



Chicken Salad Chick

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Chicken/Egg Salad (4 oz - scoop) No more than 6 grams saturated fat and 600 mg sodium						
Dill-icious Diva	350	6	530	1	0	14
Dixie Chick	370	6	550	2	0	15
Fancy Nancy	410	6	510	5	1	14
Fruity Fran	340	5	470	7	1	12
Luau Lydia	370	6	450	4	1	12
Egg Salad	250	4.5	410	5	0	12
Cranberry Kelli	460	6	590	12	2	16
Lauryn's Lemon Basil	390	6	580	1	0	15
Nutty Nana	420	6	460	4	1	15
Southwest Senorita	320	5	580	3	0	17
Signature Sandwiches						
Chicken Salad BLT - Wheatberry Bread	740	9	1310	53	2	29
-OMIT BACON	650	6.5	1090	53	2	24
Turkey Club - Wheatberry Bread	730	9	1750	59	6	56
-OMIT BACON	640	7	1550	59	6	48
Gourmet Soups (cup)						
Chicken Tortilla	180	4	650	14	2	10
Tomato Bisque	110	3	420	13	2	2
Green Salads No more than 2 grams saturated fat and 200 mg sodium						
Cranberry Apple Salad	210	4	270	13	3	7
Strawberry Pecan Salad (no dressing)	110	2	140	13	4	4
Fresh Side Items & Chips						
Fresh Fruit	80	0	0	20	2	1
Baked Lays	140	0.5	180	24	2	2
Italian Dressing (2 oz)	140	1	580	6	0	0

Fall 2025