

Asian Chicken Salad

(no dressing or side items)

Nutrition Facts	
1 servings per container	
Serving size	
Amount Per Serving	
Calories	280
<small>% Daily Value*</small>	
Total Fat 13g	17%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 70mg	23%
Sodium 670mg	29%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 17g	34%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Ingredients: Romaine Lettuce, Chicken Breast, Mandarin Oranges, Shredded Carrots, Green Onions

Side Items:

Asian Sesame Dressing -2 Tablespoons

Calories-140; Total fat-12g; Sat. Fat-2g; Chol-0mg; Sodium-430mg; Carbs-6g; Fiber-0g; Sugar-6g; Protein-0g

Crispy Whole Grain Noodles -1 Pack

Calories-100; Total fat=4g; Sat. Fat-1g; Chol-0mg; Sodium-180mg; Carbohydrates-14g; Fiber-2g; Sugar-0g; Protein-2g

Assorted Chips (average)-1 Pack

Calories-122; Total fat-4g; Sat. Fat-0.5g; Chol-0mg; Sodium-174mg; Carbohydrates-19g; Fiber-2g; Sugar-0.5g; Protein-2g

BBQ Chicken Salad

(No dressing or side items)

Nutrition Facts	
Serving size	1
Amount Per Serving	
Calories	330
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 720mg	31%
Total Carbohydrate 30g	11%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 26g	52%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Ingredients: Romaine Lettuce, Chicken (tossed in Gayle’s BBQ sauce), Black Beans, Corn, Tomatoes, Cheddar Cheese, Avocado

Side Items:

BBQ Ranch Dressing – 2 Tablespoons

Calories- 110; Total fat 7g; Sat. Fat-1g; Chol-5mg; Sodium-560mg; Carbs-10g; Fiber-0g; Sugar-8g; Protein-2g

Reduced Fat Tostito Chips – 1 Bag

Calories-120; Total fat-4.5g; Sat. Fat-0.5g; Chol-0mg; Sodium-105mg; Carbs-18g; Fiber-2g; Sugar-0g;Protein-2g

Beef Taco Salad w/Avocado Corn Salsa & Pico de Gallo

(No Chips)

Nutrition Facts	
Serving size	1
Amount Per Serving	
Calories	300
<small>% Daily Value*</small>	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 670mg	29%
Total Carbohydrate 24g	9%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 23g	46%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Ingredients: Romaine lettuce, Ground Beef Taco Meat, Avocado Corn Salsa, Pico de Gallo, Shredded Cheddar Cheese

Side Items:

Reduced Fat Tostito Chips – 1 Bag

Calories-120; Total fat-4.5g; Sat. Fat-0.5g; Chol-0mg; Sodium-105mg; Carbs-18g; Fiber-2g; Sugar-0g;Protein-2g

Chicken Caesar Salad

(No dressing or Side Items)

Nutrition Facts	
Serving size	1
Amount Per Serving	
Calories	280
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	16%
Sodium 710mg	31%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 20g	40%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Ingredients: Romaine Lettuce, Chicken Breast, Parmesan Cheese

Side Items:

Caesar Dressing – 2 Tablespoons

Calories -150; Total fat-16g; Sat. Fat-4g; Sodium-270mg; Carbs-1g; Fiber-0g; Sugar-1g; Protein-1g

Garlic Cheese bread – ½ Piece

Calories-178; Total fat-9g; Sat. Fat-4g; Chol-18mg; Sodium-223mg; Carbs-14g; Fiber-1g; Sugar-1g; Protein-10g

Garlic Croutons – 1 Pack

Calories -80; Total fat-2g; Sat. Fat-0g; Sodium-135mg; Carbs-13g; Fiber-1g; Sugar-1g; Protein-2g

Chef Salad

(No dressing or Side Items)

Nutrition Facts	
Serving size	1
Amount Per Serving	
Calories	340
<small>% Daily Value*</small>	
Total Fat 20g	26%
Saturated Fat 8g	40%
<i>Trans</i> Fat 0g	
Cholesterol 250mg	83%
Sodium 910mg	40%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 31g	62%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Ingredients: Romaine Lettuce, Roasted Turkey Breast, Turkey Ham, Cheddar Cheese, Tomatoes, Hard Boiled Egg, Carrots

Side Items:

Lite Ranch Dressing – 2 Tablespoons

Calories-80; Total Fat-7g; Sat. Fat-1g; Chol-5mg; Sodium-340mg; Carbs-2g; Fiber-0g; Sugar-1g; Protein-1g

Garlic Croutons – 1 Pack

Calories -80; Total fat-2g; Sat. Fat-0g; Sodium-135mg; Carbs-13g; Fiber-1g; Sugar-1g; Protein-2g

Assorted Chips (Average) -1 Pack

Calories-122; Total fat-4g; Sat. Fat-0.5g; Chol-0mg; Sodium-174mg; Carbohydrates-19g; Fiber-2g; Sugar-0.5g; Protein-2g

Cobb Salad

(No dressing or Side Items)

Nutrition Facts	
Serving size	1
Amount Per Serving	
Calories	400
<small>% Daily Value*</small>	
Total Fat 31g	40%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 940mg	41%
Total Carbohydrate 11g	4%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 21g	42%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Ingredients: Romaine Lettuce, Cheddar Cheese, Turkey Bacon, Tomatoes, Hard Boiled Eggs, Avocado

Side Items:

Lite Ranch Dressing – 2 Tablespoons

Calories-80; Total Fat-7g; Sat. Fat-1g; Chol-5mg; Sodium-340mg; Carbs-2g; Fiber-0g; Sugar-1g; Protein-1g

Garlic Croutons – 1 Pack

Calories -80; Total fat-2g; Sat. Fat-0g; Sodium-135mg; Carbs-13g; Fiber-1g; Sugar-1g; Protein-2g

Assorted Chips (Average) -1 Pack

Calories-122; Total fat-4g; Sat. Fat-0.5g; Chol-0mg; Sodium-174mg; Carbohydrates-19g; Fiber-2g; Sugar-0.5g; Protein-2g

Greek Salad w/Hummmus

(No dressing or Side Items)

Nutrition Facts	
Serving size	1
Amount Per Serving	
Calories	300
<small>% Daily Value*</small>	
Total Fat 20g	26%
Saturated Fat 5g	25%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5%
Sodium 760mg	33%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	24%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Ingredients: Romaine Lettuce, Cucumbers, Tomatoes, Black Olives, Feta Cheese, Red Onion, Hummus

Side Items:

Greek Vinaigrette – 2 Tablespoons

Calories-110; Total Fat-12g; Sat. Fat-2g; Chol-5mg; Sodium-450mg; Carbs-2g; Fiber-0g; Sugar-1g; Protein-1g

Heartzel Pretzels – 1 Bag

Calories-80; Total Fat-1.5g; Sat. Fat-0g; Chol-0mg; Sodium-200mg; Carbs-15g; Fiber-2g; Sugar-0g; Protein-2g

Spicy Chicken Salad

(No dressing or Side Items)

Nutrition Facts	
Serving size	1
Amount Per Serving	
Calories	330
<small>% Daily Value*</small>	
Total Fat 17g	22%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 810mg	35%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 22g	44%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Ingredients: Romaine Lettuce, Tyson Breaded Spicy Chicken Breast, Corn, Carrots, Tomatoes

Side Items:

Lite Ranch Dressing – 2 Tablespoons

Calories-80; Total Fat-7g; Sat. Fat-1g; Chol-5mg; Sodium-340mg; Carbs-2g; Fiber-0g; Sugar-1g; Protein-1g

Assorted Chips (Average) -1 Pack

Calories-122; Total fat-4g; Sat. Fat-0.5g; Chol-0mg; Sodium-174mg; Carbohydrates-19g; Fiber-2g; Sugar-0.5g; Protein-2g