



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Fruit Cup	80	0	5	21	2	1
Pumpkin Muffin	470	2	270	74	2	7
Wheat Bagel	350	0	650	71	7	13
Avocado Toast	510	5	1450	52	19	9
Build your own Sandwich						
<i>Breads</i>						
Rustic Wheat	240	0	470	50	4	8
Gluten Free Multigrain	280	0	n/a	46	3	4
<i>Proteins</i>						
Turkey	80	0	620	0	0	18
Chicken Salad	240	3	270	1	0	17
Chicken Breast	120	1	50	0	0	22
<i>Vegetables</i>						
Lettuce/ Spinach/ Cucumbers/ Onions	0	0	0	0	0	0
Tomato	5	0	0	1	0	0
<i>Dressings</i>						
Dijon Mustard	5	0	150	0	0	0
Honey Mustard	15	0	65	1	0	0
Balsamic Glaze	20	0	0	5	0	0
Sandwiches (full)						
Tejas Blue	490	3	1230	57	11	28
Artichoke on Sourdough	270	0	520	52	3	8
Blue Bird	500	4	910	50	3	28



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Soups (cup)						
Tomato Basil Bisque	120	4	650	13	2	2
Pizza (10") <i>Customize your pizza with added veggies</i>						
Cheese	530	7	1390	73	4	25
Salads*						
Pecan Apple Chicken	n/a	n/a	n/a	n/a	n/a	n/a
Mixed Greens & Chicken	n/a	n/a	n/a	n/a	n/a	n/a
Red, White, & Blue	n/a	n/a	n/a	n/a	n/a	n/a
Ancient Grains Medley Bowl	n/a	n/a	n/a	n/a	n/a	n/a
*Nutrition facts for salads not available as of 9/29/2020. Fork Friendly selections have been based on the salads with the healthiest ingredients.						