



| Baked Goods                          | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--------------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Apple Muffin                         | 1                      | 1 muffin     | 661             | 28      | 6                 | 0             | 71               | 527         | 97        | 2         | 59        | 6           |
| Banana Nut Muffin                    | 1                      | 1 muffin     | 697             | 36      | 6                 | 0             | 71               | 512         | 86        | 3         | 44        | 7           |
| Blueberry Muffins                    | 1                      | 1 muffin     | 481             | 22      | 3                 | 0             | 71               | 449         | 66        | 2         | 37        | 5           |
| Cherry Pecan Muffin                  | 1                      | 1 muffin     | 691             | 36      | 6                 | 0             | 71               | 518         | 83        | 3         | 47        | 7           |
| Double Chocolate Muffin              | 1                      | 1 muffin     | 659             | 33      | 10                | 0             | 67               | 518         | 88        | 4         | 61        | 8           |
| Gluten Free Apple Muffin             | 1                      | 1 muffin     | 299             | 10      | 1                 | 0             | 39               | 478         | 43        | 4         | 26        | 3           |
| Lemon Poppy Seed Muffin              | 1                      | 1 muffin     | 474             | 22      | 3                 | 0             | 71               | 448         | 64        | 1         | 37        | 5           |
| Pumpkin Cream Cheese Muffin          | 1                      | 1 muffin     | 652             | 28      | 6                 | 0             | 73               | 368         | 96        | 10        | 62        | 9           |
| Pumpkin Muffin                       | 1                      | 1 muffin     | 550             | 21      | 2                 | 0             | 52               | 306         | 88        | 10        | 53        | 8           |
| Pumpkin Pecan Muffin                 | 1                      | 1 muffin     | 603             | 25      | 2                 | 0             | 52               | 308         | 91        | 10        | 56        | 9           |
| Raspberry Muffin                     | 1                      | 1 muffin     | 479             | 22      | 3                 | 0             | 71               | 448         | 65        | 1         | 34        | 5           |
| Apple Turnover                       | 1                      | 1 turnover   | 749             | 38      | 14                | 0             | 0                | 429         | 97        | 1         | 52        | 5           |
| Bavarian Cream Turnover              | 1                      | 1 turnover   | 762             | 46      | 17                | 0             | 0                | 390         | 81        | 2         | 32        | 5           |
| Blueberry Turnover                   | 1                      | 1 turnover   | 752             | 38      | 14                | 0             | 0                | 291         | 97        | 2         | 50        | 6           |
| Cherry Turnover                      | 1                      | 1 turnover   | 736             | 38      | 14                | 0             | 0                | 298         | 92        | 2         | 44        | 6           |
| Peach Turnover                       | 1                      | 1 turnover   | 747             | 38      | 14                | 0             | 0                | 290         | 96        | 1         | 42        | 6           |
| Raspberry Turnover                   | 1                      | 1 turnover   | 739             | 38      | 14                | 0             | 0                | 290         | 93        | 1         | 42        | 6           |
| Butterscotch Oatmeal Cookies         | 1                      | 1 cookie     | 480             | 21      | 11                | 0             | 29               | 373         | 69        | 2         | 36        | 6           |
| Cherry Oatmeal Cookies               | 1                      | 1 cookie     | 462             | 18      | 8                 | 0             | 29               | 365         | 71        | 3         | 35        | 5           |
| Chocolate Chip Cookies               | 1                      | 1 cookie     | 510             | 25      | 15                | 0             | 70               | 323         | 72        | 3         | 44        | 5           |
| Chocolate Chunk Pecan Cookie         | 1                      | 1 cookie     | 557             | 32      | 17                | 0             | 63               | 347         | 64        | 5         | 35        | 7           |
| Frosted Sugar Cookie                 | 1                      | 1 cookie     | 686             | 30      | 8                 | 0             | 22               | 278         | 101       | 1         | 69        | 4           |
| Gluten Free Cowboy Cookie            | 1                      | 1 cookie     | 357             | 18      | 9                 | 0             | 36               | 282         | 47        | 4         | 30        | 4           |
| Peanut Butter Chocolate Chip Cookie  | 1                      | 1 cookie     | 540             | 29      | 10                | 0             | 24               | 414         | 64        | 3         | 42        | 9           |
| Peanut Butter Cookie                 | 1                      | 1 cookie     | 521             | 28      | 9                 | 0             | 26               | 455         | 60        | 2         | 38        | 9           |
| Sugar Cookie (no frosting)           | 1                      | 1 cookie     | 492             | 29      | 7                 | 0             | 22               | 246         | 54        | 1         | 23        | 4           |
| White Chocolate Macadamia Nut Cookie | 1                      | 1 cookie     | 475             | 25      | 15                | 0             | 56               | 340         | 60        | 1         | 40        | 6           |



| Baked Goods                         | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Banana Nut Bread                    | 8                      | 1 slice      | 397             | 20      | 3                 | 0             | 45               | 312         | 50        | 2         | 25        | 4           |
| Cherry Pecan Bread                  | 8                      | 1 slice      | 371             | 19      | 3                 | 0             | 43               | 301         | 45        | 1         | 25        | 4           |
| Lemon Poppy Seed Bread              | 8                      | 1 slice      | 301             | 14      | 2                 | 0             | 44               | 282         | 41        | 1         | 24        | 3           |
| Pumpkin Bread                       | 8                      | 1 slice      | 382             | 15      | 1                 | 0             | 36               | 213         | 61        | 7         | 37        | 6           |
| Pumpkin Pecan Bread                 | 8                      | 1 slice      | 300             | 12      | 1                 | 0             | 27               | 160         | 47        | 5         | 29        | 4           |
| Apple Dumpling                      | 2                      | 1/2 dumpling | 767             | 43      | 17                | 0             | 5                | 400         | 87        | 2         | 38        | 5           |
| Apple Dumpling w/ Pecans            | 2                      | 1/2 dumpling | 821             | 47      | 17                | 0             | 5                | 400         | 91        | 3         | 41        | 5           |
| Brownie w/ Fudge Icing              | 1                      | 1 brownie    | 965             | 49      | 28                | 0             | 145              | 270         | 130       | 7         | 104       | 8           |
| Brownie w/ Fudge Icing & Pecans     | 1                      | 1 brownie    | 992             | 51      | 28                | 0             | 145              | 270         | 130       | 7         | 104       | 8           |
| Brownie w/ Powdered Sugar           | 1                      | 1 brownie    | 811             | 41      | 25                | 0             | 146              | 219         | 109       | 6         | 85        | 10          |
| Carrot Cake Slice                   | 8                      | 1 slice      | 718             | 33      | 7                 | 0             | 50               | 472         | 98        | 4         | 70        | 6           |
| Caramel Pecan Roll                  | 1                      | 1 roll       | 413             | 17      | 5                 | 0             | 15               | 275         | 57        | 2         | 34        | 5           |
| Cinnamon Roll w/ Cream Cheese Icing | 2                      | 1/2 roll     | 646             | 15      | 9                 | 0             | 29               | 334         | 124       | 10        | 100       | 4           |
| Cinnamon Roll w/ Maple Icing        | 2                      | 1/2 roll     | 594             | 11      | 7                 | 0             | 29               | 280         | 121       | 1         | 98        | 4           |
| Death by Chocolate Cake             | 8                      | 1 slice      | 828             | 39      | 15                | 0             | 75               | 690         | 117       | 5         | 88        | 8           |
| Fruit Bar                           | 2                      | 1/2 bar      | 552             | 29      | 12                | 0             | 0                | 278         | 67        | 2         | 31        | 4           |
| Gluten Free Brownie                 | 1                      | 1 brownie    | 476             | 27      | 15                | 0             | 92               | 381         | 54        | 6         | 36        | 8           |
| Goody Bar                           | 1                      | 1 bar        | 874             | 45      | 25                | 0             | 35               | 319         | 110       | 6         | 82        | 12          |
| Lemon Bar                           | 1                      | 1 bar        | 779             | 28      | 12                | 0             | 131              | 435         | 426       | 1         | 95        | 8           |
| Peanut Butter Bar                   | 1                      | 1 bar        | 1,198           | 62      | 19                | 0             | 0                | 535         | 146       | 10        | 103       | 27          |
| Peanut Butter Cup                   | 1                      | 1 each       | 666             | 36      | 13                | 0             | 25               | 470         | 76        | 4         | 52        | 8           |
| Pie Swirls                          | 1                      | 1 swirl      | 126             | 9       | 4                 | 0             | 3                | 75          | 11        | 0         | 3         | 1           |
| Pumpkin Bar                         | 1                      | 1 bar        | 597             | 28      | 6                 | 0             | 54               | 436         | 83        | 2         | 62        | 4           |
| Rice Krispy Treat                   | 1                      | 1 bar        | 565             | 18      | 11                | 0             | 49               | 470         | 93        | 0         | 38        | 5           |
| Turtle Bar                          | 1                      | 1 bar        | 946             | 46      | 18                | 0             | 109              | 947         | 123       | 2         | 81        | 11          |
| Bailey's Cheesecake                 | 10                     | 1 slice      | 580             | 39      | 21                | 0             | 149              | 409         | 45        | 1         | 28        | 8           |
| Blueberry Swirl Cheesecake          | 10                     | 1 slice      | 561             | 38      | 22                | 0             | 147              | 395         | 48        | 1         | 34        | 8           |
| CC Topped Cheesecake                | 10                     | 1 slice      | 804             | 50      | 27                | 0             | 163              | 528         | 77        | 2         | 51        | 11          |
| Cherry Swirl Cheesecake             | 10                     | 1 slice      | 557             | 38      | 22                | 0             | 147              | 396         | 46        | 1         | 33        | 8           |
| Chocolate Chip Cheesecake           | 10                     | 1 slice      | 653             | 44      | 26                | 0             | 153              | 408         | 58        | 2         | 42        | 10          |



| Baked Goods                     | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|---------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Chocolate Peppermint Cheesecake | 10                     | 1 slice      | 684             | 48      | 26                | 0             | 177              | 423         | 54        | 2         | 35        | 9           |
| Key Lime Cheesecake             | 10                     | 1 slice      | 588             | 36      | 20                | 0             | 267              | 363         | 56        | 1         | 43        | 11          |
| Oreo Cheesecake                 | 10                     | 1 slice      | 692             | 45      | 22                | 0             | 154              | 515         | 61        | 2         | 29        | 9           |
| Pie Topped Cheesecake           | 10                     | 1 slice      | 805             | 50      | 27                | 0             | 163              | 528         | 78        | 2         | 51        | 11          |
| Plain Cheesecake                | 10                     | 1 slice      | 572             | 40      | 23                | 0             | 163              | 426         | 45        | 1         | 31        | 9           |
| Pumpkin Cheesecake              | 10                     | 1 slice      | 537             | 32      | 18                | 0             | 125              | 402         | 56        | 7         | 38        | 10          |
| Raspberry Swirl Cheesecake      | 10                     | 1 slice      | 548             | 37      | 22                | 0             | 147              | 394         | 44        | 1         | 31        | 8           |
| Strawberry Swirl Cheesecake     | 10                     | 1 slice      | 557             | 37      | 22                | 0             | 147              | 395         | 46        | 1         | 33        | 8           |
| Turtle Cheesecake               | 10                     | 1 slice      | 714             | 47      | 24                | 0             | 165              | 450         | 62        | 2         | 44        | 10          |
| Ultimate Chocolate Cheesecake   | 10                     | 1 slice      | 683             | 48      | 26                | 0             | 154              | 404         | 55        | 3         | 35        | 9           |



| Beverages                           | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| 16 oz. Cappuccino w/Whole Milk      | 1                      | 16 oz.       | 179             | 10      | 6                 | 0             | 41               | 144         | 15        | 0         | 13        | 10          |
| 16 oz. Cappuccino w/2% Milk         | 1                      | 16 oz.       | 156             | 6       | 4                 | 0             | 24               | 156         | 15        | 0         | 14        | 10          |
| 16 oz. Cappuccino w/Skim Milk       | 1                      | 16 oz.       | 108             | 0       | 0                 | 0             | 6                | 156         | 16        | 0         | 14        | 10          |
| 16 oz. Cappuccino w/Soy Milk        | 1                      | 16 oz.       | 127             | 4       | 1                 | 0             | 0                | 127         | 13        | 1         | 10        | 8           |
| 16 oz. Chai w/ Soy Milk             | 1                      | 16 oz.       | 295             | 6       | 3                 | 0             | 0                | 157         | 54        | 1         | 46        | 6           |
| 16 oz. Chai w/2% Milk               | 1                      | 16 oz.       | 331             | 8       | 5                 | 0             | 34               | 179         | 57        | 0         | 50        | 8           |
| 16 oz. Chai w/Skim Milk             | 1                      | 16 oz.       | 280             | 2       | 2                 | 0             | 5                | 180         | 56        | 0         | 49        | 8           |
| 16 oz. Chai w/Whole Milk            | 1                      | 16 oz.       | 337             | 10      | 7                 | 0             | 33               | 170         | 55        | 0         | 48        | 8           |
| 16 oz. Coffee                       | 1                      | 16 oz..      | 43              | 2       | 1                 | 0             | 0                | 18          | 6         | 0         | 6         | 0           |
| 16 oz. Hot Chocolate w/Skim Milk    | 1                      | 16 oz.       | 334             | 3       | 2                 | 0             | 8                | 237         | 63        | 2         | 55        | 14          |
| 16 oz. Hot Chocolate w/Soy Milk     | 1                      | 16 oz.       | 360             | 9       | 3                 | 0             | 0                | 197         | 59        | 3         | 50        | 11          |
| 16 oz. Hot Chocolate w/2% Milk      | 1                      | 16 oz.       | 400             | 11      | 7                 | 0             | 33               | 237         | 62        | 2         | 55        | 14          |
| 16 oz. Hot Chocolate w/Whole Milk   | 1                      | 16 oz.       | 433             | 16      | 11                | 0             | 58               | 220         | 62        | 2         | 54        | 14          |
| 16 oz. Iced Cappuccino w/ Skim Milk | 1                      | 16 oz.       | 84              | 0       | 0                 | 0             | 4                | 94          | 14        | 0         | 13        | 6           |
| 16 oz. Iced Cappuccino w/2% Milk    | 1                      | 16 oz.       | 112             | 4       | 2                 | 0             | 14               | 94          | 14        | 0         | 13        | 6           |
| 16 oz. Iced Cappuccino w/Whole Milk | 1                      | 16 oz.       | 126             | 6       | 4                 | 0             | 25               | 87          | 14        | 0         | 12        | 6           |
| 16 oz. Iced Cappuccino w/Soy Milk   | 1                      | 16 oz.       | 95              | 3       | 0                 | 0             | 0                | 77          | 13        | 1         | 11        | 5           |
| 16 oz. Latte w/2% Milk              | 1                      | 16 oz.       | 156             | 6       | 4                 | 0             | 24               | 156         | 15        | 0         | 14        | 10          |
| 16 oz. Latte w/Soy Milk             | 1                      | 16 oz.       | 127             | 4       | 1                 | 0             | 0                | 127         | 13        | 1         | 10        | 8           |
| 16 oz. Latte w/Whole Milk           | 1                      | 16 oz.       | 179             | 10      | 6                 | 0             | 41               | 144         | 15        | 0         | 13        | 10          |
| 16 oz. Mocha w/ Whole Milk          | 1                      | 16 oz.       | 402             | 12      | 8                 | 0             | 41               | 173         | 66        | 2         | 56        | 11          |
| 16 oz. Mocha w/2% Milk              | 1                      | 16 oz.       | 379             | 9       | 6                 | 0             | 24               | 185         | 66        | 2         | 57        | 11          |
| 16 oz. Mocha w/Skim Milk            | 1                      | 16 oz.       | 331             | 3       | 3                 | 0             | 6                | 185         | 67        | 2         | 57        | 11          |
| 16 oz. Mocha w/Soy Milk             | 1                      | 16 oz.       | 350             | 7       | 3                 | 0             | 0                | 156         | 65        | 4         | 53        | 9           |
| 16 oz. SF Iced Cappuccino w/ Skim   | 1                      | 16 oz.       | 66              | 0       | 0                 | 0             | 4                | 97          | 10        | 0         | 9         | 6           |
| 16 oz. SF Iced Cappuccino w/ Whole  | 1                      | 16 oz.       | 108             | 6       | 4                 | 0             | 25               | 90          | 9         | 0         | 8         | 6           |
| 16 oz. SF Iced Cappuccino w/2% Milk | 1                      | 16 oz.       | 94              | 4       | 2                 | 0             | 14               | 97          | 9         | 0         | 9         | 6           |
| 16 oz. SF Iced Cappuccino w/ Soy    | 1                      | 16 oz.       | 77              | 3       | 0                 | 0             | 0                | 80          | 8         | 1         | 6         | 5           |
| 16 oz. Latte w/Skim Milk            | 1                      | 16 oz.       | 108             | 0       | 0                 | 0             | 6                | 156         | 16        | 0         | 14        | 10          |
| 20 oz. Cappuccino w/Skim Milk       | 1                      | 20 oz.       | 151             | 0       | 0                 | 0             | 8                | 217         | 22        | 0         | 20        | 13          |
| 20 oz. Cappuccino w/Soy Milk        | 1                      | 20 oz.       | 177             | 6       | 1                 | 0             | 0                | 177         | 18        | 2         | 14        | 11          |
| 20 oz. Cappuccino w/Whole Milk      | 1                      | 20 oz.       | 250             | 13      | 8                 | 0             | 58               | 200         | 20        | 0         | 18        | 13          |
| 20 oz. Cappuccino w/2% Milk         | 1                      | 20 oz.       | 217             | 8       | 5                 | 0             | 33               | 217         | 20        | 0         | 20        | 13          |
| 20 oz. Chai w/2% Milk               | 1                      | 20 oz.       | 414             | 10      | 6                 | 0             | 43               | 223         | 71        | 0         | 62        | 10          |



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|-------------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| 20 oz. Chai w/Skim Milk             | 1                      | 20 oz.       | 344             | 2       | 2                 | 0             | 6                | 225         | 69        | 0         | 61        | 10          |
| 20 oz. Chai w/Soy Milk              | 1                      | 20 oz.       | 363             | 6       | 3                 | 0             | 0                | 196         | 67        | 1         | 57        | 8           |
| 20 oz. Chai w/Whole Milk            | 1                      | 20 oz.       | 415             | 12      | 8                 | 0             | 41               | 213         | 68        | 0         | 60        | 10          |
| 20 oz. Coffee                       | 1                      | 20 oz.       | 58              | 3       | 1                 | 0             | 0                | 25          | 8         | 0         | 8         | 0           |
| 20 oz. Hot Chocolate w/2% Milk      | 1                      | 20 oz.       | 515             | 13      | 9                 | 0             | 40               | 293         | 83        | 2         | 74        | 17          |
| 20 oz. Hot Chocolate w/Skim Milk    | 1                      | 20 oz.       | 435             | 3       | 3                 | 0             | 10               | 293         | 85        | 2         | 74        | 17          |
| 20 oz. Iced Cappuccino w/ 2%        | 1                      | 20 oz.       | 174             | 6       | 4                 | 0             | 24               | 156         | 19        | 0         | 19        | 10          |
| 20 oz. Iced Cappuccino w/Soy        | 1                      | 20 oz.       | 145             | 4       | 1                 | 0             | 0                | 127         | 18        | 1         | 15        | 8           |
| 20 oz. Iced Cappuccino w/Whole Milk | 1                      | 20 oz.       | 197             | 10      | 6                 | 0             | 41               | 144         | 19        | 0         | 18        | 10          |
| 20 oz. Latte w/2% Milk              | 1                      | 20 oz.       | 217             | 8       | 5                 | 0             | 33               | 217         | 20        | 0         | 20        | 13          |
| 20 oz. Latte w/Skim Milk            | 1                      | 20 oz.       | 151             | 0       | 0                 | 0             | 8                | 217         | 22        | 0         | 20        | 13          |
| 20 oz. Latte w/Soy Milk             | 1                      | 20 oz.       | 177             | 6       | 1                 | 0             | 0                | 177         | 18        | 2         | 14        | 11          |
| 20 oz. Latte w/Whole Milk           | 1                      | 20 oz.       | 250             | 13      | 8                 | 0             | 58               | 200         | 20        | 0         | 18        | 13          |
| 20 oz. Mocha w/2% Milk              | 1                      | 20 oz.       | 522             | 12      | 8                 | 0             | 33               | 258         | 93        | 3         | 80        | 15          |
| 20 oz. Mocha w/Skim Milk            | 1                      | 20 oz.       | 456             | 3       | 3                 | 0             | 8                | 258         | 94        | 3         | 80        | 15          |
| 20 oz. Mocha w/Soy Milk             | 1                      | 20 oz.       | 482             | 9       | 4                 | 0             | 0                | 218         | 90        | 5         | 74        | 13          |
| 20 oz. Mocha w/Whole Milk           | 1                      | 20 oz.       | 555             | 17      | 11                | 0             | 58               | 241         | 93        | 3         | 78        | 15          |
| 20 oz. SF Iced Cappuccino w/ Skim   | 1                      | 20 oz.       | 108             | 0       | 0                 | 0             | 6                | 159         | 16        | 0         | 14        | 10          |
| 20 oz. SF Iced Cappuccino w/ Whole  | 1                      | 20 oz.       | 179             | 10      | 6                 | 0             | 41               | 147         | 15        | 0         | 13        | 10          |
| 20 oz. SF Iced Cappuccino w/2%      | 1                      | 20 oz.       | 156             | 6       | 4                 | 0             | 24               | 159         | 15        | 0         | 14        | 10          |
| 20 oz. SF Iced Cappuccino w/Soy     | 1                      | 20 oz.       | 127             | 4       | 1                 | 0             | 0                | 130         | 13        | 1         | 10        | 8           |
| Americano                           | 1                      | 10 oz.       | 2               | 0       | 0                 | 0             | 0                | 8           | 1         | 0         | 0         | 0           |
| Choice of Coffee Syrup              | 1                      | 1 shot       | 18              | 0       | 0                 | 0             | 0                | 0           | 5         | 0         | 5         | 0           |
| Choice of Sugar Free Coffee Syrup   | 1                      | 1 shot       | 0               | 0       | 0                 | 0             | 0                | 3           | 0         | 0         | 0         | 0           |



| Breakfast                                | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Bacon, Egg and Cheese Breakfast Sandwich | 1                      | 1 sandwich   | 1,360           | 64      | 18                | 0             | 390              | 1,536       | 66        | 6         | 1         | 36          |
| Egg and Cheese Breakfast Sandwich        | 1                      | 1 sandwich   | 880             | 56      | 15                | 0             | 379              | 1,240       | 66        | 6         | 1         | 31          |
| Fresh Fruit Cup                          | 1                      | 1 cup        | 72              | 0       | 0                 | 0             | 0                | 25          | 18        | 2         | 16        | 1           |
| Ham & Cheese Scramble Wrap               | 1                      | 1 wrap       | 444             | 24      | 10                | 0             | 361              | 832         | 32        | 1         | 2         | 25          |
| Ham, Egg & Cheese Breakfast Sandwich     | 1                      | 1 sandwich   | 933             | 59      | 16                | 0             | 401              | 1,745       | 66        | 6         | 1         | 38          |
| Sausage & Red Pepper Scramble Wrap       | 1                      | 1 wrap       | 547             | 34      | 13                | 0             | 381              | 1,061       | 34        | 1         | 3         | 27          |
| Whole Grain Oatmeal                      | 1                      | 1 bowl       | 300             | 9       | 1                 | 0             | 3                | 263         | 38        | 5         | 9         | 6           |
| Yogurt Parfait with Granola              | 1                      | 1 parfait    | 273             | 3       | 2                 | 0             | 12               | 117         | 42        | 2         | 34        | 9           |



| Dressings & Sides                   | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Au Jus                              | 1                      | 3 oz.        | 0               | 0       | 0                 | 0             | 0                | 600         | 0         | 0         | 0         | 0           |
| Add Baked Chicken Breasts           | 1                      | 3.5 oz       | 139             | 6       | 1                 | 0             | 60               | 630         | 0         | 0         | 0         | 22          |
| Balsamic Vinaigrette                | 1                      | 3 oz.        | 289             | 30      | 5                 | 0             | 0                | 659         | 6         | 0         | 5         | 0           |
| Blueberry Applesauce                | 1                      | 1 serving    | 62              | 0       | 0                 | 0             | 0                | 6           | 15        | 2         | 12        | 0           |
| Coleslaw                            | 1                      | 1 serving    | 105             | 6       | 1                 | 0             | 10               | 151         | 13        | 1         | 11        | 1           |
| Creamy Caesar Dressing              | 1                      | 3 oz.        | 369             | 37      | 6                 | 0             | 28               | 822         | 9         | 0         | 3         | 0           |
| Beef Gravy                          | 1                      | 3 oz.        | 56              | 4       | 1                 | 0             | 7                | 335         | 6         | 1         | 0         | 0           |
| Great Lakes Potato Chips            | 1                      | 1 serving    | 225             | 14      | 2                 | 0             | 0                | 188         | 24        | 2         | 1         | 3           |
| Honey Mustard Dressing              | 1                      | 3 oz.        | 381             | 35      | 6                 | 0             | 41               | 564         | 15        | 1         | 13        | 1           |
| Honey Mustard Vinaigrette           | 1                      | 3 oz.        | 362             | 32      | 5                 | 0             | 21               | 519         | 19        | 0         | 18        | 0           |
| House Made Berry Cherry Vinaigrette | 1                      | 3 oz.        | 213             | 15      | 2                 | 0             | 0                | 445         | 19        | 0         | 18        | 0           |
| House Made Chipotle Ranch           | 1                      | 3 oz.        | 311             | 31      | 6                 | 0             | 33               | 363         | 5         | 0         | 3         | 2           |
| House Made Ranch                    | 1                      | 3 oz.        | 314             | 32      | 6                 | 0             | 34               | 322         | 4         | 0         | 3         | 2           |
| Mediterranean Feta Dressing         | 1                      | 3 oz.        | 283             | 31      | 6                 | 0             | 0                | 1,162       | 3         | 0         | 0         | 3           |
| Pesto Mayo                          | 1                      | 1 oz.        | 198             | 21      | 4                 | 0             | 16               | 184         | 1         | 0         | 1         | 1           |
| Pumpkin Bread                       | 1                      | 1 slice      | 382             | 15      | 1                 | 0             | 36               | 213         | 61        | 7         | 37        | 6           |
| Raspberry Vinaigrette Dressing      | 1                      | 3 oz.        | 317             | 26      | 4                 | 0             | 0                | 730         | 22        | 0         | 21        | 0           |
| Slice of Baguette                   | 1                      | 1 slice      | 108             | 3       | 0                 | 0             | 0                | 205         | 19        | 1         | 0         | 4           |
| Thousand Island Dressing            | 1                      | 3 oz.        | 440             | 42      | 6                 | 0             | 40               | 700         | 12        | 0         | 12        | 0           |



| Fruit Pies                            | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|---------------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| 10" Special Occasion Apple Crumb Pie  | 15                     | 1 slice      | 578             | 31      | 12                | 0             | 0                | 345         | 69        | 2         | 33        | 4           |
| 10" Special Occasion Cherry Crumb Pie | 15                     | 1 slice      | 569             | 32      | 12                | 0             | 0                | 257         | 66        | 2         | 27        | 5           |
| 16" Special Occasion Apple Crumb Pie  | 50                     | 1 slice      | 448             | 19      | 8                 | 0             | 0                | 289         | 68        | 2         | 45        | 2           |
| 16" Special Occasion Cherry Crumb Pie | 50                     | 1 slice      | 437             | 19      | 8                 | 0             | 0                | 177         | 64        | 2         | 38        | 4           |
| 20" Special Occasion ABC Crumb Pie    | 75                     | 1 slice      | 415             | 18      | 7                 | 0             | 0                | 172         | 62        | 2         | 38        | 3           |
| 20" Special Occasion Apple Crumb Pie  | 75                     | 1 slice      | 420             | 17      | 7                 | 0             | 0                | 276         | 64        | 1         | 42        | 2           |
| 20" Special Occasion Cherry Crumb Pie | 75                     | 1 slice      | 409             | 18      | 7                 | 0             | 0                | 165         | 60        | 2         | 35        | 3           |
| 8" Special Occasion Apple Crumb Pie   | 6                      | 1 slice      | 742             | 38      | 15                | 0             | 0                | 435         | 95        | 2         | 51        | 5           |
| 8" Special Occasion Cherry Crumb Pie  | 6                      | 1 slice      | 730             | 38      | 15                | 0             | 0                | 324         | 91        | 3         | 44        | 6           |
| Apple Crumb Pie                       | 6                      | 1 slice      | 676             | 30      | 13                | 0             | 0                | 405         | 97        | 2         | 60        | 4           |
| Mini Apple Crumb Pie                  | 2                      | 1 slice      | 894             | 40      | 17                | 0             | 0                | 544         | 128       | 3         | 79        | 5           |
| Mini Gluten Free Apple Crumb          | 2                      | 1 slice      | 503             | 26      | 12                | 0             | 34               | 229         | 65        | 5         | 34        | 4           |
| Apple Crumb w/ Pecans & Caramel       | 6                      | 1 slice      | 764             | 36      | 13                | 0             | 0                | 410         | 103       | 2         | 64        | 3           |
| Mini Apple Crumb w/Pecans & Caramel   | 2                      | 1 slice      | 1,035           | 49      | 17                | 0             | 0                | 570         | 140       | 3         | 86        | 4           |
| Apple Dumpling Pie                    | 6                      | 1 slice      | 541             | 28      | 11                | 0             | 2                | 380         | 66        | 3         | 29        | 4           |
| Apple Dumpling w/ Caramel             | 6                      | 1 slice      | 581             | 28      | 11                | 0             | 0                | 340         | 77        | 3         | 41        | 3           |
| Apple Pie                             | 6                      | 1 slice      | 595             | 29      | 11                | 0             | 2                | 428         | 80        | 2         | 45        | 4           |
| Mini Apple Pie                        | 2                      | 1 slice      | 773             | 41      | 15                | 0             | 2                | 532         | 97        | 2         | 48        | 6           |
| Apple Honey Pie                       | 6                      | 1 slice      | 609             | 28      | 11                | 0             | 2                | 370         | 87        | 2         | 52        | 4           |
| Mini Apple Honey Pie                  | 2                      | 1 slice      | 773             | 39      | 15                | 0             | 2                | 505         | 104       | 2         | 57        | 6           |
| Bipartisan Pie                        | 6                      | 1 slice      | 846             | 38      | 15                | 0             | 0                | 323         | 120       | 5         | 66        | 7           |
| Mini Bipartisan Pie                   | 2                      | 1 slice      | 855             | 36      | 14                | 0             | 0                | 309         | 128       | 5         | 74        | 8           |
| Blackberry Peach Crumb Pie            | 6                      | 1 slice      | 671             | 30      | 13                | 0             | 0                | 264         | 96        | 1         | 45        | 5           |
| Mini Blackberry Peach Crumb Pie       | 2                      | 1 slice      | 888             | 40      | 17                | 0             | 0                | 345         | 127       | 2         | 59        | 7           |
| Blackberry Pie                        | 6                      | 1 slice      | 654             | 29      | 11                | 0             | 2                | 211         | 94        | 1         | 40        | 5           |
| Mini Blackberry Pie                   | 2                      | 1 slice      | 846             | 41      | 15                | 0             | 2                | 297         | 114       | 1         | 40        | 8           |
| Blueberry Crumb Pie                   | 6                      | 1 slice      | 670             | 31      | 13                | 0             | 0                | 265         | 95        | 4         | 56        | 4           |
| Mini Blueberry Crumb Pie              | 2                      | 1 slice      | 895             | 41      | 17                | 0             | 0                | 347         | 127       | 5         | 75        | 6           |
| Blueberry Peach                       | 6                      | 1 slice      | 613             | 29      | 11                | 0             | 2                | 212         | 84        | 2         | 36        | 5           |
| Mini Blueberry Peach Pie              | 2                      | 1 slice      | 825             | 41      | 15                | 0             | 3                | 298         | 108       | 3         | 44        | 7           |
| Blueberry Pie                         | 6                      | 1 slice      | 589             | 29      | 11                | 0             | 2                | 212         | 77        | 4         | 40        | 4           |
| Mini Blueberry Pie                    | 2                      | 1 slice      | 774             | 41      | 15                | 0             | 2                | 298         | 96        | 5         | 43        | 6           |
| Cherry Apple Crumb Pie                | 6                      | 1 slice      | 675             | 31      | 13                | 0             | 0                | 321         | 97        | 2         | 59        | 4           |





| Fruit Pies                        | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-----------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Mini Cherry Apple Crumb Pie       | 2                      | 1 slice      | 893             | 41      | 17                | 0             | 0                | 418         | 127       | 3         | 77        | 6           |
| Cherry Berry Pie                  | 6                      | 1 slice      | 601             | 29      | 11                | 0             | 2                | 223         | 80        | 2         | 35        | 5           |
| Mini Cherry Berry Pie             | 2                      | 1 slice      | 820             | 41      | 15                | 0             | 3                | 312         | 106       | 2         | 42        | 7           |
| Cherry Crumb Pie                  | 6                      | 1 slice      | 663             | 31      | 13                | 0             | 0                | 283         | 92        | 3         | 53        | 5           |
| Mini Cherry Crumb Pie             | 2                      | 1 slice      | 876             | 41      | 17                | 0             | 0                | 371         | 121       | 3         | 68        | 7           |
| Mini Gluten Free Cherry Crumb Pie | 2                      | 1 slice      | 504             | 26      | 12                | 0             | 34               | 115         | 64        | 5         | 34        | 5           |
| Cherry Ganache Pie                | 6                      | 1 slice      | 612             | 33      | 16                | 0             | 27               | 192         | 75        | 3         | 45        | 5           |
| Mini Cherry Ganache Pie           | 2                      | 1 slice      | 865             | 45      | 21                | 0             | 27               | 298         | 110       | 4         | 64        | 7           |
| Cherry Peach Crumb Pie            | 6                      | 1 slice      | 665             | 31      | 13                | 0             | 0                | 270         | 94        | 2         | 48        | 5           |
| Mini Cherry Peach Crumb Pie       | 2                      | 1 slice      | 879             | 41      | 17                | 0             | 0                | 355         | 123       | 2         | 63        | 7           |
| Cherry Pie                        | 6                      | 1 slice      | 604             | 29      | 11                | 0             | 2                | 230         | 80        | 2         | 38        | 5           |
| Mini Cherry Pie                   | 2                      | 1 slice      | 814             | 41      | 15                | 0             | 2                | 322         | 104       | 3         | 46        | 8           |
| Lakeshore Berry Crumb             | 6                      | 1 slice      | 675             | 31      | 13                | 0             | 0                | 301         | 95        | 2         | 55        | 4           |
| Mini Lakeshore Berry Crumb Pie    | 2                      | 1 slice      | 893             | 41      | 17                | 0             | 0                | 392         | 125       | 3         | 72        | 6           |
| Lakeshore Berry                   | 6                      | 1 slice      | 632             | 29      | 11                | 0             | 2                | 245         | 88        | 2         | 46        | 4           |
| Mini Lakeshore Berry Pie          | 2                      | 1 slice      | 772             | 41      | 15                | 0             | 3                | 343         | 94        | 2         | 41        | 6           |
| Michigan ABC Crumb Pie            | 6                      | 1 slice      | 681             | 32      | 13                | 0             | 0                | 300         | 94        | 3         | 54        | 5           |
| Mini Michigan ABC Crumb Pie       | 6                      | 1 slice      | 938             | 45      | 18                | 0             | 0                | 415         | 129       | 4         | 72        | 7           |
| Michigan ABC Pie                  | 6                      | 1 slice      | 634             | 30      | 12                | 0             | 2                | 251         | 85        | 3         | 43        | 5           |
| Mini Michigan ABC Pie             | 2                      | 1 slice      | 881             | 45      | 17                | 0             | 3                | 367         | 113       | 4         | 53        | 7           |
| Mountain Berry Crumb Pie          | 6                      | 1 slice      | 653             | 27      | 11                | 0             | 0                | 220         | 98        | 3         | 53        | 5           |
| Mini Mountain Berry Crumb Pie     | 2                      | 1 slice      | 823             | 34      | 13                | 0             | 0                | 276         | 123       | 4         | 65        | 7           |
| Natural Apple Pie                 | 6                      | 1 slice      | 487             | 29      | 11                | 0             | 2                | 279         | 52        | 2         | 17        | 4           |
| Mini Natural Apple Pie            | 2                      | 1 slice      | 675             | 41      | 15                | 0             | 2                | 385         | 71        | 2         | 21        | 6           |
| Natural Cherry Pie                | 6                      | 1 slice      | 470             | 29      | 11                | 0             | 2                | 231         | 46        | 2         | 11        | 5           |
| Mini Natural Cherry Pie           | 2                      | 1 slice      | 655             | 41      | 15                | 0             | 2                | 324         | 63        | 3         | 15        | 7           |
| Peach Crumb Pie                   | 6                      | 1 slice      | 678             | 30      | 13                | 0             | 0                | 264         | 98        | 1         | 48        | 5           |
| Mini Peach Crumb Pie              | 2                      | 1 slice      | 898             | 40      | 17                | 0             | 0                | 345         | 129       | 2         | 63        | 7           |
| Peach Pie                         | 6                      | 1 slice      | 605             | 29      | 11                | 0             | 2                | 211         | 82        | 1         | 33        | 5           |
| Mini Peach Pie                    | 2                      | 1 slice      | 781             | 41      | 15                | 0             | 2                | 297         | 98        | 1         | 32        | 7           |
| Peach Raspberry Honey Pie         | 6                      | 1 slice      | 600             | 28      | 10                | 0             | 0                | 200         | 86        | 1         | 41        | 5           |
| Mini Peach Raspberry Honey Pie    | 2                      | 1 slice      | 819             | 40      | 15                | 0             | 5                | 290         | 113       | 4         | 55        | 7           |
| Peach Strawberry Pie              | 6                      | 1 slice      | 608             | 29      | 11                | 0             | 2                | 211         | 80        | 2         | 35        | 5           |



| Fruit Pies                        | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-----------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Mini Peach Strawberry Pie         | 2                      | 1 slice      | 749             | 41      | 15                | 0             | 2                | 296         | 85        | 3         | 29        | 7           |
| Raspberry Apple Crumb Pie         | 6                      | 1 slice      | 710             | 31      | 13                | 0             | 0                | 315         | 97        | 2         | 57        | 4           |
| Mini Raspberry Apple Crumb Pie    | 2                      | 1 slice      | 896             | 41      | 17                | 0             | 0                | 413         | 129       | 2         | 74        | 6           |
| Raspberry Pie                     | 6                      | 1 slice      | 650             | 30      | 11                | 0             | 2                | 211         | 92        | 1         | 40        | 5           |
| Mini Raspberry Pie                | 2                      | 1 slice      | 840             | 42      | 15                | 0             | 2                | 297         | 112       | 1         | 40        | 7           |
| Rhubarb Pie                       | 6                      | 1 slice      | 617             | 29      | 11                | 0             | 2                | 211         | 84        | 1         | 40        | 5           |
| Mini Rhubarb Pie                  | 2                      | 1 slice      | 790             | 41      | 15                | 0             | 2                | 297         | 99        | 1         | 40        | 8           |
| Splenda Apple                     | 6                      | 1 slice      | 465             | 29      | 11                | 0             | 2                | 430         | 46        | 2         | 12        | 4           |
| Mini Splenda Apple Pie            | 2                      | 1 slice      | 644             | 41      | 15                | 0             | 3                | 534         | 63        | 2         | 15        | 6           |
| Splenda Blueberry Pie             | 6                      | 1 slice      | 468             | 29      | 11                | 0             | 2                | 212         | 46        | 4         | 8         | 4           |
| Mini Splenda Blueberry            | 2                      | 1 slice      | 436             | 28      | 10                | 0             | 2                | 199         | 43        | 3         | 8         | 4           |
| Splenda Cherry Pie                | 6                      | 1 slice      | 473             | 29      | 11                | 0             | 2                | 230         | 46        | 2         | 9         | 5           |
| Mini Splenda Cherry Pie           | 2                      | 1 slice      | 656             | 41      | 15                | 0             | 2                | 321         | 64        | 3         | 12        | 8           |
| Strawberry Champagne Pie          | 6                      | 1 slice      | 882             | 42      | 18                | 0             | <5               | 350         | 110       | 4         | 67        | 3           |
| Strawberry Rhubarb Crumb Pie      | 6                      | 1 slice      | 643             | 30      | 13                | 0             | 0                | 264         | 84        | 2         | 47        | 5           |
| Mini Strawberry Rhubarb Crumb Pie | 2                      | 1 slice      | 854             | 41      | 17                | 0             | 0                | 345         | 112       | 3         | 61        | 7           |
| Strawberry Rhubarb Pie            | 6                      | 1 slice      | 589             | 29      | 11                | 0             | 2                | 211         | 74        | 2         | 35        | 5           |
| Mini Strawberry Rhubarb Pie       | 2                      | 1 slice      | 797             | 41      | 15                | 0             | 3                | 297         | 96        | 3         | 42        | 7           |
| Vernors Cherry Pie                | 6                      | 1 slice      | 898             | 38      | 14                | 0             | 0                | 270         | 129       | 3         | 39        | 10          |
| Mini Vernors Cherry Pie           | 2                      | 1 slice      | 710             | 39      | 15                | 0             | 2                | 307         | 83        | 3         | 30        | 7           |



| Macaroni & Cheese                              | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Base Macaroni & Cheese                         | 1                      | 1            | 654             | 36      | 18                | 1.5           | 75               | 1840        | 51        | 3         | 8         | 23          |
| Bacon Topping Choice                           | 1                      | 1            | 171             | 15      | 6                 | 0             | 20               | 590         | 0         | 0         | 0         | 8           |
| Black Bean Corn Relish Topping Choice          | 1                      | 1            | 54              | 1       | 0                 | 0             | 0                | 90          | 9         | 2         | 2         | 2           |
| Swiss Cheese Topping Choice                    | 1                      | 1            | 35              | 4       | 2                 | 0             | 10               | 25          | 0         | 0         | 0         | 3           |
| Cheddar Cheese Topping Choice                  | 1                      | 1            | 45              | 4       | 2                 | 0             | 10               | 75          | 0         | 0         | 0         | 3           |
| Chili Topping Choice                           | 1                      | 1            | 48              | 2       | 1                 | 0             | 5                | 160         | 5         | 1         | 2         | 3           |
| Pesto Topping Choice                           | 1                      | 1            | 23              | 2       | 0                 | 0             | 0                | 45          | 0         | 0         | 0         | 0           |
| Sriracha Topping Choice                        | 1                      | 1            | 5               | 0       | 0                 | 0             | 0                | 125         | 1         | 0         | 1         | 0           |
| Tomato Topping Choice                          | 1                      | 1            | 8               | 0       | 0                 | 0             | 0                | 0           | 2         | 0         | 1         | 0           |
| 1/2 Macaroni & Cheese in Combo                 | 1                      | 1            | 452             | 25      | 12                | 0             | 55               | 1350        | 39        | 1         | 5         | 18          |
| Bacon Topping Choice in Combo                  | 1                      | 1            | 86              | 8       | 3                 | 0             | 10               | 295         | 0         | 0         | 0         | 4           |
| Black Bean Corn Relish Topping Choice in Combo | 1                      | 1            | 27              | 1       | 0                 | 0             | 0                | 45          | 5         | 1         | 1         | 1           |
| Swiss Cheese Topping Choice in Combo           | 1                      | 1            | 18              | 2       | 1                 | 0             | 2                | 13          | 0         | 0         | 0         | 2           |
| Cheddar Cheese Topping Choice in Combo         | 1                      | 1            | 23              | 2       | 1                 | 0             | 5                | 38          | 0         | 0         | 0         | 2           |
| Chili Topping Choice in Combo                  | 1                      | 1            | 24              | 1       | 1                 | 0             | 3                | 80          | 3         | 1         | 1         | 2           |
| Pesto Topping Choice in Combo                  | 1                      | 1            | 12              | 1       | 0                 | 0             | 0                | 23          | 0         | 0         | 0         | 0           |
| Sriracha Topping Choice in Combo               | 1                      | 1            | 3               | 0       | 0                 | 0             | 0                | 63          | 1         | 0         | 1         | 0           |
| Tomato Topping Choice in Combo                 | 1                      | 1            | 4               | 0       | 0                 | 0             | 0                | 0           | 1         | 0         | 1         | 0           |



| Cream Pies & Other Pies       | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Bailey's Cream Pie            | 6                      | 1 slice      | 581             | 34      | 19                | 0             | 71               | 228         | 61        | 3         | 38        | 8           |
| Mini Bailey's Cream Pie       | 2                      | 1 slice      | 725             | 44      | 25                | 0             | 82               | 284         | 74        | 3         | 43        | 10          |
| Banana Cream Pie              | 6                      | 1 slice      | 514             | 26      | 14                | 0             | 89               | 259         | 62        | 2         | 32        | 7           |
| Mini Banana Cream Pie         | 2                      | 1 slice      | 578             | 33      | 18                | 0             | 76               | 273         | 65        | 2         | 30        | 7           |
| Butterscotch Cream Pie        | 6                      | 1 slice      | 575             | 32      | 20                | 0             | 86               | 281         | 65        | 1         | 45        | 8           |
| Mini Butterscotch Cream Pie   | 2                      | 1 slice      | 705             | 41      | 25                | 0             | 91               | 332         | 77        | 1         | 51        | 10          |
| Chocolate Cream Pie           | 6                      | 1 slice      | 574             | 34      | 19                | 0             | 85               | 253         | 62        | 3         | 39        | 8           |
| Chocolate Mint Cream Pie      | 6                      | 1 slice      | 574             | 34      | 19                | 0             | 85               | 253         | 62        | 2         | 39        | 8           |
| Mini Chocolate Mint Cream Pie | 2                      | 1 slice      | 700             | 43      | 24                | 0             | 91               | 300         | 73        | 3         | 44        | 10          |
| Chocolate Stout Pie           | 6                      | 1 slice      | 655             | 45      | 26                | 0             | 80               | 135         | 56        | 3         | 33        | 4           |
| Mini Chocolate Stout Pie      | 2                      | 1 slice      | 684             | 49      | 27                | 0             | 80               | 155         | 55        | 3         | 28        | 4           |
| Coconut Cream Pie             | 6                      | 1 slice      | 557             | 31      | 18                | 0             | 86               | 256         | 63        | 3         | 38        | 8           |
| Mini Coconut Cream Pie        | 2                      | 1 slice      | 689             | 40      | 24                | 0             | 91               | 302         | 75        | 4         | 44        | 9           |
| Key Lime Pie                  | 6                      | 1 slice      | 467             | 18      | 11                | 0             | 171              | 247         | 66        | 0         | 56        | 10          |
| Mini Key Lime Pie             | 2                      | 1 slice      | 610             | 31      | 15                | 0             | 171              | 246         | 70        | 1         | 49        | 11          |
| Lemon Meringue Pie            | 6                      | 1 slice      | 544             | 16      | 7                 | 0             | 109              | 159         | 93        | 2         | 63        | 4           |
| Mini Lemon Meringue Pie       | 2                      | 1 slice      | 632             | 23      | 9                 | 0             | 109              | 204         | 100       | 2         | 63        | 4           |
| Mocha Cream Pie               | 6                      | 1 slice      | 570             | 33      | 19                | 0             | 84               | 251         | 62        | 3         | 39        | 8           |
| Mini Mocha Cream Pie          | 2                      | 1 slice      | 688             | 42      | 24                | 0             | 87               | 292         | 72        | 3         | 42        | 10          |
| Peanut Butter Cream Pie       | 6                      | 1 slice      | 617             | 39      | 17                | 0             | 83               | 358         | 55        | 2         | 32        | 13          |
| Mini Peanut Butter Cream Pie  | 2                      | 1 slice      | 719             | 46      | 21                | 0             | 91               | 397         | 65        | 2         | 36        | 14          |
| Pecan Chocolate Pie           | 6                      | 1 slice      | 747             | 40      | 15                | 0             | 121              | 221         | 89        | 3         | 54        | 7           |
| Mini Pecan Chocolate Pie      | 2                      | 1 slice      | 769             | 44      | 16                | 0             | 105              | 243         | 86        | 3         | 47        | 8           |
| Pecan Pie                     | 6                      | 1 slice      | 638             | 35      | 11                | 0             | 104              | 205         | 74        | 2         | 43        | 6           |
| Mini Pecan Pie                | 2                      | 1 slice      | 859             | 48      | 15                | 0             | 133              | 272         | 96        | 2         | 55        | 8           |
| Pumpkin Cream Pie             | 6                      | 1 slice      | 447             | 25      | 14                | 0             | 73               | 234         | 48        | 2         | 27        | 7           |
| Mini Pumpkin Cream Pie        | 2                      | 1 slice      | 546             | 33      | 18                | 0             | 73               | 270         | 56        | 2         | 30        | 8           |
| Pumpkin Pecan Pie             | 6                      | 1 slice      | 515             | 21      | 7                 | 0             | 42               | 333         | 75        | 18        | 42        | 12          |
| Mini Pumpkin Pecan Pie        | 2                      | 1 slice      | 643             | 28      | 10                | 0             | 49               | 402         | 90        | 21        | 48        | 15          |
| Pumpkin Pie                   | 6                      | 1 slice      | 498             | 19      | 7                 | 0             | 42               | 337         | 75        | 18        | 42        | 12          |
| Mini Pumpkin Pie              | 2                      | 1 slice      | 589             | 24      | 9                 | 0             | 49               | 400         | 86        | 20        | 45        | 14          |
| Raspberry Cream Pie           | 6                      | 1 slice      | 503             | 26      | 14                | 0             | 68               | 224         | 62        | 1         | 37        | 6           |
| Raspberry Key Lime Pie        | 6                      | 1 slice      | 451             | 18      | 11                | 0             | 245              | 200         | 62        | 0         | 45        | 8           |



| Cream Pies & Other Pies             | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Raspberry Lemon Silk Pie            | 6                      | 1 slice      | 500             | 32      | 19                | 0             | 49               | 170         | 48        | 1         | 26        | 3           |
| Mini Raspberry Lemon Silk Pie       | 2                      | 1 slice      | 500             | 32      | 19                | 0             | 49               | 170         | 48        | 1         | 26        | 3           |
| Strawberry Cream Pie                | 6                      | 1 slice      | 439             | 25      | 13                | 0             | 70               | 225         | 48        | 1         | 8         | 6           |
| Mini Strawberry Cream Pie           | 2                      | 1 slice      | 570             | 34      | 18                | 0             | 83               | 286         | 61        | 1         | 34        | 8           |
| Sweet Potato Pie with Pecan Topping | 6                      | 1 slice      | 668             | 31      | 12                | 0             | 65               | 301         | 91        | 2         | 69        | 5           |



| Exclusively GT Pie                        | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|---|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Beef Pot Pie                              | 6                      | 1 slice      | 549             | 33      | 13                | 0             | 39               | 596         | 43        | 2         | 2         | 16          |
| Mini Beef Pot Pie                         | 2                      | 1 slice      | 723             | 44      | 16                | 0             | 34               | 725         | 62        | 3         | 1         | 18          |
| Chicken Pot Pie                           | 6                      | 1 slice      | 513             | 32      | 12                | 0             | 39               | 773         | 40        | 2         | 3         | 17          |
| Mini Chicken Pot Pie                      | 2                      | 1 slice      | 692             | 43      | 16                | 0             | 34               | 881         | 59        | 3         | 3         | 19          |
| Shepherds Pot Pie                         | 6                      | 1 slice      | 364             | 23      | 9                 | 0             | 16               | 715         | 30        | 4         | 2         | 6           |
| Mini Shepherds Pot Pie                    | 2                      | 1 slice      | 800             | 50      | 19                | 0             | 21               | 1,166       | 70        | 6         | 2         | 12          |
| Taco Pot Pie                              | 6                      | 1 slice      | 575             | 39      | 16                | 0             | 33               | 875         | 40        | 2         | 0         | 15          |
| Mini Taco Pot Pie                         | 2                      | 1 slice      | 716             | 50      | 19                | 0             | 33               | 948         | 51        | 2         | 0         | 17          |
| Mini Turkey & Corn Bread Stuffing Pot Pie | 2                      | 1 slice      | 423             | 21      | 8                 | 0             | 20               | 980         | 45        | 3         | 5         | 15          |
| GT Beef Pasty                             | 1                      | 1 pasty      | 938             | 58      | 23                | 1             | 130              | 1880        | 77        | 4         | 3         | 13          |
| GT Buffalo Chicken Pasty                  | 1                      | 1 pasty      | 825             | 47      | 13                | 0             | 110              | 2700        | 74        | 3         | 3         | 25          |
| GT Breakfast Pasty                        | 1                      | 1 pasty      | 1084            | 65      | 22                | 0             | 450              | 2270        | 80        | 3         | 3         | 29          |
| Asparagus Quiche Lorraine Slice           | 4                      | 1 slice      | 556             | 42      | 19                | 0             | 239              | 681         | 28        | 1         | 5         | 21          |
| Broccoli Cheddar Quiche Slice             | 4                      | 1 slice      | 562             | 41      | 19                | 0             | 232              | 487         | 29        | 2         | 5         | 17          |
| Mini Broccoli Cheddar Quiche              | 2                      | 1 slice      | 484             | 36      | 16                | 0             | 188              | 422         | 25        | 1         | 4         | 15          |
| Mediterranean Quiche Slice                | 4                      | 1 slice      | 574             | 42      | 19                | 0             | 237              | 954         | 32        | 2         | 5         | 18          |
| Pesto Bacon Quiche                        | 4                      | 1 slice      | 1045            | 51      | 22                | 0             | 245              | 890         | 28        | <1        | 5         | 22          |
| Mini Sausage Pepper Quiche                | 2                      | 1 slice      | 565             | 45      | 19                | 0             | 212              | 645         | 25        | 1         | 3         | 18          |
| Quiche Lorraine Slice                     | 4                      | 1 slice      | 564             | 42      | 20                | 0             | 244              | 678         | 28        | 1         | 5         | 22          |
| Mini Quiche Lorraine                      | 2                      | 1 slice      | 490             | 37      | 17                | 0             | 198              | 593         | 25        | 1         | 3         | 19          |
| Shrimp Asparagus Quiche Slice             | 4                      | 1 slice      | 559             | 40      | 19                | 0             | 270              | 952         | 30        | 2         | 5         | 22          |
| Spinach Bacon Quiche Slice                | 4                      | 1 slice      | 896             | 46      | 21                | 0             | 239              | 829         | 28        | 2         | 4         | 21          |
| Mini Spinach Bacon Quiche                 | 2                      | 1 slice      | 674             | 37      | 16                | 0             | 162              | 1,785       | 24        | 1         | 3         | 16          |
| Spinach Mushroom Quiche Slice             | 4                      | 1 slice      | 585             | 45      | 22                | 0             | 246              | 566         | 29        | 1         | 5         | 22          |
| Mini Spinach Mushroom Quiche              | 2                      | 1 slice      | 473             | 36      | 17                | 0             | 189              | 379         | 25        | 1         | 4         | 16          |



| Salads & Wraps                 | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Caesar Salad                   | 1                      | 1 salad      | 486             | 40      | 7                 | 0             | 33               | 990         | 26        | 6         | 3         | 4           |
| Caesar Wrap                    | 1                      | 1 wrap       | 397             | 21      | 4                 | 0             | 17               | 697         | 43        | 12        | 1         | 8           |
| Cherry Chicken Salad           | 1                      | 1 salad      | 620             | 27      | 6                 | 0             | 73               | 1,379       | 65        | 4         | 41        | 29          |
| Cherry Chicken Wrap            | 1                      | 1 wrap       | 564             | 20      | 5                 | 0             | 73               | 1,298       | 64        | 11        | 22        | 33          |
| Chicken Caesar Salad           | 1                      | 1 salad      | 625             | 46      | 8                 | 0             | 92               | 1,619       | 26        | 6         | 3         | 25          |
| Chicken Caesar Wrap            | 1                      | 1 wrap       | 536             | 27      | 5                 | 0             | 76               | 1,326       | 43        | 12        | 1         | 29          |
| Chicken Fiesta Salad           | 1                      | 1 salad      | 799             | 55      | 13                | 0             | 121              | 1,829       | 39        | 7         | 8         | 38          |
| Chicken Fiesta Wrap            | 1                      | 1 wrap       | 682             | 35      | 9                 | 0             | 98               | 1,711       | 53        | 13        | 3         | 38          |
| Greek Salad                    | 1                      | 1 salad      | 448             | 38      | 7                 | 0             | 10               | 2,673       | 22        | 8         | 1         | 6           |
| Greek Salad Wrap               | 1                      | 1 wrap       | 527             | 33      | 4                 | 0             | 5                | 2,679       | 46        | 14        | 1         | 9           |
| House Salad                    | 1                      | 1 salad      | 452             | 39      | 10                | 0             | 52               | 645         | 17        | 3         | 5         | 10          |
| House Salad Wrap               | 1                      | 1 wrap       | 432             | 24      | 7                 | 0             | 35               | 674         | 42        | 11        | 3         | 14          |
| Maurice Salad                  | 1                      | 1 salad      | 501             | 31      | 10                | 0             | 222              | 1,564       | 20        | 3         | 15        | 35          |
| Mediterranean Veggie Wrap      | 1                      | 1 wrap       | 503             | 24      | 4                 | 0             | 10               | 1,564       | 61        | 15        | 4         | 16          |
| Quinoa Almond Wrap             | 1                      | 1 wrap       | 622             | 29      | 3                 | 0             | 11               | 1           | 78        | 18        | 22        | 16          |
| Spinach Salad with Goat Cheese | 1                      | 1 wrap       | 586             | 46      | 8                 | 0             | 45               | 705         | 39        | 5         | 29        | 6           |
| Spinach with Goat Cheese Wrap  | 1                      | 1 wrap       | 573             | 31      | 6                 | 0             | 34               | 664         | 61        | 14        | 19        | 12          |
| Strawberry Fields Salad        | 1                      | 1 salad      | 447             | 26      | 4                 | 0             | 10               | 577         | 48        | 4         | 38        | 6           |
| Strawberry Fields Salad Wrap   | 1                      | 1 wrap       | 510             | 20      | 3                 | 0             | 10               | 594         | 71        | 13        | 29        | 12          |



| Sandwiches                          | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Cherrywood BLT                      | 1                      | 1 sandwich   | 1,649           | 55      | 12                | 0             | 41               | 1,622       | 71        | 3         | 1         | 21          |
| Chicken Focaccia                    | 1                      | 1 sandwich   | 1,040           | 30      | 10                | 0             | 100              | 2,272       | 50        | 2         | 1         | 41          |
| Chicken Parmesan                    | 1                      | 1 sandwich   | 725             | 35      | 11                | 0             | 105              | 3,750       | 61        | 3         | 9         | 45          |
| Chicken Quesadilla                  | 1                      | 1 sandwich   | 885             | 53      | 23                | 0             | 181              | 1,934       | 52        | 9         | 3         | 48          |
| Classic Turkey                      | 1                      | 1 sandwich   | 660             | 26      | 4                 | 0             | 72               | 1,816       | 71        | 3         | 3         | 32          |
| Egg Salad Sandwich                  | 1                      | 1 sandwich   | 598             | 24      | 5                 | 0             | 496              | 1,047       | 69        | 6         | 4         | 29          |
| GT Chicken Salad Sandwich           | 1                      | 1 sandwich   | 617             | 39      | 10                | 0             | 57               | 908         | 49        | 2         | 15        | 19          |
| GT Club                             | 1                      | 1 sandwich   | 1,205           | 38      | 10                | 0             | 99               | 2,189       | 73        | 3         | 3         | 43          |
| GT Grilled Cheese                   | 1                      | 1 sandwich   | 1,473           | 54      | 22                | 0             | 92               | 1,794       | 68        | 3         | 0         | 35          |
| Kid's Cheese Quesadilla             | 1                      | 1 sandwich   | 446             | 24      | 12                | 0             | 67               | 683         | 36        | 10        | 0         | 24          |
| Kid's Grilled Cheese                | 1                      | 1 sandwich   | 559             | 27      | 9                 | 0             | 37               | 933         | 65        | 6         | 0         | 20          |
| Kid's Mac & Cheese                  | 1                      | 1 serving    | 444             | 25      | 12                | 0             | 55               | 1330        | 38        | 1         | 5         | 17          |
| Kid's PB & J                        | 1                      | 1 sandwich   | 564             | 18      | 4                 | 0             | 0                | 799         | 85        | 8         | 15        | 21          |
| Lighthouse Turkey Cheddar           | 1                      | 1 sandwich   | 871             | 48      | 12                | 0             | 106              | 1,985       | 69        | 7         | 2         | 40          |
| Manitou                             | 1                      | 1 sandwich   | 1306            | 53      | 137               | 0             | 95               | 2,195       | 69        | 7         | 2         | 40          |
| Reuben                              | 1                      | 1 sandwich   | 734             | 38      | 10                | 0             | 86               | 2,262       | 60        | 2         | 9         | 37          |
| Smoked Ham & Havarti                | 1                      | 1 sandwich   | 617             | 23      | 9                 | 0             | 69               | 2,143       | 63        | 3         | 2         | 32          |
| Tuna Sandwich                       | 1                      | 1 sandwich   | 639             | 25      | 4                 | 0             | 56               | 1,182       | 69        | 7         | 2         | 38          |
| Turkey Reuben with Coleslaw         | 1                      | 1 sandwich   | 758             | 37      | 9                 | 0             | 85               | 1,888       | 71        | 3         | 19        | 35          |
| Turkey with Cherrywood Smoked Bacon | 1                      | 1 sandwich   | 863             | 8       | 3                 | 0             | 64               | 2,449       | 54        | 2         | 4         | 32          |





| Smoothies                           | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Banana Fruit Smoothie               | 1                      | 16 oz.       | 326             | 0       | 0                 | 0             | 0                | 250         | 78        | 3         | 53        | 11          |
| Cherry Fruit Smoothie               | 1                      | 16 oz.       | 280             | 0       | 0                 | 0             | 0                | 267         | 65        | 1         | 30        | 12          |
| Chocolate Cherry Specialty Smoothie | 1                      | 16 oz.       | 481             | 1       | 0                 | 0             | 0                | 404         | 113       | 2         | 104       | 17          |
| Extreme Peach Smoothie              | 1                      | 16 oz.       | 397             | 1       | 0                 | 0             | 0                | 33          | 98        | 2         | 93        | 0           |
| Mandarin Orange Passion Smoothie    | 1                      | 16 oz.       | 480             | 1       | 0                 | 0             | 0                | 125         | 118       | 0         | 106       | 0           |
| Mango Mania Smoothie                | 1                      | 16 oz.       | 416             | 1       | 0                 | 0             | 0                | 43          | 104       | 0         | 89        | 0           |
| Mixed Berry Smoothie                | 1                      | 16 oz.       | 176             | 0       | 0                 | 0             | 0                | 119         | 44        | 0         | 39        | 2           |
| Mocha Specialty Smoothie            | 1                      | 16 oz.       | 439             | 0       | 0                 | 0             | 0                | 388         | 104       | 1         | 96        | 16          |
| Peach Fruit Smoothie                | 1                      | 16 oz.       | 292             | 0       | 0                 | 0             | 0                | 250         | 70        | 0         | 53        | 12          |
| Pie Shake (average pie)             | 1                      | 16 oz.       | 841             | 42      | 21                | 0             | 101              | 338         | 101       | 1         | 70        | 13          |
| Pina Colada Smoothie                | 1                      | 16 oz.       | 460             | 4       | 0                 | 0             | 0                | 35          | 108       | 2         | 96        | 0           |
| Pomegranate Blueberry Smoothie      | 1                      | 16 oz.       | 440             | 1       | 0                 | 0             | 0                | 45          | 110       | 0         | 98        | 0           |
| Raspberry Fruit Smoothie            | 1                      | 16 oz.       | 275             | 1       | 0                 | 0             | 0                | 250         | 64        | 0         | 53        | 11          |
| Strawberry Banana Fruit Smoothie    | 1                      | 16 oz.       | 418             | 0       | 0                 | 0             | 0                | 371         | 95        | 2         | 87        | 16          |
| Strawberry Banana Smoothie          | 1                      | 16 oz.       | 176             | 0       | 0                 | 0             | 0                | 119         | 47        | 0         | 40        | 2           |
| Strawberry Bomb Smoothie            | 1                      | 16 oz.       | 400             | 0       | 0                 | 0             | 0                | 29          | 101       | 0         | 75        | 0           |
| Strawberry Fruit Smoothie           | 1                      | 16 oz.       | 247             | 0       | 0                 | 0             | 0                | 250         | 55        | 1         | 54        | 11          |
| Very Cherry Smoothie                | 1                      | 16 oz.       | 359             | 1       | 0                 | 0             | 0                | 29          | 88        | 0         | 69        | 0           |
| Wild Berry Smoothie                 | 1                      | 16 oz.       | 400             | 1       | 0                 | 0             | 0                | 45          | 100       | 0         | 92        | 0           |



| Soup                           | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Baked Potato Soup Bowl         | 1                      | 12 oz.       | 317             | 15      | 9                 | 0             | 57               | 788         | 35        | 3         | 7         | 11          |
| Baked Potato Soup Cup          | 1                      | 8 oz.        | 187             | 9       | 5                 | 0             | 34               | 466         | 21        | 2         | 4         | 6           |
| Bean & Sausage Soup Bowl       | 1                      | 12 oz.       | 216             | 13      | 3                 | 0             | 13               | 1,146       | 19        | 4         | 1         | 8           |
| Bean & Sausage Soup Cup        | 1                      | 8 oz.        | 128             | 8       | 2                 | 0             | 8                | 677         | 11        | 2         | 1         | 5           |
| Beef Barley Soup Bowl          | 1                      | 12 oz.       | 140             | 4       | 1                 | 0             | 13               | 1,158       | 20        | 3         | 3         | 8           |
| Beef Barley Soup Cup           | 1                      | 8 oz.        | 83              | 2       | 1                 | 0             | 8                | 684         | 12        | 2         | 2         | 5           |
| Beef Vegetable Soup Bowl       | 1                      | 12 oz.       | 204             | 10      | 3                 | 0             | 45               | 1,358       | 17        | 3         | 3         | 13          |
| Beef Vegetable Soup Cup        | 1                      | 8 oz.        | 120             | 6       | 2                 | 0             | 26               | 803         | 10        | 2         | 2         | 8           |
| Black Bean Vegetable Soup Bowl | 1                      | 12 oz.       | 229             | 6       | 1                 | 0             | 0                | 1,196       | 33        | 10        | 1         | 10          |
| Black Bean Vegetable Soup Cup  | 1                      | 8 oz.        | 135             | 3       | 0                 | 0             | 0                | 707         | 20        | 6         | 1         | 6           |
| Broccoli Cheese Soup Bowl      | 1                      | 12 oz.       | 229             | 14      | 8                 | 0             | 38               | 1,690       | 17        | 1         | 5         | 13          |
| Broccoli Cheese Soup Cup       | 1                      | 8 oz.        | 135             | 8       | 5                 | 0             | 23               | 999         | 10        | 1         | 3         | 8           |
| Butternut Squash Bisque Bowl   | 1                      | 12 oz.       | 356             | 22      | 10                | 0             | 51               | 789         | 40        | 1         | 23        | 5           |
| Butternut Squash Bisque Cup    | 1                      | 8 oz.        | 211             | 13      | 6                 | 0             | 30               | 466         | 23        | 1         | 14        | 3           |
| Chicken & Rice Soup Bowl       | 1                      | 12 oz.       | 153             | 5       | 1                 | 0             | 13               | 1,795       | 23        | 1         | 4         | 6           |
| Chicken & Rice Soup Cup        | 1                      | 8 oz.        | 90              | 3       | 1                 | 0             | 8                | 1,061       | 14        | 1         | 2         | 4           |
| Chicken Dumpling Soup Bowl     | 1                      | 12 oz.       | 216             | 8       | 2                 | 0             | 57               | 1,349       | 24        | 1         | 3         | 13          |
| Chicken Dumpling Soup Cup      | 1                      | 8 oz.        | 128             | 5       | 1                 | 0             | 34               | 797         | 14        | 1         | 2         | 8           |
| Chicken Noodle Soup Bowl       | 1                      | 12 oz.       | 127             | 5       | 2                 | 0             | 32               | 1,451       | 14        | 1         | 1         | 8           |
| Chicken Noodle Soup Cup        | 1                      | 8 oz.        | 75              | 3       | 1                 | 0             | 19               | 857         | 8         | 1         | 1         | 5           |
| Chicken Tortilla Soup Bowl     | 1                      | 12 oz.       | 178             | 6       | 1                 | 0             | 19               | 1,171       | 23        | 3         | 4         | 10          |
| Chicken Tortilla Soup Cup      | 1                      | 8 oz.        | 105             | 3       | 1                 | 0             | 11               | 692         | 14        | 2         | 2         | 6           |
| Chili Bowl                     | 1                      | 12 oz.       | 280             | 13      | 5                 | 0             | 45               | 1,324       | 23        | 6         | 5         | 18          |
| Chili Cup                      | 1                      | 8 oz.        | 165             | 8       | 3                 | 0             | 26               | 782         | 14        | 4         | 3         | 11          |
| Clam Chowder Bowl              | 1                      | 12 oz.       | 229             | 10      | 5                 | 0             | 38               | 1,133       | 24        | 1         | 6         | 10          |
| Clam Chowder Cup               | 1                      | 8 oz.        | 135             | 6       | 3                 | 0             | 23               | 669         | 14        | 1         | 4         | 6           |
| Cream of Broccoli Soup Bowl    | 1                      | 12 oz.       | 229             | 15      | 9                 | 0             | 57               | 1,095       | 18        | 1         | 8         | 6           |
| Cream of Broccoli Soup Cup     | 1                      | 8 oz.        | 135             | 9       | 5                 | 0             | 34               | 647         | 11        | 1         | 5         | 4           |
| Cream of Potato Soup Bowl      | 1                      | 12 oz.       | 331             | 22      | 12                | 0             | 64               | 891         | 26        | 1         | 3         | 6           |
| Cream of Potato Soup Cup       | 1                      | 8 oz.        | 196             | 13      | 7                 | 0             | 38               | 526         | 15        | 1         | 2         | 4           |
| French Onion Soup Bowl         | 1                      | 12 oz.       | 165             | 12      | 5                 | 0             | 19               | 1,286       | 13        | 1         | 5         | 3           |
| French Onion Soup Cup          | 1                      | 8 oz.        | 98              | 7       | 3                 | 0             | 11               | 760         | 8         | 1         | 3         | 2           |
| Italian Wedding Soup Bowl      | 1                      | 12 oz.       | 140             | 5       | 2                 | 0             | 13               | 1,171       | 17        | 1         | 1         | 6           |



| Soup                           | Servings per Container | Serving Size | Calories (kCal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--------------------------------|------------------------|--------------|-----------------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Italian Wedding Soup Cup       | 1                      | 8 oz.        | 83              | 3       | 1                 | 0             | 8                | 692         | 10        | 1         | 1         | 4           |
| Lobster Bisque Bowl            | 1                      | 12 oz.       | 484             | 37      | 23                | 0             | 153              | 1,426       | 24        | 0         | 10        | 14          |
| Lobster Bisque Cup             | 1                      | 8 oz.        | 286             | 22      | 14                | 0             | 90               | 842         | 14        | 0         | 6         | 8           |
| Minestrone Soup Bowl           | 1                      | 12 oz.       | 127             | 3       | 0                 | 0             | 0                | 827         | 20        | 4         | 4         | 5           |
| Minestrone Soup Cup            | 1                      | 8 oz.        | 75              | 2       | 0                 | 0             | 0                | 489         | 12        | 2         | 2         | 3           |
| Potato Cheese Soup Bowl        | 1                      | 12 oz.       | 242             | 12      | 8                 | 0             | 38               | 1,795       | 24        | 1         | 5         | 12          |
| Potato Cheese Soup Cup         | 1                      | 8 oz.        | 143             | 7       | 5                 | 0             | 23               | 1,061       | 14        | 1         | 3         | 7           |
| Shrimp & Corn Chowder Bowl     | 1                      | 12 oz.       | 318             | 17      | 6                 | 0             | 76               | 955         | 31        | 3         | 9         | 10          |
| Shrimp & Corn Chowder Cup      | 1                      | 8 oz.        | 188             | 10      | 4                 | 0             | 45               | 564         | 18        | 2         | 5         | 6           |
| Stuffed Pepper Soup Bowl       | 1                      | 12 oz.       | 127             | 6       | 1                 | 0             | 6                | 1,120       | 13        | 1         | 3         | 5           |
| Stuffed Pepper Soup Cup        | 1                      | 8 oz.        | 75              | 3       | 1                 | 0             | 4                | 662         | 8         | 1         | 2         | 3           |
| Tomato Basil Bisque Bowl       | 1                      | 12 oz.       | 381             | 31      | 20                | 0             | 103              | 1,246       | 19        | 4         | 12        | 6           |
| Tomato Basil Bisque Cup        | 1                      | 8 oz.        | 235             | 19      | 12                | 0             | 64               | 740         | 12        | 2         | 7         | 4           |
| Tomato Tortellini Soup Bowl    | 1                      | 12 oz.       | 255             | 13      | 8                 | 0             | 38               | 840         | 29        | 1         | 6         | 5           |
| Tomato Tortellini Soup Cup     | 1                      | 8 oz.        | 150             | 8       | 5                 | 0             | 23               | 496         | 17        | 1         | 4         | 3           |
| Vegetarian Vegetable Soup Bowl | 1                      | 12 oz.       | 140             | 5       | 1                 | 0             | 0                | 1,082       | 20        | 3         | 4         | 4           |
| Vegetarian Vegetable Soup Cup  | 1                      | 8 oz.        | 83              | 3       | 0                 | 0             | 0                | 639         | 12        | 2         | 2         | 2           |
| White Chili Bowl               | 1                      | 12 oz.       | 229             | 6       | 1                 | 0             | 19               | 1,833       | 32        | 9         | 4         | 17          |
| White Chili Cup                | 1                      | 8 oz.        | 135             | 3       | 0                 | 0             | 11               | 1,083       | 19        | 5         | 2         | 10          |