iron":"1mg","calcium":"26mg","vitaminA":"803mcg","vitaminC":"2mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279331}]},{"courseName":"Vegan","menuDayId":0,"menuItems":[{"menuItemId":906960766,"menuDayId":0,"foodItemId":106528,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19949,"foodItemSourceKey":"5013538","formalName":"Vegan Basmati Rice","number":"832395","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":62.0013,"calories":"60","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"80mg","dietaryFiber":"0g","sugar":"0g","protein":"1g","potassium":"20mg","portionSize":"51g","portion":"1 1/3 CUP","gramWeight":"51","carbohydrates":"14g","iron":"0mg","calcium":"6mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277552},{"menuItemId":906960734,"menuDayId":0,"foodItemId":134974,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19950,"foodItemSourceKey":"1226077","formalName":"Roasted Beets with Thyme","number":"814775","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":50.6343,"calories":"50","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"95mg","dietaryFiber":"2g","sugar":"9g","protein":"2g","potassium":"350mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"11g","iron":"1mg","calcium":"18mg","vitaminA":"24mcg","vitaminC":"4mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":304938},{"menuItemId":906960739,"menuDayId":0,"foodItemId":135902,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19951,"foodItemSourceKey":"1061203","formalName":"Moroccan Vegetable Chili","number":"817052","description":"Black and kidney beans, onions, garlic, tomato, raisins, dried cranberries with Moroccan seasonings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":43.5808,"calories":"45","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"105mg","dietaryFiber":"1g","sugar":"4g","protein":"1g","potassium":"75mg","portionSize":"35g","portion":"1 1 FL OZ SPOODLE","gramWeight":"35","carbohydrates":"8g","iron":"1mg","calcium":"24mg","vitaminA":"263mcg","vitaminC":"5mg","allergens":[{"name":"Fish","contains":"true","icon":null,"allergen":"8"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":305924}]}]}],"menuItems":[{"menuItemId":906960753,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":null,"courseSortOrder":0,"menuItemSortOrder":19897,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668},{"menuItemId":906960719,"menuDayId":0,"foodItemId":106946,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"bakery","courseSortOrder":0,"menuItemSortOrder":19898,"foodItemSourceKey":"5008597","formalName":"Apple Caramel Muffin","number":"807329","description":"Muffins baked with apples and caramel sauce.","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":127.1563,"calories":"130","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"0g","sugar":"15g","protein":"1g","potassium":"50mg","portionSize":"48g","portion":"1 MUFFIN","gramWeight":"48","carbohydrates":"24g","iron":"0mg","calcium":"4mg","vitaminA":"6mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276089},{"menuItemId":906960715,"menuDayId":0,"foodItemId":108176,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19899,"foodItemSourceKey":"1023512","formalName":"Blueberry Pancakes (2)","number":"803901","description":"Griddled buttermilk pancakes with blueberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":226.9522,"calories":"230","caloriesFromFat":"20","fat":"2.5g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"690mg","dietaryFiber":"3g","sugar":"11g","protein":"5g","potassium":"35mg","portionSize":"180g","portion":"1 2 PANCAKE","gramWeight":"180","carbohydrates":"48g","iron":"2mg","calcium":"20mg","vitaminA":"17mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276041},{"menuItemId":906960744,"menuDayId":0,"foodItemId":107590,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19900,"foodItemSourceKey":"1215621","formalName":"Waffle Bar","number":"818236","description":"Vanilla Belgian Waffle served with pancake syrup and strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 EA","gramWeight":"288","carbohydrates":"123g","iron":"1mg","calcium":"13mg","vitaminA":"8mcg","vitaminC":"23mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276816},{"menuItemId":906960737,"menuDayId":0,"foodItemId":111166,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19901,"foodItemSourceKey":"1056523","formalName":"Ham, Onion & Cheese Breakfast Bowl","number":"816877","description":"Home fried potatoes, scrambled eggs, roasted ham and onions with cheddar cheese","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":296.7849,"calories":"300","caloriesFromFat":"190","fat":"21g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"3.5g","cholesterol":"370mg","sodium":"870mg","dietaryFiber":"1g","sugar":"2g","protein":"18g","potassium":"320mg","portionSize":"175g","portion":"1 EA","gramWeight":"175","carbohydrates":"8g","iron":"2mg","calcium":"167mg","vitaminA":"486mcg","vitaminC":"5mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279366},{"menuItemId":906960743,"menuDayId":0,"foodItemId":106867,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19902,"foodItemSourceKey":"1215584","formalName":"Scrambled Eggs with Cheddar","number":"818229","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":247.0919,"calories":"250","caloriesFromFat":"160","fat":"18g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"415mg","sodium":"460mg","dietaryFiber":"0g","sugar":"0g","protein":"19g","potassium":"170mg","portionSize":"129g","portion":"1 1/2 CUP","gramWeight":"129","carbohydrates":"1g","iron":"2mg","calcium":"233mg","vitaminA":"483mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277372},{"menuItemId":906960760,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19903,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":906960721,"menuDayId":0,"foodItemId":109191,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19904,"foodItemSourceKey":"1042198","formalName":"Hash Browned Potatoes","number":"812272","description":"Crispy shredded breakfast potatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":117.4286,"calories":"120","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"0mg","sodium":"410mg","dietaryFiber":"3g","sugar":"1g","protein":"2g","potassium":"440mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"17g","iron":"1mg","calcium":"13mg","vitaminA":"9mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275561},{"menuItemId":906960764,"menuDayId":0,"foodItemId":109684,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19905,"foodItemSourceKey":"5012657","formalName":"Frizzled Ham","number":"832306","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":61.802,"calories":"60","caloriesFromFat":"20","fat":"2.5g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"25mg","sodium":"750mg","dietaryFiber":"0g","sugar":"2g","protein":"8g","potassium":"0mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"2g","iron":"0mg","calcium":"2mg","vitaminA":"1mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275336},{"menuItemId":906960738,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":19906,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064},{"menuItemId":906960722,"menuDayId":0,"foodItemId":107599,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Grill","courseSortOrder":0,"menuItemSortOrder":19907,"foodItemSourceKey":"1042273","formalName":"Omelet Bar","number":"812282","description":"Cage free eggs with your choice of fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562},{"menuItemId":906960718,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":19908,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek Yogurt","number":"807310","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":23.4167,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"3g","protein":"2g","potassium":"25mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"25mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276087},{"menuItemId":906960713,"menuDayId":0,"foodItemId":109666,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":19909,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":906960714,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":19910,"foodItemSourceKey":"1009384","formalName":"Diced Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"0mg","calcium":"3mg","vitaminA":"575mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278149},{"menuItemId":906960716,"menuDayId":0,"foodItemId":109699,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":19911,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":906960742,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-19T07:00:00","endTime":"2019-02-19T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":19912,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"0mg","calcium":"31mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275114},{"menuItemId":906960752,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":null,"courseSortOrder":0,"menuItemSortOrder":19913,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668},{"menuItemId":906960751,"menuDayId":0,"foodItemId":111297,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Chef's Table","courseSortOrder":0,"menuItemSortOrder":19914,"foodItemSourceKey":"1224787","formalName":"Charleston Crab Cake","number":"824449","description":"Crispy crab cake seasoned with Old Bay, mayonnaise, fresh parsley and sherry","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":156.1853,"calories":"160","caloriesFromFat":"60","fat":"7g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"3.0g","cholesterol":"75mg","sodium":"490mg","dietaryFiber":"0g","sugar":"2g","protein":"10g","potassium":"120mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"13g","iron":"1mg","calcium":"46mg","vitaminA":"81mcg","vitaminC":"2mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Shellfish","contains":"true","icon":null,"allergen":"5"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279461},{"menuItemId":906960761,"menuDayId":0,"foodItemId":111449,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19915,"foodItemSourceKey":"5010044","formalName":"Tex Mex Vegetables","number":"832121","description":"Zucchini, squash, eggplant, peppers and red onions roasted with garlic, cumin, chili pepper, and cinnamon","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":40.7711,"calories":"40","caloriesFromFat":"25","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"150mg","dietaryFiber":"1g","sugar":"2g","protein":"0g","potassium":"120mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"3g","iron":"0mg","calcium":"13mg","vitaminA":"254mcg","vitaminC":"25mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279579},{"menuItemId":906960756,"menuDayId":0,"foodItemId":106595,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19916,"foodItemSourceKey":"1219278","formalName":"Beef Taco Meat","number":"828239","description":"Lean ground beef seasoned with chili, cumin, coriander, garlic, and tomatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":54.5406,"calories":"50","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"30mg","dietaryFiber":"0g","sugar":"0g","protein":"5g","potassium":"85mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"1mg","calcium":"11mg","vitaminA":"112mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276973},{"menuItemId":906960747,"menuDayId":0,"foodItemId":108053,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19917,"foodItemSourceKey":"1059890","formalName":"Steamed White Rice","number":"820785","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":131.2284,"calories":"130","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"0g","protein":"3g","potassium":"40mg","portionSize":"82g","portion":"1 1/2 CUP","gramWeight":"82","carbohydrates":"29g","iron":"2mg","calcium":"11mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275743},{"menuItemId":906960746,"menuDayId":0,"foodItemId":109885,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19918,"foodItemSourceKey":"1052743","formalName":"Scalloped Potatoes with Cheddar","number":"820640","description":"Chef potatoes baked with cheddar cheese sauce","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":103.2106,"calories":"100","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"10mg","sodium":"250mg","dietaryFiber":"1g","sugar":"2g","protein":"4g","potassium":"240mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"11g","iron":"0mg","calcium":"98mg","vitaminA":"73mcg","vitaminC":"5mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274468},{"menuItemId":906960732,"menuDayId":0,"foodItemId":119139,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19919,"foodItemSourceKey":"1209971","formalName":"Cuban Black Beans","number":"813895","description":"Black beans simmered with onion, garlic, green pepper and cumin","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":130.6265,"calories":"130","caloriesFromFat":"15","fat":"2.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"210mg","dietaryFiber":"7g","sugar":"0g","protein":"7g","potassium":"25mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"21g","iron":"2mg","calcium":"96mg","vitaminA":"40mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287273},{"menuItemId":906960750,"menuDayId":0,"foodItemId":108495,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":19920,"foodItemSourceKey":"1208884","formalName":"Chocolate Pudding","number":"823601","description":"Creamy chocolate pudding with whipped topping","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":135.0279,"calories":"140","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"0g","sugar":"17g","protein":"1g","potassium":"0mg","portionSize":"129g","portion":"1 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bar","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":190.0234,"calories":"190","caloriesFromFat":"80","fat":"8g","saturatedFat":"5.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"250mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"5mg","portionSize":"45g","portion":"1 SLC","gramWeight":"45","carbohydrates":"27g","iron":"1mg","calcium":"11mg","vitaminA":"95mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278417},{"menuItemId":906960729,"menuDayId":0,"foodItemId":108668,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":19922,"foodItemSourceKey":"1049688","formalName":"Chocolate Chip Cookies","number":"812601","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":228.426,"calories":"230","caloriesFromFat":"100","fat":"11g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"10mg","sodium":"170mg","dietaryFiber":"0g","sugar":"18g","protein":"2g","potassium":"50mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"7mg","vitaminA":"76mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276690},{"menuItemId":906960765,"menuDayId":0,"foodItemId":108874,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":19923,"foodItemSourceKey":"5013523","formalName":"Grilled Cheese Sandwich","number":"832381","description":"Melted American cheese on grilled Texas toast","foodSubCategoryDescription":"Grill","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":413.7916,"calories":"410","caloriesFromFat":"190","fat":"21g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"35mg","sodium":"1190mg","dietaryFiber":"1g","sugar":"4g","protein":"14g","potassium":"135mg","portionSize":"132g","portion":"1 SANDWICH","gramWeight":"132","carbohydrates":"40g","iron":"2mg","calcium":"269mg","vitaminA":"566mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278199},{"menuItemId":906960763,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":19924,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745},{"menuItemId":906960757,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":19925,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":906960758,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":19926,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142},{"menuItemId":906960740,"menuDayId":0,"foodItemId":108832,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":19927,"foodItemSourceKey":"1061367","formalName":"Three Cheese Rotini Casserette","number":"817062","description":"Rotini pasta baked with alfredo sauce, mozzarella, parmesan and provolone cheeses","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":715.5182,"calories":"720","caloriesFromFat":"330","fat":"37g","saturatedFat":"20g","transFat":"0.5g","polyunsaturatedFat":"3.0g","cholesterol":"85mg","sodium":"1010mg","dietaryFiber":"3g","sugar":"4g","protein":"28g","potassium":"280mg","portionSize":"385g","portion":"1 ENTREE","gramWeight":"385","carbohydrates":"67g","iron":"3mg","calcium":"564mg","vitaminA":"842mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276220},{"menuItemId":906960759,"menuDayId":0,"foodItemId":110211,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":19928,"foodItemSourceKey":"5003039","formalName":"Smokehouse Chicken Pizza","number":"829649","description":"BBQ sauce, mozzarella cheese and grilled chicken, topped with crispy bacon","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":305.3788,"calories":"310","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"35mg","sodium":"760mg","dietaryFiber":"1g","sugar":"7g","protein":"19g","potassium":"70mg","portionSize":"130g","portion":"1 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vinaigrette","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":57.3953,"calories":"60","caloriesFromFat":"25","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"15mg","dietaryFiber":"2g","sugar":"5g","protein":"0g","potassium":"150mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"7g","iron":"0mg","calcium":"29mg","vitaminA":"757mcg","vitaminC":"35mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277824},{"menuItemId":906960767,"menuDayId":0,"foodItemId":106587,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":19930,"foodItemSourceKey":"5014171","formalName":"Turkey Taco Meat","number":"832508","description":"Lean ground turkey seasoned with chili, cumin, coriander, garlic and tomatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":63.7598,"calories":"60","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"40mg","sodium":"60mg","dietaryFiber":"0g","sugar":"0g","protein":"6g","potassium":"65mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"2g","iron":"1mg","calcium":"32mg","vitaminA":"238mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274453},{"menuItemId":906960755,"menuDayId":0,"foodItemId":132705,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":19931,"foodItemSourceKey":"5203172","formalName":"Baked Corn Tortilla Chips","number":"825175","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":71.1573,"calories":"70","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"1g","sugar":"0g","protein":"2g","potassium":"0mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"14g","iron":"0mg","calcium":"13mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":302571},{"menuItemId":906960720,"menuDayId":0,"foodItemId":109500,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":19932,"foodItemSourceKey":"1052949","formalName":"Arroz Verde","number":"810250","description":"Rice simmered in vegetable broth with green peppers, onions, garlic, chiles, tomatillos and cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":155.7445,"calories":"160","caloriesFromFat":"25","fat":"2.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"260mg","dietaryFiber":"0g","sugar":"0g","protein":"3g","potassium":"85mg","portionSize":"101g","portion":"1 1/2 CUP","gramWeight":"101","carbohydrates":"30g","iron":"2mg","calcium":"19mg","vitaminA":"65mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274654},{"menuItemId":906960735,"menuDayId":0,"foodItemId":111614,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":19933,"foodItemSourceKey":"5016227","formalName":"Turkey Noodle Soup","number":"815215","description":"Turkey, carrot and celery with egg noodles and chicken broth","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":95.7112,"calories":"100","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"20mg","sodium":"440mg","dietaryFiber":"1g","sugar":"2g","protein":"4g","potassium":"95mg","portionSize":"171g","portion":"1 6 FLOZ","gramWeight":"171","carbohydrates":"11g","iron":"1mg","calcium":"26mg","vitaminA":"803mcg","vitaminC":"2mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279331},{"menuItemId":906960723,"menuDayId":0,"foodItemId":108002,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":19934,"foodItemSourceKey":"1043293","formalName":"Curried Lentil & Potato Soup","number":"812371","description":"Lentils, carrots, celery, vegetable stock, garlic, ginger, potatoes, curry powder, fresh cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":71.6705,"calories":"70","caloriesFromFat":"25","fat":"2.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"3g","sugar":"2g","protein":"3g","potassium":"250mg","portionSize":"163g","portion":"1 6 FLOZ","gramWeight":"163","carbohydrates":"10g","iron":"1mg","calcium":"32mg","vitaminA":"1709mcg","vitaminC":"4mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278412},{"menuItemId":906960731,"menuDayId":0,"foodItemId":111141,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19935,"foodItemSourceKey":"1054357","formalName":"Minted Cucumber Tomato Salad","number":"812827","description":"Cucumber, tomato, fresh cilantro and mint with lime juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":25.7604,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"90mg","dietaryFiber":"0g","sugar":"4g","protein":"0g","potassium":"170mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"0mg","calcium":"12mg","vitaminA":"52mcg","vitaminC":"6mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279225},{"menuItemId":906960748,"menuDayId":0,"foodItemId":111234,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19936,"foodItemSourceKey":"1203841","formalName":"Seared Vegetable Lo Mein","number":"821375","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":338.2208,"calories":"340","caloriesFromFat":"90","fat":"11g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"4.0g","cholesterol":"0mg","sodium":"670mg","dietaryFiber":"4g","sugar":"8g","protein":"12g","potassium":"360mg","portionSize":"295g","portion":"1 ENTREE","gramWeight":"295","carbohydrates":"50g","iron":"3mg","calcium":"168mg","vitaminA":"1660mcg","vitaminC":"22mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279448},{"menuItemId":906960717,"menuDayId":0,"foodItemId":111400,"startTime":"2019-02-19T11:00:00","endTime":"2019-02-19T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19937,"foodItemSourceKey":"5007624","formalName":"Fresh Snow Pea Pods","number":"807290","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":11.9068,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"1g","protein":"0g","potassium":"55mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"1mg","calcium":"12mg","vitaminA":"185mcg","vitaminC":"17mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279129},{"menuItemId":906960754,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":null,"courseSortOrder":0,"menuItemSortOrder":19938,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668},{"menuItemId":906960745,"menuDayId":0,"foodItemId":111100,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Chef's Table","courseSortOrder":0,"menuItemSortOrder":19939,"foodItemSourceKey":"1051265","formalName":"Seared Chicken Caesar Salad","number":"820557","description":"Seared chicken served over romaine lettuce with flatbread croutons and creamy Caesar dressing","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":477.5676,"calories":"480","caloriesFromFat":"360","fat":"40g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"65mg","sodium":"650mg","dietaryFiber":"2g","sugar":"1g","protein":"20g","potassium":"310mg","portionSize":"198g","portion":"1 ENTREE SALAD","gramWeight":"198","carbohydrates":"12g","iron":"2mg","calcium":"521mg","vitaminA":"3651mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Fish","contains":"true","icon":null,"allergen":"8"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279424},{"menuItemId":906960749,"menuDayId":0,"foodItemId":111235,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19940,"foodItemSourceKey":"1208727","formalName":"Bayou Red Beans and Rice","number":"821456","description":"Andouille sausage, red beans and white rice cooked in chicken broth with Cajun seasoning","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":147.1707,"calories":"150","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"10mg","sodium":"220mg","dietaryFiber":"2g","sugar":"2g","protein":"6g","potassium":"95mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"21g","iron":"1mg","calcium":"46mg","vitaminA":"124mcg","vitaminC":"11mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279449},{"menuItemId":906960762,"menuDayId":0,"foodItemId":111449,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19941,"foodItemSourceKey":"5010044","formalName":"Tex Mex Vegetables","number":"832121","description":"Zucchini, squash, eggplant, peppers and red onions roasted with garlic, cumin, chili pepper, and cinnamon","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":40.7711,"calories":"40","caloriesFromFat":"25","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"150mg","dietaryFiber":"1g","sugar":"2g","protein":"0g","potassium":"120mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"3g","iron":"0mg","calcium":"13mg","vitaminA":"254mcg","vitaminC":"25mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279579},{"menuItemId":906960741,"menuDayId":0,"foodItemId":109589,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19942,"foodItemSourceKey":"1153646","formalName":"Lemon Garlic Green Beans","number":"817328","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":59.8087,"calories":"60","caloriesFromFat":"25","fat":"2.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"115mg","dietaryFiber":"4g","sugar":"4g","protein":"2g","potassium":"170mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"9g","iron":"1mg","calcium":"51mg","vitaminA":"441mcg","vitaminC":"12mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274488},{"menuItemId":906960733,"menuDayId":0,"foodItemId":138402,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":19943,"foodItemSourceKey":"1226069","formalName":"Grilled Cajun Salmon","number":"814770","description":"Fresh salmon marinated in garlic, rosemary, thyme, olive oil, and cajun seasoning","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":289.4862,"calories":"290","caloriesFromFat":"160","fat":"18g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"6g","cholesterol":"85mg","sodium":"180mg","dietaryFiber":"0g","sugar":"0g","protein":"29g","potassium":"510mg","portionSize":"136g","portion":"1 ENTREE","gramWeight":"136","carbohydrates":"0g","iron":"1mg","calcium":"23mg","vitaminA":"198mcg","vitaminC":"5mg","allergens":[{"name":"Fish","contains":"true","icon":null,"allergen":"8"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":308290},{"menuItemId":906960725,"menuDayId":0,"foodItemId":108911,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":19944,"foodItemSourceKey":"1048985","formalName":"Mango Coconut Parfait","number":"812546","description":"Tapioca, vanilla pudding, toasted coconut and mango","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":182.0022,"calories":"180","caloriesFromFat":"50","fat":"6g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"160mg","dietaryFiber":"1g","sugar":"22g","protein":"2g","potassium":"100mg","portionSize":"153g","portion":"1 PARFAIT","gramWeight":"153","carbohydrates":"31g","iron":"0mg","calcium":"40mg","vitaminA":"253mcg","vitaminC":"10mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276688},{"menuItemId":906960726,"menuDayId":0,"foodItemId":110028,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":19945,"foodItemSourceKey":"1049016","formalName":"Blondie","number":"812550","description":"Vanilla butter dessert bar","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":190.0234,"calories":"190","caloriesFromFat":"80","fat":"8g","saturatedFat":"5.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"250mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"5mg","portionSize":"45g","portion":"1 SLC","gramWeight":"45","carbohydrates":"27g","iron":"1mg","calcium":"11mg","vitaminA":"95mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278417},{"menuItemId":906960730,"menuDayId":0,"foodItemId":108668,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":19946,"foodItemSourceKey":"1049688","formalName":"Chocolate Chip Cookies","number":"812601","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":228.426,"calories":"230","caloriesFromFat":"100","fat":"11g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"10mg","sodium":"170mg","dietaryFiber":"0g","sugar":"18g","protein":"2g","potassium":"50mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"7mg","vitaminA":"76mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276690},{"menuItemId":906960724,"menuDayId":0,"foodItemId":108002,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":19947,"foodItemSourceKey":"1043293","formalName":"Curried Lentil & Potato Soup","number":"812371","description":"Lentils, carrots, celery, vegetable stock, garlic, ginger, potatoes, curry powder, fresh cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":71.6705,"calories":"70","caloriesFromFat":"25","fat":"2.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"3g","sugar":"2g","protein":"3g","potassium":"250mg","portionSize":"163g","portion":"1 6 FLOZ","gramWeight":"163","carbohydrates":"10g","iron":"1mg","calcium":"32mg","vitaminA":"1709mcg","vitaminC":"4mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278412},{"menuItemId":906960736,"menuDayId":0,"foodItemId":111614,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":19948,"foodItemSourceKey":"5016227","formalName":"Turkey Noodle Soup","number":"815215","description":"Turkey, carrot and celery with egg noodles and chicken broth","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":95.7112,"calories":"100","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"20mg","sodium":"440mg","dietaryFiber":"1g","sugar":"2g","protein":"4g","potassium":"95mg","portionSize":"171g","portion":"1 6 FLOZ","gramWeight":"171","carbohydrates":"11g","iron":"1mg","calcium":"26mg","vitaminA":"803mcg","vitaminC":"2mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279331},{"menuItemId":906960766,"menuDayId":0,"foodItemId":106528,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19949,"foodItemSourceKey":"5013538","formalName":"Vegan Basmati Rice","number":"832395","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":62.0013,"calories":"60","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"80mg","dietaryFiber":"0g","sugar":"0g","protein":"1g","potassium":"20mg","portionSize":"51g","portion":"1 1/3 CUP","gramWeight":"51","carbohydrates":"14g","iron":"0mg","calcium":"6mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277552},{"menuItemId":906960734,"menuDayId":0,"foodItemId":134974,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19950,"foodItemSourceKey":"1226077","formalName":"Roasted Beets with Thyme","number":"814775","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":50.6343,"calories":"50","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"95mg","dietaryFiber":"2g","sugar":"9g","protein":"2g","potassium":"350mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"11g","iron":"1mg","calcium":"18mg","vitaminA":"24mcg","vitaminC":"4mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":304938},{"menuItemId":906960739,"menuDayId":0,"foodItemId":135902,"startTime":"2019-02-19T16:30:00","endTime":"2019-02-19T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":19951,"foodItemSourceKey":"1061203","formalName":"Moroccan Vegetable Chili","number":"817052","description":"Black and kidney beans, onions, garlic, tomato, raisins, dried cranberries with Moroccan seasonings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":43.5808,"calories":"45","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"105mg","dietaryFiber":"1g","sugar":"4g","protein":"1g","potassium":"75mg","portionSize":"35g","portion":"1 1 FL OZ SPOODLE","gramWeight":"35","carbohydrates":"8g","iron":"1mg","calcium":"24mg","vitaminA":"263mcg","vitaminC":"5mg","allergens":[{"name":"Fish","contains":"true","icon":null,"allergen":"8"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":305924}],"foodItemSourceKey":null,"currentMenu":false},{"menuDayId":4932613,"menuId":0,"date":"2019-02-20T00:00:00","meal":null,"isFakeMenuDay":false,"dayParts":[{"dayPartName":"Breakfast","menuDayId":0,"courses":[{"courseName":null,"menuDayId":0,"menuItems":[{"menuItemId":909848508,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":null,"courseSortOrder":0,"menuItemSortOrder":34958,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668}]},{"courseName":"bakery","menuDayId":0,"menuItems":[{"menuItemId":909848492,"menuDayId":0,"foodItemId":109178,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"bakery","courseSortOrder":0,"menuItemSortOrder":34959,"foodItemSourceKey":"1050948","formalName":"Blueberry Muffin","number":"816630","description":"Muffin baked with blueberries","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":170.62,"calories":"170","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"2.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"60mg","portionSize":"65g","portion":"1 MUFFIN","gramWeight":"65","carbohydrates":"30g","iron":"1mg","calcium":"1mg","vitaminA":"3mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276210}]},{"courseName":"Breakfast daily dish","menuDayId":0,"menuItems":[{"menuItemId":909848465,"menuDayId":0,"foodItemId":106914,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34960,"foodItemSourceKey":"1009450","formalName":"One Turkey Sausage Link","number":"800708","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":44.0355,"calories":"45","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"20mg","sodium":"140mg","dietaryFiber":"0g","sugar":"0g","protein":"4g","potassium":"60mg","portionSize":"26g","portion":"1 EA","gramWeight":"26","carbohydrates":"0g","iron":"0mg","calcium":"10mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274424},{"menuItemId":909848475,"menuDayId":0,"foodItemId":110417,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34961,"foodItemSourceKey":"1025846","formalName":"Grits","number":"812048","description":"Traditional creamy grits cereal","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":93.405,"calories":"90","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"30mg","portionSize":"178g","portion":"1 6 FLOZ","gramWeight":"178","carbohydrates":"20g","iron":"1mg","calcium":"6mg","vitaminA":"19mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274964},{"menuItemId":909848497,"menuDayId":0,"foodItemId":106867,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34962,"foodItemSourceKey":"1215584","formalName":"Scrambled Eggs with Cheddar","number":"818229","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":247.0919,"calories":"250","caloriesFromFat":"160","fat":"18g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"415mg","sodium":"460mg","dietaryFiber":"0g","sugar":"0g","protein":"19g","potassium":"170mg","portionSize":"129g","portion":"1 1/2 CUP","gramWeight":"129","carbohydrates":"1g","iron":"2mg","calcium":"233mg","vitaminA":"483mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277372},{"menuItemId":909848516,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34963,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":909848477,"menuDayId":0,"foodItemId":110804,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34964,"foodItemSourceKey":"1042649","formalName":"Greek Breakfast Bowl","number":"812337","description":"Oven roasted Greek potatoes, scrambled eggs, kalamata olive & tomato relish, feta cheese & fresh oregano","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":254.398,"calories":"250","caloriesFromFat":"160","fat":"17g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"3.0g","cholesterol":"355mg","sodium":"890mg","dietaryFiber":"2g","sugar":"2g","protein":"15g","potassium":"370mg","portionSize":"181g","portion":"1 EA","gramWeight":"181","carbohydrates":"9g","iron":"2mg","calcium":"138mg","vitaminA":"478mcg","vitaminC":"10mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278873},{"menuItemId":909848486,"menuDayId":0,"foodItemId":119010,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34965,"foodItemSourceKey":"1207952","formalName":"Crispy Garlic Potato Wedges","number":"813770","description":"Potato wedges roasted with garlic and seasoned with lemon zest and parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":160.3898,"calories":"160","caloriesFromFat":"80","fat":"9g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"360mg","dietaryFiber":"2g","sugar":"0g","protein":"2g","potassium":"440mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"19g","iron":"1mg","calcium":"26mg","vitaminA":"95mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287316},{"menuItemId":909848493,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34966,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064},{"menuItemId":909848496,"menuDayId":0,"foodItemId":107773,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34967,"foodItemSourceKey":"1215464","formalName":"Texas French Toast","number":"818219","description":"Griddled thick sliced bread dipped in egg custard, finished with powdered sugar","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":213.6909,"calories":"210","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"130mg","sodium":"420mg","dietaryFiber":"0g","sugar":"5g","protein":"10g","potassium":"120mg","portionSize":"106g","portion":"1 1.5 SLC","gramWeight":"106","carbohydrates":"32g","iron":"2mg","calcium":"78mg","vitaminA":"105mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276815}]},{"courseName":"Grill","menuDayId":0,"menuItems":[{"menuItemId":909848476,"menuDayId":0,"foodItemId":107599,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Grill","courseSortOrder":0,"menuItemSortOrder":34968,"foodItemSourceKey":"1042273","formalName":"Omelet Bar","number":"812282","description":"Cage free eggs with your choice of fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562}]},{"courseName":"Yogurt Bar","menuDayId":0,"menuItems":[{"menuItemId":909848474,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":34969,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek Yogurt","number":"807310","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":23.4167,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"3g","protein":"2g","potassium":"25mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"25mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276087},{"menuItemId":909848495,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":34970,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"0mg","calcium":"31mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275114},{"menuItemId":909848473,"menuDayId":0,"foodItemId":109699,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":34971,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":909848463,"menuDayId":0,"foodItemId":109666,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":34972,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":909848464,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":34973,"foodItemSourceKey":"1009384","formalName":"Diced Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"0mg","calcium":"3mg","vitaminA":"575mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278149}]}]},{"dayPartName":"Lunch","menuDayId":0,"courses":[{"courseName":null,"menuDayId":0,"menuItems":[{"menuItemId":909848507,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":null,"courseSortOrder":0,"menuItemSortOrder":34974,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668}]},{"courseName":"Chef's Table","menuDayId":0,"menuItems":[{"menuItemId":909848500,"menuDayId":0,"foodItemId":106260,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Chef's Table","courseSortOrder":0,"menuItemSortOrder":34975,"foodItemSourceKey":"1052911","formalName":"Cheese Ravioli with Marinara","number":"820643","description":"Six cheese filled ravioli served with homemade marinara sauce","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":252.5617,"calories":"250","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"45mg","sodium":"1520mg","dietaryFiber":"7g","sugar":"9g","protein":"11g","potassium":"45mg","portionSize":"251g","portion":"1 ENTREE","gramWeight":"251","carbohydrates":"39g","iron":"3mg","calcium":"157mg","vitaminA":"445mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276312}]},{"courseName":"Daily 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OZ","gramWeight":"113","carbohydrates":"23g","iron":"1mg","calcium":"5mg","vitaminA":"162mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276560},{"menuItemId":909848509,"menuDayId":0,"foodItemId":123432,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":34977,"foodItemSourceKey":"5203203","formalName":"Carolina Pulled Beef BBQ","number":"825179","description":"Carolina BBQ style braised beef with, garlic, paprika, vinegar, brown sugar and red pepper flakes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":167.2074,"calories":"170","caloriesFromFat":"70","fat":"7g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"55mg","sodium":"210mg","dietaryFiber":"0g","sugar":"0g","protein":"22g","potassium":"220mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"2mg","calcium":"8mg","vitaminA":"66mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":291481},{"menuItemId":909848498,"menuDayId":0,"foodItemId":131064,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":34978,"foodItemSourceKey":"4996314","formalName":"Old Fashioned Macaroni and Cheese","number":"818439","description":"Classic macaroni and cheese with elbow macaroni baked with a creamy three cheese sauce and cheddar crumb topping","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":342.0743,"calories":"340","caloriesFromFat":"120","fat":"14g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"30mg","sodium":"460mg","dietaryFiber":"2g","sugar":"4g","protein":"13g","potassium":"180mg","portionSize":"170g","portion":"1 6 OZ","gramWeight":"170","carbohydrates":"41g","iron":"2mg","calcium":"208mg","vitaminA":"282mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":300999},{"menuItemId":909848466,"menuDayId":0,"foodItemId":110126,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":34979,"foodItemSourceKey":"1009513","formalName":"House Baked Buttermilk Biscuit","number":"800791","description":null,"foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":166.5428,"calories":"170","caloriesFromFat":"60","fat":"7g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"390mg","dietaryFiber":"0g","sugar":"2g","protein":"4g","potassium":"0mg","portionSize":"56g","portion":"1 EA","gramWeight":"56","carbohydrates":"22g","iron":"1mg","calcium":"72mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275885}]},{"courseName":"Dessert","menuDayId":0,"menuItems":[{"menuItemId":909848479,"menuDayId":0,"foodItemId":108927,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":34980,"foodItemSourceKey":"1049693","formalName":"Sugar Cookie","number":"812605","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.6304,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"15mg","sodium":"190mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"25mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"5mg","vitaminA":"289mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275572},{"menuItemId":909848513,"menuDayId":0,"foodItemId":110538,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":34981,"foodItemSourceKey":"5009272","formalName":"Samoa Cupcake","number":"829959","description":"Caramel cake topped with toasted coconut caramel filling and chocolate fudge frosting","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":208.2585,"calories":"210","caloriesFromFat":"60","fat":"7g","saturatedFat":"5.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"250mg","dietaryFiber":"0g","sugar":"26g","protein":"2g","potassium":"60mg","portionSize":"65g","portion":"1 CUPCAKE","gramWeight":"65","carbohydrates":"35g","iron":"1mg","calcium":"30mg","vitaminA":"13mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277594},{"menuItemId":909848478,"menuDayId":0,"foodItemId":106783,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":34982,"foodItemSourceKey":"1048743","formalName":"Chunky Monkey Brownie","number":"812527","description":"Rich chocolate brownie baked with bananas and chocolate chips, topped with vanilla icing","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":209.0149,"calories":"210","caloriesFromFat":"60","fat":"7g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"150mg","dietaryFiber":"2g","sugar":"27g","protein":"2g","potassium":"180mg","portionSize":"63g","portion":"1 SLC","gramWeight":"63","carbohydrates":"36g","iron":"2mg","calcium":"11mg","vitaminA":"5mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275569}]},{"courseName":"Grill","menuDayId":0,"menuItems":[{"menuItemId":909848504,"menuDayId":0,"foodItemId":110715,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":34983,"foodItemSourceKey":"1069745","formalName":"Buffalo Bleu Waffle Fries","number":"822897","description":"Hot and crispy waffle fries topped with Buffalo sauce, blue cheese, tomato and scallions","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":588.9019,"calories":"590","caloriesFromFat":"350","fat":"39g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"10g","cholesterol":"20mg","sodium":"1320mg","dietaryFiber":"7g","sugar":"2g","protein":"11g","potassium":"200mg","portionSize":"284g","portion":"1 EA","gramWeight":"284","carbohydrates":"49g","iron":"2mg","calcium":"174mg","vitaminA":"399mcg","vitaminC":"12mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274162}]},{"courseName":"Memorial Deli","menuDayId":0,"menuItems":[{"menuItemId":909848517,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":34984,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745}]},{"courseName":"Memorial Pizza","menuDayId":0,"menuItems":[{"menuItemId":909848510,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":34985,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":909848511,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":34986,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142},{"menuItemId":909848491,"menuDayId":0,"foodItemId":111068,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":34987,"foodItemSourceKey":"1049062","formalName":"Baked Ziti Casserette","number":"816534","description":"Zita baked with creamy tomato sauce, parmesan bread crumbs and mozzarella cheese","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":368.6247,"calories":"370","caloriesFromFat":"140","fat":"16g","saturatedFat":"9g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"45mg","sodium":"790mg","dietaryFiber":"3g","sugar":"6g","protein":"17g","potassium":"160mg","portionSize":"238g","portion":"1 ENTREE","gramWeight":"238","carbohydrates":"39g","iron":"2mg","calcium":"401mg","vitaminA":"483mcg","vitaminC":"5mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279342},{"menuItemId":909848512,"menuDayId":0,"foodItemId":111388,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":34988,"foodItemSourceKey":"5003025","formalName":"Chicken Bruschetta Pizza","number":"829640","description":"Plum tomato and garlic bruschetta, topped with grilled chicken and mozzarella, finished with fresh basil","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":290.2408,"calories":"290","caloriesFromFat":"110","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"40mg","sodium":"390mg","dietaryFiber":"1g","sugar":"3g","protein":"14g","potassium":"110mg","portionSize":"134g","portion":"1 SLC","gramWeight":"134","carbohydrates":"30g","iron":"2mg","calcium":"122mg","vitaminA":"208mcg","vitaminC":"3mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279543}]},{"courseName":"Simple Servings","menuDayId":0,"menuItems":[{"menuItemId":909848487,"menuDayId":0,"foodItemId":106333,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":34989,"foodItemSourceKey":"1218840","formalName":"Sauteed Broccoli & Garlic","number":"814411","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":45.098,"calories":"45","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"130mg","dietaryFiber":"3g","sugar":"1g","protein":"2g","potassium":"250mg","portionSize":"89g","portion":"1 1/2 CUP","gramWeight":"89","carbohydrates":"7g","iron":"1mg","calcium":"38mg","vitaminA":"770mcg","vitaminC":"65mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276176},{"menuItemId":909848481,"menuDayId":0,"foodItemId":108556,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":34990,"foodItemSourceKey":"1052098","formalName":"Honey Balsamic Pork Chop","number":"812726","description":"Pan seared boneless pork chop with honey balsamic glaze","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":308.6899,"calories":"310","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"70mg","sodium":"55mg","dietaryFiber":"0g","sugar":"24g","protein":"23g","potassium":"370mg","portionSize":"123g","portion":"1 ENTREE","gramWeight":"123","carbohydrates":"25g","iron":"1mg","calcium":"20mg","vitaminA":"5mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277226},{"menuItemId":909848489,"menuDayId":0,"foodItemId":111058,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":34991,"foodItemSourceKey":"1047801","formalName":"Pickled Celery and Carrot Slaw","number":"816459","description":"Carrot and celery slaw with apple cider vinegar","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":24.7152,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"330mg","dietaryFiber":"0g","sugar":"4g","protein":"0g","potassium":"130mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"6g","iron":"0mg","calcium":"17mg","vitaminA":"2256mcg","vitaminC":"2mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279339},{"menuItemId":909848503,"menuDayId":0,"foodItemId":107094,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":34992,"foodItemSourceKey":"1044181","formalName":"Simply Smashed Yukon Gold Potatoes","number":"822037","description":"Smashed Yukon gold potatoes seasoned with olive oil, salt & black pepper","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":109.0163,"calories":"110","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"170mg","dietaryFiber":"3g","sugar":"1g","protein":"2g","potassium":"470mg","portionSize":"119g","portion":"1 1/2 CUP","gramWeight":"119","carbohydrates":"18g","iron":"1mg","calcium":"11mg","vitaminA":"6mcg","vitaminC":"11mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275193}]},{"courseName":"Soup","menuDayId":0,"menuItems":[{"menuItemId":909848467,"menuDayId":0,"foodItemId":110994,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":34993,"foodItemSourceKey":"1011584","formalName":"Chunky Vegetable Orzo Soup","number":"802454","description":"Orzo, vegetable broth, onions, carrots, celery, green beans, tomatoes, corn, turnips, zucchini, fresh rosemary and thyme","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.8417,"calories":"70","caloriesFromFat":"20","fat":"2.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"160mg","dietaryFiber":"2g","sugar":"4g","protein":"2g","potassium":"210mg","portionSize":"198g","portion":"1 6 FLOZ","gramWeight":"198","carbohydrates":"12g","iron":"1mg","calcium":"32mg","vitaminA":"729mcg","vitaminC":"5mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278998},{"menuItemId":909848471,"menuDayId":0,"foodItemId":111019,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":34994,"foodItemSourceKey":"1023384","formalName":"White Bean, Cabbage & Sausage Soup","number":"803827","description":"Italian sausage, cabbage, cannellini beans, leeks, chicken broth and fresh Italian parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":88.406,"calories":"90","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"10mg","sodium":"270mg","dietaryFiber":"3g","sugar":"2g","protein":"4g","potassium":"200mg","portionSize":"178g","portion":"1 6 FLOZ","gramWeight":"178","carbohydrates":"9g","iron":"1mg","calcium":"43mg","vitaminA":"746mcg","vitaminC":"7mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279023}]},{"courseName":"Vegan","menuDayId":0,"menuItems":[{"menuItemId":909848470,"menuDayId":0,"foodItemId":109181,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":34995,"foodItemSourceKey":"1020893","formalName":"Fried Plantains","number":"803481","description":"Crispy fried plantain slices seasoned with salt","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":125.4959,"calories":"130","caloriesFromFat":"35","fat":"3.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"220mg","dietaryFiber":"2g","sugar":"11g","protein":"0g","potassium":"380mg","portionSize":"87g","portion":"1 3 OZ","gramWeight":"87","carbohydrates":"25g","iron":"0mg","calcium":"2mg","vitaminA":"441mcg","vitaminC":"9mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276564},{"menuItemId":909848488,"menuDayId":0,"foodItemId":135917,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":34996,"foodItemSourceKey":"1226730","formalName":"Marinated Tomatoes","number":"814844","description":"Roma tomatoes, parsley, balsamic vinegar, olive oil","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":42.8933,"calories":"45","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"280mg","dietaryFiber":"1g","sugar":"2g","protein":"0g","potassium":"150mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"3g","iron":"0mg","calcium":"10mg","vitaminA":"70mcg","vitaminC":"7mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":305919},{"menuItemId":909848499,"menuDayId":0,"foodItemId":111113,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":34997,"foodItemSourceKey":"1051790","formalName":"Saffron Vegetable Valencia","number":"820579","description":"Sauteed onions, peppers, tomatoes, olives, peas, carrots, steamed rice and saffron broth","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":316.1806,"calories":"320","caloriesFromFat":"45","fat":"5g","saturatedFat":"0.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"4g","sugar":"4g","protein":"7g","potassium":"290mg","portionSize":"299g","portion":"1 ENTREE","gramWeight":"299","carbohydrates":"61g","iron":"4mg","calcium":"60mg","vitaminA":"1840mcg","vitaminC":"42mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279426}]}]},{"dayPartName":"Dinner","menuDayId":0,"courses":[{"courseName":null,"menuDayId":0,"menuItems":[{"menuItemId":909848506,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":null,"courseSortOrder":0,"menuItemSortOrder":34998,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668}]},{"courseName":"Chef's Table","menuDayId":0,"menuItems":[{"menuItemId":909848502,"menuDayId":0,"foodItemId":111154,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Chef's Table","courseSortOrder":0,"menuItemSortOrder":34999,"foodItemSourceKey":"1055048","formalName":"Seared Chicken Fajita","number":"820692","description":"Grilled chipotle lime chicken, onions, peppers, cheddar cheese and salsa in a healthy grain tortilla","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":332.1588,"calories":"330","caloriesFromFat":"90","fat":"10g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"45mg","sodium":"350mg","dietaryFiber":"5g","sugar":"6g","protein":"21g","potassium":"460mg","portionSize":"222g","portion":"1 EA","gramWeight":"222","carbohydrates":"39g","iron":"2mg","calcium":"156mg","vitaminA":"567mcg","vitaminC":"66mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279439}]},{"courseName":"Daily dish","menuDayId":0,"menuItems":[{"menuItemId":909848515,"menuDayId":0,"foodItemId":112013,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":35000,"foodItemSourceKey":"5009283","formalName":"Three Beef Meatballs","number":"829961","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":260.2044,"calories":"260","caloriesFromFat":"180","fat":"20g","saturatedFat":"8g","transFat":"1.0g","polyunsaturatedFat":"1.5g","cholesterol":"55mg","sodium":"320mg","dietaryFiber":"1g","sugar":"1g","protein":"13g","potassium":"280mg","portionSize":"99g","portion":"1 3 EA","gramWeight":"99","carbohydrates":"8g","iron":"2mg","calcium":"46mg","vitaminA":"47mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279999},{"menuItemId":909848501,"menuDayId":0,"foodItemId":110347,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":35001,"foodItemSourceKey":"1055001","formalName":"Steamed Italian Vegetable Medley","number":"820687","description":"Steamed zucchini, cauliflower, carrots, green beans and lima beans","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":46.6973,"calories":"45","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"40mg","dietaryFiber":"3g","sugar":"1g","protein":"3g","potassium":"0mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"9g","iron":"0mg","calcium":"27mg","vitaminA":"1601mcg","vitaminC":"12mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278005},{"menuItemId":909848480,"menuDayId":0,"foodItemId":108673,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":35002,"foodItemSourceKey":"1051346","formalName":"Baked Ziti with Marinara","number":"812674","description":"Ziti, tomato sauce, mozzarella cheese","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":468.3557,"calories":"470","caloriesFromFat":"170","fat":"19g","saturatedFat":"9g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"50mg","sodium":"1010mg","dietaryFiber":"4g","sugar":"10g","protein":"22g","potassium":"230mg","portionSize":"304g","portion":"1 SLC","gramWeight":"304","carbohydrates":"52g","iron":"2mg","calcium":"517mg","vitaminA":"493mcg","vitaminC":"6mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275573},{"menuItemId":909848490,"menuDayId":0,"foodItemId":110358,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":35003,"foodItemSourceKey":"1048959","formalName":"Garlic Bread","number":"816517","description":"French bread baked with garlic, paprika and fresh parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":143.6742,"calories":"140","caloriesFromFat":"100","fat":"11g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"220mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"20mg","portionSize":"35g","portion":"1 SLC","gramWeight":"35","carbohydrates":"9g","iron":"1mg","calcium":"6mg","vitaminA":"361mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277302}]},{"courseName":"Dessert","menuDayId":0,"menuItems":[{"menuItemId":909848482,"menuDayId":0,"foodItemId":110008,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":35004,"foodItemSourceKey":"1053650","formalName":"Carnival Cookie","number":"812815","description":"Cookie stuffed with colored chocolate candies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":219.7475,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"10mg","sodium":"180mg","dietaryFiber":"0g","sugar":"19g","protein":"2g","potassium":"45mg","portionSize":"50g","portion":"1 2 COOKIE","gramWeight":"50","carbohydrates":"32g","iron":"1mg","calcium":"7mg","vitaminA":"246mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276696},{"menuItemId":909848514,"menuDayId":0,"foodItemId":110538,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":35005,"foodItemSourceKey":"5009272","formalName":"Samoa Cupcake","number":"829959","description":"Caramel cake topped with toasted coconut caramel filling and chocolate fudge frosting","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":208.2585,"calories":"210","caloriesFromFat":"60","fat":"7g","saturatedFat":"5.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"250mg","dietaryFiber":"0g","sugar":"26g","protein":"2g","potassium":"60mg","portionSize":"65g","portion":"1 CUPCAKE","gramWeight":"65","carbohydrates":"35g","iron":"1mg","calcium":"30mg","vitaminA":"13mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277594},{"menuItemId":909848505,"menuDayId":0,"foodItemId":111243,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":35006,"foodItemSourceKey":"1215566","formalName":"Pumpkin Cheesecake Bar","number":"823934","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":252.0116,"calories":"250","caloriesFromFat":"120","fat":"14g","saturatedFat":"8g","transFat":"0.5g","polyunsaturatedFat":"0g","cholesterol":"30mg","sodium":"290mg","dietaryFiber":"0g","sugar":"18g","protein":"3g","potassium":"35mg","portionSize":"70g","portion":"1 SLC","gramWeight":"70","carbohydrates":"30g","iron":"1mg","calcium":"24mg","vitaminA":"821mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279459}]},{"courseName":"Memorial Deli","menuDayId":0,"menuItems":[{"menuItemId":909848518,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":35007,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745}]},{"courseName":"Soup","menuDayId":0,"menuItems":[{"menuItemId":909848468,"menuDayId":0,"foodItemId":110994,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":35008,"foodItemSourceKey":"1011584","formalName":"Chunky Vegetable Orzo Soup","number":"802454","description":"Orzo, vegetable broth, onions, carrots, celery, green beans, tomatoes, corn, turnips, zucchini, fresh rosemary and thyme","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.8417,"calories":"70","caloriesFromFat":"20","fat":"2.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"160mg","dietaryFiber":"2g","sugar":"4g","protein":"2g","potassium":"210mg","portionSize":"198g","portion":"1 6 FLOZ","gramWeight":"198","carbohydrates":"12g","iron":"1mg","calcium":"32mg","vitaminA":"729mcg","vitaminC":"5mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278998},{"menuItemId":909848472,"menuDayId":0,"foodItemId":111019,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":35009,"foodItemSourceKey":"1023384","formalName":"White Bean, Cabbage & Sausage Soup","number":"803827","description":"Italian sausage, cabbage, cannellini beans, leeks, chicken broth and fresh Italian parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":88.406,"calories":"90","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"10mg","sodium":"270mg","dietaryFiber":"3g","sugar":"2g","protein":"4g","potassium":"200mg","portionSize":"178g","portion":"1 6 FLOZ","gramWeight":"178","carbohydrates":"9g","iron":"1mg","calcium":"43mg","vitaminA":"746mcg","vitaminC":"7mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279023}]},{"courseName":"Vegan","menuDayId":0,"menuItems":[{"menuItemId":909848483,"menuDayId":0,"foodItemId":111164,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":35010,"foodItemSourceKey":"1056512","formalName":"Spicy Eggplant with Garbanzo Beans","number":"812932","description":"Eggplant, garbanzo beans, onions, potatoes, cumin, fennel, tomatoes and fresh cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":209.1495,"calories":"210","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"115mg","dietaryFiber":"8g","sugar":"5g","protein":"9g","potassium":"410mg","portionSize":"227g","portion":"1 ENTREE","gramWeight":"227","carbohydrates":"35g","iron":"2mg","calcium":"92mg","vitaminA":"269mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279235},{"menuItemId":909848485,"menuDayId":0,"foodItemId":111185,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":35011,"foodItemSourceKey":"1057183","formalName":"Pita Chips","number":"812960","description":"Baked pita bread triangles","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":72.6258,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"140mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"0mg","portionSize":"28g","portion":"1 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Couscous","number":"812936","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":102.3361,"calories":"100","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"65mg","dietaryFiber":"1g","sugar":"1g","protein":"3g","potassium":"0mg","portionSize":"102g","portion":"1 1/2 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spices","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":83.4936,"calories":"80","caloriesFromFat":"60","fat":"7g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"65mg","dietaryFiber":"1g","sugar":"0g","protein":"1g","potassium":"5mg","portionSize":"28g","portion":"1 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blueberries","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":170.62,"calories":"170","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"2.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"60mg","portionSize":"65g","portion":"1 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cereal","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":93.405,"calories":"90","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"30mg","portionSize":"178g","portion":"1 6 FLOZ","gramWeight":"178","carbohydrates":"20g","iron":"1mg","calcium":"6mg","vitaminA":"19mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274964},{"menuItemId":909848497,"menuDayId":0,"foodItemId":106867,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34962,"foodItemSourceKey":"1215584","formalName":"Scrambled Eggs with Cheddar","number":"818229","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":247.0919,"calories":"250","caloriesFromFat":"160","fat":"18g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"415mg","sodium":"460mg","dietaryFiber":"0g","sugar":"0g","protein":"19g","potassium":"170mg","portionSize":"129g","portion":"1 1/2 CUP","gramWeight":"129","carbohydrates":"1g","iron":"2mg","calcium":"233mg","vitaminA":"483mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277372},{"menuItemId":909848516,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34963,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":909848477,"menuDayId":0,"foodItemId":110804,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34964,"foodItemSourceKey":"1042649","formalName":"Greek Breakfast Bowl","number":"812337","description":"Oven roasted Greek potatoes, scrambled eggs, kalamata olive & tomato relish, feta cheese & fresh oregano","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":254.398,"calories":"250","caloriesFromFat":"160","fat":"17g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"3.0g","cholesterol":"355mg","sodium":"890mg","dietaryFiber":"2g","sugar":"2g","protein":"15g","potassium":"370mg","portionSize":"181g","portion":"1 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parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":160.3898,"calories":"160","caloriesFromFat":"80","fat":"9g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"360mg","dietaryFiber":"2g","sugar":"0g","protein":"2g","potassium":"440mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"19g","iron":"1mg","calcium":"26mg","vitaminA":"95mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287316},{"menuItemId":909848493,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34966,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064},{"menuItemId":909848496,"menuDayId":0,"foodItemId":107773,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":34967,"foodItemSourceKey":"1215464","formalName":"Texas French Toast","number":"818219","description":"Griddled thick sliced bread dipped in egg custard, finished with powdered sugar","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":213.6909,"calories":"210","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"130mg","sodium":"420mg","dietaryFiber":"0g","sugar":"5g","protein":"10g","potassium":"120mg","portionSize":"106g","portion":"1 1.5 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fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562},{"menuItemId":909848474,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":34969,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek Yogurt","number":"807310","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":23.4167,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"3g","protein":"2g","potassium":"25mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"25mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276087},{"menuItemId":909848495,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-20T07:00:00","endTime":"2019-02-20T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":34970,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek 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sauce","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":252.5617,"calories":"250","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"45mg","sodium":"1520mg","dietaryFiber":"7g","sugar":"9g","protein":"11g","potassium":"45mg","portionSize":"251g","portion":"1 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Parsley","number":"803349","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":99.4787,"calories":"100","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"2g","sugar":"3g","protein":"3g","potassium":"240mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"23g","iron":"1mg","calcium":"5mg","vitaminA":"162mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276560},{"menuItemId":909848509,"menuDayId":0,"foodItemId":123432,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":34977,"foodItemSourceKey":"5203203","formalName":"Carolina Pulled Beef BBQ","number":"825179","description":"Carolina BBQ style braised beef with, garlic, paprika, vinegar, brown sugar and red pepper flakes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":167.2074,"calories":"170","caloriesFromFat":"70","fat":"7g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"55mg","sodium":"210mg","dietaryFiber":"0g","sugar":"0g","protein":"22g","potassium":"220mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"2mg","calcium":"8mg","vitaminA":"66mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":291481},{"menuItemId":909848498,"menuDayId":0,"foodItemId":131064,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":34978,"foodItemSourceKey":"4996314","formalName":"Old Fashioned Macaroni and Cheese","number":"818439","description":"Classic macaroni and cheese with elbow macaroni baked with a creamy three cheese sauce and cheddar crumb topping","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":342.0743,"calories":"340","caloriesFromFat":"120","fat":"14g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"30mg","sodium":"460mg","dietaryFiber":"2g","sugar":"4g","protein":"13g","potassium":"180mg","portionSize":"170g","portion":"1 6 OZ","gramWeight":"170","carbohydrates":"41g","iron":"2mg","calcium":"208mg","vitaminA":"282mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":300999},{"menuItemId":909848466,"menuDayId":0,"foodItemId":110126,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":34979,"foodItemSourceKey":"1009513","formalName":"House Baked Buttermilk Biscuit","number":"800791","description":null,"foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":166.5428,"calories":"170","caloriesFromFat":"60","fat":"7g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"390mg","dietaryFiber":"0g","sugar":"2g","protein":"4g","potassium":"0mg","portionSize":"56g","portion":"1 EA","gramWeight":"56","carbohydrates":"22g","iron":"1mg","calcium":"72mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275885},{"menuItemId":909848479,"menuDayId":0,"foodItemId":108927,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":34980,"foodItemSourceKey":"1049693","formalName":"Sugar Cookie","number":"812605","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.6304,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"15mg","sodium":"190mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"25mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"5mg","vitaminA":"289mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275572},{"menuItemId":909848513,"menuDayId":0,"foodItemId":110538,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":34981,"foodItemSourceKey":"5009272","formalName":"Samoa Cupcake","number":"829959","description":"Caramel cake topped with toasted coconut caramel filling and chocolate fudge frosting","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":208.2585,"calories":"210","caloriesFromFat":"60","fat":"7g","saturatedFat":"5.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"250mg","dietaryFiber":"0g","sugar":"26g","protein":"2g","potassium":"60mg","portionSize":"65g","portion":"1 CUPCAKE","gramWeight":"65","carbohydrates":"35g","iron":"1mg","calcium":"30mg","vitaminA":"13mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277594},{"menuItemId":909848478,"menuDayId":0,"foodItemId":106783,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":34982,"foodItemSourceKey":"1048743","formalName":"Chunky Monkey Brownie","number":"812527","description":"Rich chocolate brownie baked with bananas and chocolate chips, topped with vanilla icing","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":209.0149,"calories":"210","caloriesFromFat":"60","fat":"7g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"150mg","dietaryFiber":"2g","sugar":"27g","protein":"2g","potassium":"180mg","portionSize":"63g","portion":"1 SLC","gramWeight":"63","carbohydrates":"36g","iron":"2mg","calcium":"11mg","vitaminA":"5mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275569},{"menuItemId":909848504,"menuDayId":0,"foodItemId":110715,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":34983,"foodItemSourceKey":"1069745","formalName":"Buffalo Bleu Waffle Fries","number":"822897","description":"Hot and crispy waffle fries topped with Buffalo sauce, blue cheese, tomato and scallions","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":588.9019,"calories":"590","caloriesFromFat":"350","fat":"39g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"10g","cholesterol":"20mg","sodium":"1320mg","dietaryFiber":"7g","sugar":"2g","protein":"11g","potassium":"200mg","portionSize":"284g","portion":"1 EA","gramWeight":"284","carbohydrates":"49g","iron":"2mg","calcium":"174mg","vitaminA":"399mcg","vitaminC":"12mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274162},{"menuItemId":909848517,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":34984,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745},{"menuItemId":909848510,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":34985,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":909848511,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":34986,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 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cheese","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":368.6247,"calories":"370","caloriesFromFat":"140","fat":"16g","saturatedFat":"9g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"45mg","sodium":"790mg","dietaryFiber":"3g","sugar":"6g","protein":"17g","potassium":"160mg","portionSize":"238g","portion":"1 ENTREE","gramWeight":"238","carbohydrates":"39g","iron":"2mg","calcium":"401mg","vitaminA":"483mcg","vitaminC":"5mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279342},{"menuItemId":909848512,"menuDayId":0,"foodItemId":111388,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":34988,"foodItemSourceKey":"5003025","formalName":"Chicken Bruschetta Pizza","number":"829640","description":"Plum tomato and garlic bruschetta, topped with grilled chicken and mozzarella, finished with fresh basil","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":290.2408,"calories":"290","caloriesFromFat":"110","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"40mg","sodium":"390mg","dietaryFiber":"1g","sugar":"3g","protein":"14g","potassium":"110mg","portionSize":"134g","portion":"1 SLC","gramWeight":"134","carbohydrates":"30g","iron":"2mg","calcium":"122mg","vitaminA":"208mcg","vitaminC":"3mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279543},{"menuItemId":909848487,"menuDayId":0,"foodItemId":106333,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":34989,"foodItemSourceKey":"1218840","formalName":"Sauteed Broccoli & Garlic","number":"814411","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":45.098,"calories":"45","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"130mg","dietaryFiber":"3g","sugar":"1g","protein":"2g","potassium":"250mg","portionSize":"89g","portion":"1 1/2 CUP","gramWeight":"89","carbohydrates":"7g","iron":"1mg","calcium":"38mg","vitaminA":"770mcg","vitaminC":"65mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276176},{"menuItemId":909848481,"menuDayId":0,"foodItemId":108556,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":34990,"foodItemSourceKey":"1052098","formalName":"Honey Balsamic Pork Chop","number":"812726","description":"Pan seared boneless pork chop with honey balsamic glaze","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":308.6899,"calories":"310","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"70mg","sodium":"55mg","dietaryFiber":"0g","sugar":"24g","protein":"23g","potassium":"370mg","portionSize":"123g","portion":"1 ENTREE","gramWeight":"123","carbohydrates":"25g","iron":"1mg","calcium":"20mg","vitaminA":"5mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277226},{"menuItemId":909848489,"menuDayId":0,"foodItemId":111058,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":34991,"foodItemSourceKey":"1047801","formalName":"Pickled Celery and Carrot Slaw","number":"816459","description":"Carrot and celery slaw with apple cider vinegar","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":24.7152,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"330mg","dietaryFiber":"0g","sugar":"4g","protein":"0g","potassium":"130mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"6g","iron":"0mg","calcium":"17mg","vitaminA":"2256mcg","vitaminC":"2mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279339},{"menuItemId":909848503,"menuDayId":0,"foodItemId":107094,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":34992,"foodItemSourceKey":"1044181","formalName":"Simply Smashed Yukon Gold Potatoes","number":"822037","description":"Smashed Yukon gold potatoes seasoned with olive oil, salt & black pepper","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":109.0163,"calories":"110","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"170mg","dietaryFiber":"3g","sugar":"1g","protein":"2g","potassium":"470mg","portionSize":"119g","portion":"1 1/2 CUP","gramWeight":"119","carbohydrates":"18g","iron":"1mg","calcium":"11mg","vitaminA":"6mcg","vitaminC":"11mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275193},{"menuItemId":909848467,"menuDayId":0,"foodItemId":110994,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":34993,"foodItemSourceKey":"1011584","formalName":"Chunky Vegetable Orzo Soup","number":"802454","description":"Orzo, vegetable broth, onions, carrots, celery, green beans, tomatoes, corn, turnips, zucchini, fresh rosemary and thyme","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.8417,"calories":"70","caloriesFromFat":"20","fat":"2.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"160mg","dietaryFiber":"2g","sugar":"4g","protein":"2g","potassium":"210mg","portionSize":"198g","portion":"1 6 FLOZ","gramWeight":"198","carbohydrates":"12g","iron":"1mg","calcium":"32mg","vitaminA":"729mcg","vitaminC":"5mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278998},{"menuItemId":909848471,"menuDayId":0,"foodItemId":111019,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":34994,"foodItemSourceKey":"1023384","formalName":"White Bean, Cabbage & Sausage Soup","number":"803827","description":"Italian sausage, cabbage, cannellini beans, leeks, chicken broth and fresh Italian parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":88.406,"calories":"90","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"10mg","sodium":"270mg","dietaryFiber":"3g","sugar":"2g","protein":"4g","potassium":"200mg","portionSize":"178g","portion":"1 6 FLOZ","gramWeight":"178","carbohydrates":"9g","iron":"1mg","calcium":"43mg","vitaminA":"746mcg","vitaminC":"7mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279023},{"menuItemId":909848470,"menuDayId":0,"foodItemId":109181,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":34995,"foodItemSourceKey":"1020893","formalName":"Fried Plantains","number":"803481","description":"Crispy fried plantain slices seasoned with salt","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":125.4959,"calories":"130","caloriesFromFat":"35","fat":"3.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"220mg","dietaryFiber":"2g","sugar":"11g","protein":"0g","potassium":"380mg","portionSize":"87g","portion":"1 3 OZ","gramWeight":"87","carbohydrates":"25g","iron":"0mg","calcium":"2mg","vitaminA":"441mcg","vitaminC":"9mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276564},{"menuItemId":909848488,"menuDayId":0,"foodItemId":135917,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":34996,"foodItemSourceKey":"1226730","formalName":"Marinated Tomatoes","number":"814844","description":"Roma tomatoes, parsley, balsamic vinegar, olive oil","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":42.8933,"calories":"45","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"280mg","dietaryFiber":"1g","sugar":"2g","protein":"0g","potassium":"150mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"3g","iron":"0mg","calcium":"10mg","vitaminA":"70mcg","vitaminC":"7mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":305919},{"menuItemId":909848499,"menuDayId":0,"foodItemId":111113,"startTime":"2019-02-20T11:00:00","endTime":"2019-02-20T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":34997,"foodItemSourceKey":"1051790","formalName":"Saffron Vegetable Valencia","number":"820579","description":"Sauteed onions, peppers, tomatoes, olives, peas, carrots, steamed rice and saffron broth","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":316.1806,"calories":"320","caloriesFromFat":"45","fat":"5g","saturatedFat":"0.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"4g","sugar":"4g","protein":"7g","potassium":"290mg","portionSize":"299g","portion":"1 ENTREE","gramWeight":"299","carbohydrates":"61g","iron":"4mg","calcium":"60mg","vitaminA":"1840mcg","vitaminC":"42mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279426},{"menuItemId":909848506,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":null,"courseSortOrder":0,"menuItemSortOrder":34998,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668},{"menuItemId":909848502,"menuDayId":0,"foodItemId":111154,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Chef's Table","courseSortOrder":0,"menuItemSortOrder":34999,"foodItemSourceKey":"1055048","formalName":"Seared Chicken Fajita","number":"820692","description":"Grilled chipotle lime chicken, onions, peppers, cheddar cheese and salsa in a healthy grain tortilla","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":332.1588,"calories":"330","caloriesFromFat":"90","fat":"10g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"45mg","sodium":"350mg","dietaryFiber":"5g","sugar":"6g","protein":"21g","potassium":"460mg","portionSize":"222g","portion":"1 EA","gramWeight":"222","carbohydrates":"39g","iron":"2mg","calcium":"156mg","vitaminA":"567mcg","vitaminC":"66mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279439},{"menuItemId":909848515,"menuDayId":0,"foodItemId":112013,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":35000,"foodItemSourceKey":"5009283","formalName":"Three Beef Meatballs","number":"829961","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":260.2044,"calories":"260","caloriesFromFat":"180","fat":"20g","saturatedFat":"8g","transFat":"1.0g","polyunsaturatedFat":"1.5g","cholesterol":"55mg","sodium":"320mg","dietaryFiber":"1g","sugar":"1g","protein":"13g","potassium":"280mg","portionSize":"99g","portion":"1 3 EA","gramWeight":"99","carbohydrates":"8g","iron":"2mg","calcium":"46mg","vitaminA":"47mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279999},{"menuItemId":909848501,"menuDayId":0,"foodItemId":110347,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":35001,"foodItemSourceKey":"1055001","formalName":"Steamed Italian Vegetable Medley","number":"820687","description":"Steamed zucchini, cauliflower, carrots, green beans and lima beans","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":46.6973,"calories":"45","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"40mg","dietaryFiber":"3g","sugar":"1g","protein":"3g","potassium":"0mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"9g","iron":"0mg","calcium":"27mg","vitaminA":"1601mcg","vitaminC":"12mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278005},{"menuItemId":909848480,"menuDayId":0,"foodItemId":108673,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":35002,"foodItemSourceKey":"1051346","formalName":"Baked Ziti with Marinara","number":"812674","description":"Ziti, tomato sauce, mozzarella cheese","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":468.3557,"calories":"470","caloriesFromFat":"170","fat":"19g","saturatedFat":"9g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"50mg","sodium":"1010mg","dietaryFiber":"4g","sugar":"10g","protein":"22g","potassium":"230mg","portionSize":"304g","portion":"1 SLC","gramWeight":"304","carbohydrates":"52g","iron":"2mg","calcium":"517mg","vitaminA":"493mcg","vitaminC":"6mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275573},{"menuItemId":909848490,"menuDayId":0,"foodItemId":110358,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":35003,"foodItemSourceKey":"1048959","formalName":"Garlic Bread","number":"816517","description":"French bread baked with garlic, paprika and fresh parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":143.6742,"calories":"140","caloriesFromFat":"100","fat":"11g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"220mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"20mg","portionSize":"35g","portion":"1 SLC","gramWeight":"35","carbohydrates":"9g","iron":"1mg","calcium":"6mg","vitaminA":"361mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277302},{"menuItemId":909848482,"menuDayId":0,"foodItemId":110008,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":35004,"foodItemSourceKey":"1053650","formalName":"Carnival Cookie","number":"812815","description":"Cookie stuffed with colored chocolate candies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":219.7475,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"10mg","sodium":"180mg","dietaryFiber":"0g","sugar":"19g","protein":"2g","potassium":"45mg","portionSize":"50g","portion":"1 2 COOKIE","gramWeight":"50","carbohydrates":"32g","iron":"1mg","calcium":"7mg","vitaminA":"246mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276696},{"menuItemId":909848514,"menuDayId":0,"foodItemId":110538,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":35005,"foodItemSourceKey":"5009272","formalName":"Samoa Cupcake","number":"829959","description":"Caramel cake topped with toasted coconut caramel filling and chocolate fudge frosting","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":208.2585,"calories":"210","caloriesFromFat":"60","fat":"7g","saturatedFat":"5.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"250mg","dietaryFiber":"0g","sugar":"26g","protein":"2g","potassium":"60mg","portionSize":"65g","portion":"1 CUPCAKE","gramWeight":"65","carbohydrates":"35g","iron":"1mg","calcium":"30mg","vitaminA":"13mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277594},{"menuItemId":909848505,"menuDayId":0,"foodItemId":111243,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":35006,"foodItemSourceKey":"1215566","formalName":"Pumpkin Cheesecake Bar","number":"823934","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":252.0116,"calories":"250","caloriesFromFat":"120","fat":"14g","saturatedFat":"8g","transFat":"0.5g","polyunsaturatedFat":"0g","cholesterol":"30mg","sodium":"290mg","dietaryFiber":"0g","sugar":"18g","protein":"3g","potassium":"35mg","portionSize":"70g","portion":"1 SLC","gramWeight":"70","carbohydrates":"30g","iron":"1mg","calcium":"24mg","vitaminA":"821mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279459},{"menuItemId":909848518,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":35007,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745},{"menuItemId":909848468,"menuDayId":0,"foodItemId":110994,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":35008,"foodItemSourceKey":"1011584","formalName":"Chunky Vegetable Orzo Soup","number":"802454","description":"Orzo, vegetable broth, onions, carrots, celery, green beans, tomatoes, corn, turnips, zucchini, fresh rosemary and thyme","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.8417,"calories":"70","caloriesFromFat":"20","fat":"2.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"160mg","dietaryFiber":"2g","sugar":"4g","protein":"2g","potassium":"210mg","portionSize":"198g","portion":"1 6 FLOZ","gramWeight":"198","carbohydrates":"12g","iron":"1mg","calcium":"32mg","vitaminA":"729mcg","vitaminC":"5mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278998},{"menuItemId":909848472,"menuDayId":0,"foodItemId":111019,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":35009,"foodItemSourceKey":"1023384","formalName":"White Bean, Cabbage & Sausage Soup","number":"803827","description":"Italian sausage, cabbage, cannellini beans, leeks, chicken broth and fresh Italian parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":88.406,"calories":"90","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"10mg","sodium":"270mg","dietaryFiber":"3g","sugar":"2g","protein":"4g","potassium":"200mg","portionSize":"178g","portion":"1 6 FLOZ","gramWeight":"178","carbohydrates":"9g","iron":"1mg","calcium":"43mg","vitaminA":"746mcg","vitaminC":"7mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279023},{"menuItemId":909848483,"menuDayId":0,"foodItemId":111164,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":35010,"foodItemSourceKey":"1056512","formalName":"Spicy Eggplant with Garbanzo Beans","number":"812932","description":"Eggplant, garbanzo beans, onions, potatoes, cumin, fennel, tomatoes and fresh cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":209.1495,"calories":"210","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"115mg","dietaryFiber":"8g","sugar":"5g","protein":"9g","potassium":"410mg","portionSize":"227g","portion":"1 ENTREE","gramWeight":"227","carbohydrates":"35g","iron":"2mg","calcium":"92mg","vitaminA":"269mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279235},{"menuItemId":909848485,"menuDayId":0,"foodItemId":111185,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":35011,"foodItemSourceKey":"1057183","formalName":"Pita Chips","number":"812960","description":"Baked pita bread triangles","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":72.6258,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"140mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"0mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"12g","iron":"1mg","calcium":"15mg","vitaminA":"9mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279242},{"menuItemId":909848484,"menuDayId":0,"foodItemId":109005,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":35012,"foodItemSourceKey":"1057021","formalName":"Israeli Couscous","number":"812936","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":102.3361,"calories":"100","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"65mg","dietaryFiber":"1g","sugar":"1g","protein":"3g","potassium":"0mg","portionSize":"102g","portion":"1 1/2 CUP","gramWeight":"102","carbohydrates":"22g","iron":"0mg","calcium":"4mg","vitaminA":"32mcg","vitaminC":"0mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277833},{"menuItemId":909848494,"menuDayId":0,"foodItemId":108243,"startTime":"2019-02-20T16:30:00","endTime":"2019-02-20T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":35013,"foodItemSourceKey":"1215856","formalName":"Hummus","number":"817908","description":"Garbanzo beans blended with tahini, olive oil, lemon juice and spices","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":83.4936,"calories":"80","caloriesFromFat":"60","fat":"7g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"65mg","dietaryFiber":"1g","sugar":"0g","protein":"1g","potassium":"5mg","portionSize":"28g","portion":"1 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streusel","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":429.3723,"calories":"430","caloriesFromFat":"170","fat":"18g","saturatedFat":"9g","transFat":"0g","polyunsaturatedFat":"3.5g","cholesterol":"10mg","sodium":"550mg","dietaryFiber":"4g","sugar":"38g","protein":"7g","potassium":"430mg","portionSize":"111g","portion":"1 SLC","gramWeight":"111","carbohydrates":"62g","iron":"2mg","calcium":"92mg","vitaminA":"87mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275595}]},{"courseName":"Breakfast daily dish","menuDayId":0,"menuItems":[{"menuItemId":912949772,"menuDayId":0,"foodItemId":106867,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21015,"foodItemSourceKey":"1215584","formalName":"Scrambled Eggs with Cheddar","number":"818229","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":247.0919,"calories":"250","caloriesFromFat":"160","fat":"18g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"415mg","sodium":"460mg","dietaryFiber":"0g","sugar":"0g","protein":"19g","potassium":"170mg","portionSize":"129g","portion":"1 1/2 CUP","gramWeight":"129","carbohydrates":"1g","iron":"2mg","calcium":"233mg","vitaminA":"483mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277372},{"menuItemId":912949786,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21016,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":912949742,"menuDayId":0,"foodItemId":110417,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21017,"foodItemSourceKey":"1025846","formalName":"Grits","number":"812048","description":"Traditional creamy grits cereal","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":93.405,"calories":"90","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"30mg","portionSize":"178g","portion":"1 6 FLOZ","gramWeight":"178","carbohydrates":"20g","iron":"1mg","calcium":"6mg","vitaminA":"19mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274964},{"menuItemId":912949769,"menuDayId":0,"foodItemId":111165,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21018,"foodItemSourceKey":"1056521","formalName":"Santa Fe Breakfast Bowl","number":"816875","description":"Southwestern seasoned potatoes, scrambled eggs, sausage, roasted red onions & green peppers, cheddar, salsa & fresh cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":320.8605,"calories":"320","caloriesFromFat":"210","fat":"23g","saturatedFat":"10g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"370mg","sodium":"930mg","dietaryFiber":"2g","sugar":"3g","protein":"18g","potassium":"340mg","portionSize":"200g","portion":"1 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strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 EA","gramWeight":"288","carbohydrates":"123g","iron":"1mg","calcium":"13mg","vitaminA":"8mcg","vitaminC":"23mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276816},{"menuItemId":912949744,"menuDayId":0,"foodItemId":106939,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21020,"foodItemSourceKey":"1043558","formalName":"Hash Brown Patty","number":"812385","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":135.1317,"calories":"140","caloriesFromFat":"90","fat":"10g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"3.0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"1g","sugar":"0g","protein":"0g","potassium":"130mg","portionSize":"57g","portion":"1 EA","gramWeight":"57","carbohydrates":"12g","iron":"0mg","calcium":"8mg","vitaminA":"0mcg","vitaminC":"1mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275564},{"menuItemId":912949768,"menuDayId":0,"foodItemId":109978,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21021,"foodItemSourceKey":"1051501","formalName":"Chocolate Chip Pancakes (2)","number":"816686","description":"Griddled buttermilk pancakes with chocolate chips","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":380.3514,"calories":"380","caloriesFromFat":"100","fat":"11g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"740mg","dietaryFiber":"3g","sugar":"24g","protein":"6g","potassium":"90mg","portionSize":"145g","portion":"1 2 PANCAKE","gramWeight":"145","carbohydrates":"64g","iron":"3mg","calcium":"23mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277901},{"menuItemId":912949770,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21022,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064}]},{"courseName":"Grill","menuDayId":0,"menuItems":[{"menuItemId":912949743,"menuDayId":0,"foodItemId":107599,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21023,"foodItemSourceKey":"1042273","formalName":"Omelet Bar","number":"812282","description":"Cage free eggs with your choice of fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562}]},{"courseName":"HAVE A GREAT DAY!","menuDayId":0,"menuItems":[{"menuItemId":912949782,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"HAVE A GREAT DAY!","courseSortOrder":0,"menuItemSortOrder":21024,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 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Bar","courseSortOrder":0,"menuItemSortOrder":21025,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":912949735,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21026,"foodItemSourceKey":"1009384","formalName":"Diced Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"0mg","calcium":"3mg","vitaminA":"575mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278149},{"menuItemId":912949738,"menuDayId":0,"foodItemId":109699,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21027,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":912949771,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21028,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"0mg","calcium":"31mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275114},{"menuItemId":912949741,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21029,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek Yogurt","number":"807310","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":23.4167,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"3g","protein":"2g","potassium":"25mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"25mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276087}]}]},{"dayPartName":"Lunch","menuDayId":0,"courses":[{"courseName":"Chef's Table","menuDayId":0,"menuItems":[{"menuItemId":912949776,"menuDayId":0,"foodItemId":119123,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Chef's Table","courseSortOrder":0,"menuItemSortOrder":21030,"foodItemSourceKey":"1208718","formalName":"Popcorn Shrimp with Bacon Cheese Grits","number":"821451","description":"Creamy garlic, bacon and cheddar grits with fried popcorn shrimp, mushrooms and andouille gravy","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":526.7439,"calories":"530","caloriesFromFat":"380","fat":"42g","saturatedFat":"17g","transFat":"0.5g","polyunsaturatedFat":"4.0g","cholesterol":"85mg","sodium":"750mg","dietaryFiber":"2g","sugar":"5g","protein":"10g","potassium":"230mg","portionSize":"266g","portion":"1 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Potatoes","number":"823963","description":"Creamy mashed potatoes with fresh garlic","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":99.166,"calories":"100","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"140mg","dietaryFiber":"2g","sugar":"2g","protein":"2g","potassium":"400mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"16g","iron":"1mg","calcium":"30mg","vitaminA":"103mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275190},{"menuItemId":912949764,"menuDayId":0,"foodItemId":111569,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21032,"foodItemSourceKey":"5014080","formalName":"Buffalo Chicken Breast","number":"815120","description":"Baked chicken breast marinated in olive oil, hot pepper sauce, bbq sauce, garlic and lemon juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":142.6896,"calories":"140","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"70mg","sodium":"85mg","dietaryFiber":"0g","sugar":"0g","protein":"26g","potassium":"210mg","portionSize":"85g","portion":"1 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EA","gramWeight":"13","carbohydrates":"5g","iron":"0mg","calcium":"4mg","vitaminA":"2mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276991},{"menuItemId":912949760,"menuDayId":0,"foodItemId":111543,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21034,"foodItemSourceKey":"5013872","formalName":"Garlic Roasted Green Beans","number":"815080","description":"Oven roasted green beans with garlic, kosher salt and black pepper","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":46.7545,"calories":"45","caloriesFromFat":"25","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"115mg","dietaryFiber":"2g","sugar":"2g","protein":"1g","potassium":"135mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"1mg","calcium":"36mg","vitaminA":"206mcg","vitaminC":"4mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279296}]},{"courseName":"Dessert","menuDayId":0,"menuItems":[{"menuItemId":912949746,"menuDayId":0,"foodItemId":111062,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21035,"foodItemSourceKey":"1048738","formalName":"Maple Bacon Cookie","number":"812525","description":"Sugar cookie baked with smoked bacon and maple syrup","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":176.8675,"calories":"180","caloriesFromFat":"80","fat":"9g","saturatedFat":"5.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"15mg","sodium":"260mg","dietaryFiber":"0g","sugar":"11g","protein":"2g","potassium":"40mg","portionSize":"41g","portion":"1 COOKIE","gramWeight":"41","carbohydrates":"22g","iron":"0mg","calcium":"2mg","vitaminA":"80mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279197},{"menuItemId":912949754,"menuDayId":0,"foodItemId":119101,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21036,"foodItemSourceKey":"1207836","formalName":"Boston Cream Pie","number":"813749","description":"Vanilla cake layers filled with vanilla pudding and topped with chocolate glaze","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":264.0639,"calories":"260","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"40mg","sodium":"270mg","dietaryFiber":"0g","sugar":"21g","protein":"3g","potassium":"110mg","portionSize":"94g","portion":"1 SLC","gramWeight":"94","carbohydrates":"41g","iron":"1mg","calcium":"63mg","vitaminA":"30mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287204},{"menuItemId":912949757,"menuDayId":0,"foodItemId":119136,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21037,"foodItemSourceKey":"1212496","formalName":"Cannoli Cake","number":"813950","description":"Layers of ricotta, white cake, tart cherries, and chocolate chips","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":159.6237,"calories":"160","caloriesFromFat":"70","fat":"8g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"5mg","sodium":"135mg","dietaryFiber":"0g","sugar":"12g","protein":"4g","potassium":"55mg","portionSize":"67g","portion":"1 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Steak","number":"832495","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":89.3634,"calories":"90","caloriesFromFat":"50","fat":"6g","saturatedFat":"2.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"25mg","sodium":"30mg","dietaryFiber":"0g","sugar":"0g","protein":"7g","potassium":"120mg","portionSize":"60g","portion":"1 EA","gramWeight":"60","carbohydrates":"0g","iron":"1mg","calcium":"7mg","vitaminA":"3mcg","vitaminC":"0mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279645}]},{"courseName":"HAVE A GREAT DAY!","menuDayId":0,"menuItems":[{"menuItemId":912949781,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"HAVE A GREAT DAY!","courseSortOrder":0,"menuItemSortOrder":21039,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 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spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745}]},{"courseName":"Memorial Pizza","menuDayId":0,"menuItems":[{"menuItemId":912949783,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21041,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":912949784,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21042,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 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salad.","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":374.7831,"calories":"370","caloriesFromFat":"150","fat":"16g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"35mg","sodium":"660mg","dietaryFiber":"4g","sugar":"3g","protein":"19g","potassium":"270mg","portionSize":"187g","portion":"1 SLC","gramWeight":"187","carbohydrates":"39g","iron":"3mg","calcium":"225mg","vitaminA":"253mcg","vitaminC":"5mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278827},{"menuItemId":912949777,"menuDayId":0,"foodItemId":118298,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21044,"foodItemSourceKey":"1215399","formalName":"Eggplant Parmesan Casserole","number":"823914","description":"Grilled Italian eggplant layered and baked with marinara, parmesan bread crumbs and mozzarella","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":166.6083,"calories":"170","caloriesFromFat":"70","fat":"8g","saturatedFat":"2.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"370mg","dietaryFiber":"6g","sugar":"8g","protein":"7g","potassium":"630mg","portionSize":"250g","portion":"1 SLC","gramWeight":"250","carbohydrates":"18g","iron":"1mg","calcium":"173mg","vitaminA":"137mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":286536}]},{"courseName":"Simple Servings","menuDayId":0,"menuItems":[{"menuItemId":912949740,"menuDayId":0,"foodItemId":111344,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21045,"foodItemSourceKey":"3824633","formalName":"Cajun Turkey Breast, 3 oz","number":"806837","description":"Roast turkey with cajun spices","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":89.2351,"calories":"90","caloriesFromFat":"25","fat":"3.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"35mg","sodium":"410mg","dietaryFiber":"0g","sugar":"0g","protein":"15g","potassium":"210mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"1mg","calcium":"6mg","vitaminA":"22mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279103},{"menuItemId":912949763,"menuDayId":0,"foodItemId":110248,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21046,"foodItemSourceKey":"5013968","formalName":"Steamed Corn","number":"815107","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":74.8427,"calories":"70","caloriesFromFat":"5","fat":"0.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"2g","sugar":"2g","protein":"3g","potassium":"180mg","portionSize":"85g","portion":"1 3 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OZ","gramWeight":"113","carbohydrates":"21g","iron":"1mg","calcium":"21mg","vitaminA":"64mcg","vitaminC":"6mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279303},{"menuItemId":912949767,"menuDayId":0,"foodItemId":111067,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21048,"foodItemSourceKey":"1049051","formalName":"Cilantro Cucumber Salad","number":"816529","description":"English cucumbers marinated with fresh cilantro, jalapeno and shallots","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":75.0734,"calories":"80","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"230mg","dietaryFiber":"0g","sugar":"17g","protein":"0g","potassium":"90mg","portionSize":"85g","portion":"1 3 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cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":122.3469,"calories":"120","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"15mg","sodium":"230mg","dietaryFiber":"3g","sugar":"2g","protein":"8g","potassium":"160mg","portionSize":"174g","portion":"1 6 FLOZ","gramWeight":"174","carbohydrates":"15g","iron":"1mg","calcium":"72mg","vitaminA":"97mcg","vitaminC":"13mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279024},{"menuItemId":912949774,"menuDayId":0,"foodItemId":107356,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21050,"foodItemSourceKey":"1026068","formalName":"Vegetarian Minestrone Soup","number":"820075","description":"Ditalini pasta, cannellini and kidney beans, cabbage, tomatoes, spinach, vegetable broth and fresh basil","foodSubCategoryDescription":"Snacks & Desserts","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.3633,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"160mg","portionSize":"188g","portion":"1 6 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peanut","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":202.6239,"calories":"200","caloriesFromFat":"140","fat":"16g","saturatedFat":"10g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"410mg","dietaryFiber":"4g","sugar":"3g","protein":"4g","potassium":"560mg","portionSize":"227g","portion":"1 8 OZ","gramWeight":"227","carbohydrates":"16g","iron":"3mg","calcium":"52mg","vitaminA":"1687mcg","vitaminC":"50mg","allergens":[{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Peanut","contains":"true","icon":null,"allergen":"4"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279602},{"menuItemId":912949791,"menuDayId":0,"foodItemId":106528,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21052,"foodItemSourceKey":"5013538","formalName":"Vegan Basmati Rice","number":"832395","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":62.0013,"calories":"60","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"80mg","dietaryFiber":"0g","sugar":"0g","protein":"1g","potassium":"20mg","portionSize":"51g","portion":"1 1/3 CUP","gramWeight":"51","carbohydrates":"14g","iron":"0mg","calcium":"6mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277552},{"menuItemId":912949751,"menuDayId":0,"foodItemId":111141,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21053,"foodItemSourceKey":"1054357","formalName":"Minted Cucumber Tomato Salad","number":"812827","description":"Cucumber, tomato, fresh cilantro and mint with lime juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":25.7604,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"90mg","dietaryFiber":"0g","sugar":"4g","protein":"0g","potassium":"170mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"0mg","calcium":"12mg","vitaminA":"52mcg","vitaminC":"6mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279225}]}]},{"dayPartName":"Dinner","menuDayId":0,"courses":[{"courseName":"Chef's Table","menuDayId":0,"menuItems":[{"menuItemId":912949765,"menuDayId":0,"foodItemId":108435,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Chef's Table","courseSortOrder":0,"menuItemSortOrder":21054,"foodItemSourceKey":"1026022","formalName":"Pulled Pork","number":"816061","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":255.1457,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"85mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"25g","potassium":"0mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"2mg","calcium":"31mg","vitaminA":"184mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274577},{"menuItemId":912949739,"menuDayId":0,"foodItemId":111610,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Chef's Table","courseSortOrder":0,"menuItemSortOrder":21055,"foodItemSourceKey":"5015994","formalName":"Macaroni & Cheese Bowl","number":"804587","description":"Lentil penne, non-dairy cheese sauce, herb panko, smoky roasted portobello mushrooms, pico de gallo, mole sauce, cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":962.1389,"calories":"960","caloriesFromFat":"520","fat":"58g","saturatedFat":"27g","transFat":"0g","polyunsaturatedFat":"6g","cholesterol":"0mg","sodium":"1530mg","dietaryFiber":"23g","sugar":"4g","protein":"20g","potassium":"750mg","portionSize":"378g","portion":"1 ENTREE","gramWeight":"378","carbohydrates":"96g","iron":"6mg","calcium":"64mg","vitaminA":"223mcg","vitaminC":"12mg","allergens":[{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279041}]},{"courseName":"Daily 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EA","gramWeight":"258","carbohydrates":"0g","iron":"2mg","calcium":"43mg","vitaminA":"258mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279982},{"menuItemId":912949793,"menuDayId":0,"foodItemId":119122,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21057,"foodItemSourceKey":"5017425","formalName":"Cholula Chipotle Hot Sauce","number":"832700","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":1.7463,"calories":"0","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"70mg","dietaryFiber":"0g","sugar":"0g","protein":"0g","potassium":"0mg","portionSize":"5g","portion":"1 TSP","gramWeight":"5","carbohydrates":"0g","iron":"0mg","calcium":"0mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287147},{"menuItemId":912949766,"menuDayId":0,"foodItemId":108727,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21058,"foodItemSourceKey":"1027277","formalName":"Sweet & Smoky BBQ Sauce","number":"816168","description":"Housemade bbq sauce with dark rum, ancho chile, brown sugar, molasses, worcestershire, allspice, cloves and ketchup","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":106.2454,"calories":"110","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"210mg","dietaryFiber":"0g","sugar":"22g","protein":"0g","potassium":"170mg","portionSize":"60g","portion":"1 1/4 CUP","gramWeight":"60","carbohydrates":"24g","iron":"1mg","calcium":"37mg","vitaminA":"150mcg","vitaminC":"2mg","allergens":[{"name":"Fish","contains":"true","icon":null,"allergen":"8"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277884},{"menuItemId":912949745,"menuDayId":0,"foodItemId":106413,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21059,"foodItemSourceKey":"1044539","formalName":"Carrot and Celery Sticks","number":"812410","description":"Fresh carrot and celery","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":19.9985,"calories":"20","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"45mg","dietaryFiber":"1g","sugar":"2g","protein":"0g","potassium":"180mg","portionSize":"59g","portion":"1 6 EA","gramWeight":"59","carbohydrates":"5g","iron":"0mg","calcium":"22mg","vitaminA":"4143mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274973},{"menuItemId":912949756,"menuDayId":0,"foodItemId":119069,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21060,"foodItemSourceKey":"1208464","formalName":"Real BBQ Cole Slaw","number":"813814","description":"Cole slaw blended with cider vinegar and BBQ sauce","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":67.3929,"calories":"70","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"100mg","dietaryFiber":"3g","sugar":"11g","protein":"2g","potassium":"200mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"15g","iron":"1mg","calcium":"63mg","vitaminA":"942mcg","vitaminC":"30mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287275},{"menuItemId":912949759,"menuDayId":0,"foodItemId":134959,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21061,"foodItemSourceKey":"1226814","formalName":"Fresh Cut Sweet Potato Fries","number":"814864","description":"Fresh hand cut sweet potato French fries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":167.2806,"calories":"170","caloriesFromFat":"80","fat":"9g","saturatedFat":"0.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"0mg","sodium":"60mg","dietaryFiber":"3g","sugar":"4g","protein":"2g","potassium":"350mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"21g","iron":"1mg","calcium":"31mg","vitaminA":"8914mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":304925}]},{"courseName":"Dessert","menuDayId":0,"menuItems":[{"menuItemId":912949752,"menuDayId":0,"foodItemId":111151,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21062,"foodItemSourceKey":"1054976","formalName":"Chocolate Sriracha Dessert Bar","number":"812870","description":"Shortbread crust baked with cream cheese sriracha filling","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":165.3853,"calories":"170","caloriesFromFat":"90","fat":"10g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"40mg","sodium":"240mg","dietaryFiber":"0g","sugar":"9g","protein":"3g","potassium":"45mg","portionSize":"56g","portion":"1 DESSERT BAR","gramWeight":"56","carbohydrates":"16g","iron":"0mg","calcium":"21mg","vitaminA":"200mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279228},{"menuItemId":912949749,"menuDayId":0,"foodItemId":111137,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21063,"foodItemSourceKey":"1053074","formalName":"Confetti Cake","number":"812792","description":"Yellow cake, cream cheese, vanilla icing and rainbow jimmies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":333.8747,"calories":"330","caloriesFromFat":"140","fat":"16g","saturatedFat":"9g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"25mg","sodium":"350mg","dietaryFiber":"0g","sugar":"33g","protein":"3g","potassium":"75mg","portionSize":"101g","portion":"1 SLC","gramWeight":"101","carbohydrates":"45g","iron":"1mg","calcium":"23mg","vitaminA":"151mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279223},{"menuItemId":912949753,"menuDayId":0,"foodItemId":111159,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21064,"foodItemSourceKey":"1056376","formalName":"Cinnamon Chipotle Pumpkin Bread Pudding","number":"812909","description":"Cinnamon chipotle pumpkin filling baked into flaky buttermilk biscuits","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":116.595,"calories":"120","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"45mg","sodium":"220mg","dietaryFiber":"0g","sugar":"8g","protein":"4g","potassium":"65mg","portionSize":"69g","portion":"1 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cookies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":208.9965,"calories":"210","caloriesFromFat":"80","fat":"9g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"10mg","sodium":"210mg","dietaryFiber":"2g","sugar":"17g","protein":"3g","potassium":"90mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"14mg","vitaminA":"201mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275571}]},{"courseName":"HAVE A GREAT DAY!","menuDayId":0,"menuItems":[{"menuItemId":912949780,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"HAVE A GREAT DAY!","courseSortOrder":0,"menuItemSortOrder":21066,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668}]},{"courseName":"Memorial Deli","menuDayId":0,"menuItems":[{"menuItemId":912949789,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":21067,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745}]},{"courseName":"Soup","menuDayId":0,"menuItems":[{"menuItemId":912949775,"menuDayId":0,"foodItemId":107356,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21068,"foodItemSourceKey":"1026068","formalName":"Vegetarian Minestrone Soup","number":"820075","description":"Ditalini pasta, cannellini and kidney beans, cabbage, tomatoes, spinach, vegetable broth and fresh basil","foodSubCategoryDescription":"Snacks & Desserts","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.3633,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"160mg","portionSize":"188g","portion":"1 6 FLOZ","gramWeight":"188","carbohydrates":"13g","iron":"1mg","calcium":"37mg","vitaminA":"1042mcg","vitaminC":"5mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275726},{"menuItemId":912949737,"menuDayId":0,"foodItemId":111020,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21069,"foodItemSourceKey":"1023417","formalName":"Mexican Chicken & Lime Soup","number":"803857","description":"Chicken, kidney beans, potatoes, chicken broth, Southwest seasonings, lime juice and fresh cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":122.3469,"calories":"120","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"15mg","sodium":"230mg","dietaryFiber":"3g","sugar":"2g","protein":"8g","potassium":"160mg","portionSize":"174g","portion":"1 6 FLOZ","gramWeight":"174","carbohydrates":"15g","iron":"1mg","calcium":"72mg","vitaminA":"97mcg","vitaminC":"13mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279024}]},{"courseName":"Vegan","menuDayId":0,"menuItems":[{"menuItemId":912949758,"menuDayId":0,"foodItemId":135917,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21070,"foodItemSourceKey":"1226730","formalName":"Marinated Tomatoes","number":"814844","description":"Roma tomatoes, parsley, balsamic vinegar, olive oil","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":42.8933,"calories":"45","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"280mg","dietaryFiber":"1g","sugar":"2g","protein":"0g","potassium":"150mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"3g","iron":"0mg","calcium":"10mg","vitaminA":"70mcg","vitaminC":"7mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":305919},{"menuItemId":912949761,"menuDayId":0,"foodItemId":111552,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21071,"foodItemSourceKey":"5013935","formalName":"Lentil Penne","number":"815096","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":257.8315,"calories":"260","caloriesFromFat":"5","fat":"0.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"4g","sugar":"0g","protein":"15g","potassium":"480mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"49g","iron":"4mg","calcium":"23mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279302},{"menuItemId":912949748,"menuDayId":0,"foodItemId":109729,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21072,"foodItemSourceKey":"1050944","formalName":"Sauteed Broccoli & Garlic","number":"812641","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":30.2575,"calories":"30","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"85mg","dietaryFiber":"2g","sugar":"0g","protein":"1g","potassium":"170mg","portionSize":"60g","portion":"1 #12 SCOOP","gramWeight":"60","carbohydrates":"5g","iron":"0mg","calcium":"25mg","vitaminA":"516mcg","vitaminC":"43mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278422},{"menuItemId":912949750,"menuDayId":0,"foodItemId":111141,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21073,"foodItemSourceKey":"1054357","formalName":"Minted Cucumber Tomato Salad","number":"812827","description":"Cucumber, tomato, fresh cilantro and mint with lime juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":25.7604,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"90mg","dietaryFiber":"0g","sugar":"4g","protein":"0g","potassium":"170mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"0mg","calcium":"12mg","vitaminA":"52mcg","vitaminC":"6mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279225}]}]}],"menuItems":[{"menuItemId":912949755,"menuDayId":0,"foodItemId":109219,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"bakery","courseSortOrder":0,"menuItemSortOrder":21014,"foodItemSourceKey":"1207964","formalName":"Chocolate Espresso Crumble Coffee Cake","number":"813774","description":"Chocolate and chocolate chip coffee cake with chocolate, coffee, oat and walnut streusel","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":429.3723,"calories":"430","caloriesFromFat":"170","fat":"18g","saturatedFat":"9g","transFat":"0g","polyunsaturatedFat":"3.5g","cholesterol":"10mg","sodium":"550mg","dietaryFiber":"4g","sugar":"38g","protein":"7g","potassium":"430mg","portionSize":"111g","portion":"1 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Cheddar","number":"818229","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":247.0919,"calories":"250","caloriesFromFat":"160","fat":"18g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"415mg","sodium":"460mg","dietaryFiber":"0g","sugar":"0g","protein":"19g","potassium":"170mg","portionSize":"129g","portion":"1 1/2 CUP","gramWeight":"129","carbohydrates":"1g","iron":"2mg","calcium":"233mg","vitaminA":"483mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277372},{"menuItemId":912949786,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21016,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":912949742,"menuDayId":0,"foodItemId":110417,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21017,"foodItemSourceKey":"1025846","formalName":"Grits","number":"812048","description":"Traditional creamy grits cereal","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":93.405,"calories":"90","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"30mg","portionSize":"178g","portion":"1 6 FLOZ","gramWeight":"178","carbohydrates":"20g","iron":"1mg","calcium":"6mg","vitaminA":"19mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274964},{"menuItemId":912949769,"menuDayId":0,"foodItemId":111165,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21018,"foodItemSourceKey":"1056521","formalName":"Santa Fe Breakfast Bowl","number":"816875","description":"Southwestern seasoned potatoes, scrambled eggs, sausage, roasted red onions & green peppers, cheddar, salsa & fresh cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":320.8605,"calories":"320","caloriesFromFat":"210","fat":"23g","saturatedFat":"10g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"370mg","sodium":"930mg","dietaryFiber":"2g","sugar":"3g","protein":"18g","potassium":"340mg","portionSize":"200g","portion":"1 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strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 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Patty","number":"812385","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":135.1317,"calories":"140","caloriesFromFat":"90","fat":"10g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"3.0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"1g","sugar":"0g","protein":"0g","potassium":"130mg","portionSize":"57g","portion":"1 EA","gramWeight":"57","carbohydrates":"12g","iron":"0mg","calcium":"8mg","vitaminA":"0mcg","vitaminC":"1mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275564},{"menuItemId":912949768,"menuDayId":0,"foodItemId":109978,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21021,"foodItemSourceKey":"1051501","formalName":"Chocolate Chip Pancakes (2)","number":"816686","description":"Griddled buttermilk pancakes with chocolate chips","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":380.3514,"calories":"380","caloriesFromFat":"100","fat":"11g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"740mg","dietaryFiber":"3g","sugar":"24g","protein":"6g","potassium":"90mg","portionSize":"145g","portion":"1 2 PANCAKE","gramWeight":"145","carbohydrates":"64g","iron":"3mg","calcium":"23mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277901},{"menuItemId":912949770,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21022,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064},{"menuItemId":912949743,"menuDayId":0,"foodItemId":107599,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21023,"foodItemSourceKey":"1042273","formalName":"Omelet Bar","number":"812282","description":"Cage free eggs with your choice of fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562},{"menuItemId":912949782,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"HAVE A GREAT DAY!","courseSortOrder":0,"menuItemSortOrder":21024,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 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Bar","courseSortOrder":0,"menuItemSortOrder":21025,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":912949735,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21026,"foodItemSourceKey":"1009384","formalName":"Diced Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"0mg","calcium":"3mg","vitaminA":"575mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278149},{"menuItemId":912949738,"menuDayId":0,"foodItemId":109699,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21027,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":912949771,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21028,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"0mg","calcium":"31mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275114},{"menuItemId":912949741,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-21T07:00:00","endTime":"2019-02-21T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21029,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek 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Grits","number":"821451","description":"Creamy garlic, bacon and cheddar grits with fried popcorn shrimp, mushrooms and andouille gravy","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":526.7439,"calories":"530","caloriesFromFat":"380","fat":"42g","saturatedFat":"17g","transFat":"0.5g","polyunsaturatedFat":"4.0g","cholesterol":"85mg","sodium":"750mg","dietaryFiber":"2g","sugar":"5g","protein":"10g","potassium":"230mg","portionSize":"266g","portion":"1 ENTREE","gramWeight":"266","carbohydrates":"29g","iron":"2mg","calcium":"126mg","vitaminA":"628mcg","vitaminC":"7mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Fish","contains":"true","icon":null,"allergen":"8"},{"name":"Shellfish","contains":"true","icon":null,"allergen":"5"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287301},{"menuItemId":912949778,"menuDayId":0,"foodItemId":108750,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21031,"foodItemSourceKey":"1215923","formalName":"Garlic Mashed Potatoes","number":"823963","description":"Creamy mashed potatoes with fresh garlic","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":99.166,"calories":"100","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"140mg","dietaryFiber":"2g","sugar":"2g","protein":"2g","potassium":"400mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"16g","iron":"1mg","calcium":"30mg","vitaminA":"103mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275190},{"menuItemId":912949764,"menuDayId":0,"foodItemId":111569,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21032,"foodItemSourceKey":"5014080","formalName":"Buffalo Chicken Breast","number":"815120","description":"Baked chicken breast marinated in olive oil, hot pepper sauce, bbq sauce, garlic and lemon juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":142.6896,"calories":"140","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"70mg","sodium":"85mg","dietaryFiber":"0g","sugar":"0g","protein":"26g","potassium":"210mg","portionSize":"85g","portion":"1 BREAST","gramWeight":"85","carbohydrates":"0g","iron":"1mg","calcium":"13mg","vitaminA":"30mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279312},{"menuItemId":912949785,"menuDayId":0,"foodItemId":110047,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21033,"foodItemSourceKey":"5008862","formalName":"Herb Seasoned Breadstick","number":"829879","description":"Baked with sesame, poppy seeds and parmesan cheese","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":34.1853,"calories":"35","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"0g","sugar":"0g","protein":"1g","potassium":"0mg","portionSize":"13g","portion":"1 1/2 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pepper","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":46.7545,"calories":"45","caloriesFromFat":"25","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"115mg","dietaryFiber":"2g","sugar":"2g","protein":"1g","potassium":"135mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"1mg","calcium":"36mg","vitaminA":"206mcg","vitaminC":"4mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279296},{"menuItemId":912949746,"menuDayId":0,"foodItemId":111062,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21035,"foodItemSourceKey":"1048738","formalName":"Maple Bacon Cookie","number":"812525","description":"Sugar cookie baked with smoked bacon and maple syrup","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":176.8675,"calories":"180","caloriesFromFat":"80","fat":"9g","saturatedFat":"5.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"15mg","sodium":"260mg","dietaryFiber":"0g","sugar":"11g","protein":"2g","potassium":"40mg","portionSize":"41g","portion":"1 COOKIE","gramWeight":"41","carbohydrates":"22g","iron":"0mg","calcium":"2mg","vitaminA":"80mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279197},{"menuItemId":912949754,"menuDayId":0,"foodItemId":119101,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21036,"foodItemSourceKey":"1207836","formalName":"Boston Cream Pie","number":"813749","description":"Vanilla cake layers filled with vanilla pudding and topped with chocolate glaze","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":264.0639,"calories":"260","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"40mg","sodium":"270mg","dietaryFiber":"0g","sugar":"21g","protein":"3g","potassium":"110mg","portionSize":"94g","portion":"1 SLC","gramWeight":"94","carbohydrates":"41g","iron":"1mg","calcium":"63mg","vitaminA":"30mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287204},{"menuItemId":912949757,"menuDayId":0,"foodItemId":119136,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21037,"foodItemSourceKey":"1212496","formalName":"Cannoli Cake","number":"813950","description":"Layers of ricotta, white cake, tart cherries, and chocolate chips","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":159.6237,"calories":"160","caloriesFromFat":"70","fat":"8g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"5mg","sodium":"135mg","dietaryFiber":"0g","sugar":"12g","protein":"4g","potassium":"55mg","portionSize":"67g","portion":"1 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Steak","number":"832495","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":89.3634,"calories":"90","caloriesFromFat":"50","fat":"6g","saturatedFat":"2.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"25mg","sodium":"30mg","dietaryFiber":"0g","sugar":"0g","protein":"7g","potassium":"120mg","portionSize":"60g","portion":"1 EA","gramWeight":"60","carbohydrates":"0g","iron":"1mg","calcium":"7mg","vitaminA":"3mcg","vitaminC":"0mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279645},{"menuItemId":912949781,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"HAVE A GREAT DAY!","courseSortOrder":0,"menuItemSortOrder":21039,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 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spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745},{"menuItemId":912949783,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21041,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 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Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142},{"menuItemId":912949787,"menuDayId":0,"foodItemId":110850,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21043,"foodItemSourceKey":"5009680","formalName":"Taco Pizza, 75/25","number":"832046","description":"Our signature pizza crust topped with ground beef, refried beans, cheddar & mozzarella cheeses & tostada salad.","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":374.7831,"calories":"370","caloriesFromFat":"150","fat":"16g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"35mg","sodium":"660mg","dietaryFiber":"4g","sugar":"3g","protein":"19g","potassium":"270mg","portionSize":"187g","portion":"1 SLC","gramWeight":"187","carbohydrates":"39g","iron":"3mg","calcium":"225mg","vitaminA":"253mcg","vitaminC":"5mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278827},{"menuItemId":912949777,"menuDayId":0,"foodItemId":118298,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21044,"foodItemSourceKey":"1215399","formalName":"Eggplant Parmesan Casserole","number":"823914","description":"Grilled Italian eggplant layered and baked with marinara, parmesan bread crumbs and mozzarella","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":166.6083,"calories":"170","caloriesFromFat":"70","fat":"8g","saturatedFat":"2.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"370mg","dietaryFiber":"6g","sugar":"8g","protein":"7g","potassium":"630mg","portionSize":"250g","portion":"1 SLC","gramWeight":"250","carbohydrates":"18g","iron":"1mg","calcium":"173mg","vitaminA":"137mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":286536},{"menuItemId":912949740,"menuDayId":0,"foodItemId":111344,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21045,"foodItemSourceKey":"3824633","formalName":"Cajun Turkey Breast, 3 oz","number":"806837","description":"Roast turkey with cajun spices","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":89.2351,"calories":"90","caloriesFromFat":"25","fat":"3.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"35mg","sodium":"410mg","dietaryFiber":"0g","sugar":"0g","protein":"15g","potassium":"210mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"1mg","calcium":"6mg","vitaminA":"22mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279103},{"menuItemId":912949763,"menuDayId":0,"foodItemId":110248,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21046,"foodItemSourceKey":"5013968","formalName":"Steamed Corn","number":"815107","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":74.8427,"calories":"70","caloriesFromFat":"5","fat":"0.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"2g","sugar":"2g","protein":"3g","potassium":"180mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"18g","iron":"0mg","calcium":"3mg","vitaminA":"100mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277286},{"menuItemId":912949762,"menuDayId":0,"foodItemId":111554,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21047,"foodItemSourceKey":"5013940","formalName":"Cajun Brown Rice","number":"815100","description":"Spicy brown rice with vegetables and beans","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":116.9016,"calories":"120","caloriesFromFat":"25","fat":"2.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"50mg","dietaryFiber":"2g","sugar":"1g","protein":"3g","potassium":"120mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"21g","iron":"1mg","calcium":"21mg","vitaminA":"64mcg","vitaminC":"6mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279303},{"menuItemId":912949767,"menuDayId":0,"foodItemId":111067,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21048,"foodItemSourceKey":"1049051","formalName":"Cilantro Cucumber Salad","number":"816529","description":"English cucumbers marinated with fresh cilantro, jalapeno and shallots","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":75.0734,"calories":"80","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"230mg","dietaryFiber":"0g","sugar":"17g","protein":"0g","potassium":"90mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"18g","iron":"0mg","calcium":"11mg","vitaminA":"105mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279341},{"menuItemId":912949736,"menuDayId":0,"foodItemId":111020,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21049,"foodItemSourceKey":"1023417","formalName":"Mexican Chicken & Lime Soup","number":"803857","description":"Chicken, kidney beans, potatoes, chicken broth, Southwest seasonings, lime juice and fresh cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":122.3469,"calories":"120","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"15mg","sodium":"230mg","dietaryFiber":"3g","sugar":"2g","protein":"8g","potassium":"160mg","portionSize":"174g","portion":"1 6 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Desserts","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.3633,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"160mg","portionSize":"188g","portion":"1 6 FLOZ","gramWeight":"188","carbohydrates":"13g","iron":"1mg","calcium":"37mg","vitaminA":"1042mcg","vitaminC":"5mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275726},{"menuItemId":912949788,"menuDayId":0,"foodItemId":111478,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21051,"foodItemSourceKey":"5012277","formalName":"Spicy Vegan Vegetable & Peanut Curry","number":"832254","description":"Sauteed onions, carrots, potatoes, green & chili peppers simmered in coconut milk with coriander, turmeric and peanut","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":202.6239,"calories":"200","caloriesFromFat":"140","fat":"16g","saturatedFat":"10g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"410mg","dietaryFiber":"4g","sugar":"3g","protein":"4g","potassium":"560mg","portionSize":"227g","portion":"1 8 OZ","gramWeight":"227","carbohydrates":"16g","iron":"3mg","calcium":"52mg","vitaminA":"1687mcg","vitaminC":"50mg","allergens":[{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Peanut","contains":"true","icon":null,"allergen":"4"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279602},{"menuItemId":912949791,"menuDayId":0,"foodItemId":106528,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21052,"foodItemSourceKey":"5013538","formalName":"Vegan Basmati Rice","number":"832395","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":62.0013,"calories":"60","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"80mg","dietaryFiber":"0g","sugar":"0g","protein":"1g","potassium":"20mg","portionSize":"51g","portion":"1 1/3 CUP","gramWeight":"51","carbohydrates":"14g","iron":"0mg","calcium":"6mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277552},{"menuItemId":912949751,"menuDayId":0,"foodItemId":111141,"startTime":"2019-02-21T11:00:00","endTime":"2019-02-21T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21053,"foodItemSourceKey":"1054357","formalName":"Minted Cucumber Tomato Salad","number":"812827","description":"Cucumber, tomato, fresh cilantro and mint with lime juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":25.7604,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"90mg","dietaryFiber":"0g","sugar":"4g","protein":"0g","potassium":"170mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"0mg","calcium":"12mg","vitaminA":"52mcg","vitaminC":"6mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279225},{"menuItemId":912949765,"menuDayId":0,"foodItemId":108435,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Chef's Table","courseSortOrder":0,"menuItemSortOrder":21054,"foodItemSourceKey":"1026022","formalName":"Pulled Pork","number":"816061","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":255.1457,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"85mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"25g","potassium":"0mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"2mg","calcium":"31mg","vitaminA":"184mcg","vitaminC":"1mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274577},{"menuItemId":912949739,"menuDayId":0,"foodItemId":111610,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Chef's Table","courseSortOrder":0,"menuItemSortOrder":21055,"foodItemSourceKey":"5015994","formalName":"Macaroni & Cheese Bowl","number":"804587","description":"Lentil penne, non-dairy cheese sauce, herb panko, smoky roasted portobello mushrooms, pico de gallo, mole sauce, cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":962.1389,"calories":"960","caloriesFromFat":"520","fat":"58g","saturatedFat":"27g","transFat":"0g","polyunsaturatedFat":"6g","cholesterol":"0mg","sodium":"1530mg","dietaryFiber":"23g","sugar":"4g","protein":"20g","potassium":"750mg","portionSize":"378g","portion":"1 ENTREE","gramWeight":"378","carbohydrates":"96g","iron":"6mg","calcium":"64mg","vitaminA":"223mcg","vitaminC":"12mg","allergens":[{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279041},{"menuItemId":912949779,"menuDayId":0,"foodItemId":112002,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21056,"foodItemSourceKey":"3339750","formalName":"Twice Cooked Chicken Wings, 10 EA","number":"824616","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":834.5684,"calories":"830","caloriesFromFat":"680","fat":"75g","saturatedFat":"13g","transFat":"0g","polyunsaturatedFat":"12g","cholesterol":"160mg","sodium":"150mg","dietaryFiber":"0g","sugar":"0g","protein":"39g","potassium":"0mg","portionSize":"258g","portion":"1 10 EA","gramWeight":"258","carbohydrates":"0g","iron":"2mg","calcium":"43mg","vitaminA":"258mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279982},{"menuItemId":912949793,"menuDayId":0,"foodItemId":119122,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21057,"foodItemSourceKey":"5017425","formalName":"Cholula Chipotle Hot Sauce","number":"832700","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":1.7463,"calories":"0","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"70mg","dietaryFiber":"0g","sugar":"0g","protein":"0g","potassium":"0mg","portionSize":"5g","portion":"1 TSP","gramWeight":"5","carbohydrates":"0g","iron":"0mg","calcium":"0mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287147},{"menuItemId":912949766,"menuDayId":0,"foodItemId":108727,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21058,"foodItemSourceKey":"1027277","formalName":"Sweet & Smoky BBQ Sauce","number":"816168","description":"Housemade bbq sauce with dark rum, ancho chile, brown sugar, molasses, worcestershire, allspice, cloves and ketchup","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":106.2454,"calories":"110","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"210mg","dietaryFiber":"0g","sugar":"22g","protein":"0g","potassium":"170mg","portionSize":"60g","portion":"1 1/4 CUP","gramWeight":"60","carbohydrates":"24g","iron":"1mg","calcium":"37mg","vitaminA":"150mcg","vitaminC":"2mg","allergens":[{"name":"Fish","contains":"true","icon":null,"allergen":"8"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277884},{"menuItemId":912949745,"menuDayId":0,"foodItemId":106413,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21059,"foodItemSourceKey":"1044539","formalName":"Carrot and Celery Sticks","number":"812410","description":"Fresh carrot and celery","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":19.9985,"calories":"20","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"45mg","dietaryFiber":"1g","sugar":"2g","protein":"0g","potassium":"180mg","portionSize":"59g","portion":"1 6 EA","gramWeight":"59","carbohydrates":"5g","iron":"0mg","calcium":"22mg","vitaminA":"4143mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274973},{"menuItemId":912949756,"menuDayId":0,"foodItemId":119069,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21060,"foodItemSourceKey":"1208464","formalName":"Real BBQ Cole Slaw","number":"813814","description":"Cole slaw blended with cider vinegar and BBQ sauce","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":67.3929,"calories":"70","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"100mg","dietaryFiber":"3g","sugar":"11g","protein":"2g","potassium":"200mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"15g","iron":"1mg","calcium":"63mg","vitaminA":"942mcg","vitaminC":"30mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287275},{"menuItemId":912949759,"menuDayId":0,"foodItemId":134959,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Daily 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OZ","gramWeight":"113","carbohydrates":"21g","iron":"1mg","calcium":"31mg","vitaminA":"8914mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":304925},{"menuItemId":912949752,"menuDayId":0,"foodItemId":111151,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21062,"foodItemSourceKey":"1054976","formalName":"Chocolate Sriracha Dessert Bar","number":"812870","description":"Shortbread crust baked with cream cheese sriracha filling","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":165.3853,"calories":"170","caloriesFromFat":"90","fat":"10g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"40mg","sodium":"240mg","dietaryFiber":"0g","sugar":"9g","protein":"3g","potassium":"45mg","portionSize":"56g","portion":"1 DESSERT BAR","gramWeight":"56","carbohydrates":"16g","iron":"0mg","calcium":"21mg","vitaminA":"200mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279228},{"menuItemId":912949749,"menuDayId":0,"foodItemId":111137,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21063,"foodItemSourceKey":"1053074","formalName":"Confetti Cake","number":"812792","description":"Yellow cake, cream cheese, vanilla icing and rainbow jimmies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":333.8747,"calories":"330","caloriesFromFat":"140","fat":"16g","saturatedFat":"9g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"25mg","sodium":"350mg","dietaryFiber":"0g","sugar":"33g","protein":"3g","potassium":"75mg","portionSize":"101g","portion":"1 SLC","gramWeight":"101","carbohydrates":"45g","iron":"1mg","calcium":"23mg","vitaminA":"151mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279223},{"menuItemId":912949753,"menuDayId":0,"foodItemId":111159,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21064,"foodItemSourceKey":"1056376","formalName":"Cinnamon Chipotle Pumpkin Bread Pudding","number":"812909","description":"Cinnamon chipotle pumpkin filling baked into flaky buttermilk biscuits","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":116.595,"calories":"120","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"45mg","sodium":"220mg","dietaryFiber":"0g","sugar":"8g","protein":"4g","potassium":"65mg","portionSize":"69g","portion":"1 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cookies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":208.9965,"calories":"210","caloriesFromFat":"80","fat":"9g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"10mg","sodium":"210mg","dietaryFiber":"2g","sugar":"17g","protein":"3g","potassium":"90mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"14mg","vitaminA":"201mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275571},{"menuItemId":912949780,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"HAVE A GREAT DAY!","courseSortOrder":0,"menuItemSortOrder":21066,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668},{"menuItemId":912949789,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":21067,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745},{"menuItemId":912949775,"menuDayId":0,"foodItemId":107356,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21068,"foodItemSourceKey":"1026068","formalName":"Vegetarian Minestrone Soup","number":"820075","description":"Ditalini pasta, cannellini and kidney beans, cabbage, tomatoes, spinach, vegetable broth and fresh basil","foodSubCategoryDescription":"Snacks & Desserts","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.3633,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"160mg","portionSize":"188g","portion":"1 6 FLOZ","gramWeight":"188","carbohydrates":"13g","iron":"1mg","calcium":"37mg","vitaminA":"1042mcg","vitaminC":"5mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275726},{"menuItemId":912949737,"menuDayId":0,"foodItemId":111020,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21069,"foodItemSourceKey":"1023417","formalName":"Mexican Chicken & Lime Soup","number":"803857","description":"Chicken, kidney beans, potatoes, chicken broth, Southwest seasonings, lime juice and fresh cilantro","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":122.3469,"calories":"120","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"15mg","sodium":"230mg","dietaryFiber":"3g","sugar":"2g","protein":"8g","potassium":"160mg","portionSize":"174g","portion":"1 6 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oil","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":42.8933,"calories":"45","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"280mg","dietaryFiber":"1g","sugar":"2g","protein":"0g","potassium":"150mg","portionSize":"57g","portion":"1 2 OZ","gramWeight":"57","carbohydrates":"3g","iron":"0mg","calcium":"10mg","vitaminA":"70mcg","vitaminC":"7mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":305919},{"menuItemId":912949761,"menuDayId":0,"foodItemId":111552,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21071,"foodItemSourceKey":"5013935","formalName":"Lentil Penne","number":"815096","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":257.8315,"calories":"260","caloriesFromFat":"5","fat":"0.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"4g","sugar":"0g","protein":"15g","potassium":"480mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"49g","iron":"4mg","calcium":"23mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279302},{"menuItemId":912949748,"menuDayId":0,"foodItemId":109729,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21072,"foodItemSourceKey":"1050944","formalName":"Sauteed Broccoli & Garlic","number":"812641","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":30.2575,"calories":"30","caloriesFromFat":"10","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"85mg","dietaryFiber":"2g","sugar":"0g","protein":"1g","potassium":"170mg","portionSize":"60g","portion":"1 #12 SCOOP","gramWeight":"60","carbohydrates":"5g","iron":"0mg","calcium":"25mg","vitaminA":"516mcg","vitaminC":"43mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278422},{"menuItemId":912949750,"menuDayId":0,"foodItemId":111141,"startTime":"2019-02-21T16:30:00","endTime":"2019-02-21T19:30:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21073,"foodItemSourceKey":"1054357","formalName":"Minted Cucumber Tomato Salad","number":"812827","description":"Cucumber, tomato, fresh cilantro and mint with lime juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":25.7604,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"90mg","dietaryFiber":"0g","sugar":"4g","protein":"0g","potassium":"170mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"0mg","calcium":"12mg","vitaminA":"52mcg","vitaminC":"6mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279225}],"foodItemSourceKey":null,"currentMenu":true},{"menuDayId":4954913,"menuId":0,"date":"2019-02-22T00:00:00","meal":null,"isFakeMenuDay":false,"dayParts":[{"dayPartName":"Breakfast","menuDayId":0,"courses":[{"courseName":null,"menuDayId":0,"menuItems":[{"menuItemId":912949796,"menuDayId":0,"foodItemId":107194,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":null,"courseSortOrder":0,"menuItemSortOrder":21074,"foodItemSourceKey":"1009385","formalName":"Diced Watermelon","number":"800626","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":8.5049,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"0mg","calcium":"2mg","vitaminA":"97mcg","vitaminC":"2mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276437}]},{"courseName":"bakery","menuDayId":0,"menuItems":[{"menuItemId":912949801,"menuDayId":0,"foodItemId":121112,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"bakery","courseSortOrder":0,"menuItemSortOrder":21075,"foodItemSourceKey":"1212563","formalName":"Pumpkin Walnut Streusel Coffee Cake","number":"806542","description":"Pumpkin walnut streusel coffee cake topped with raisins and pecan crumbs","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":268.6471,"calories":"270","caloriesFromFat":"80","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"10mg","sodium":"240mg","dietaryFiber":"2g","sugar":"27g","protein":"3g","potassium":"120mg","portionSize":"85g","portion":"1 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pancake syrup and strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 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bacon","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":36.8572,"calories":"35","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"5mg","sodium":"120mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"0mg","portionSize":"7g","portion":"1 EA","gramWeight":"7","carbohydrates":"0g","iron":"0mg","calcium":"1mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275904},{"menuItemId":912949807,"menuDayId":0,"foodItemId":111043,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21078,"foodItemSourceKey":"1043337","formalName":"Egg, Potato, Sausage & Cheddar Breakfast Bowl","number":"812378","description":"Crispy hash browns topped with scrambled eggs, sausage and cheddar cheese","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":345.1499,"calories":"350","caloriesFromFat":"230","fat":"26g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"3.0g","cholesterol":"370mg","sodium":"940mg","dietaryFiber":"1g","sugar":"1g","protein":"19g","potassium":"340mg","portionSize":"184g","portion":"1 EA","gramWeight":"184","carbohydrates":"9g","iron":"2mg","calcium":"210mg","vitaminA":"514mcg","vitaminC":"5mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279192},{"menuItemId":912949816,"menuDayId":0,"foodItemId":106867,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21079,"foodItemSourceKey":"1215584","formalName":"Scrambled Eggs with Cheddar","number":"818229","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":247.0919,"calories":"250","caloriesFromFat":"160","fat":"18g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"415mg","sodium":"460mg","dietaryFiber":"0g","sugar":"0g","protein":"19g","potassium":"170mg","portionSize":"129g","portion":"1 1/2 CUP","gramWeight":"129","carbohydrates":"1g","iron":"2mg","calcium":"233mg","vitaminA":"483mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277372},{"menuItemId":912949830,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21080,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":912949804,"menuDayId":0,"foodItemId":109191,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21081,"foodItemSourceKey":"1042198","formalName":"Hash Browned Potatoes","number":"812272","description":"Crispy shredded breakfast potatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":117.4286,"calories":"120","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"0mg","sodium":"410mg","dietaryFiber":"3g","sugar":"1g","protein":"2g","potassium":"440mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"17g","iron":"1mg","calcium":"13mg","vitaminA":"9mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275561},{"menuItemId":912949813,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21082,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064},{"menuItemId":912949815,"menuDayId":0,"foodItemId":107773,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21083,"foodItemSourceKey":"1215464","formalName":"Texas French Toast","number":"818219","description":"Griddled thick sliced bread dipped in egg custard, finished with powdered sugar","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":213.6909,"calories":"210","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"130mg","sodium":"420mg","dietaryFiber":"0g","sugar":"5g","protein":"10g","potassium":"120mg","portionSize":"106g","portion":"1 1.5 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apples","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":354.8636,"calories":"350","caloriesFromFat":"100","fat":"12g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"7g","cholesterol":"0mg","sodium":"15mg","dietaryFiber":"6g","sugar":"35g","protein":"7g","potassium":"320mg","portionSize":"248g","portion":"1 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fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562}]},{"courseName":"HAVE A GREAT DAY!","menuDayId":0,"menuItems":[{"menuItemId":912949826,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"HAVE A GREAT DAY!","courseSortOrder":0,"menuItemSortOrder":21086,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 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Bar","courseSortOrder":0,"menuItemSortOrder":21087,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":912949795,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21088,"foodItemSourceKey":"1009384","formalName":"Diced Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"0mg","calcium":"3mg","vitaminA":"575mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278149},{"menuItemId":912949800,"menuDayId":0,"foodItemId":109699,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21089,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":912949814,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21090,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"0mg","calcium":"31mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275114},{"menuItemId":912949802,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21091,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek Yogurt","number":"807310","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":23.4167,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"3g","protein":"2g","potassium":"25mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"25mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276087}]}]},{"dayPartName":"Lunch","menuDayId":0,"courses":[{"courseName":"Chef's Table","menuDayId":0,"menuItems":[{"menuItemId":912949832,"menuDayId":0,"foodItemId":111496,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Chef's Table","courseSortOrder":0,"menuItemSortOrder":21092,"foodItemSourceKey":"5013446","formalName":"Fluffernutter PBJ Club","number":"832340","description":"A double decker sandwich of creamy peanut butter, strawberry preserves &marshmallow spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":434.1132,"calories":"430","caloriesFromFat":"170","fat":"19g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"510mg","dietaryFiber":"3g","sugar":"19g","protein":"13g","potassium":"65mg","portionSize":"125g","portion":"1 1/2 SANDWICH","gramWeight":"125","carbohydrates":"57g","iron":"2mg","calcium":"149mg","vitaminA":"46mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Peanut","contains":"true","icon":null,"allergen":"4"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279619}]},{"courseName":"Daily dish","menuDayId":0,"menuItems":[{"menuItemId":912949819,"menuDayId":0,"foodItemId":106594,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21093,"foodItemSourceKey":"1052738","formalName":"Rice & Orzo Pilaf","number":"820637","description":"Tender orzo pasta and white rice simmered in vegetable broth with fresh Italian parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":151.7356,"calories":"150","caloriesFromFat":"20","fat":"2.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"230mg","dietaryFiber":"0g","sugar":"0g","protein":"3g","potassium":"50mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"29g","iron":"2mg","calcium":"14mg","vitaminA":"95mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275146},{"menuItemId":912949799,"menuDayId":0,"foodItemId":109061,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21094,"foodItemSourceKey":"1015562","formalName":"Steamed Broccoli","number":"802704","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":39.6893,"calories":"40","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"45mg","dietaryFiber":"4g","sugar":"2g","protein":"3g","potassium":"330mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"8g","iron":"1mg","calcium":"45mg","vitaminA":"1053mcg","vitaminC":"74mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274325},{"menuItemId":912949820,"menuDayId":0,"foodItemId":110448,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21095,"foodItemSourceKey":"1060886","formalName":"Buttermilk Cornbread","number":"820814","description":"Housemade cornbread with buttermilk","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":204.9212,"calories":"200","caloriesFromFat":"50","fat":"6g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"35mg","sodium":"240mg","dietaryFiber":"1g","sugar":"8g","protein":"4g","potassium":"85mg","portionSize":"75g","portion":"1 SLC","gramWeight":"75","carbohydrates":"33g","iron":"2mg","calcium":"59mg","vitaminA":"145mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276845},{"menuItemId":912949818,"menuDayId":0,"foodItemId":121500,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21096,"foodItemSourceKey":"4996302","formalName":"North Carolina BBQ Pulled Pork, 6 oz","number":"818435","description":"Pork rubbed with cola, dry mustard, cayenne and paprika, roasted with cider vinegar-BBQ sauce","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":441.5854,"calories":"440","caloriesFromFat":"290","fat":"32g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"90mg","sodium":"950mg","dietaryFiber":"1g","sugar":"12g","protein":"19g","potassium":"40mg","portionSize":"170g","portion":"1 ENTREE","gramWeight":"170","carbohydrates":"19g","iron":"2mg","calcium":"63mg","vitaminA":"320mcg","vitaminC":"2mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289698}]},{"courseName":"Dessert","menuDayId":0,"menuItems":[{"menuItemId":912949822,"menuDayId":0,"foodItemId":111240,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21097,"foodItemSourceKey":"1212827","formalName":"Golden Grahams® S'mores Bars","number":"821591","description":"S'more bar with golden grahams®, marshmallows and chocolate","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.4035,"calories":"260","caloriesFromFat":"80","fat":"9g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"170mg","dietaryFiber":"2g","sugar":"27g","protein":"2g","potassium":"75mg","portionSize":"62g","portion":"1 SLC","gramWeight":"62","carbohydrates":"43g","iron":"3mg","calcium":"67mg","vitaminA":"292mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279451},{"menuItemId":912949810,"menuDayId":0,"foodItemId":108927,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21098,"foodItemSourceKey":"1049693","formalName":"Sugar Cookie","number":"812605","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.6304,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"15mg","sodium":"190mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"25mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"5mg","vitaminA":"289mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275572},{"menuItemId":912949809,"menuDayId":0,"foodItemId":106158,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21099,"foodItemSourceKey":"1048960","formalName":"Chocolate Brownie","number":"812540","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":163.6507,"calories":"160","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"2.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"150mg","dietaryFiber":"1g","sugar":"21g","protein":"2g","potassium":"125mg","portionSize":"47g","portion":"1 SLC","gramWeight":"47","carbohydrates":"29g","iron":"2mg","calcium":"10mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278416}]},{"courseName":"Grill","menuDayId":0,"menuItems":[{"menuItemId":912949803,"menuDayId":0,"foodItemId":107722,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21100,"foodItemSourceKey":"1027741","formalName":"Pub Style Fish & Chips Platter","number":"810038","description":"Crispy beer battered cod served with malt vinegar and tartar sauce, served with French fries and cole slaw","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":1162.0308,"calories":"1160","caloriesFromFat":"720","fat":"80g","saturatedFat":"10g","transFat":"1.0g","polyunsaturatedFat":"35g","cholesterol":"70mg","sodium":"1420mg","dietaryFiber":"7g","sugar":"11g","protein":"25g","potassium":"680mg","portionSize":"555g","portion":"1 ENTREE FULL MEAL","gramWeight":"555","carbohydrates":"83g","iron":"4mg","calcium":"186mg","vitaminA":"634mcg","vitaminC":"49mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Fish","contains":"true","icon":null,"allergen":"8"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276104}]},{"courseName":"HAVE A GREAT DAY!","menuDayId":0,"menuItems":[{"menuItemId":912949825,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"HAVE A GREAT DAY!","courseSortOrder":0,"menuItemSortOrder":21101,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668}]},{"courseName":"Memorial Deli","menuDayId":0,"menuItems":[{"menuItemId":912949831,"menuDayId":0,"foodItemId":106229,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":21102,"foodItemSourceKey":"5012311","formalName":"Chipotle Turkey Wrap","number":"832270","description":"Oven roasted turkey wrap with cheddar cheese, lettuce, tomato, and chipotle BBQ ranch spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745}]},{"courseName":"Memorial Pizza","menuDayId":0,"menuItems":[{"menuItemId":912949828,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21103,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":912949829,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21104,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 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pineapple","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":291.572,"calories":"290","caloriesFromFat":"70","fat":"8g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"700mg","dietaryFiber":"1g","sugar":"5g","protein":"16g","potassium":"60mg","portionSize":"141g","portion":"1 SLC","gramWeight":"141","carbohydrates":"39g","iron":"2mg","calcium":"272mg","vitaminA":"109mcg","vitaminC":"2mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275285}]},{"courseName":"Simple Servings","menuDayId":0,"menuItems":[{"menuItemId":912949812,"menuDayId":0,"foodItemId":109987,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21106,"foodItemSourceKey":"1049539","formalName":"Lyonnaise Potatoes","number":"816588","description":"Chef potatoes sautéed with caramelized onions, kosher salt and black pepper","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":88.9604,"calories":"90","caloriesFromFat":"15","fat":"2.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"160mg","dietaryFiber":"3g","sugar":"2g","protein":"2g","potassium":"420mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"17g","iron":"1mg","calcium":"12mg","vitaminA":"5mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276758},{"menuItemId":912949823,"menuDayId":0,"foodItemId":108350,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21107,"foodItemSourceKey":"1051183","formalName":"Simply Roasted Parsnips","number":"822331","description":"Oven roasted parsnips seasoned simply with EVOO, kosher salt and black pepper","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":51.6424,"calories":"50","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"50mg","dietaryFiber":"2g","sugar":"3g","protein":"0g","potassium":"210mg","portionSize":"58g","portion":"1 1/2 CUP","gramWeight":"58","carbohydrates":"10g","iron":"0mg","calcium":"21mg","vitaminA":"0mcg","vitaminC":"7mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275209},{"menuItemId":912949824,"menuDayId":0,"foodItemId":111326,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21108,"foodItemSourceKey":"1543605","formalName":"London Broil","number":"824572","description":"Beef top round marinated in Montreal steak sauce, roasted & sliced thin","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":215.5701,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"75mg","sodium":"210mg","dietaryFiber":"0g","sugar":"0g","protein":"28g","potassium":"260mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"3mg","calcium":"6mg","vitaminA":"2mcg","vitaminC":"0mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279469}]},{"courseName":"Soup","menuDayId":0,"menuItems":[{"menuItemId":912949798,"menuDayId":0,"foodItemId":110997,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21109,"foodItemSourceKey":"1013368","formalName":"Manhattan Clam Chowder","number":"802543","description":"Classic Manhattan style chowder with tomatoes, peppers, potatoes & clams, simmered with fresh oregano, thyme and Tabasco","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":67.8796,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"490mg","dietaryFiber":"2g","sugar":"2g","protein":"3g","potassium":"390mg","portionSize":"173g","portion":"1 6 FLOZ","gramWeight":"173","carbohydrates":"10g","iron":"1mg","calcium":"24mg","vitaminA":"464mcg","vitaminC":"8mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Shellfish","contains":"true","icon":null,"allergen":"5"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279001},{"menuItemId":912949806,"menuDayId":0,"foodItemId":111041,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21110,"foodItemSourceKey":"1043181","formalName":"Gingered Carrot Soup","number":"812351","description":"Fresh carrots, onions, garlic, vegetable broth, ginger, cinnamon and cream","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":64.7611,"calories":"60","caloriesFromFat":"20","fat":"2.5g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"210mg","dietaryFiber":"2g","sugar":"5g","protein":"1g","potassium":"240mg","portionSize":"174g","portion":"1 6 FLOZ","gramWeight":"174","carbohydrates":"10g","iron":"0mg","calcium":"42mg","vitaminA":"5937mcg","vitaminC":"5mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279190}]},{"courseName":"Vegan","menuDayId":0,"menuItems":[{"menuItemId":912949811,"menuDayId":0,"foodItemId":107270,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21111,"foodItemSourceKey":"1061225","formalName":"Curried Sesame Tofu with Brown Rice","number":"813080","description":"Pan fried sesame curry seasoned tofu served with steamed brown rice, snow peas and red peppers","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":335.7355,"calories":"340","caloriesFromFat":"150","fat":"16g","saturatedFat":"2.5g","transFat":"0g","polyunsaturatedFat":"7g","cholesterol":"0mg","sodium":"160mg","dietaryFiber":"6g","sugar":"5g","protein":"14g","potassium":"480mg","portionSize":"301g","portion":"1 ENTREE & 2 SIDES","gramWeight":"301","carbohydrates":"36g","iron":"5mg","calcium":"298mg","vitaminA":"1381mcg","vitaminC":"102mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277834},{"menuItemId":912949821,"menuDayId":0,"foodItemId":119080,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21112,"foodItemSourceKey":"1203842","formalName":"Sesame Bok Choy","number":"821376","description":"Bok choy tossed with sesame soy mayonnaise","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":39.094,"calories":"40","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"0.5g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"0g","sugar":"0g","protein":"0g","potassium":"75mg","portionSize":"35g","portion":"1 1/2 CUP","gramWeight":"35","carbohydrates":"1g","iron":"0mg","calcium":"33mg","vitaminA":"797mcg","vitaminC":"13mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287192},{"menuItemId":912949808,"menuDayId":0,"foodItemId":106751,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21113,"foodItemSourceKey":"1046871","formalName":"Lemongrass Tofu Noodle Bowl","number":"812453","description":"Crispy tofu, noodles, carrots, red peppers, Asian broth, scallions and sesame seeds","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":224.4163,"calories":"220","caloriesFromFat":"80","fat":"9g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"3.5g","cholesterol":"0mg","sodium":"330mg","dietaryFiber":"2g","sugar":"4g","protein":"9g","potassium":"220mg","portionSize":"318g","portion":"1 EA","gramWeight":"318","carbohydrates":"27g","iron":"2mg","calcium":"134mg","vitaminA":"1827mcg","vitaminC":"24mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274626}]}]}],"menuItems":[{"menuItemId":912949796,"menuDayId":0,"foodItemId":107194,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":null,"courseSortOrder":0,"menuItemSortOrder":21074,"foodItemSourceKey":"1009385","formalName":"Diced Watermelon","number":"800626","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":8.5049,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"0mg","calcium":"2mg","vitaminA":"97mcg","vitaminC":"2mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276437},{"menuItemId":912949801,"menuDayId":0,"foodItemId":121112,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"bakery","courseSortOrder":0,"menuItemSortOrder":21075,"foodItemSourceKey":"1212563","formalName":"Pumpkin Walnut Streusel Coffee Cake","number":"806542","description":"Pumpkin walnut streusel coffee cake topped with raisins and pecan crumbs","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":268.6471,"calories":"270","caloriesFromFat":"80","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"10mg","sodium":"240mg","dietaryFiber":"2g","sugar":"27g","protein":"3g","potassium":"120mg","portionSize":"85g","portion":"1 SLC","gramWeight":"85","carbohydrates":"46g","iron":"2mg","calcium":"49mg","vitaminA":"1150mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289284},{"menuItemId":912949817,"menuDayId":0,"foodItemId":107590,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21076,"foodItemSourceKey":"1215621","formalName":"Waffle Bar","number":"818236","description":"Vanilla Belgian Waffle served with pancake syrup and strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 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bacon","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":36.8572,"calories":"35","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"5mg","sodium":"120mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"0mg","portionSize":"7g","portion":"1 EA","gramWeight":"7","carbohydrates":"0g","iron":"0mg","calcium":"1mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275904},{"menuItemId":912949807,"menuDayId":0,"foodItemId":111043,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21078,"foodItemSourceKey":"1043337","formalName":"Egg, Potato, Sausage & Cheddar Breakfast Bowl","number":"812378","description":"Crispy hash browns topped with scrambled eggs, sausage and cheddar cheese","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":345.1499,"calories":"350","caloriesFromFat":"230","fat":"26g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"3.0g","cholesterol":"370mg","sodium":"940mg","dietaryFiber":"1g","sugar":"1g","protein":"19g","potassium":"340mg","portionSize":"184g","portion":"1 EA","gramWeight":"184","carbohydrates":"9g","iron":"2mg","calcium":"210mg","vitaminA":"514mcg","vitaminC":"5mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279192},{"menuItemId":912949816,"menuDayId":0,"foodItemId":106867,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21079,"foodItemSourceKey":"1215584","formalName":"Scrambled Eggs with Cheddar","number":"818229","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":247.0919,"calories":"250","caloriesFromFat":"160","fat":"18g","saturatedFat":"8g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"415mg","sodium":"460mg","dietaryFiber":"0g","sugar":"0g","protein":"19g","potassium":"170mg","portionSize":"129g","portion":"1 1/2 CUP","gramWeight":"129","carbohydrates":"1g","iron":"2mg","calcium":"233mg","vitaminA":"483mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277372},{"menuItemId":912949830,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21080,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":912949804,"menuDayId":0,"foodItemId":109191,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21081,"foodItemSourceKey":"1042198","formalName":"Hash Browned Potatoes","number":"812272","description":"Crispy shredded breakfast potatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":117.4286,"calories":"120","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"0mg","sodium":"410mg","dietaryFiber":"3g","sugar":"1g","protein":"2g","potassium":"440mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"17g","iron":"1mg","calcium":"13mg","vitaminA":"9mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275561},{"menuItemId":912949813,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21082,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064},{"menuItemId":912949815,"menuDayId":0,"foodItemId":107773,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21083,"foodItemSourceKey":"1215464","formalName":"Texas French Toast","number":"818219","description":"Griddled thick sliced bread dipped in egg custard, finished with powdered sugar","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":213.6909,"calories":"210","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"130mg","sodium":"420mg","dietaryFiber":"0g","sugar":"5g","protein":"10g","potassium":"120mg","portionSize":"106g","portion":"1 1.5 SLC","gramWeight":"106","carbohydrates":"32g","iron":"2mg","calcium":"78mg","vitaminA":"105mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276815},{"menuItemId":912949833,"menuDayId":0,"foodItemId":106626,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21084,"foodItemSourceKey":"5013619","formalName":"Oatmeal With Toppings","number":"832415","description":"Oatmeal with choice of mix-ins: walnuts, brown sugar, raisins, cranberries & cinnamon apples","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":354.8636,"calories":"350","caloriesFromFat":"100","fat":"12g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"7g","cholesterol":"0mg","sodium":"15mg","dietaryFiber":"6g","sugar":"35g","protein":"7g","potassium":"320mg","portionSize":"248g","portion":"1 EA","gramWeight":"248","carbohydrates":"62g","iron":"2mg","calcium":"59mg","vitaminA":"11mcg","vitaminC":"4mg","allergens":[{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274748},{"menuItemId":912949805,"menuDayId":0,"foodItemId":107599,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21085,"foodItemSourceKey":"1042273","formalName":"Omelet Bar","number":"812282","description":"Cage free eggs with your choice of fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562},{"menuItemId":912949826,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"HAVE A GREAT DAY!","courseSortOrder":0,"menuItemSortOrder":21086,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 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Bar","courseSortOrder":0,"menuItemSortOrder":21087,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":912949795,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21088,"foodItemSourceKey":"1009384","formalName":"Diced Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"0mg","calcium":"3mg","vitaminA":"575mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278149},{"menuItemId":912949800,"menuDayId":0,"foodItemId":109699,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21089,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":912949814,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21090,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"0mg","calcium":"31mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275114},{"menuItemId":912949802,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-22T07:00:00","endTime":"2019-02-22T11:00:00","meal":"Breakfast","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21091,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek 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double decker sandwich of creamy peanut butter, strawberry preserves &marshmallow spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":434.1132,"calories":"430","caloriesFromFat":"170","fat":"19g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"510mg","dietaryFiber":"3g","sugar":"19g","protein":"13g","potassium":"65mg","portionSize":"125g","portion":"1 1/2 SANDWICH","gramWeight":"125","carbohydrates":"57g","iron":"2mg","calcium":"149mg","vitaminA":"46mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Peanut","contains":"true","icon":null,"allergen":"4"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279619},{"menuItemId":912949819,"menuDayId":0,"foodItemId":106594,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21093,"foodItemSourceKey":"1052738","formalName":"Rice & Orzo Pilaf","number":"820637","description":"Tender orzo pasta and white rice simmered in vegetable broth with fresh Italian parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":151.7356,"calories":"150","caloriesFromFat":"20","fat":"2.0g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"230mg","dietaryFiber":"0g","sugar":"0g","protein":"3g","potassium":"50mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"29g","iron":"2mg","calcium":"14mg","vitaminA":"95mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275146},{"menuItemId":912949799,"menuDayId":0,"foodItemId":109061,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21094,"foodItemSourceKey":"1015562","formalName":"Steamed Broccoli","number":"802704","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":39.6893,"calories":"40","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"45mg","dietaryFiber":"4g","sugar":"2g","protein":"3g","potassium":"330mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"8g","iron":"1mg","calcium":"45mg","vitaminA":"1053mcg","vitaminC":"74mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274325},{"menuItemId":912949820,"menuDayId":0,"foodItemId":110448,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21095,"foodItemSourceKey":"1060886","formalName":"Buttermilk Cornbread","number":"820814","description":"Housemade cornbread with buttermilk","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":204.9212,"calories":"200","caloriesFromFat":"50","fat":"6g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"35mg","sodium":"240mg","dietaryFiber":"1g","sugar":"8g","protein":"4g","potassium":"85mg","portionSize":"75g","portion":"1 SLC","gramWeight":"75","carbohydrates":"33g","iron":"2mg","calcium":"59mg","vitaminA":"145mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276845},{"menuItemId":912949818,"menuDayId":0,"foodItemId":121500,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Daily dish","courseSortOrder":0,"menuItemSortOrder":21096,"foodItemSourceKey":"4996302","formalName":"North Carolina BBQ Pulled Pork, 6 oz","number":"818435","description":"Pork rubbed with cola, dry mustard, cayenne and paprika, roasted with cider vinegar-BBQ sauce","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":441.5854,"calories":"440","caloriesFromFat":"290","fat":"32g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"90mg","sodium":"950mg","dietaryFiber":"1g","sugar":"12g","protein":"19g","potassium":"40mg","portionSize":"170g","portion":"1 ENTREE","gramWeight":"170","carbohydrates":"19g","iron":"2mg","calcium":"63mg","vitaminA":"320mcg","vitaminC":"2mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289698},{"menuItemId":912949822,"menuDayId":0,"foodItemId":111240,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21097,"foodItemSourceKey":"1212827","formalName":"Golden Grahams® S'mores Bars","number":"821591","description":"S'more bar with golden grahams®, marshmallows and chocolate","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.4035,"calories":"260","caloriesFromFat":"80","fat":"9g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"170mg","dietaryFiber":"2g","sugar":"27g","protein":"2g","potassium":"75mg","portionSize":"62g","portion":"1 SLC","gramWeight":"62","carbohydrates":"43g","iron":"3mg","calcium":"67mg","vitaminA":"292mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279451},{"menuItemId":912949810,"menuDayId":0,"foodItemId":108927,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21098,"foodItemSourceKey":"1049693","formalName":"Sugar Cookie","number":"812605","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.6304,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"15mg","sodium":"190mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"25mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"5mg","vitaminA":"289mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275572},{"menuItemId":912949809,"menuDayId":0,"foodItemId":106158,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21099,"foodItemSourceKey":"1048960","formalName":"Chocolate Brownie","number":"812540","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":163.6507,"calories":"160","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"2.5g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"150mg","dietaryFiber":"1g","sugar":"21g","protein":"2g","potassium":"125mg","portionSize":"47g","portion":"1 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slaw","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":1162.0308,"calories":"1160","caloriesFromFat":"720","fat":"80g","saturatedFat":"10g","transFat":"1.0g","polyunsaturatedFat":"35g","cholesterol":"70mg","sodium":"1420mg","dietaryFiber":"7g","sugar":"11g","protein":"25g","potassium":"680mg","portionSize":"555g","portion":"1 ENTREE FULL MEAL","gramWeight":"555","carbohydrates":"83g","iron":"4mg","calcium":"186mg","vitaminA":"634mcg","vitaminC":"49mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Fish","contains":"true","icon":null,"allergen":"8"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276104},{"menuItemId":912949825,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"HAVE A GREAT DAY!","courseSortOrder":0,"menuItemSortOrder":21101,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 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spread","foodSubCategoryDescription":"Deli","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":174.1558,"calories":"170","caloriesFromFat":"50","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"620mg","dietaryFiber":"1g","sugar":"2g","protein":"9g","potassium":"150mg","portionSize":"118g","portion":"1 1/2 WRAP","gramWeight":"118","carbohydrates":"21g","iron":"2mg","calcium":"144mg","vitaminA":"155mcg","vitaminC":"4mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274745},{"menuItemId":912949828,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21103,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":912949829,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21104,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142},{"menuItemId":912949827,"menuDayId":0,"foodItemId":108880,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21105,"foodItemSourceKey":"1771134","formalName":"The Hawaiian","number":"828872","description":"Pizza crust topped with our vine ripe pizza sauce, mozzarella, ham & juicy pineapple","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":291.572,"calories":"290","caloriesFromFat":"70","fat":"8g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"700mg","dietaryFiber":"1g","sugar":"5g","protein":"16g","potassium":"60mg","portionSize":"141g","portion":"1 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pepper","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":88.9604,"calories":"90","caloriesFromFat":"15","fat":"2.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"160mg","dietaryFiber":"3g","sugar":"2g","protein":"2g","potassium":"420mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"17g","iron":"1mg","calcium":"12mg","vitaminA":"5mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276758},{"menuItemId":912949823,"menuDayId":0,"foodItemId":108350,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21107,"foodItemSourceKey":"1051183","formalName":"Simply Roasted Parsnips","number":"822331","description":"Oven roasted parsnips seasoned simply with EVOO, kosher salt and black pepper","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":51.6424,"calories":"50","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"50mg","dietaryFiber":"2g","sugar":"3g","protein":"0g","potassium":"210mg","portionSize":"58g","portion":"1 1/2 CUP","gramWeight":"58","carbohydrates":"10g","iron":"0mg","calcium":"21mg","vitaminA":"0mcg","vitaminC":"7mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275209},{"menuItemId":912949824,"menuDayId":0,"foodItemId":111326,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21108,"foodItemSourceKey":"1543605","formalName":"London Broil","number":"824572","description":"Beef top round marinated in Montreal steak sauce, roasted & sliced thin","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":215.5701,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"75mg","sodium":"210mg","dietaryFiber":"0g","sugar":"0g","protein":"28g","potassium":"260mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"3mg","calcium":"6mg","vitaminA":"2mcg","vitaminC":"0mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279469},{"menuItemId":912949798,"menuDayId":0,"foodItemId":110997,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21109,"foodItemSourceKey":"1013368","formalName":"Manhattan Clam Chowder","number":"802543","description":"Classic Manhattan style chowder with tomatoes, peppers, potatoes & clams, simmered with fresh oregano, thyme and Tabasco","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":true,"kcal":67.8796,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"490mg","dietaryFiber":"2g","sugar":"2g","protein":"3g","potassium":"390mg","portionSize":"173g","portion":"1 6 FLOZ","gramWeight":"173","carbohydrates":"10g","iron":"1mg","calcium":"24mg","vitaminA":"464mcg","vitaminC":"8mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Shellfish","contains":"true","icon":null,"allergen":"5"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279001},{"menuItemId":912949806,"menuDayId":0,"foodItemId":111041,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21110,"foodItemSourceKey":"1043181","formalName":"Gingered Carrot Soup","number":"812351","description":"Fresh carrots, onions, garlic, vegetable broth, ginger, cinnamon and cream","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":64.7611,"calories":"60","caloriesFromFat":"20","fat":"2.5g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"210mg","dietaryFiber":"2g","sugar":"5g","protein":"1g","potassium":"240mg","portionSize":"174g","portion":"1 6 FLOZ","gramWeight":"174","carbohydrates":"10g","iron":"0mg","calcium":"42mg","vitaminA":"5937mcg","vitaminC":"5mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279190},{"menuItemId":912949811,"menuDayId":0,"foodItemId":107270,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21111,"foodItemSourceKey":"1061225","formalName":"Curried Sesame Tofu with Brown Rice","number":"813080","description":"Pan fried sesame curry seasoned tofu served with steamed brown rice, snow peas and red peppers","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":335.7355,"calories":"340","caloriesFromFat":"150","fat":"16g","saturatedFat":"2.5g","transFat":"0g","polyunsaturatedFat":"7g","cholesterol":"0mg","sodium":"160mg","dietaryFiber":"6g","sugar":"5g","protein":"14g","potassium":"480mg","portionSize":"301g","portion":"1 ENTREE & 2 SIDES","gramWeight":"301","carbohydrates":"36g","iron":"5mg","calcium":"298mg","vitaminA":"1381mcg","vitaminC":"102mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277834},{"menuItemId":912949821,"menuDayId":0,"foodItemId":119080,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21112,"foodItemSourceKey":"1203842","formalName":"Sesame Bok Choy","number":"821376","description":"Bok choy tossed with sesame soy mayonnaise","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":39.094,"calories":"40","caloriesFromFat":"35","fat":"4.0g","saturatedFat":"0.5g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"0g","sugar":"0g","protein":"0g","potassium":"75mg","portionSize":"35g","portion":"1 1/2 CUP","gramWeight":"35","carbohydrates":"1g","iron":"0mg","calcium":"33mg","vitaminA":"797mcg","vitaminC":"13mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287192},{"menuItemId":912949808,"menuDayId":0,"foodItemId":106751,"startTime":"2019-02-22T11:00:00","endTime":"2019-02-22T14:00:00","meal":"Lunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21113,"foodItemSourceKey":"1046871","formalName":"Lemongrass Tofu Noodle Bowl","number":"812453","description":"Crispy tofu, noodles, carrots, red peppers, Asian broth, scallions and sesame seeds","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":224.4163,"calories":"220","caloriesFromFat":"80","fat":"9g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"3.5g","cholesterol":"0mg","sodium":"330mg","dietaryFiber":"2g","sugar":"4g","protein":"9g","potassium":"220mg","portionSize":"318g","portion":"1 EA","gramWeight":"318","carbohydrates":"27g","iron":"2mg","calcium":"134mg","vitaminA":"1827mcg","vitaminC":"24mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274626}],"foodItemSourceKey":null,"currentMenu":false},{"menuDayId":4975859,"menuId":0,"date":"2019-02-23T00:00:00","meal":null,"isFakeMenuDay":false,"dayParts":[{"dayPartName":"Brunch","menuDayId":0,"courses":[{"courseName":null,"menuDayId":0,"menuItems":[{"menuItemId":912949862,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":null,"courseSortOrder":0,"menuItemSortOrder":21114,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 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Link","number":"807271","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":90.2649,"calories":"90","caloriesFromFat":"80","fat":"9g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"140mg","dietaryFiber":"0g","sugar":"0g","protein":"3g","potassium":"0mg","portionSize":"23g","portion":"1 EA","gramWeight":"23","carbohydrates":"0g","iron":"0mg","calcium":"6mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277153},{"menuItemId":912949868,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21116,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":912949859,"menuDayId":0,"foodItemId":107590,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21117,"foodItemSourceKey":"1215621","formalName":"Waffle Bar","number":"818236","description":"Vanilla Belgian Waffle served with pancake syrup and strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 EA","gramWeight":"288","carbohydrates":"123g","iron":"1mg","calcium":"13mg","vitaminA":"8mcg","vitaminC":"23mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276816},{"menuItemId":912949842,"menuDayId":0,"foodItemId":108508,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21118,"foodItemSourceKey":"1042334","formalName":"Fried Tater Tots","number":"812291","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":277.8097,"calories":"280","caloriesFromFat":"170","fat":"19g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"6g","cholesterol":"0mg","sodium":"450mg","dietaryFiber":"3g","sugar":"0g","protein":"2g","potassium":"280mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"24g","iron":"0mg","calcium":"14mg","vitaminA":"0mcg","vitaminC":"4mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276123},{"menuItemId":912949855,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21119,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064},{"menuItemId":912949858,"menuDayId":0,"foodItemId":107773,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21120,"foodItemSourceKey":"1215464","formalName":"Texas French Toast","number":"818219","description":"Griddled thick sliced bread dipped in egg custard, finished with powdered sugar","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":213.6909,"calories":"210","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"130mg","sodium":"420mg","dietaryFiber":"0g","sugar":"5g","protein":"10g","potassium":"120mg","portionSize":"106g","portion":"1 1.5 SLC","gramWeight":"106","carbohydrates":"32g","iron":"2mg","calcium":"78mg","vitaminA":"105mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276815},{"menuItemId":912949870,"menuDayId":0,"foodItemId":106626,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21121,"foodItemSourceKey":"5013619","formalName":"Oatmeal With Toppings","number":"832415","description":"Oatmeal with choice of mix-ins: walnuts, brown sugar, raisins, cranberries & cinnamon apples","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":354.8636,"calories":"350","caloriesFromFat":"100","fat":"12g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"7g","cholesterol":"0mg","sodium":"15mg","dietaryFiber":"6g","sugar":"35g","protein":"7g","potassium":"320mg","portionSize":"248g","portion":"1 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candies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":219.7475,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"10mg","sodium":"180mg","dietaryFiber":"0g","sugar":"19g","protein":"2g","potassium":"45mg","portionSize":"50g","portion":"1 2 COOKIE","gramWeight":"50","carbohydrates":"32g","iron":"1mg","calcium":"7mg","vitaminA":"246mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276696},{"menuItemId":912949846,"menuDayId":0,"foodItemId":134935,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21123,"foodItemSourceKey":"1052909","formalName":"Chocolate Mousse","number":"812781","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":45.7969,"calories":"45","caloriesFromFat":"20","fat":"2.5g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"30mg","dietaryFiber":"0g","sugar":"4g","protein":"1g","potassium":"80mg","portionSize":"23g","portion":"1 1/4 CUP","gramWeight":"23","carbohydrates":"6g","iron":"1mg","calcium":"24mg","vitaminA":"17mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":304965},{"menuItemId":912949847,"menuDayId":0,"foodItemId":111140,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21124,"foodItemSourceKey":"1053626","formalName":"Cookies and Cream Blondie","number":"812807","description":"Cream cheese batter baked with Oreo cookies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":220.5186,"calories":"220","caloriesFromFat":"90","fat":"11g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"280mg","dietaryFiber":"0g","sugar":"18g","protein":"2g","potassium":"20mg","portionSize":"55g","portion":"1 DESSERT BAR","gramWeight":"55","carbohydrates":"30g","iron":"1mg","calcium":"15mg","vitaminA":"116mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279224}]},{"courseName":"Grill","menuDayId":0,"menuItems":[{"menuItemId":912949841,"menuDayId":0,"foodItemId":107599,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21125,"foodItemSourceKey":"1042273","formalName":"Omelet Bar","number":"812282","description":"Cage free eggs with your choice of fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562}]},{"courseName":"Memorial Deli","menuDayId":0,"menuItems":[{"menuItemId":912949840,"menuDayId":0,"foodItemId":111150,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":21126,"foodItemSourceKey":"1054955","formalName":"Italian Turkey and Ham Loafer Sandwich","number":"810297","description":"Toasted baguette, oven roasted turkey, smoked ham, pepperoni, hot pepper mayonnaise, mozzarella cheese","foodSubCategoryDescription":"Grill","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":373.1723,"calories":"370","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"6g","cholesterol":"50mg","sodium":"1270mg","dietaryFiber":"2g","sugar":"3g","protein":"21g","potassium":"160mg","portionSize":"170g","portion":"1 SANDWICH","gramWeight":"170","carbohydrates":"33g","iron":"2mg","calcium":"226mg","vitaminA":"237mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279178}]},{"courseName":"Memorial Pizza","menuDayId":0,"menuItems":[{"menuItemId":912949864,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21128,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 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Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142}]},{"courseName":"Simple Servings","menuDayId":0,"menuItems":[{"menuItemId":912949860,"menuDayId":0,"foodItemId":111996,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21130,"foodItemSourceKey":"1226852","formalName":"Country Style Kitchen Vegetables","number":"824523","description":"Medley of corn, celery, onions, green beans and carrots","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":57.3276,"calories":"60","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"25mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"240mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"13g","iron":"0mg","calcium":"28mg","vitaminA":"794mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279975},{"menuItemId":912949863,"menuDayId":0,"foodItemId":106726,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21131,"foodItemSourceKey":"1216927","formalName":"Traditional Rotisserie Chicken","number":"828114","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":369.0433,"calories":"370","caloriesFromFat":"230","fat":"25g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"120mg","sodium":"460mg","dietaryFiber":"0g","sugar":"0g","protein":"31g","potassium":"0mg","portionSize":"165g","portion":"1 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thyme","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":74.2025,"calories":"70","caloriesFromFat":"5","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"370mg","dietaryFiber":"4g","sugar":"1g","protein":"4g","potassium":"340mg","portionSize":"181g","portion":"1 6 FLOZ","gramWeight":"181","carbohydrates":"13g","iron":"1mg","calcium":"55mg","vitaminA":"883mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278829}]},{"courseName":"Vegan","menuDayId":0,"menuItems":[{"menuItemId":912949854,"menuDayId":0,"foodItemId":108340,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21134,"foodItemSourceKey":"1056599","formalName":"Jasmine Rice","number":"816882","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":122.6379,"calories":"120","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"40mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"27g","iron":"0mg","calcium":"11mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275062},{"menuItemId":912949851,"menuDayId":0,"foodItemId":107749,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21135,"foodItemSourceKey":"1060006","formalName":"Ginger Tofu & Vegetable Stir Fry","number":"813024","description":"Crispy tofu stir-fried with shiitake mushrooms, snow peas, bok choy, red peppers and onions","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":230.5167,"calories":"230","caloriesFromFat":"130","fat":"15g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"5.0g","cholesterol":"0mg","sodium":"1080mg","dietaryFiber":"3g","sugar":"4g","protein":"14g","potassium":"420mg","portionSize":"284g","portion":"1 ENTREE","gramWeight":"284","carbohydrates":"14g","iron":"3mg","calcium":"340mg","vitaminA":"1121mcg","vitaminC":"43mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276699}]},{"courseName":"Yogurt Bar","menuDayId":0,"menuItems":[{"menuItemId":912949834,"menuDayId":0,"foodItemId":109666,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21136,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":912949835,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21137,"foodItemSourceKey":"1009384","formalName":"Diced Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 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Mousse","number":"812781","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":45.7969,"calories":"45","caloriesFromFat":"20","fat":"2.5g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"30mg","dietaryFiber":"0g","sugar":"4g","protein":"1g","potassium":"80mg","portionSize":"23g","portion":"1 1/4 CUP","gramWeight":"23","carbohydrates":"6g","iron":"1mg","calcium":"24mg","vitaminA":"17mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":304965},{"menuItemId":912949848,"menuDayId":0,"foodItemId":111140,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21143,"foodItemSourceKey":"1053626","formalName":"Cookies and Cream Blondie","number":"812807","description":"Cream cheese batter baked with Oreo cookies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":220.5186,"calories":"220","caloriesFromFat":"90","fat":"11g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"280mg","dietaryFiber":"0g","sugar":"18g","protein":"2g","potassium":"20mg","portionSize":"55g","portion":"1 DESSERT BAR","gramWeight":"55","carbohydrates":"30g","iron":"1mg","calcium":"15mg","vitaminA":"116mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279224},{"menuItemId":912949850,"menuDayId":0,"foodItemId":110008,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21144,"foodItemSourceKey":"1053650","formalName":"Carnival Cookie","number":"812815","description":"Cookie stuffed with colored chocolate candies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":219.7475,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"10mg","sodium":"180mg","dietaryFiber":"0g","sugar":"19g","protein":"2g","potassium":"45mg","portionSize":"50g","portion":"1 2 COOKIE","gramWeight":"50","carbohydrates":"32g","iron":"1mg","calcium":"7mg","vitaminA":"246mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276696}]},{"courseName":"Grill","menuDayId":0,"menuItems":[{"menuItemId":912949869,"menuDayId":0,"foodItemId":108874,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21145,"foodItemSourceKey":"5013523","formalName":"Grilled Cheese Sandwich","number":"832381","description":"Melted American cheese on grilled Texas toast","foodSubCategoryDescription":"Grill","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":413.7916,"calories":"410","caloriesFromFat":"190","fat":"21g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"35mg","sodium":"1190mg","dietaryFiber":"1g","sugar":"4g","protein":"14g","potassium":"135mg","portionSize":"132g","portion":"1 SANDWICH","gramWeight":"132","carbohydrates":"40g","iron":"2mg","calcium":"269mg","vitaminA":"566mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278199}]},{"courseName":"Memorial Pizza","menuDayId":0,"menuItems":[{"menuItemId":912949865,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21147,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 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Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142}]},{"courseName":"Simple Servings","menuDayId":0,"menuItems":[{"menuItemId":912949852,"menuDayId":0,"foodItemId":112006,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21149,"foodItemSourceKey":"1222039","formalName":"Chicken Thigh Biryani","number":"814467","description":"Curried chicken cooked with cinnamon and cardamom scented basmati rice and fresh herbs","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":416.7321,"calories":"420","caloriesFromFat":"160","fat":"18g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"5g","cholesterol":"40mg","sodium":"390mg","dietaryFiber":"3g","sugar":"3g","protein":"13g","potassium":"350mg","portionSize":"227g","portion":"1 8 OZ","gramWeight":"227","carbohydrates":"50g","iron":"2mg","calcium":"51mg","vitaminA":"771mcg","vitaminC":"15mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":280032},{"menuItemId":912949871,"menuDayId":0,"foodItemId":111606,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21150,"foodItemSourceKey":"5015629","formalName":"Green Beans Oregano","number":"832544","description":"Steamed green beans, tossed in oregano and lemon juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":69.8688,"calories":"70","caloriesFromFat":"50","fat":"5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"2g","sugar":"1g","protein":"1g","potassium":"125mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"1mg","calcium":"34mg","vitaminA":"198mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279660}]},{"courseName":"Soup","menuDayId":0,"menuItems":[{"menuItemId":912949844,"menuDayId":0,"foodItemId":110880,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21151,"foodItemSourceKey":"1043220","formalName":"Tuscan Bean Soup","number":"812366","description":"Kale, white beans, carrots, celery, vegetable broth, fresh rosemary and thyme","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":74.2025,"calories":"70","caloriesFromFat":"5","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"370mg","dietaryFiber":"4g","sugar":"1g","protein":"4g","potassium":"340mg","portionSize":"181g","portion":"1 6 FLOZ","gramWeight":"181","carbohydrates":"13g","iron":"1mg","calcium":"55mg","vitaminA":"883mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278829}]},{"courseName":"Vegan","menuDayId":0,"menuItems":[{"menuItemId":912949837,"menuDayId":0,"foodItemId":111622,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21152,"foodItemSourceKey":"5016817","formalName":"Sweet Chili Chick'n","number":"804617","description":"Crispy veggie chick'n tossed with sweet Thai chili oil, scallions, and sesame seeds","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":223.745,"calories":"220","caloriesFromFat":"100","fat":"11g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"3.0g","cholesterol":"0mg","sodium":"550mg","dietaryFiber":"2g","sugar":"14g","protein":"15g","potassium":"35mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"19g","iron":"2mg","calcium":"66mg","vitaminA":"7491mcg","vitaminC":"1mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279045},{"menuItemId":912949853,"menuDayId":0,"foodItemId":134984,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21153,"foodItemSourceKey":"1226662","formalName":"Ginger Soy Vegetables","number":"814822","description":"Bok choy, red pepper, snow peas, teriyaki sauce, sesame oil","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":48.9516,"calories":"50","caloriesFromFat":"20","fat":"2.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"260mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"200mg","portionSize":"96g","portion":"1 4 FL OZ SPOODLE","gramWeight":"96","carbohydrates":"6g","iron":"1mg","calcium":"45mg","vitaminA":"2349mcg","vitaminC":"46mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":304953}]}]}],"menuItems":[{"menuItemId":912949862,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":null,"courseSortOrder":0,"menuItemSortOrder":21114,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668},{"menuItemId":912949838,"menuDayId":0,"foodItemId":106283,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21115,"foodItemSourceKey":"5007585","formalName":"Pork Sausage Link","number":"807271","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":90.2649,"calories":"90","caloriesFromFat":"80","fat":"9g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"140mg","dietaryFiber":"0g","sugar":"0g","protein":"3g","potassium":"0mg","portionSize":"23g","portion":"1 EA","gramWeight":"23","carbohydrates":"0g","iron":"0mg","calcium":"6mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277153},{"menuItemId":912949868,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21116,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":912949859,"menuDayId":0,"foodItemId":107590,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21117,"foodItemSourceKey":"1215621","formalName":"Waffle Bar","number":"818236","description":"Vanilla Belgian Waffle served with pancake syrup and strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 EA","gramWeight":"288","carbohydrates":"123g","iron":"1mg","calcium":"13mg","vitaminA":"8mcg","vitaminC":"23mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276816},{"menuItemId":912949842,"menuDayId":0,"foodItemId":108508,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21118,"foodItemSourceKey":"1042334","formalName":"Fried Tater Tots","number":"812291","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":277.8097,"calories":"280","caloriesFromFat":"170","fat":"19g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"6g","cholesterol":"0mg","sodium":"450mg","dietaryFiber":"3g","sugar":"0g","protein":"2g","potassium":"280mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"24g","iron":"0mg","calcium":"14mg","vitaminA":"0mcg","vitaminC":"4mg","allergens":[{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276123},{"menuItemId":912949855,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21119,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064},{"menuItemId":912949858,"menuDayId":0,"foodItemId":107773,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21120,"foodItemSourceKey":"1215464","formalName":"Texas French Toast","number":"818219","description":"Griddled thick sliced bread dipped in egg custard, finished with powdered sugar","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":213.6909,"calories":"210","caloriesFromFat":"45","fat":"5.0g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"130mg","sodium":"420mg","dietaryFiber":"0g","sugar":"5g","protein":"10g","potassium":"120mg","portionSize":"106g","portion":"1 1.5 SLC","gramWeight":"106","carbohydrates":"32g","iron":"2mg","calcium":"78mg","vitaminA":"105mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276815},{"menuItemId":912949870,"menuDayId":0,"foodItemId":106626,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21121,"foodItemSourceKey":"5013619","formalName":"Oatmeal With Toppings","number":"832415","description":"Oatmeal with choice of mix-ins: walnuts, brown sugar, raisins, cranberries & cinnamon apples","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":354.8636,"calories":"350","caloriesFromFat":"100","fat":"12g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"7g","cholesterol":"0mg","sodium":"15mg","dietaryFiber":"6g","sugar":"35g","protein":"7g","potassium":"320mg","portionSize":"248g","portion":"1 EA","gramWeight":"248","carbohydrates":"62g","iron":"2mg","calcium":"59mg","vitaminA":"11mcg","vitaminC":"4mg","allergens":[{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274748},{"menuItemId":912949849,"menuDayId":0,"foodItemId":110008,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21122,"foodItemSourceKey":"1053650","formalName":"Carnival Cookie","number":"812815","description":"Cookie stuffed with colored chocolate candies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":219.7475,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"10mg","sodium":"180mg","dietaryFiber":"0g","sugar":"19g","protein":"2g","potassium":"45mg","portionSize":"50g","portion":"1 2 COOKIE","gramWeight":"50","carbohydrates":"32g","iron":"1mg","calcium":"7mg","vitaminA":"246mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276696},{"menuItemId":912949846,"menuDayId":0,"foodItemId":134935,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21123,"foodItemSourceKey":"1052909","formalName":"Chocolate Mousse","number":"812781","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":45.7969,"calories":"45","caloriesFromFat":"20","fat":"2.5g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"30mg","dietaryFiber":"0g","sugar":"4g","protein":"1g","potassium":"80mg","portionSize":"23g","portion":"1 1/4 CUP","gramWeight":"23","carbohydrates":"6g","iron":"1mg","calcium":"24mg","vitaminA":"17mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":304965},{"menuItemId":912949847,"menuDayId":0,"foodItemId":111140,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21124,"foodItemSourceKey":"1053626","formalName":"Cookies and Cream Blondie","number":"812807","description":"Cream cheese batter baked with Oreo cookies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":220.5186,"calories":"220","caloriesFromFat":"90","fat":"11g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"280mg","dietaryFiber":"0g","sugar":"18g","protein":"2g","potassium":"20mg","portionSize":"55g","portion":"1 DESSERT BAR","gramWeight":"55","carbohydrates":"30g","iron":"1mg","calcium":"15mg","vitaminA":"116mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279224},{"menuItemId":912949841,"menuDayId":0,"foodItemId":107599,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21125,"foodItemSourceKey":"1042273","formalName":"Omelet Bar","number":"812282","description":"Cage free eggs with your choice of fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562},{"menuItemId":912949840,"menuDayId":0,"foodItemId":111150,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Memorial Deli","courseSortOrder":0,"menuItemSortOrder":21126,"foodItemSourceKey":"1054955","formalName":"Italian Turkey and Ham Loafer Sandwich","number":"810297","description":"Toasted baguette, oven roasted turkey, smoked ham, pepperoni, hot pepper mayonnaise, mozzarella cheese","foodSubCategoryDescription":"Grill","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":373.1723,"calories":"370","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"6g","cholesterol":"50mg","sodium":"1270mg","dietaryFiber":"2g","sugar":"3g","protein":"21g","potassium":"160mg","portionSize":"170g","portion":"1 SANDWICH","gramWeight":"170","carbohydrates":"33g","iron":"2mg","calcium":"226mg","vitaminA":"237mcg","vitaminC":"1mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279178},{"menuItemId":912949864,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21128,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":912949867,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21129,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142},{"menuItemId":912949860,"menuDayId":0,"foodItemId":111996,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21130,"foodItemSourceKey":"1226852","formalName":"Country Style Kitchen Vegetables","number":"824523","description":"Medley of corn, celery, onions, green beans and carrots","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":57.3276,"calories":"60","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"25mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"240mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"13g","iron":"0mg","calcium":"28mg","vitaminA":"794mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279975},{"menuItemId":912949863,"menuDayId":0,"foodItemId":106726,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21131,"foodItemSourceKey":"1216927","formalName":"Traditional Rotisserie Chicken","number":"828114","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":369.0433,"calories":"370","caloriesFromFat":"230","fat":"25g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"120mg","sodium":"460mg","dietaryFiber":"0g","sugar":"0g","protein":"31g","potassium":"0mg","portionSize":"165g","portion":"1 EA","gramWeight":"165","carbohydrates":"1g","iron":"1mg","calcium":"38mg","vitaminA":"221mcg","vitaminC":"2mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278737},{"menuItemId":912949856,"menuDayId":0,"foodItemId":107382,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21132,"foodItemSourceKey":"1215295","formalName":"Oven Roast Herbed Red Potatoes","number":"817857","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":140.9533,"calories":"140","caloriesFromFat":"70","fat":"8g","saturatedFat":"0.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"0mg","sodium":"270mg","dietaryFiber":"2g","sugar":"1g","protein":"2g","potassium":"500mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"17g","iron":"1mg","calcium":"17mg","vitaminA":"156mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277952},{"menuItemId":912949843,"menuDayId":0,"foodItemId":110880,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21133,"foodItemSourceKey":"1043220","formalName":"Tuscan Bean Soup","number":"812366","description":"Kale, white beans, carrots, celery, vegetable broth, fresh rosemary and thyme","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":74.2025,"calories":"70","caloriesFromFat":"5","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"370mg","dietaryFiber":"4g","sugar":"1g","protein":"4g","potassium":"340mg","portionSize":"181g","portion":"1 6 FLOZ","gramWeight":"181","carbohydrates":"13g","iron":"1mg","calcium":"55mg","vitaminA":"883mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278829},{"menuItemId":912949854,"menuDayId":0,"foodItemId":108340,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21134,"foodItemSourceKey":"1056599","formalName":"Jasmine Rice","number":"816882","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":122.6379,"calories":"120","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"40mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"27g","iron":"0mg","calcium":"11mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275062},{"menuItemId":912949851,"menuDayId":0,"foodItemId":107749,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21135,"foodItemSourceKey":"1060006","formalName":"Ginger Tofu & Vegetable Stir Fry","number":"813024","description":"Crispy tofu stir-fried with shiitake mushrooms, snow peas, bok choy, red peppers and onions","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":230.5167,"calories":"230","caloriesFromFat":"130","fat":"15g","saturatedFat":"1.5g","transFat":"0g","polyunsaturatedFat":"5.0g","cholesterol":"0mg","sodium":"1080mg","dietaryFiber":"3g","sugar":"4g","protein":"14g","potassium":"420mg","portionSize":"284g","portion":"1 ENTREE","gramWeight":"284","carbohydrates":"14g","iron":"3mg","calcium":"340mg","vitaminA":"1121mcg","vitaminC":"43mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276699},{"menuItemId":912949834,"menuDayId":0,"foodItemId":109666,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21136,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":912949835,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21137,"foodItemSourceKey":"1009384","formalName":"Diced Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"2g","iron":"0mg","calcium":"3mg","vitaminA":"575mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278149},{"menuItemId":912949836,"menuDayId":0,"foodItemId":109699,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21138,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":912949857,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21139,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"0mg","calcium":"31mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275114},{"menuItemId":912949839,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-23T09:00:00","endTime":"2019-02-23T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21140,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek Yogurt","number":"807310","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":23.4167,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"3g","protein":"2g","potassium":"25mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"25mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276087},{"menuItemId":912949861,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":null,"courseSortOrder":0,"menuItemSortOrder":21141,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668},{"menuItemId":912949845,"menuDayId":0,"foodItemId":134935,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21142,"foodItemSourceKey":"1052909","formalName":"Chocolate Mousse","number":"812781","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":45.7969,"calories":"45","caloriesFromFat":"20","fat":"2.5g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"30mg","dietaryFiber":"0g","sugar":"4g","protein":"1g","potassium":"80mg","portionSize":"23g","portion":"1 1/4 CUP","gramWeight":"23","carbohydrates":"6g","iron":"1mg","calcium":"24mg","vitaminA":"17mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":304965},{"menuItemId":912949848,"menuDayId":0,"foodItemId":111140,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21143,"foodItemSourceKey":"1053626","formalName":"Cookies and Cream Blondie","number":"812807","description":"Cream cheese batter baked with Oreo cookies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":220.5186,"calories":"220","caloriesFromFat":"90","fat":"11g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"15mg","sodium":"280mg","dietaryFiber":"0g","sugar":"18g","protein":"2g","potassium":"20mg","portionSize":"55g","portion":"1 DESSERT BAR","gramWeight":"55","carbohydrates":"30g","iron":"1mg","calcium":"15mg","vitaminA":"116mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279224},{"menuItemId":912949850,"menuDayId":0,"foodItemId":110008,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21144,"foodItemSourceKey":"1053650","formalName":"Carnival Cookie","number":"812815","description":"Cookie stuffed with colored chocolate candies","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":219.7475,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"10mg","sodium":"180mg","dietaryFiber":"0g","sugar":"19g","protein":"2g","potassium":"45mg","portionSize":"50g","portion":"1 2 COOKIE","gramWeight":"50","carbohydrates":"32g","iron":"1mg","calcium":"7mg","vitaminA":"246mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276696},{"menuItemId":912949869,"menuDayId":0,"foodItemId":108874,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21145,"foodItemSourceKey":"5013523","formalName":"Grilled Cheese Sandwich","number":"832381","description":"Melted American cheese on grilled Texas toast","foodSubCategoryDescription":"Grill","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":413.7916,"calories":"410","caloriesFromFat":"190","fat":"21g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"35mg","sodium":"1190mg","dietaryFiber":"1g","sugar":"4g","protein":"14g","potassium":"135mg","portionSize":"132g","portion":"1 SANDWICH","gramWeight":"132","carbohydrates":"40g","iron":"2mg","calcium":"269mg","vitaminA":"566mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278199},{"menuItemId":912949865,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21147,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":912949866,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21148,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142},{"menuItemId":912949852,"menuDayId":0,"foodItemId":112006,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21149,"foodItemSourceKey":"1222039","formalName":"Chicken Thigh Biryani","number":"814467","description":"Curried chicken cooked with cinnamon and cardamom scented basmati rice and fresh herbs","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":416.7321,"calories":"420","caloriesFromFat":"160","fat":"18g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"5g","cholesterol":"40mg","sodium":"390mg","dietaryFiber":"3g","sugar":"3g","protein":"13g","potassium":"350mg","portionSize":"227g","portion":"1 8 OZ","gramWeight":"227","carbohydrates":"50g","iron":"2mg","calcium":"51mg","vitaminA":"771mcg","vitaminC":"15mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":280032},{"menuItemId":912949871,"menuDayId":0,"foodItemId":111606,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21150,"foodItemSourceKey":"5015629","formalName":"Green Beans Oregano","number":"832544","description":"Steamed green beans, tossed in oregano and lemon juice","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":69.8688,"calories":"70","caloriesFromFat":"50","fat":"5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"2g","sugar":"1g","protein":"1g","potassium":"125mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"5g","iron":"1mg","calcium":"34mg","vitaminA":"198mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279660},{"menuItemId":912949844,"menuDayId":0,"foodItemId":110880,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21151,"foodItemSourceKey":"1043220","formalName":"Tuscan Bean Soup","number":"812366","description":"Kale, white beans, carrots, celery, vegetable broth, fresh rosemary and thyme","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":74.2025,"calories":"70","caloriesFromFat":"5","fat":"1.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"370mg","dietaryFiber":"4g","sugar":"1g","protein":"4g","potassium":"340mg","portionSize":"181g","portion":"1 6 FLOZ","gramWeight":"181","carbohydrates":"13g","iron":"1mg","calcium":"55mg","vitaminA":"883mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278829},{"menuItemId":912949837,"menuDayId":0,"foodItemId":111622,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21152,"foodItemSourceKey":"5016817","formalName":"Sweet Chili Chick'n","number":"804617","description":"Crispy veggie chick'n tossed with sweet Thai chili oil, scallions, and sesame seeds","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":223.745,"calories":"220","caloriesFromFat":"100","fat":"11g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"3.0g","cholesterol":"0mg","sodium":"550mg","dietaryFiber":"2g","sugar":"14g","protein":"15g","potassium":"35mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"19g","iron":"2mg","calcium":"66mg","vitaminA":"7491mcg","vitaminC":"1mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279045},{"menuItemId":912949853,"menuDayId":0,"foodItemId":134984,"startTime":"2019-02-23T16:00:00","endTime":"2019-02-23T19:00:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21153,"foodItemSourceKey":"1226662","formalName":"Ginger Soy Vegetables","number":"814822","description":"Bok choy, red pepper, snow peas, teriyaki sauce, sesame oil","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":48.9516,"calories":"50","caloriesFromFat":"20","fat":"2.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"260mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"200mg","portionSize":"96g","portion":"1 4 FL OZ SPOODLE","gramWeight":"96","carbohydrates":"6g","iron":"1mg","calcium":"45mg","vitaminA":"2349mcg","vitaminC":"46mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":304953}],"foodItemSourceKey":null,"currentMenu":false},{"menuDayId":4977114,"menuId":0,"date":"2019-02-24T00:00:00","meal":null,"isFakeMenuDay":false,"dayParts":[{"dayPartName":"Brunch","menuDayId":0,"courses":[{"courseName":null,"menuDayId":0,"menuItems":[{"menuItemId":912949903,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":null,"courseSortOrder":0,"menuItemSortOrder":21154,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668}]},{"courseName":"Breakfast daily dish","menuDayId":0,"menuItems":[{"menuItemId":912949881,"menuDayId":0,"foodItemId":110417,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21155,"foodItemSourceKey":"1025846","formalName":"Grits","number":"812048","description":"Traditional creamy grits cereal","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":93.405,"calories":"90","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"30mg","portionSize":"178g","portion":"1 6 FLOZ","gramWeight":"178","carbohydrates":"20g","iron":"1mg","calcium":"6mg","vitaminA":"19mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274964},{"menuItemId":912949909,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21156,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":912949896,"menuDayId":0,"foodItemId":107590,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21157,"foodItemSourceKey":"1215621","formalName":"Waffle Bar","number":"818236","description":"Vanilla Belgian Waffle served with pancake syrup and strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 EA","gramWeight":"288","carbohydrates":"123g","iron":"1mg","calcium":"13mg","vitaminA":"8mcg","vitaminC":"23mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276816},{"menuItemId":912949887,"menuDayId":0,"foodItemId":119010,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21158,"foodItemSourceKey":"1207952","formalName":"Crispy Garlic Potato Wedges","number":"813770","description":"Potato wedges roasted with garlic and seasoned with lemon zest and parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":160.3898,"calories":"160","caloriesFromFat":"80","fat":"9g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"360mg","dietaryFiber":"2g","sugar":"0g","protein":"2g","potassium":"440mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"19g","iron":"1mg","calcium":"26mg","vitaminA":"95mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287316},{"menuItemId":912949874,"menuDayId":0,"foodItemId":107222,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21159,"foodItemSourceKey":"1021101","formalName":"Smoked Sausage","number":"803560","description":"Grilled beef and pork smoked sausage link","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":362.8739,"calories":"360","caloriesFromFat":"300","fat":"33g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"4.0g","cholesterol":"70mg","sodium":"1070mg","dietaryFiber":"0g","sugar":"2g","protein":"12g","potassium":"530mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"3g","iron":"1mg","calcium":"23mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277702},{"menuItemId":912949891,"menuDayId":0,"foodItemId":109978,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21160,"foodItemSourceKey":"1051501","formalName":"Chocolate Chip Pancakes (2)","number":"816686","description":"Griddled buttermilk pancakes with chocolate chips","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":380.3514,"calories":"380","caloriesFromFat":"100","fat":"11g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"740mg","dietaryFiber":"3g","sugar":"24g","protein":"6g","potassium":"90mg","portionSize":"145g","portion":"1 2 PANCAKE","gramWeight":"145","carbohydrates":"64g","iron":"3mg","calcium":"23mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277901},{"menuItemId":912949894,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21161,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064}]},{"courseName":"Dessert","menuDayId":0,"menuItems":[{"menuItemId":912949888,"menuDayId":0,"foodItemId":110345,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21162,"foodItemSourceKey":"1218466","formalName":"Chocolate Vanilla Sundae Pudding Parfait","number":"814347","description":"Chocolate & vanilla pudding topped with chocolate sprinkles, whipped topping and maraschino cherry","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":188.4524,"calories":"190","caloriesFromFat":"60","fat":"6g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"190mg","dietaryFiber":"0g","sugar":"24g","protein":"0g","potassium":"25mg","portionSize":"136g","portion":"1 PARFAIT","gramWeight":"136","carbohydrates":"34g","iron":"0mg","calcium":"25mg","vitaminA":"18mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275614},{"menuItemId":912949883,"menuDayId":0,"foodItemId":108927,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21163,"foodItemSourceKey":"1049693","formalName":"Sugar Cookie","number":"812605","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.6304,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"15mg","sodium":"190mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"25mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"5mg","vitaminA":"289mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275572},{"menuItemId":912949878,"menuDayId":0,"foodItemId":119089,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21164,"foodItemSourceKey":"1208862","formalName":"Chocolate Brownie","number":"806498","description":"Traditional chocolate brownie","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.1975,"calories":"220","caloriesFromFat":"60","fat":"7g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"200mg","dietaryFiber":"2g","sugar":"28g","protein":"3g","potassium":"160mg","portionSize":"62g","portion":"1 SLC","gramWeight":"62","carbohydrates":"38g","iron":"2mg","calcium":"14mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287312}]},{"courseName":"Grill","menuDayId":0,"menuItems":[{"menuItemId":912949882,"menuDayId":0,"foodItemId":107599,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21165,"foodItemSourceKey":"1042273","formalName":"Omelet Bar","number":"812282","description":"Cage free eggs with your choice of fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562},{"menuItemId":912949910,"menuDayId":0,"foodItemId":108874,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21166,"foodItemSourceKey":"5013523","formalName":"Grilled Cheese Sandwich","number":"832381","description":"Melted American cheese on grilled Texas toast","foodSubCategoryDescription":"Grill","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":413.7916,"calories":"410","caloriesFromFat":"190","fat":"21g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"35mg","sodium":"1190mg","dietaryFiber":"1g","sugar":"4g","protein":"14g","potassium":"135mg","portionSize":"132g","portion":"1 SANDWICH","gramWeight":"132","carbohydrates":"40g","iron":"2mg","calcium":"269mg","vitaminA":"566mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278199}]},{"courseName":"Memorial Pizza","menuDayId":0,"menuItems":[{"menuItemId":912949905,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21168,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":912949908,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21169,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142}]},{"courseName":"Simple Servings","menuDayId":0,"menuItems":[{"menuItemId":912949900,"menuDayId":0,"foodItemId":106889,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21170,"foodItemSourceKey":"1049163","formalName":"Simply Smashed Sweet Potatoes","number":"822222","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":143.5781,"calories":"140","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"230mg","dietaryFiber":"4g","sugar":"6g","protein":"2g","potassium":"450mg","portionSize":"136g","portion":"1 1/2 CUP","gramWeight":"136","carbohydrates":"27g","iron":"1mg","calcium":"40mg","vitaminA":"11206mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278034},{"menuItemId":912949890,"menuDayId":0,"foodItemId":107703,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21171,"foodItemSourceKey":"1047804","formalName":"Spinach with Garlic & Onions","number":"816462","description":"Sautéed spinach, garlic and Spanish onions","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":43.5413,"calories":"45","caloriesFromFat":"10","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"70mg","dietaryFiber":"3g","sugar":"1g","protein":"4g","potassium":"350mg","portionSize":"113g","portion":"1 4 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OZ","gramWeight":"85","carbohydrates":"7g","iron":"0mg","calcium":"6mg","vitaminA":"19mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275270}]},{"courseName":"Soup","menuDayId":0,"menuItems":[{"menuItemId":912949897,"menuDayId":0,"foodItemId":107356,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21173,"foodItemSourceKey":"1026068","formalName":"Vegetarian Minestrone Soup","number":"820075","description":"Ditalini pasta, cannellini and kidney beans, cabbage, tomatoes, spinach, vegetable broth and fresh basil","foodSubCategoryDescription":"Snacks & Desserts","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.3633,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"160mg","portionSize":"188g","portion":"1 6 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coriander","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":209.1005,"calories":"210","caloriesFromFat":"60","fat":"6g","saturatedFat":"0.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"0mg","sodium":"370mg","dietaryFiber":"8g","sugar":"3g","protein":"9g","potassium":"380mg","portionSize":"240g","portion":"1 ENTREE","gramWeight":"240","carbohydrates":"30g","iron":"3mg","calcium":"95mg","vitaminA":"2410mcg","vitaminC":"23mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279035},{"menuItemId":912949893,"menuDayId":0,"foodItemId":108340,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21175,"foodItemSourceKey":"1056599","formalName":"Jasmine Rice","number":"816882","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":122.6379,"calories":"120","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"40mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"27g","iron":"0mg","calcium":"11mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275062}]},{"courseName":"Yogurt Bar","menuDayId":0,"menuItems":[{"menuItemId":912949879,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21176,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek Yogurt","number":"807310","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":23.4167,"calories":"25","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"3g","protein":"2g","potassium":"25mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"25mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276087},{"menuItemId":912949875,"menuDayId":0,"foodItemId":109699,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21177,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":912949895,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21178,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"0mg","calcium":"31mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275114},{"menuItemId":912949872,"menuDayId":0,"foodItemId":109666,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21179,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":912949873,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21180,"foodItemSourceKey":"1009384","formalName":"Diced 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OZ","gramWeight":"28","carbohydrates":"2g","iron":"0mg","calcium":"3mg","vitaminA":"575mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278149}]}]},{"dayPartName":"Dinner","menuDayId":0,"courses":[{"courseName":null,"menuDayId":0,"menuItems":[{"menuItemId":912949902,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":null,"courseSortOrder":0,"menuItemSortOrder":21181,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 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topping","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":135.0279,"calories":"140","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"0g","sugar":"17g","protein":"1g","potassium":"0mg","portionSize":"129g","portion":"1 EA","gramWeight":"129","carbohydrates":"25g","iron":"0mg","calcium":"25mg","vitaminA":"33mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278059},{"menuItemId":912949884,"menuDayId":0,"foodItemId":108927,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21183,"foodItemSourceKey":"1049693","formalName":"Sugar Cookie","number":"812605","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.6304,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"15mg","sodium":"190mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"25mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"5mg","vitaminA":"289mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275572},{"menuItemId":912949877,"menuDayId":0,"foodItemId":119089,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21184,"foodItemSourceKey":"1208862","formalName":"Chocolate Brownie","number":"806498","description":"Traditional chocolate brownie","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.1975,"calories":"220","caloriesFromFat":"60","fat":"7g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"200mg","dietaryFiber":"2g","sugar":"28g","protein":"3g","potassium":"160mg","portionSize":"62g","portion":"1 SLC","gramWeight":"62","carbohydrates":"38g","iron":"2mg","calcium":"14mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287312}]},{"courseName":"Grill","menuDayId":0,"menuItems":[{"menuItemId":912949911,"menuDayId":0,"foodItemId":108874,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21185,"foodItemSourceKey":"5013523","formalName":"Grilled Cheese Sandwich","number":"832381","description":"Melted American cheese on grilled Texas toast","foodSubCategoryDescription":"Grill","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":413.7916,"calories":"410","caloriesFromFat":"190","fat":"21g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"35mg","sodium":"1190mg","dietaryFiber":"1g","sugar":"4g","protein":"14g","potassium":"135mg","portionSize":"132g","portion":"1 SANDWICH","gramWeight":"132","carbohydrates":"40g","iron":"2mg","calcium":"269mg","vitaminA":"566mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278199}]},{"courseName":"Memorial Pizza","menuDayId":0,"menuItems":[{"menuItemId":912949906,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21187,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 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Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142},{"menuItemId":912949880,"menuDayId":0,"foodItemId":107288,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21189,"foodItemSourceKey":"1049226","formalName":"Spaghetti Sauce","number":"810170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":30.1284,"calories":"30","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"230mg","dietaryFiber":"1g","sugar":"3g","protein":"0g","potassium":"0mg","portionSize":"58g","portion":"1 2 FLOZ","gramWeight":"58","carbohydrates":"6g","iron":"0mg","calcium":"18mg","vitaminA":"129mcg","vitaminC":"4mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276645}]},{"courseName":"Simple Servings","menuDayId":0,"menuItems":[{"menuItemId":912949899,"menuDayId":0,"foodItemId":109253,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21190,"foodItemSourceKey":"1049746","formalName":"Baked Potato","number":"820527","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":113.5483,"calories":"110","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"2g","sugar":"0g","protein":"3g","potassium":"600mg","portionSize":"144g","portion":"1 EA","gramWeight":"144","carbohydrates":"26g","iron":"1mg","calcium":"19mg","vitaminA":"1mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276309},{"menuItemId":912949885,"menuDayId":0,"foodItemId":106644,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21191,"foodItemSourceKey":"1054480","formalName":"Roast Beef","number":"812851","description":"Roasted top round roast beef","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":212.6214,"calories":"210","caloriesFromFat":"90","fat":"10g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"75mg","sodium":"40mg","dietaryFiber":"0g","sugar":"0g","protein":"29g","potassium":"270mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"3mg","calcium":"4mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278426},{"menuItemId":912949889,"menuDayId":0,"foodItemId":106333,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21192,"foodItemSourceKey":"1218840","formalName":"Sauteed Broccoli & Garlic","number":"814411","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":45.098,"calories":"45","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"130mg","dietaryFiber":"3g","sugar":"1g","protein":"2g","potassium":"250mg","portionSize":"89g","portion":"1 1/2 CUP","gramWeight":"89","carbohydrates":"7g","iron":"1mg","calcium":"38mg","vitaminA":"770mcg","vitaminC":"65mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276176}]},{"courseName":"Soup","menuDayId":0,"menuItems":[{"menuItemId":912949898,"menuDayId":0,"foodItemId":107356,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21193,"foodItemSourceKey":"1026068","formalName":"Vegetarian Minestrone Soup","number":"820075","description":"Ditalini pasta, cannellini and kidney beans, cabbage, tomatoes, spinach, vegetable broth and fresh basil","foodSubCategoryDescription":"Snacks & Desserts","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.3633,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"160mg","portionSize":"188g","portion":"1 6 FLOZ","gramWeight":"188","carbohydrates":"13g","iron":"1mg","calcium":"37mg","vitaminA":"1042mcg","vitaminC":"5mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275726}]},{"courseName":"Vegan","menuDayId":0,"menuItems":[{"menuItemId":912949892,"menuDayId":0,"foodItemId":107737,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21194,"foodItemSourceKey":"1052261","formalName":"Egyptian Koshari, Rice and Lentils","number":"816753","description":"Rice, lentils, noodles and chickpeas seasoned with spices and tomatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":224.5268,"calories":"220","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"85mg","dietaryFiber":"5g","sugar":"3g","protein":"7g","potassium":"310mg","portionSize":"179g","portion":"1 3/4 CUP","gramWeight":"179","carbohydrates":"39g","iron":"3mg","calcium":"48mg","vitaminA":"120mcg","vitaminC":"2mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274558},{"menuItemId":912949886,"menuDayId":0,"foodItemId":121107,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21195,"foodItemSourceKey":"1203247","formalName":"Cinnamon Carrots with Currants & Almonds","number":"813695","description":"Crisp carrots simmered in orange juice with cinnamon, toasted almonds, currants, and fresh mint","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":98.4369,"calories":"100","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"5mg","sodium":"110mg","dietaryFiber":"3g","sugar":"9g","protein":"2g","potassium":"330mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"14g","iron":"0mg","calcium":"41mg","vitaminA":"7708mcg","vitaminC":"18mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289130}]}]}],"menuItems":[{"menuItemId":912949903,"menuDayId":0,"foodItemId":121437,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":null,"courseSortOrder":0,"menuItemSortOrder":21154,"foodItemSourceKey":"5202812","formalName":"","number":"825170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":281.3982,"calories":"280","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"15mg","sodium":"220mg","dietaryFiber":"4g","sugar":"33g","protein":"2g","potassium":"230mg","portionSize":"244g","portion":"1 EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668},{"menuItemId":912949881,"menuDayId":0,"foodItemId":110417,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21155,"foodItemSourceKey":"1025846","formalName":"Grits","number":"812048","description":"Traditional creamy grits cereal","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":93.405,"calories":"90","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"30mg","portionSize":"178g","portion":"1 6 FLOZ","gramWeight":"178","carbohydrates":"20g","iron":"1mg","calcium":"6mg","vitaminA":"19mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274964},{"menuItemId":912949909,"menuDayId":0,"foodItemId":119124,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21156,"foodItemSourceKey":"5009287","formalName":"Hard-Boiled Egg","number":"829965","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":262.8772,"calories":"260","caloriesFromFat":"160","fat":"18g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"635mg","sodium":"210mg","dietaryFiber":"0g","sugar":"2g","protein":"21g","potassium":"210mg","portionSize":"25g","portion":"1 1/2 EA","gramWeight":"25","carbohydrates":"2g","iron":"2mg","calcium":"85mg","vitaminA":"529mcg","vitaminC":"0mg","allergens":[{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287267},{"menuItemId":912949896,"menuDayId":0,"foodItemId":107590,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21157,"foodItemSourceKey":"1215621","formalName":"Waffle Bar","number":"818236","description":"Vanilla Belgian Waffle served with pancake syrup and strawberries","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":537.0594,"calories":"540","caloriesFromFat":"30","fat":"3.0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"55mg","dietaryFiber":"1g","sugar":"13g","protein":"5g","potassium":"75mg","portionSize":"288g","portion":"1 EA","gramWeight":"288","carbohydrates":"123g","iron":"1mg","calcium":"13mg","vitaminA":"8mcg","vitaminC":"23mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276816},{"menuItemId":912949887,"menuDayId":0,"foodItemId":119010,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21158,"foodItemSourceKey":"1207952","formalName":"Crispy Garlic Potato Wedges","number":"813770","description":"Potato wedges roasted with garlic and seasoned with lemon zest and parsley","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":160.3898,"calories":"160","caloriesFromFat":"80","fat":"9g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"360mg","dietaryFiber":"2g","sugar":"0g","protein":"2g","potassium":"440mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"19g","iron":"1mg","calcium":"26mg","vitaminA":"95mcg","vitaminC":"10mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287316},{"menuItemId":912949874,"menuDayId":0,"foodItemId":107222,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21159,"foodItemSourceKey":"1021101","formalName":"Smoked Sausage","number":"803560","description":"Grilled beef and pork smoked sausage link","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":362.8739,"calories":"360","caloriesFromFat":"300","fat":"33g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"4.0g","cholesterol":"70mg","sodium":"1070mg","dietaryFiber":"0g","sugar":"2g","protein":"12g","potassium":"530mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"3g","iron":"1mg","calcium":"23mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277702},{"menuItemId":912949891,"menuDayId":0,"foodItemId":109978,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21160,"foodItemSourceKey":"1051501","formalName":"Chocolate Chip Pancakes (2)","number":"816686","description":"Griddled buttermilk pancakes with chocolate chips","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":380.3514,"calories":"380","caloriesFromFat":"100","fat":"11g","saturatedFat":"7g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"740mg","dietaryFiber":"3g","sugar":"24g","protein":"6g","potassium":"90mg","portionSize":"145g","portion":"1 2 PANCAKE","gramWeight":"145","carbohydrates":"64g","iron":"3mg","calcium":"23mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277901},{"menuItemId":912949894,"menuDayId":0,"foodItemId":108293,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Breakfast daily dish","courseSortOrder":0,"menuItemSortOrder":21161,"foodItemSourceKey":"1056872","formalName":"Scrambled Eggs","number":"816898","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":176.3176,"calories":"180","caloriesFromFat":"120","fat":"13g","saturatedFat":"4.5g","transFat":"0g","polyunsaturatedFat":"2.5g","cholesterol":"390mg","sodium":"340mg","dietaryFiber":"0g","sugar":"0g","protein":"13g","potassium":"150mg","portionSize":"109g","portion":"1 1/2 CUP","gramWeight":"109","carbohydrates":"0g","iron":"2mg","calcium":"59mg","vitaminA":"420mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275064},{"menuItemId":912949888,"menuDayId":0,"foodItemId":110345,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21162,"foodItemSourceKey":"1218466","formalName":"Chocolate Vanilla Sundae Pudding Parfait","number":"814347","description":"Chocolate & vanilla pudding topped with chocolate sprinkles, whipped topping and maraschino cherry","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":188.4524,"calories":"190","caloriesFromFat":"60","fat":"6g","saturatedFat":"5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"190mg","dietaryFiber":"0g","sugar":"24g","protein":"0g","potassium":"25mg","portionSize":"136g","portion":"1 PARFAIT","gramWeight":"136","carbohydrates":"34g","iron":"0mg","calcium":"25mg","vitaminA":"18mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275614},{"menuItemId":912949883,"menuDayId":0,"foodItemId":108927,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21163,"foodItemSourceKey":"1049693","formalName":"Sugar Cookie","number":"812605","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.6304,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"15mg","sodium":"190mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"25mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"5mg","vitaminA":"289mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275572},{"menuItemId":912949878,"menuDayId":0,"foodItemId":119089,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21164,"foodItemSourceKey":"1208862","formalName":"Chocolate Brownie","number":"806498","description":"Traditional chocolate brownie","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.1975,"calories":"220","caloriesFromFat":"60","fat":"7g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"200mg","dietaryFiber":"2g","sugar":"28g","protein":"3g","potassium":"160mg","portionSize":"62g","portion":"1 SLC","gramWeight":"62","carbohydrates":"38g","iron":"2mg","calcium":"14mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287312},{"menuItemId":912949882,"menuDayId":0,"foodItemId":107599,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21165,"foodItemSourceKey":"1042273","formalName":"Omelet Bar","number":"812282","description":"Cage free eggs with your choice of fillings","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":258.5747,"calories":"260","caloriesFromFat":"150","fat":"17g","saturatedFat":"6g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"350mg","sodium":"410mg","dietaryFiber":"0g","sugar":"2g","protein":"22g","potassium":"290mg","portionSize":"185g","portion":"1 OMELET","gramWeight":"185","carbohydrates":"4g","iron":"3mg","calcium":"190mg","vitaminA":"1315mcg","vitaminC":"9mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275562},{"menuItemId":912949910,"menuDayId":0,"foodItemId":108874,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21166,"foodItemSourceKey":"5013523","formalName":"Grilled Cheese Sandwich","number":"832381","description":"Melted American cheese on grilled Texas toast","foodSubCategoryDescription":"Grill","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":413.7916,"calories":"410","caloriesFromFat":"190","fat":"21g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"35mg","sodium":"1190mg","dietaryFiber":"1g","sugar":"4g","protein":"14g","potassium":"135mg","portionSize":"132g","portion":"1 SANDWICH","gramWeight":"132","carbohydrates":"40g","iron":"2mg","calcium":"269mg","vitaminA":"566mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278199},{"menuItemId":912949905,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21168,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":912949908,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21169,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142},{"menuItemId":912949900,"menuDayId":0,"foodItemId":106889,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21170,"foodItemSourceKey":"1049163","formalName":"Simply Smashed Sweet Potatoes","number":"822222","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":143.5781,"calories":"140","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"230mg","dietaryFiber":"4g","sugar":"6g","protein":"2g","potassium":"450mg","portionSize":"136g","portion":"1 1/2 CUP","gramWeight":"136","carbohydrates":"27g","iron":"1mg","calcium":"40mg","vitaminA":"11206mcg","vitaminC":"3mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278034},{"menuItemId":912949890,"menuDayId":0,"foodItemId":107703,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21171,"foodItemSourceKey":"1047804","formalName":"Spinach with Garlic & Onions","number":"816462","description":"Sautéed spinach, garlic and Spanish onions","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":43.5413,"calories":"45","caloriesFromFat":"10","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"70mg","dietaryFiber":"3g","sugar":"1g","protein":"4g","potassium":"350mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"6g","iron":"2mg","calcium":"126mg","vitaminA":"6479mcg","vitaminC":"7mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275049},{"menuItemId":912949904,"menuDayId":0,"foodItemId":109980,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21172,"foodItemSourceKey":"1216703","formalName":"Mustard & Apricot Glazed Ham","number":"828093","description":"Baked ham basted with an apricot, Gingerale, cloves and Dijon mustard sauce","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":100.3679,"calories":"100","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"1.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"35mg","sodium":"1080mg","dietaryFiber":"0g","sugar":"6g","protein":"11g","potassium":"0mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"7g","iron":"0mg","calcium":"6mg","vitaminA":"19mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275270},{"menuItemId":912949897,"menuDayId":0,"foodItemId":107356,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21173,"foodItemSourceKey":"1026068","formalName":"Vegetarian Minestrone Soup","number":"820075","description":"Ditalini pasta, cannellini and kidney beans, cabbage, tomatoes, spinach, vegetable broth and fresh basil","foodSubCategoryDescription":"Snacks & Desserts","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.3633,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"160mg","portionSize":"188g","portion":"1 6 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coriander","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":209.1005,"calories":"210","caloriesFromFat":"60","fat":"6g","saturatedFat":"0.5g","transFat":"0g","polyunsaturatedFat":"1.5g","cholesterol":"0mg","sodium":"370mg","dietaryFiber":"8g","sugar":"3g","protein":"9g","potassium":"380mg","portionSize":"240g","portion":"1 ENTREE","gramWeight":"240","carbohydrates":"30g","iron":"3mg","calcium":"95mg","vitaminA":"2410mcg","vitaminC":"23mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":279035},{"menuItemId":912949893,"menuDayId":0,"foodItemId":108340,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21175,"foodItemSourceKey":"1056599","formalName":"Jasmine Rice","number":"816882","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":122.6379,"calories":"120","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"0g","protein":"2g","potassium":"40mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"27g","iron":"0mg","calcium":"11mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275062},{"menuItemId":912949879,"menuDayId":0,"foodItemId":108546,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21176,"foodItemSourceKey":"5008161","formalName":"Vanilla Greek 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Bar","courseSortOrder":0,"menuItemSortOrder":21177,"foodItemSourceKey":"1027156","formalName":"Honeydew","number":"804048","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":10.2058,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"65mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"3g","iron":"0mg","calcium":"2mg","vitaminA":"9mcg","vitaminC":"5mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":277130},{"menuItemId":912949895,"menuDayId":0,"foodItemId":108253,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21178,"foodItemSourceKey":"1213366","formalName":"Non Fat Greek Yogurt","number":"818190","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":15.5639,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"10mg","dietaryFiber":"0g","sugar":"1g","protein":"3g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"1g","iron":"0mg","calcium":"31mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275114},{"menuItemId":912949872,"menuDayId":0,"foodItemId":109666,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21179,"foodItemSourceKey":"1009370","formalName":"Pineapple","number":"800590","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":false,"kcal":14.4583,"calories":"15","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"3g","protein":"0g","potassium":"30mg","portionSize":"28g","portion":"1 OZ","gramWeight":"28","carbohydrates":"4g","iron":"0mg","calcium":"4mg","vitaminA":"10mcg","vitaminC":"16mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275295},{"menuItemId":912949873,"menuDayId":0,"foodItemId":106674,"startTime":"2019-02-24T09:00:00","endTime":"2019-02-24T14:00:00","meal":"Brunch","course":"Yogurt Bar","courseSortOrder":0,"menuItemSortOrder":21180,"foodItemSourceKey":"1009384","formalName":"Diced Cantaloupe","number":"800625","description":null,"foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":9.6388,"calories":"10","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"0mg","dietaryFiber":"0g","sugar":"2g","protein":"0g","potassium":"75mg","portionSize":"28g","portion":"1 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EA","gramWeight":"244","carbohydrates":"49g","iron":"2mg","calcium":"69mg","vitaminA":"259mcg","vitaminC":"11mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289668},{"menuItemId":912949901,"menuDayId":0,"foodItemId":108495,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21182,"foodItemSourceKey":"1208884","formalName":"Chocolate Pudding","number":"823601","description":"Creamy chocolate pudding with whipped topping","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":135.0279,"calories":"140","caloriesFromFat":"30","fat":"3.5g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"180mg","dietaryFiber":"0g","sugar":"17g","protein":"1g","potassium":"0mg","portionSize":"129g","portion":"1 EA","gramWeight":"129","carbohydrates":"25g","iron":"0mg","calcium":"25mg","vitaminA":"33mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278059},{"menuItemId":912949884,"menuDayId":0,"foodItemId":108927,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21183,"foodItemSourceKey":"1049693","formalName":"Sugar Cookie","number":"812605","description":"","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.6304,"calories":"220","caloriesFromFat":"90","fat":"10g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"15mg","sodium":"190mg","dietaryFiber":"0g","sugar":"17g","protein":"2g","potassium":"25mg","portionSize":"51g","portion":"1 2 COOKIE","gramWeight":"51","carbohydrates":"31g","iron":"1mg","calcium":"5mg","vitaminA":"289mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275572},{"menuItemId":912949877,"menuDayId":0,"foodItemId":119089,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Dessert","courseSortOrder":0,"menuItemSortOrder":21184,"foodItemSourceKey":"1208862","formalName":"Chocolate Brownie","number":"806498","description":"Traditional chocolate brownie","foodSubCategoryDescription":"Bakery","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":218.1975,"calories":"220","caloriesFromFat":"60","fat":"7g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"200mg","dietaryFiber":"2g","sugar":"28g","protein":"3g","potassium":"160mg","portionSize":"62g","portion":"1 SLC","gramWeight":"62","carbohydrates":"38g","iron":"2mg","calcium":"14mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Eggs","contains":"true","icon":null,"allergen":"2"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":287312},{"menuItemId":912949911,"menuDayId":0,"foodItemId":108874,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Grill","courseSortOrder":0,"menuItemSortOrder":21185,"foodItemSourceKey":"5013523","formalName":"Grilled Cheese Sandwich","number":"832381","description":"Melted American cheese on grilled Texas toast","foodSubCategoryDescription":"Grill","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":413.7916,"calories":"410","caloriesFromFat":"190","fat":"21g","saturatedFat":"11g","transFat":"0g","polyunsaturatedFat":"2.0g","cholesterol":"35mg","sodium":"1190mg","dietaryFiber":"1g","sugar":"4g","protein":"14g","potassium":"135mg","portionSize":"132g","portion":"1 SANDWICH","gramWeight":"132","carbohydrates":"40g","iron":"2mg","calcium":"269mg","vitaminA":"566mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278199},{"menuItemId":912949906,"menuDayId":0,"foodItemId":107246,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21187,"foodItemSourceKey":"5003016","formalName":"Pepperoni Pizza","number":"829635","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":283.1837,"calories":"280","caloriesFromFat":"90","fat":"9g","saturatedFat":"4.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"25mg","sodium":"650mg","dietaryFiber":"0g","sugar":"2g","protein":"15g","potassium":"35mg","portionSize":"114g","portion":"1 SLC","gramWeight":"114","carbohydrates":"35g","iron":"2mg","calcium":"228mg","vitaminA":"90mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275913},{"menuItemId":912949907,"menuDayId":0,"foodItemId":109625,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21188,"foodItemSourceKey":"5003018","formalName":"Cheese Pizza","number":"829636","description":"","foodSubCategoryDescription":"Entree","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":251.2013,"calories":"250","caloriesFromFat":"60","fat":"6g","saturatedFat":"3.0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"15mg","sodium":"540mg","dietaryFiber":"0g","sugar":"2g","protein":"13g","potassium":"35mg","portionSize":"108g","portion":"1 SLC","gramWeight":"108","carbohydrates":"35g","iron":"2mg","calcium":"217mg","vitaminA":"86mcg","vitaminC":"0mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Soybean","contains":"true","icon":null,"allergen":"7"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278142},{"menuItemId":912949880,"menuDayId":0,"foodItemId":107288,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Memorial Pizza","courseSortOrder":0,"menuItemSortOrder":21189,"foodItemSourceKey":"1049226","formalName":"Spaghetti Sauce","number":"810170","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":30.1284,"calories":"30","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"230mg","dietaryFiber":"1g","sugar":"3g","protein":"0g","potassium":"0mg","portionSize":"58g","portion":"1 2 FLOZ","gramWeight":"58","carbohydrates":"6g","iron":"0mg","calcium":"18mg","vitaminA":"129mcg","vitaminC":"4mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276645},{"menuItemId":912949899,"menuDayId":0,"foodItemId":109253,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21190,"foodItemSourceKey":"1049746","formalName":"Baked Potato","number":"820527","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":113.5483,"calories":"110","caloriesFromFat":"0","fat":"0g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"0mg","sodium":"5mg","dietaryFiber":"2g","sugar":"0g","protein":"3g","potassium":"600mg","portionSize":"144g","portion":"1 EA","gramWeight":"144","carbohydrates":"26g","iron":"1mg","calcium":"19mg","vitaminA":"1mcg","vitaminC":"8mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276309},{"menuItemId":912949885,"menuDayId":0,"foodItemId":106644,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21191,"foodItemSourceKey":"1054480","formalName":"Roast Beef","number":"812851","description":"Roasted top round roast beef","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":false,"isMindful":false,"kcal":212.6214,"calories":"210","caloriesFromFat":"90","fat":"10g","saturatedFat":"3.5g","transFat":"0g","polyunsaturatedFat":"0g","cholesterol":"75mg","sodium":"40mg","dietaryFiber":"0g","sugar":"0g","protein":"29g","potassium":"270mg","portionSize":"85g","portion":"1 3 OZ","gramWeight":"85","carbohydrates":"0g","iron":"3mg","calcium":"4mg","vitaminA":"0mcg","vitaminC":"0mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":278426},{"menuItemId":912949889,"menuDayId":0,"foodItemId":106333,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Simple Servings","courseSortOrder":0,"menuItemSortOrder":21192,"foodItemSourceKey":"1218840","formalName":"Sauteed Broccoli & Garlic","number":"814411","description":"","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":45.098,"calories":"45","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"130mg","dietaryFiber":"3g","sugar":"1g","protein":"2g","potassium":"250mg","portionSize":"89g","portion":"1 1/2 CUP","gramWeight":"89","carbohydrates":"7g","iron":"1mg","calcium":"38mg","vitaminA":"770mcg","vitaminC":"65mg","allergens":[],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":276176},{"menuItemId":912949898,"menuDayId":0,"foodItemId":107356,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Soup","courseSortOrder":0,"menuItemSortOrder":21193,"foodItemSourceKey":"1026068","formalName":"Vegetarian Minestrone Soup","number":"820075","description":"Ditalini pasta, cannellini and kidney beans, cabbage, tomatoes, spinach, vegetable broth and fresh basil","foodSubCategoryDescription":"Snacks & Desserts","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":true,"kcal":73.3633,"calories":"70","caloriesFromFat":"15","fat":"1.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"0mg","sodium":"240mg","dietaryFiber":"2g","sugar":"3g","protein":"2g","potassium":"160mg","portionSize":"188g","portion":"1 6 FLOZ","gramWeight":"188","carbohydrates":"13g","iron":"1mg","calcium":"37mg","vitaminA":"1042mcg","vitaminC":"5mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":275726},{"menuItemId":912949892,"menuDayId":0,"foodItemId":107737,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21194,"foodItemSourceKey":"1052261","formalName":"Egyptian Koshari, Rice and Lentils","number":"816753","description":"Rice, lentils, noodles and chickpeas seasoned with spices and tomatoes","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":true,"isVegetarian":true,"isMindful":true,"kcal":224.5268,"calories":"220","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"0g","transFat":"0g","polyunsaturatedFat":"1.0g","cholesterol":"0mg","sodium":"85mg","dietaryFiber":"5g","sugar":"3g","protein":"7g","potassium":"310mg","portionSize":"179g","portion":"1 3/4 CUP","gramWeight":"179","carbohydrates":"39g","iron":"3mg","calcium":"48mg","vitaminA":"120mcg","vitaminC":"2mg","allergens":[{"name":"Wheat","contains":"true","icon":null,"allergen":"6"},{"name":"Gluten","contains":"true","icon":null,"allergen":"11"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":274558},{"menuItemId":912949886,"menuDayId":0,"foodItemId":121107,"startTime":"2019-02-24T16:00:00","endTime":"2019-02-24T19:00:00","meal":"Dinner","course":"Vegan","courseSortOrder":0,"menuItemSortOrder":21195,"foodItemSourceKey":"1203247","formalName":"Cinnamon Carrots with Currants & Almonds","number":"813695","description":"Crisp carrots simmered in orange juice with cinnamon, toasted almonds, currants, and fresh mint","foodSubCategoryDescription":"Other","isFavorite":false,"isVegan":false,"isVegetarian":true,"isMindful":false,"kcal":98.4369,"calories":"100","caloriesFromFat":"40","fat":"4.5g","saturatedFat":"2.0g","transFat":"0g","polyunsaturatedFat":"0.5g","cholesterol":"5mg","sodium":"110mg","dietaryFiber":"3g","sugar":"9g","protein":"2g","potassium":"330mg","portionSize":"113g","portion":"1 4 OZ","gramWeight":"113","carbohydrates":"14g","iron":"0mg","calcium":"41mg","vitaminA":"7708mcg","vitaminC":"18mg","allergens":[{"name":"Milk","contains":"true","icon":null,"allergen":"1"},{"name":"Treenuts","contains":"true","icon":null,"allergen":"3"}],"priceWithTax":0.0,"tax":0.0,"currencySymbol":"$","isOrderItem":false,"uomId":289130}],"foodItemSourceKey":null,"currentMenu":false}]