



Nutritional Information

Mar-10

Name of Food	Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugar	Protein
Breakfast											
Breakfast Tacos	Small	300	9	2.5	0	120	390	24	2	0	28
Breakfast Tacos	Medium	460	14	4.5	0	185	590	36	3	1	43
Choice Oatmeal	Small	190	7	2.5	0	0	0	30	4	8	6
Choice Oatmeal	Medium	290	11	3.5	0.5	0	0	46	6	13	9
H-Town Breakfast	Small	190	2.5	0.5	0	80	330	20	4	0	18
H-Town Breakfast	Medium	280	4	1	0	125	540	27	5	0	28
H-Town Breakfast	Large	390	5	1	0	160	650	41	8	0	37
Luis' Fit Migas	Small	250	6	1.5	0	100	440	23	3	0	23
Luis' Fit Migas	Medium	380	9	2.5	0	150	730	36	4	0	35
Luis' Fit Migas	Large	500	12	3.5	0	200	880	46	6	1	47
Mix N Mash Breakfast	Small	250	5	2	0	115	340	17	1	0	28
Mix N Mash Breakfast	Medium	370	8	3	0	165	520	22	1	0	45
Mix N Mash Breakfast	Large	550	13	4.5	0	250	780	33	1	0	68
Healthy											
Atlantic Baked Salmon	Small	270	11	2	0	50	330	17	3	1	22
Atlantic Baked Salmon	Medium	430	18	3.5	0	85	550	24	4	2	36
Atlantic Baked Salmon	Large	590	25	4.5	0	120	770	34	5	2	50
Chargrilled Crazy Chicken	Small	240	4.5	1	0	50	220	27	4	10	22
Chargrilled Crazy Chicken	Medium	350	6	1	0	80	350	36	6	14	36
Chargrilled Crazy Chicken	Large	510	9	1.5	0	115	500	54	9	21	51
Chicken Fettuccini Alfredo	Small	350	6	2.5	0	55	650	44	2	7	28
Chicken Fettuccini Alfredo	Medium	560	10	4	0	90	1000	70	3	9	44
Chicken Fettuccini Alfredo	Large	800	13	5	0	125	1360	100	6	14	64
Chicken Taco Bowl	Small	310	2.5	0	0	50	390	43	7	2	27
Chicken Taco Bowl	Medium	480	4	1	0	80	640	65	11	3	44
Chicken Taco Bowl	Large	660	6	1	0	115	890	87	14	4	61
Fit Macaroni	Small	270	10	4	0	60	320	27	2	1	19
Fit Macaroni	Medium	360	13	4.5	0	80	410	39	2	1	25
Fit Macaroni	Large	570	21	9	0	125	670	58	3	1	39
Hawaiian Chicken	Small	300	6	1	0	45	370	37	0	6	23
Hawaiian Chicken	Medium	500	8	2	0	80	640	63	1	10	38
Hawaiian Chicken	Large	690	11	2.5	0	110	900	87	1	13	54
Kickin' Tilapia	Small	230	6	1	0	50	350	18	3	2	24
Kickin' Tilapia	Medium	370	10	1.5	0	85	580	28	4	3	39
Kickin' Tilapia	Large	500	13	2	0	120	810	38	6	5	54
Lean Lemon Turkey	Small	250	7	2	0	45	440	30	1	1	16
Lean Lemon Turkey	Medium	370	11	3	0	70	660	45	2	1	24
Lean Lemon Turkey	Large	500	15	4.5	0	95	890	60	2	1	32
Mario's Marine Corps Mash	Small	270	8	3	0	35	210	31	8	2	20
Mario's Marine Corps Mash	Medium	340	10	4	0	45	270	38	9	3	25
Mario's Marine Corps Mash	Large	540	16	6	0.5	75	440	59	15	5	40
Salmon Stir-Fry	Small	320	11	2.05	0	55	450	27	3	3	21
Salmon Stir-Fry	Medium	510	19	4	0	90	700	40	4	4	35
Salmon Stir-Fry	Large	700	26	5	0	125	950	54	5	6	49
Scott's Killuh Green Chicken	Small	210	3.5	0.5	0	50	340	21	4	4	24
Scott's Killuh Green Chicken	Medium	330	6	1	0	80	530	31	6	6	39
Scott's Killuh Green Chicken	Large	460	8	1.5	0	115	730	42	8	8	54
Simple Meal Chicken	Small	200	3	0.5	0	50	200	20	1	1	22
Simple Meal Chicken	Medium	320	4.5	1	0	80	320	30	2	2	36
Simple Meal Chicken	Large	440	6	1.5	0	115	450	40	3	2	50
Simple Meal Salmon	Small	280	11	2.5	0	50	350	20	1	1	20
Simple Meal Salmon	Medium	450	19	4	0	85	570	30	2	2	34
Simple Meal Salmon	Large	620	26	5	0	120	800	40	3	2	47
Tenderloin Stir Fry	Small	330	9	3.5	0	75	360	28	3	3	27
Tenderloin Stir Fry	Medium	550	16	6	0	130	560	47	4	4	45
Tenderloin Stir Fry	Large	750	22	8	0	180	760	62	5	6	63
Turkey Pasta	Small	280	9	2.5	0	55	440	31	2	5	19
Turkey Pasta	Medium	410	12	3.5	0	80	630	47	4	8	28
Turkey Pasta	Large	550	17	5	0	110	850	62	5	11	38
Turkey-Loaf	Small	250	8	2	0	45	540	30	5	11	15
Turkey-Loaf	Medium	360	12	3	0	75	880	42	6	15	25
Turkey-Loaf	Large	520	17	4.5	0	105	1240	62	9	22	35
Waldorf Salad	Small	260	10	1.5	0	50	200	19	3	13	23
Waldorf Salad	Medium	430	17	2	0	85	320	30	5	19	39
Waldorf Salad	Large	640	28	4.5	0	130	510	40	7	25	57



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Low Carb											
Chicken / Vegetables	Small	170	3	0.5	0	50	200	12	3	4	22
Chicken / Vegetables	Medium	270	5	1	0	80	330	18	5	6	36
Chicken / Vegetables	Large	360	7	1.5	0	115	460	24	7	8	50
Chicken Fajitas	Small	290	4.5	1	0	50	440	37	6	3	24
Chicken Fajitas	Medium	450	7	1.5	0	80	690	55	9	5	39
Chicken Fajitas	Large	610	10	2	0	115	940	73	13	7	54
Choice Salad	Small	190	4.5	0	0	50	590	16	4	8	22
Choice Salad	Medium	290	6	0.5	0	80	870	23	6	12	36
Choice Salad	Large	400	8	1	0	115	1230	32	8	17	51
Denyse's Killuh Chili	Small	220	6	2	0	60	530	20	6	4	22
Denyse's Killuh Chili	Medium	330	9	3	0	90	790	30	9	5	33
Denyse's Killuh Chili	Large	440	12	4	0	120	1050	40	11	7	44
Ginger Chicken Delight	Small	140	1.5	0	0	50	390	8	3	3	21
Ginger Chicken Delight	Medium	220	2	0	0	80	610	12	4	5	35
Ginger Chicken Delight	Large	310	3	0.5	0	115	830	16	6	7	49
Ninja Tenderloin	Small	240	8	3	0	75	480	12	5	4	30
Ninja Tenderloin	medium	380	14	5	0	130	730	17	7	6	49
Ninja Tenderloin	Large	530	19	7	0	180	990	23	9	8	67
Pear Salmon	Small	180	9	2	0	50	110	6	2	1	18
Pear Salmon	Medium	300	15	3	0	80	170	11	4	3	30
Pear Salmon	Large	430	21	4	0	110	240	16	6	4	42
Salmon / Vegetables	Small	220	11	2	0	45	460	12	3	4	18
Salmon / Vegetables	Medium	350	18	3.5	0	80	760	18	5	6	30
Salmon / Vegetables	Large	490	24	4.5	0	110	1060	24	7	8	42
Tenderloin / Vegetables	Small	250	10	3	0	75	130	13	3	4	27
Tenderloin / Vegetables	Medium	400	16	5	0	130	210	19	5	6	44
Tenderloin / Vegetables	Large	550	22	7	0	180	300	25	7	8	62
Tilapia / Vegetables	Small	200	7	1	0	50	360	14	4	5	22
Tilapia / Vegetables	Medium	330	11	1.5	0	85	600	21	6	8	37
Tilapia / Vegetables	Large	450	15	2.5	0	120	840	28	7	11	51
Snacks											
Berries and Yogurt	One Size	170	4.5	0	0	0	20	24	4	21	6
Chicken Fruit Bowl	Small	200	8	1	0	35	115	17	2	10	15
Chicken Fruit Bowl	Medium	380	16	2	0	65	230	33	5	18	30
Chicken Fruit Bowl	Large	490	16	2	0	100	350	46	6	26	44
Fruit Yogurt Bowl	One Size	190	0.5	0	0	0	30	42	8	22	8
Garlic Edamame	One Size	150	4.5	0	0	0	30	14	6	0	12
Miguel's Snack Tacos	One Size	270	3	0	0	32	349	42	6	1	18
Orange Berry Delight	Small	180	0	0	0	0	75	27	2	24	17
Orange Berry Delight	Medium	270	0	0	0	0	110	40	2	36	26
Perfect Patty - Banana Nut	One Size	350	6	1	0	0	240	52	7	19	22
Perfect Patty - Blueberry	One Size	350	3.5	0.5	0	0	240	55	7	21	22
Perfect Patty - Chocolate Almond	One Size	420	11	5	0	0	250	52	8	15	24
Perfect Patty - Happy Apple	One Size	350	3.5	0.5	0	0	240	55	7	23	22
Perfect Patty - Peanut Butter	One Size	460	11	2	0	0	250	65	8	31	22
Perfect Patty - Strawberry Cran	One Size	360	3.5	0.5	0	0	240	57	7	24	22
Wrap with Orange Slices											
Wrap - Chicken Wheat	One Size	560	11	4.5	3	50	1120	82	12	7	35
Wrap - Tenderloin Spinach	One Size	660	17	7	0	80	1040	83	8	7	40
Wrap - Tenderloin Wheat	One Size	640	17	7	3	80	1050	82	12	7	40
Wrap -Chicken Spinach	One Size	580	11	4	0	50	1110	83	8	7	35