

	Calories	Fat	Calories From Fat	Saturated Fat	Trans Fat	Polyunsaturated Fat	Monounsaturated Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Soy	Soy Oil	Eggs	Milk	Kosher Gelatin	Wheat	Peanuts	Sesame	Fish
Cups & Bentos																						
Grape Cup	140	0	0	0	0	0	0	<5mg	0	36g	2g	31g	1g									
Fruit & Yogurt Parfait Cup	380	4g	35	2g	0	1g	2g	<5mg	370mg	78g	3g	18g	10g	*			*	*				
Fruit Cup	110	0.5g	0	0	0	0	0	<5mg	5mg	27g	3g	19g	1g									
Hummus Bento	180	7g	70	0	0	0	0	<5mg	370mg	23g	7g	6g	7g	*							*	
Egg Salad Bento	280	12g	110	3g	0	0.5g	1.5g	145mg	710mg	35g	4g	5g	10g		*	*	*		*			
Tuna Salad Bento	290	14g	130	2.5	0	0	0	20mg	590mg	29g	3g	3g	13g		*	*	*		*			*
Chicken Salad Bento	330	11g	100	2g	0	0	0.5g	55mg	690mg	37g	3g	11g	21g		*	*	*		*			
Breakfast Sandwiches																						
Bacon, Egg, & Cheese Croissant	400	23g	200	23g	11g	0	1g	165mg	800mg	31g	<1g	2g	14g		*		*	*		*		
Egg & Cheese Croissant	370	20g	180	11g	0	0	0	160g	680mg	31g	<1g	2g	11g		*		*	*		*		
Sausage, Egg, & Cheese Croissant	560	40g	360	17g	0	0	0	195mg	1060mg	32g	<1g	2g	16g		*		*	*		*		
Sandwiches																						
Ham & Cheese Pretzelwich	470	19g	170	5g	0	0	0	55mg	1410mg	49g	2g	7g	23g		*	*	*		*			
Turkey & Cheese Pretzelwich	450	18g	160	4g	0	0	0	55mg	1280mg	49g	2g	6g	24g		*	*	*		*			
GF Turkey Sandwich	480	24g	220	5g	0	0	0	50mg	1420mg	49g	3g	11g	19g		*	*	*		*			
Tuna Salad Sandwich	450	23g	200	3g	0	0	0	40mg	600mg	36g	6g	4g	25g		*	*	*		*			*
Chicken Salad Sandwich	480	17g	160	2.5g	0	0.5g	1g	110mg	890mg	37g	6g	4g	41g		*	*	*		*			
Egg Salad Sandwich	390	18g	160	3.5g	0	1g	3g	285mg	840mg	38g	7g	5g	18g		*	*	*		*			
PB&J Sandwich	450	19g	170	3.5g	0	4g	8g	<5mg	390mg	62g	2g	5g	11g		*		*		*	*		
Salads																						
Spinach Salad	220	14g	130	7g	0	1g	2.5g	235mg	230mg	7g	2g	2g	17g				*	*				
Greek Salad	370	30g	270	9g	0	0	1g	35mg	1680mg	14g	4g	3g	13g		*			*				
Chicken Caesar Salad	410	22g	190	10g	0	0	0	125mg	1250mg	16g	2g	1g	42g				*		*			
Chicken BLT Salad	400	18g	160	4g	0	0	0	95mg	1200mg	26g	3g	3g	34g				*		*			
Southwest Chicken Salad	410	20g	180	2g	0	0	0	100mg	900mg	27g	3g	2g	29g				*		*			
Wraps																						
Chicken Bacon Ranch	580	32g	290	7g	0	0	0	95mg	1380mg	36g	2g	0g	32g		*	*	*	*		*		
Old Bay Chicken	570	30g	270	6g	0	0	0	95mg	1110mg	44g	4g	1g	30g		*	*	*	*		*		
Turkey Chipotle	390	17g	150	2.5g	0	0	0	50mg	1310mg	42g	3g	2g	21g		*	*	*	*		*		
Spicy Italian	700	42g	380	13g	0	1.5g	6g	90mg	1930mg	51g	4g	3g	27g		*	*	*	*		*		
Garden Veggie	200	7g	60	1g	0	0	0	<5mg	730mg	29g	5g	4g	8g		*	*	*	*		*	*	
Smoked Turkey Club	650	34g	310	10g	0	0	0	70mg	1790mg	51g	4g	3g	29g		*	*	*	*		*	*	

Note: Some products are packaged in a facility that also packages Tree Nuts