

## SATELLITE DINING

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
<b>BREAKFAST ITEMS</b>									
Bagel ▲	1	206	2 g	9%	0 mg	8 g	39 g	N/A	226 mg
Cream Cheese (Regular) ■	1 T.	51	5 g	88%	16 mg	1 g	0 g	0 g	43 mg
Cream Cheese (Lite) ■	1 T.	35	2.6 g	67%	8 mg	1.6 g	1 g	0 g	44 mg
Bacon, Egg & Cheese Biscuit	1	568	37 g	59%	259 mg	21.4 g	37.3 g	1.3 g	1645 mg
Egg & Cheese Bagel ■	1	492	16.7 g	30%	396 mg	25.5 g	60 g	2 g	1106 mg
Egg & Cheese Biscuit ■	1	464	28 g	54%	243 mg	16 g	37 g	1.3 g	1354 mg
Ham, Egg & Cheese Biscuit	1	498	30 g	54%	254 mg	20 g	37 g	1.3 g	1639 mg
Meat, Egg & Cheese Bagel	1	600	26 g	39%	412 mg	31.3 g	60 g	2 g	1409 mg
Sausage, Egg & Cheese Biscuit	1	619	39 g	56%	289 mg	29 g	38 g	1.3 g	1739 mg
<b>DESSERTS</b>									
Banana Nut Muffin ■	1	289	12.7 g	39%	35 mg	4.2 g	39.5 g	1.4 g	352 mg
Chocolate Chip Cookie ■	1	210	11 g	47%	15 mg	2 g	24 g	<1 g	150 mg
Chocolate Chunk Cookie ■	1	200	11 g	50%	15 mg	2 g	24 g	0 g	140 mg
Chocolate Iced Donut ■	1	365	12 g	30%	0 mg	5 g	59 g	1 g	284 mg
M&M Cookie ■	1	180	7 g	35%	10 mg	2 g	26 g	1 g	210 mg
Oatmeal Cookie ■	1	180	7 g	35%	10 mg	2 g	27 g	1 g	115 mg
Peanut Butter Cookie ■	1	190	10 g	47%	5 mg	3 g	23 g	1 g	240 mg
Sugar Cookie ■	1	190	8 g	38%	20 mg	1 g	26 g	0 g	240 mg
White Chocolate Macadamia Cookie ■	1	200	11 g	50%	10 mg	2 g	24 g	0 g	150 mg
<b>GRAB 'N' GO SALADS</b>									
Chef (w/o dressing & croutons)	1 pkg.	264	15.6	53%	173 mg	23 g	8 g	3.5 g	939 mg
Chef-Lg. (w/o dressing & croutons)	1 pkg.	542	32.7 g	54%	347 mg	46 g	16 g	5.2 g	1982 mg
Chicken BLT Salad (w/o dressing & croutons)	1 pkg.	178	7.6 g	38%	36 mg	19 g	8.5 g	4 g	817 mg
Chicken Caesar (w/o dressing & croutons)	1 pkg.	168	8 g	42%	144 mg	16 g	8 g	3.5 g	628 mg
Chicken Caesar-Lg. (w/o dressing & croutons)	1 pkg.	277	13 g	42%	282 mg	27 g	13 g	4.7 g	1114 mg
Croutons ■	1 pkg.	35	1.5 g	39%	0 mg	<1 g	4 g	0 g	90 mg
Garden—Lg. (w/o dressing & croutons) ▲	1 pkg.	130	4 g	28%	0 mg	6 g	17.5 g	6.3 g	380 mg
Greek (w/o dressing) ■	1 pkg.	189	12.6 g	60%	45 mg	10 g	9 g	3 g	924 mg
Greek-Lg. (w/o dressing) ■	1 pkg.	279	19 g	61%	76 mg	15 g	12 g	2.8 g	1495 mg
Greek Dressing ■	2 T.	161	17 g	95%	5 mg	1 g	1 g	0 g	290 mg
Jerk Chicken (w/o dressing & croutons)	1 pkg.	116	4 g	31%	21 mg	12 g	8 g	3.5 g	365 mg
Jerk Chicken-Lg. (w/o dressing & croutons)	1 pkg.	205	7.2 g	32%	42 mg	20 g	15 g	4.7 g	757 mg
Spinach Chick. Salad (w/o dressing & croutons)	1 pkg.	275	14.5 g	47%	267 mg	26.5	9.7 g	4 g	1144 mg
Tossed (w/o dressing & croutons) ▲	1 pkg.	55	0.5 g	8%	0 mg	3.3 g	9.3 g	3.2 g	111 mg
<b>GRAB 'N' GO SANDWICHES</b>									
Chicken Salad Sandwich	1 pkg.	333	21 g	57%	41 mg	13 g	23 g	1.2 g	398 mg
Egg Salad Sandwich ■	1 pkg.	313	19 g	55%	288 mg	12.3 g	23.3 g	1 g	759 mg
Ham & Cheese Sandwich	1 pkg.	249	7 g	25%	56 mg	20.6 g	26 g	1 g	1453 mg
Peanut Butter & Jelly Sandwich ▲	1 pkg.	356	16 g	40%	0 mg	11 g	42 g	2.6 g	429 mg
Tuna Salad Sandwich	1 pkg.	321	17 g	48%	34 mg	20 g	22 g	1 g	579 mg
Turkey Sandwich	1 pkg.	202	1.3 g	5%	45 mg	23.6 g	24 g	1 g	951 mg
Vegetarian Provolone Pita ■	1 pkg.	425	24.5 g	52%	58 mg	25 g	26 g	1.5 g	1121 mg
<b>SIDES</b>									
Broccoli Salad ■	1 pkg.	134	11.5 g	77%	111 mg	4.6 g	3 g	1.3 g	219 mg

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Chicken Salad Cup	1 pkg.	237	21 g	80%	43 mg	10 g	2 g	0 g	200 mg
Captain's Wafers ▲	1 pkg.	35	1.25 g	32%	0 mg	0.5 g	4.5 g	0 g	53 mg
Cottage Cheese & Fruit Salad ■	1 pkg.	112	4 g	32%	13 mg	11 g	8 g	0.2 g	347 mg
Crudites (Fresh Veggies) ▲	1 pkg.	79	0.5 g	6%	0 mg	2.3 g	16.4 g	4.5 g	178 mg
Parmesan Peppercorn Dressing ■	1/4 cup	320	32 g	90%	20 mg	2 g	4 g	0 g	620 mg
Fruit & Yogurt—Sm. ▲	1 pkg.	88	0 g	0%	0 mg	0 g	22 g	1.4 g	21 mg
Fruit & Yogurt Cup ■	1 pkg.	375	3 g	7%	8 mg	8 g	79 g	3.5 g	135 mg
Garden Salad—Sm. (w/o dress. & croutons) ▲	1 pkg.	45	0.5 g	10%	0 mg	2.7 g	7.4 g	3.2 g	40 mg
Hard Boiled Eggs ■	2	150	10.6 g	64%	424 mg	12.6 g	1 g	0 g	124 mg
Tuna Salad Cup	1 pkg.	216	16 g	67%	34 mg	16 g	2 g	0 g	N/A
Captain's Wafers ▲	1 pkg.	35	1.25 g	32%	0 mg	0.5 g	4.5 g	0 g	53 mg
Soft Pretzel (No Salt) ▲	1	380	2 g	5%	0 mg	12 g	80 g	4 g	160 mg
Soft Pretzel (Salted) ▲	1	380	2 g	5%	0 mg	12 g	80 g	4 g	940 mg
Soft Pretzel (with cheese) ■	1	390	7 g	16%	25 mg	14 g	69 g	4 g	410 mg
<b>SPECIALTY SANDWICHES</b>									
Bagelwich (Ham & Turkey)	1 pkg.	499	11 g	20%	73 mg	34 g	66 g	2 g	1532 mg
Chicken Salad On A Bagel	1 pkg.	609	29 g	43%	56 mg	23 g	64 g	2.2 g	731 mg
Garden Vegetable Wrap ▲	1 pkg.	419	14.5 g	31%	0 mg	11 g	61 g	9.3 g	851 mg
Ham & Cheese On A Kaiser Roll	1 pkg.	292	7.5 g	23%	56 mg	22 g	34 g	1 g	1539 mg
Ham & Cheese Pita	1 pkg.	416	14 g	30%	68 mg	26.5 g	46 g	1 g	1748 mg
Pretzelwich (Ham & Cheese)	1 pkg.	568	16 g	25%	82 mg	33 g	73 g	1.5 g	1902 mg
Pretzelwich (Turkey)	1 pkg.	574	14 g	22%	82 mg	41 g	71 g	1.5 g	1522 mg
Silicon Valley Wrap	1 pkg.	921	51 g	50%	149 mg	45.6 g	70 g	5 g	2538 mg
Three Cheese Wrap ■	1 pkg.	942	60.7 g	58%	151 mg	40 g	59 g	5 g	2584 mg
Tuna Salad On A Bagel	1 pkg.	583	27.4 g	42%	37 mg	20 g	64 g	2 g	788 mg
Turkey On A Kaiser Roll	1 pkg.	250	2 g	7%	45 mg	26 g	32 g	1 g	1039 mg
<b>SPECIALTY SUBS</b>									
Italian Sub (on wheat)	1 pkg.	442	18 g	37%	76 mg	32 g	38 g	3 g	1995 mg
Italian Sub (on white)	1 pkg.	451	18.5 g	37%	76 mg	30 g	41 g	2 g	2185 mg
Roast Beef Sub	1 pkg.	534	22.4 g	38%	91 mg	44 g	39 g	2 g	2016 mg
Three Cheese Sub ■	1 pkg.	662	38 g	52%	44 mg	32 g	48 g	4.2 g	1625 mg
Turkey & Cheese Sub	1 pkg.	370	10 g	24%	65 mg	31 g	39 g	2 g	1570 mg
<b>SOUPS</b>									
Alphabet ▲	12 oz.	68	<1 g	2%	0 mg	2.4 g	14.3 g	2.3 g	512 mg
Alphabet ▲	16 oz.	90	<1 g	2%	0 mg	3.2 g	19 g	3 g	682 mg
Beef Barley	12 oz.	101	2.3 g	20%	26 mg	11 g	9 g	1.5 g	171 mg
Beef Barley	16 oz.	134	3 g	20%	34 mg	14.6 g	12 g	2 g	228 mg
Beef Chili	12 oz.	207	9 g	39%	39 g	15.8 g	15.8 g	2.7 g	542 mg
Beef Chili	16 oz.	276	12 g	39%	52 mg	21 g	21 g	3.6 g	722 mg
Beef Noodle	12 oz.	252	11.1 g	40%	65 mg	22.5 g	15.5 g	1.5 g	162 mg
Beef Noodle	16 oz.	336	14.8 g	40%	86 mg	30 g	20.6 g	2 g	216 mg
Black Bean ▲	12 oz.	156	1.5 g	9%	0 mg	8.7 g	27 g	8.6 g	308 mg
Black Bean ▲	16 oz.	208	2 g	9%	0 mg	11.6 g	36 g	11.4 g	410 mg
Cheddar Broccoli ■	12 oz.	465	33 g	64%	95 mg	27 g	15 g	4 g	681 mg
Cheddar Broccoli ■	16 oz.	620	44 g	64%	126 mg	36 g	20 g	5.4 g	908 mg

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Chicken Noodle	12 oz.	149	5.4 g	33%	33 mg	13.8 g	11 g	1.2 g	146 mg
Chicken Noodle	16 oz.	198	7.2 g	33%	44 mg	18.4 g	14.8 g	1.6 g	194 mg
Chicken Vegetable	12 oz.	102	3.6 g	32%	18 mg	8.4 g	9 g	2.4 g	213 mg
Chicken Vegetable	16 oz.	136	4.8 g	32%	24 g	11.2 g	12 g	3.2 g	284 mg
Corn Chowder ■	12 oz.	459	28.5 g	28%	41 mg	12.3 g	38.3 g	0.9 g	357 mg
Corn Chowder ■	16 oz.	612	38 g	28%	54 mg	16.4 g	51 g	1.2 g	476 mg
Cream of Chicken	12 oz.	278	15.6 g	51%	62 mg	18.5 g	16 g	1.5 g	203 mg
Cream of Chicken	16 oz.	370	20.8 g	51%	82 mg	24.6 g	21.2 g	2 g	270 mg
Cream of Chicken with Rice	12 oz.	260	13.5 g	47%	51 mg	15 g	19.5 g	0.15 g	452 mg
Cream of Chicken with Rice	16 oz.	346	18 g	47%	68 mg	20 g	26 g	0.2 g	602 mg
Cream of Crab	12 oz.	215	9 g	38%	72 mg	16 g	17.4 g	0 g	243 mg
Cream of Crab	16 oz.	286	12 g	38%	96 mg	21.4 g	23.2 g	0 g	324 mg
Cream of Potato ■	12 oz.	353	16.5 g	42%	26 mg	12 g	39 g	0.5 g	285 mg
Cream of Potato ■	16 oz.	470	22 g	42%	34 mg	16 g	52 g	0.6 g	380 mg
Cream of Portabella Mushroom	12 oz.	264	15 g	51%	35 mg	10.5 g	22 g	2 g	381 mg
Cream of Portabella Mushroom	16 oz.	352	20 g	51%	46 mg	14 g	29.2 g	2.6 g	508 mg
Cream of Turkey	12 oz.	261	15 g	52%	50 mg	13.5 g	18 g	0.5 g	222 mg
Cream of Turkey	16 oz.	348	20 g	52%	66 mg	18 g	24 g	0.6 g	296 mg
Cream of Spinach ■	12 oz.	245	13.5 g	50%	47 mg	12 g	18.9 g	0.5 g	270 mg
Cream of Spinach ■	16 oz.	326	18 g	50%	62 mg	16 g	25.2 g	0.6 g	360 mg
Italian Wedding	12 oz.	150	6.3 g	38%	32 mg	10.5 g	12.6 g	1.8 g	182 mg
Italian Wedding	16 oz.	200	8.4 g	38%	42 mg	14 g	16.8 g	2.4 g	242 mg
Lentil & Orzo ▲	12 oz.	114	3 g	24%	0 mg	4.5 g	17.3 g	3 g	269 mg
Lentil & Orzo ▲	16 oz.	152	4 g	24%	0 mg	6 g	23 g	4 g	358 mg
Manhattan Clam Chowder	12 oz.	126	1.5 g	11%	8 mg	7.5 g	20.6 g	2.4 g	419 mg
Manhattan Clam Chowder	16 oz.	168	2 g	11%	10 mg	10 g	27.4 g	3.2 g	558 mg
Maryland Seafood	12 oz.	168	3 g	16%	48 mg	15.8 g	19.5 g	2.6 g	977 mg
Maryland Seafood	16 oz.	224	4 g	16%	64 mg	21 g	26 g	3.4 g	1302 mg
Navy Bean	12 oz.	272	2 g	6%	6 mg	17 g	46.2 g	11.3 g	279 mg
Navy Bean	16 oz.	362	2.6 g	6%	8 mg	22.8 g	61.6 g	15 g	372 mg
New England Clam Chowder	12 oz.	371	15.6 g	39%	44 mg	27 g	30.5 g	1.5 g	1128 mg
New England Clam Chowder	16 oz.	494	20.8 g	39%	58 mg	36 g	40.6 g	2 g	1504 mg
Pasta Fagioli	12 oz.	165	3 g	16%	3 mg	8 g	26.7 g	7 g	549 mg
Pasta Fagioli	16 oz.	220	4 g	16%	4 mg	10.6 g	35.6 g	9.4 g	732 mg
Potato Leek	12 oz.	320	16.5 g	46%	21 mg	11 g	31.5 g	2.3 g	444 mg
Potato Leek	16 oz.	426	22 g	46%	28 mg	14.8 g	42 g	3 g	592 mg
Sausage Chili	12 oz.	336	19 g	51%	54 mg	18.6 g	22.5 g	1.5 g	1731 mg
Sausage Chili	16 oz.	448	25.4 g	51%	72 mg	24.8 g	30 g	2 g	2308 mg
Shrimp Bisque	12 oz.	444	23.6 g	48%	150 mg	22.5 g	35.4 g	0 g	843 mg
Shrimp Bisque	16 oz.	592	31.4 g	48%	200 mg	30 g	47.2 g	0 g	1124 mg
Shrimp Creole	12 oz.	156	6 g	35%	57 mg	9 g	16.5 g	0.8 g	822 mg
Shrimp Creole	16 oz.	208	8 g	35%	76 mg	12 g	22 g	1 g	1096 mg
Split Pea	12 oz.	116	2 g	16%	1.5 mg	6.6 g	17.7 g	7 g	231 mg
Split Pea	16 oz.	154	2.8 g	16%	2 mg	8.8 g	23.6 g	9.2 g	308 mg
Succotash ▲	12 oz.	89	3.9 g	40%	0 mg	2.1 g	11.3 g	0.9 g	236 mg

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Succotash ▲	16 oz.	118	5.2 g	40%	0 mg	2.8 g	15 g	1.2 g	314 mg
Swiss Broccoli ■	12 oz.	171	9 g	47%	15 mg	9 g	13.5 g	3 g	185 mg
Swiss Broccoli ■	16 oz.	228	12 g	47%	20 mg	12 g	18 g	4 g	246 mg
Tomato ▲	12 oz.	135	0 g	0%	0 mg	3 g	30 g	1.5 g	1065 mg
Tomato ▲	16 oz.	180	0 g	0%	0 mg	4 g	40 g	2 g	1420 mg
Turkey Noodle	12 oz.	116	2 g	16%	39 mg	14.4 g	9.6 g	1.2 g	192 mg
Turkey Noodle	16 oz.	154	2.8 g	16%	52 mg	19.2 g	12.8 g	1.6 g	256 mg
Turkey Rice	12 oz.	164	4.5 g	25%	41 mg	16.8 g	14 g	1 g	282 mg
Turkey Rice	16 oz.	218	6 g	25%	54 mg	22.4 g	18.6 g	1.2 g	376 mg
Vegan Chili ▲	12 oz.	251	5.4 g	19%	0 mg	11 g	39.5 g	5.3 g	1004 mg
Vegan Chili ▲	16 oz.	334	7.2 g	19%	0 mg	14.8 g	52.6 g	7 g	1338 mg
Vegan Mushroom Barley ▲	12 oz.	108	3.8 g	31%	0 mg	3.5 g	15 g	2 g	251 mg
Vegan Mushroom Barley ▲	16 oz.	144	5 g	31%	0 mg	4.6 g	20 g	2.6 g	334 mg
Vegetable Gumbo ▲	12 oz.	134	1.5 g	10%	0 mg	4 g	26 g	4.5 g	453 mg
Vegetable Gumbo ▲	16 oz.	178	2 g	10%	0 mg	5.4 g	34.8 g	6 g	604 mg
Vegetable Rice ▲	12 oz.	131	2 g	13%	0 mg	4 g	24 g	4.5 g	765 mg
Vegetable Rice ▲	16 oz.	174	2.6 g	13%	0 mg	5.4 g	32 g	6 g	1020 mg

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