

## KOZY KITCHEN

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
<b>DELI STANDARDS</b>									
American Cheese ■	1 slice	50	4.5 g	81%	12 mg	2.5 g	0 g	0 g	255 mg
Bacon	2 strips	73	6.2 g	77%	11 mg	4 g	0 g	0 g	201 mg
Bologna	4 oz.	354	32 g	82%	66 mg	14 g	1 g	0 g	112 mg
Chicken Salad	1/2 cup	210	16 g	69%	53 mg	15 g	1.2 g	0 g	145 mg
Dijon Mustard ▲	1 T.	19	1 g	53%	0.3 mg	1 g	1.6 g	0 g	85 mg
Egg Salad ■	1/2 cup	130	11 g	76%	216 mg	6 g	N/A	N/A	N/A
Grilled Cheese Sandwich ■	1	291	16 g	49%	30 mg	11 g	25 g	1.1 g	715 mg
Ham	3 oz.	90	2.3 g	23%	45 mg	13.5 g	3 g	0 g	1035 mg
Hummus ▲	2 T.	50	3 g	54%	0 mg	2 g	4 g	1 g	105 mg
Kaiser Roll ▲	1	150	1 g	6%	0 mg	6 g	30 g	<1 g	290 mg
Mayonnaise (Low Fat) ■	1 T.	25	1 g	36%	0 mg	0 g	4 g	0 g	140 mg
Mustard (Yellow) ▲	1 T.	15	0.6 g	36%	0 mg	0 g	0 g	0 g	189 mg
Onion Roll ■	1	190	3 g	14%	5 mg	6 g	34 g	1 g	350 mg
Pickle ▲	1	4	0 g	0%	0 mg	0 g	1 g	0 g	308 mg
Pita Bread ■	1	200	2 g	9%	0 mg	7 g	38 g	3 g	670 mg
Potato Chips ▲	20	150	9 g	54%	0 mg	2 g	14 g	1 g	95 mg
Pretzels ▲	10	100	0 g	0%	0 mg	2 g	22 g	1 g	480 mg
Provolone Cheese ■	1 slice	80	6 g	68%	15 mg	6 g	0.5 g	0 g	200 mg
Roast Beef	3 oz.	90	2.3 g	23%	38 mg	18 g	0 g	0 g	585 mg
Rye Bread ▲	2 slices	160	2 g	11%	0 mg	6 g	30 g	2 g	320 mg
Sub Roll ▲	1 roll	190	2 g	9%	0 mg	6 g	37 g	1 g	390 mg
Swiss Cheese ■	1 slice	84	6 g	66%	20 mg	6 g	0.8 g	0 g	58 mg
Tuna Salad	1 scoop	177	13.3 g	68%	28 mg	13.3 g	0 g	0 g	254 mg
Turkey Breast	3 oz.	90	0.8 g	8%	23 mg	19.5 g	1.5 g	0 g	750 mg
Twelve Grain Bread ■	2 slices	180	2 g	10%	0 mg	6 g	34 g	1.5 g	300 mg
Wheat Bread ■	2 slices	110	0.5 g	4%	0 mg	4 g	22 g	1 g	200 mg
White Bread ▲	2 slices	110	1 g	8%	0 mg	4 g	23 g	<1 g	220 mg
Wrap—Plain Flour Tortilla ▲	1	320	10 g	28%	0 mg	10 g	47 g	2 g	710 mg
Wrap—Red Chili ▲	1	238	9.5 g	36%	0 mg	4.5 g	33 g	1.5 g	335 mg
Wrap—Sun-Dried Tomato ▲	1	237	9 g	34%	0 mg	4.5 g	33 g	2 g	355 mg
<b>SOUPS</b>									
Alphabet ▲	8 oz.	45	<1 g	2%	0 mg	1.6 g	9.5 g	1.5 g	341 mg
Beef Barley	8 oz.	67	1.5 g	20%	17 mg	7.3 g	6 g	1 g	114 mg
Beef Chili	8 oz.	138	6 g	39%	26 mg	10.5 g	10.5 g	1.8 g	361 mg
Beef Noodle	8 oz.	168	7.4 g	40%	43 mg	15 g	10.3 g	1 g	108 mg
Black Bean ▲	8 oz.	104	1 g	9%	0 mg	5.8 g	18 g	5.7 g	205 mg
Cheddar Broccoli ■	8 oz.	310	22 g	64%	63 mg	18 g	10 g	2.7 g	454 mg
Chicken Noodle	8 oz.	99	3.6 g	33%	22 mg	9.2 g	7.4 g	0.8 g	97 mg
Chicken Vegetable	8 oz.	68	2.4 g	32%	12 mg	5.6 g	6 g	1.6 g	142 mg
Corn Chowder ■	8 oz.	306	19 g	28%	27 mg	8.2 g	25.5 g	0.6 g	238 mg
Cream of Chicken	8 oz.	185	10.4 g	51%	41 mg	12.3 g	10.6 g	1 g	135 mg
Cream of Chicken with Rice	8 oz.	173	9 g	47%	34 mg	10 g	13 g	0.1 g	301 mg
Cream of Crab	8 oz.	143	6 g	38%	48 mg	10.7 g	11.6 g	0 g	162 mg
Cream of Potato ■	8 oz.	235	11 g	42%	17 mg	8 g	26 g	0.3 g	190 mg

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

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## KOZY KITCHEN, CONT.

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
Cream of Portabella Mushroom	8 oz.	176	10 g	51%	23 mg	7 g	14.6 g	1.3 g	254 mg
Cream of Turkey	8 oz.	174	10 g	52%	33 mg	9 g	12 g	0.3 g	148 mg
Cream of Spinach ■	8 oz.	163	9 g	50%	31 mg	8 g	12.6 g	0.3 g	180 mg
Italian Wedding	8 oz.	100	4.2 g	38%	21 mg	7 g	8.4 g	1.2 g	121 mg
Lentil & Orzo ▲	8 oz.	76	2 g	24%	0 mg	3 g	11.5 g	2 g	179 mg
Manhattan Clam Chowder	8 oz.	84	1 g	11%	5 mg	5 g	13.7 g	1.6 g	279 mg
Maryland Seafood	8 oz.	112	2 g	16%	32 mg	10.5 g	13 g	1.7 g	657 mg
Navy Bean	8 oz.	181	1.3 g	6%	4 mg	11.4 g	30.8 g	7.5 g	186 mg
New England Clam Chowder	8 oz.	247	10.4 g	39%	29 mg	18 g	20.3 g	1 g	752 mg
Pasta Fagioli	8 oz.	110	2 g	16%	2 mg	5.3 g	17.8 g	4.7 g	366 mg
Potato Leek	8 oz.	213	11 g	46%	14 mg	7.4 g	21 g	1.5 g	296 mg
Sausage Chili	8 oz.	224	12.7 g	51%	36 mg	12.4 g	15 g	1 g	1154 mg
Shrimp Bisque	8 oz.	296	15.7 g	48%	100 mg	15 g	23.6 g	0 g	562 mg
Shrimp Creole	8 oz.	104	4 g	35%	38 mg	6 g	11 g	0.5 g	548 mg
Split Pea	8 oz.	77	1.4 g	16%	1 mg	4.4 g	11.8 g	4.6 g	154 mg
Succotash ▲	8 oz.	59	2.6 g	40%	0 mg	1.4 g	7.5 g	0.6 g	123 mg
Swiss Broccoli ■	8 oz.	114	6 g	47%	10 mg	6 g	9 g	2 g	157 mg
Tomato ▲	8 oz.	90	0 g	0%	0 mg	2 g	20 g	1 g	710 mg
Turkey Noodle	8 oz.	77	1.4 g	16%	26 mg	9.6 g	6.4 g	0.8 g	128 mg
Turkey Rice	8 oz.	109	3 g	25%	27 mg	11.2 g	9.3 g	0.6 g	188 mg
Vegan Chili ▲	8 oz.	167	3.6 g	19%	0 mg	7.4 g	26.3 g	3.5 g	669 mg
Vegan Mushroom Barley ▲	8 oz.	72	2.5 g	31%	0 mg	2.3 g	10 g	1.3 g	167 mg
Vegetable Gumbo ▲	8 oz.	89	1 g	10%	0 mg	2.7 g	17.4 g	3 g	302 mg
Vegetable Rice ▲	8 oz.	87	1.3 g	13%	0 mg	2.7 g	16 g	3 g	510 mg
<b>VEGGIE PATCH</b>									
Alfredo Sauce ■	1/4 cup	150	13 g	77%	25 mg	2.7 g	6 g	0 g	317 mg
Baked Potato ▲	1	220	0 g	0%	0 mg	4.6 g	51 g	4.8 g	16 mg
Baked Sweet Potato ▲	1	120	0 g	0%	0 mg	2 g	28 g	3.4 g	11 mg
Broccoli ▲	1/2 cup	25	0 g	0%	0 mg	2.8 g	5 g	2.7 g	214 mg
Brown Rice ▲	1/2 cup	108	0.8 g	7%	0 mg	2.5 g	22 g	1.8 g	5 mg
Brussel Sprouts ▲	1/2 cup	33	0 g	0%	0 mg	2.8 g	6.4	3 g	210 mg
Cauliflower ▲	1/2 cup	17	0 g	0%	0 mg	1.4 g	3.4 g	2.4 g	208 mg
Cavatappi Marinara ▲	1 cup	180	2 g	10%	0 mg	6 g	34 g	2.5 g	258 mg
Cheese Sauce ■	1/4 cup	120	9 g	68%	20 mg	5 g	5 g	0 g	280 mg
Corn ▲	1/2 cup	66	0 g	0%	0 mg	2.3 g	16 g	2 g	196 mg
Gravy	2 oz.	17	1 g	53%	0.1 mg	0.4 g	1.8 g	0 g	134 mg
Green Beans ▲	1/2 cup	20	0 g	0%	0 mg	1.8 g	4 g	2 g	198 mg
Linguine with Herbs ▲	4.5 oz.	186	2 g	10%	0 mg	6 g	36 g	2 g	2 mg
Mashed Potatoes ■	3 oz.	85	1 g	11%	2 mg	2 g	17 g	1.7 g	13 mg
Pork Loin	3 oz.	217	13 g	54%	74 mg	25 g	0 g	0 g	406 mg
Roast Beef	4 oz.	302	22 g	66%	83 mg	26 g	0 g	0 g	110 mg
Snow Peas ▲	1/2 cup	42	0 g	0%	0 mg	3 g	7 g	2.5 g	4 mg
Turkey Breast	4 oz.	204	8 g	35%	84 mg	33 g	0 g	0 g	71 mg
Vegetable Medley ▲	1/2 cup	33	0 g	0%	0 mg	2.6 g	6.6 g	3 g	28 mg
White Rice ▲	1/2 cup	103	0.2 g	2%	0 mg	2 g	22 g	0 g	1 mg

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