

COLD BREAKFAST

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M11509	Smoked Salmon Platter	1 serving (92 g)	110	54	6	2.5	0	95	270	3	0	2	9
M12376	Blueberry Scone	1 each (106 g)	400	189	21	13	0	120	300	47	2	17	6
M12377	Cinnamon Scone	1 each (106 g)	440	216	24	15	0	120	330	49	2	19	6
M12390	Maple Pecan Danish	1 each (85 g)	420	225	25	11	0	20	135	51	1	24	4
M12392	Raspberry Danish	1 each (92 g)	350	189	21	10	0	10	105	35	2	15	5
M12393	Croissant	1 each (78 g)	370	171	19	11	0.5	50	380	42	2	6	8
M13727	Fresh Apple	1 each (131 g)	60	0	0	0	0	0	0	17	3	12	0
M13770	Fresh Orange	1 each (131 g)	45	0	0	0	0	0	0	12	2	9	<1
M13844	Nonfat Vanilla Yogurt	1/2 pound (227 g)	160	0	0	0	0	5	125	34	0	27	9
M13850	Nonfat Strawberry Yogurt	1/2 pound (227 g)	160	0	0	0	0	5	125	32	0	25	9
M14113	Donut Bites	4 each (50 g)	210	108	12	6	0	10	300	24	<1	10	2
M14342	Diced Pineapple	3/8 pound (170 g)	90	0	0	0	0	0	0	22	2	17	<1
M14547	Walnuts	1/16 pound (28 g)	180	153	17	1		0	0	3	2	0	7
M14597	Strawberries	3/8 pound (170 g)	50	4.5	0.5	0	0	0	0	13	3	8	1
M17438	Assorted Jellies	1 each (14 g)	35	0	0	0	0	0	0	9	0	8	0
M17536	Cream Cheese	1 each (28 g)	70	63	7	4	0	20	115	1	0	1	1
M17770	Fresh Banana	1 each (184 g)	100	0	0	0	0	0	0	27	3	14	1
M20002	Cinnamon-Honey Granola	1/16 pound (28 g)	110	22.5	2.5	1	0	0	0	22	2	9	3

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M20232	2% Milk	1 carton (274 g)	120	40.5	4.5	3		20	125	12	0		8
M20242	Butter	1 each (5 g)	35	36	4	2.5	0	10	30	0	0	0	0
M20278	Danish Pastry	1 each (36 g)	120	54	6	3	0	<5	140	17	0	7	2
M21082	Honey	1/16 pound (28 g)	90	0	0	0		0	0	23	0	23	0
M21084	Pancake Syrup	1/16 quart (78 g)	210	0	0	0	0	0	65	51	0	31	0
M21491	Nonfat Greek Yogurt	1/2 pound (227 g)	120	0	0	0	0	5	95	9	0	9	23
M21768	Blueberry Streusel Muffin	1 muffin (113 g)	370	99	11	2.5	0	30	250	63	1	34	4
M21769	Assorted Bagels	1 each (113 g)	300	18	2	0.5	0	0	570	60	2	6	11
M21771	Apple Pecan Cinnamon Muffin	1 muffin (113 g)	450	216	24	4.5	0	60	370	54	2	31	6
M21772	Banana Bread Muffin	1 muffin (113 g)	410	126	14	2	0	25	290	66	2	28	5
M21774	Chocolate Chunk Muffin	1 muffin (113 g)	420	171	19	5	0	55	260	60	2	36	5
M32165	Light Strawberry Yogurt	1 each (113 g)	50	0	0	0	0	<5	60	9	0	6	4
M32166	Light Strawberry Banana Yogurt	1 each (113 g)	50	0	0	0	0	<5	60	9	0	6	4
M32167	Light Blueberry Yogurt	1 each (113 g)	50	0	0	0	0	<5	60	10	0	6	4
M32903	General Mill's Goodness Assorted Pack	1 container (57 g)	230	9	1	0	0	0	500	53	1	5	4
M32904	General Mill's Favorite Assorted Pack	1 container (50 g)	170	13.5	1.5	0	0	0	220	39	5	7	4
M32905	Kellogg's Wellness Assorted Pack	1 container (59 g)	210	4.5	0.5	0		0	0	47	3		9
M32906	General Mills' Assorted Pack	1 container (55 g)	190	18	2	0.5	0	0	270	42	5	12	4

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Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M33241	Blueberry Banana Bread	1 piece (106 g)	260	90	10	1	0	0	170	40	2	21	2
M34136	Assorted Scone	1 each (99 g)	410	198	22	13	0	90	290	48	1	20	6
M34144	Cheese Danish	1 each (113 g)	370	171	19	9	0	30	420	45	1	23	6
M37427	Pear	1 each (177 g)	100	0	0	0	0	0	0	27	5	17	<1
M39846	Light Raspberry Yogurt	1 each (113 g)	50	0	0	0	0	<5	60	10	0	6	4
M39847	Light Peach Yogurt	1 each (113 g)	50	0	0	0	0	<5	60	9	0	6	4
M41423	Peanut Butter Marshmallow Donut	1 each (120 g)	500	189	21	7	0	0	370	73	2	38	9
M41451	Marshmallow Donut	1 each (116 g)	500	144	16	8	0	0	340	83	3	50	6
M41471	Triple Chocolate Donut	1 each (137 g)	550	189	21	11	0	0	330	87	4	51	6
M41473	Maple Bacon Donut	1 each (109 g)	490	162	18	8	0	10	450	75	<1	49	8
M5704	Fresh Fruit Salad	1/2 cup (71 g)	35	0	0	0	0	0	5	9	<1	8	0
M596	Vanilla Iced Donut with Sprinkles	1 each (113 g)	460	180	20	11	0	0	350	68	<1	38	4
M599	Cinnamon-Sugar Donut	1 each (57 g)	240	99	11	5	0	0	260	32	1	7	4
M600	Powdered Sugar Donut	1 each (57 g)	240	99	11	5	0	0	260	32	<1	8	4

HOT BREAKFAST

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M10583	Hash Brown Potato Patty	1 each (64 g)	100	54	6	1	0	0	260	12	<1	0	<1
M10588	Pork Sausage Patty	1 patty (28 g)	180	162	18	6	0	30	190	0	0	0	5
M1078	Country-Style Egg Scramble	1/2 cup (113 g)	180	108	12	4	0	360	180	2	0	<1	13
M11509	Smoked Salmon Platter	1 serving (92 g)	110	54	6	2.5	0	95	270	3	0	2	9
M12293	Bacon, Egg & Cheese Bagel	1 each (135 g)	430	189	21	8	0	225	860	37	2	4	23
M12610	Chorizo 'n' Egg Scramble	1/2 cup (113 g)	90	40.5	4.5	1.5	0	150	60	4	0	0	6
M15762	Egg & Cheese Muffin	1 each (120 g)	270	108	12	4.5	0	215	310	22	<1	1	14
M20708	Egg & Cheese Croissant	1 each (120 g)	370	207	23	10	0	215	380	25	1	2	14
M21042	Ham, Egg & Cheese Biscuit	1 each (184 g)	370	180	20	9	0	230	1000	28	<1	3	18
M2769	Grilled Ham Steak	1 each (43 g)	70	27	3	1	0	30	740	2	0	1	9
M32730	Pancakes	2 each (68 g)	150	18	2	0	0	<5	320	28	1	6	4
M32996	California Scramble	1 serving (167 g)	370	270	30	8	0	475	380	2	<1	<1	22
M32997	Western Scramble	1 serving (170 g)	340	234	26	8	0	475	450	2	0	<1	21
M41220	Morning BLT Bagel	1 each (184 g)	430	189	21	6	0	230	860	40	4	6	21
M749	Orange Spice French Toast	3 piece (78 g)	280	90	10	2.5	0	245	290	32	3	9	14
M766	Scrambled Eggs	1/2 cup (113 g)	230	153	17	4.5	0	455	220	0	0	0	16
M861	French Toast	1 slice (92 g)	140	40.5	4.5	1	0	60	135	19	2	4	6
M868	Sausage & Egg Cheese Biscuit	1 each (152 g)	490	315	35	13	0	245	740	27	<1	3	17

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M9513	Pork Sausage Links	2 link (36 g)	230	198	22	8	0	45	450	<1	0	0	8
M9519	Bacon	2 slice (14 g)	110	81	9	3	0	25	320	<1	0	<1	7
M9722	Home Fries	1/2 cup (57 g)	140	40.5	4.5	0.5	0	0	140	24	2	2	2
M9729	Hash Brown Potatoes	1/2 cup (85 g)	120	40.5	4.5	0	0	0	210	19	2	0	1
M9844	Hash Browns	1/2 cup (85 g)	120	72	8	1	0	0	370	11	<1	0	<1

SANDWICHES

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M14114	Spicy Pepper Jack Tuna Wrap	1 sandwich (323 g)	580	243	27	6	0	50	1390	60	4	6	28
M17311	Chicken & Asiago Sub	1 each (245 g)	490	189	21	5	0	85	730	41	1	6	33
M19605	Curried Turkey & Apple Wrap	1 each (291 g)	660	261	29	6	0	45	1560	76	5	19	23
M22101	Buffalo Chicken Baguette	1 each (329 g)	680	126	14	4.5	0	85	1570	97	4	4	40
M32540	Roasted Pepper & Mozzarella Ciabatta	1 each (223 g)	500	216	24	8	0	35	690	53	10	8	21
M34064	Bavarian Pretzel Sandwich	1 sandwich (258 g)	490	135	15	6	0	55	1860	61	3	9	29
M34651	Chimichurri Roast Beef Sandwich	1 sandwich (280 g)	540	207	23	5	0	55	1680	56	4	5	26
M7569	Tuna Salad Ciabatta	1 sandwich (255 g)	500	216	24	3.5	0	35	820	45	8	3	27
M7619	Veggie Lavash Wrap	1 sandwich (329 g)	570	243	27	6	0	15	1640	68	6	11	15
M7724	Grilled Chicken Caesar Wrap	1 each (305 g)	630	252	28	7	0	75	1050	58	3	3	33
M7773	Turkey & Swiss Sandwich	1 each (290 g)	530	135	15	7	0	60	1440	70	6	12	34
M7798	Grilled Vegetable Wrap	1 each (319 g)	610	297	33	8	0	20	1050	65	5	7	15
M7839	Honey Mustard Ham Ciabatta	1 sandwich (269 g)	460	126	14	3	0	50	2060	60	3	6	22
M7867	Turkey & Ham Pesto Baguette	1 each (354 g)	720	180	20	6	0	65	2030	99	5	5	34
M7898	Dilled Chicken Salad Croissant	1 sandwich (255 g)	680	387	43	15	1	110	710	52	3	12	22
M8193	Southwest Smoked Turkey Ciabatta	1 each (283 g)	540	189	21	5	0	55	1730	60	4	4	27

DELI

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M10522	Marinated Mixed Olives	1/2 cup (78 g)	150	126	14	2	0	0	1240	3	3	0	<1
M10727	Chilled Grilled Vegetables	1/2 cup (85 g)	70	36	4	0.5	0	0	135	8	2	5	1
M11624	Green Leaf Lettuce	1/16 pound (28 g)	0	0	0	0	0	0	10	<1	0	0	0
M1272	Hummus	1/2 cup (128 g)	240	171	19	2.5	0	0	250	14	4	2	6
M13541	Sliced Tomatoes	1/16 pound (28 g)	5	0	0	0	0	0	0	1	0	<1	0
M14282	Ham	3/8 pound (170 g)	210	81	9	3	0	85	2230	6	0	4	27
M14294	Roast Beef	3/8 pound (170 g)	210	81	9	3	0	90	1370	<1	0	<1	30
M14296	Turkey Breast	3/8 pound (170 g)	160	27	3	0.5	0	70	950	6	1	2	28
M14303	Swiss Cheese	1/16 pound (28 g)	110	81	9	5	0	25	55	0	0	0	8
M14304	Cheddar Cheese	1/16 pound (28 g)											
M14343	Sliced Red Onions	1/16 pound (28 g)	10	0	0	0	0	0	0	3	0	1	0
M14627	Kaiser Roll	1 each (64 g)	220	31.5	3.5	0.5	0	0	400	40	1	3	8
M14634	Marble Rye Bread	1 slice (35 g)	110	90	10	3	0	0	180	19	1	<1	4
M14856	Dill Pickle Slices	1/16 pound (28 g)	0	0	0	0	0	0	330	<1	0	0	0
M14888	Pepperoncini	1/16 pound (28 g)	10	0	0	0	0	0	590	2	1	0	0
M20148	Wheat Berry Bread	1 slice (53 g)	160	18	2	0.5	0	0	300	32	2	5	5
M32944	Dinner Roll	1 roll (21 g)	60	4.5	0.5	0	0	0	110	11	0	1	2
M35118	Chunky White Meat Chicken Salad	3 3/4 ozw (106 g)	240	162	18	3	0	50	260	2	0	<1	16

Catering Menu Nutrition Summary

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DELI

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M35451	Vegan Cheddar Cheese	1 slice (21 g)	35	22.5	2.5	2.5	0	0	95	2	0	0	0
M5704	Fresh Fruit Salad	1/2 cup (71 g)	35	0	0	0	0	0	5	9	<1	8	0
M5832	Homestyle Egg Salad	4 ozw (113 g)	260	207	23	5	0	290	280	2	0	1	10
M5839	Tuna Salad	4 ozw (113 g)	290	216	24	3.5	0	45	340	1	0	<1	19
M14343	Sliced Red Onions	1/16 pound (28 g)	10	0	0	0	0	0	0	3	0	1	0
M14627	Kaiser Roll	1 each (64 g)	220	31.5	3.5	0.5	0	0	400	40	1	3	8
M14634	Marble Rye Bread	1 slice (35 g)	110	90	10	3	0	0	180	19	1	<1	4
M14856	Dill Pickle Slices	1/16 pound (28 g)	0	0	0	0	0	0	330	<1	0	0	0
M14888	Pepperoncini	1/16 pound (28 g)	10	0	0	0	0	0	590	2	1	0	0
M20148	Wheat Berry Bread	1 slice (53 g)	160	18	2	0.5	0	0	300	32	2	5	5
M32944	Dinner Roll	1 roll (21 g)	60	4.5	0.5	0	0	0	110	11	0	1	2
M35118	Chunky White Meat Chicken Salad	3 3/4 ozw (106 g)	240	162	18	3	0	50	260	2	0	<1	16

PLATTERS & DIPS

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M10727	Chilled Grilled Vegetables	1/2 cup (85 g)	70	36	4	0.5	0	0	135	8	2	5	1
M1272	Hummus	1/2 cup (128 g)	240	171	19	2.5	0	0	250	14	4	2	6
M1305	Baba Ghanoush	1/2 cup (113 g)	80	45	5	0.5	0	0	280	9	4	4	2
M13634	Spinach Dip with Pita Chips	1 each (64 g)	210	117	13	4	0	20	400	18	<1	3	5
M1393	Herbed Roasted Garlic Feta Spread	1 fl oz (28 g)	130	117	13	4	0	15	230	1	0	<1	4
M14115	Olive Artichoke Spread	1 fl oz (28 g)	70	63	7	1	0	<5	310	2	1	0	0
M144	Crudite Crudite Platter	1 serving (142 g)	120	90	10	2	0	10	230	7	2	4	2
M1546	Spinach Dip	3 ozw (85 g)	260	225	25	8	0	40	390	5	<1	4	4
M20192	Cheese Platter	1 serving (78 g)	300	180	20	11	0	55	470	14	0	<1	17
M2208	Summer Fruit Platter	1 serving (85 g)	35	0	0	0	0	0	5	9	1	7	<1
M33419	Korean Roja Guacamole	1 serving (113 g)	150	108	12	1.5	0	0	580	10	<1	2	<1
M33420	Ginger Verde Guacamole	1 serving (110 g)	140	99	11	1.5	0	0	390	8	0	<1	0
M7719	Turkey & Swiss Petite Ciabatta	1 sandwich (159 g)	320	117	13	4	0	35	810	34	2	2	16
M7722	Ham & Cheese Petite Ciabatta	1 sandwich (159 g)	300	99	11	4	0	35	1090	35	2	4	15
M7723	Beef & Cheddar Petite Ciabatta	1 sandwich (159 g)	280	81	9	4.5	0	40	810	34	2	3	16
M7847	Fresh Mozzarella Petite Ciabatta	1 each (117 g)	240	72	8	4	0	20	390	32	1	2	10

COLD SALADS

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
A5429	Smoky Coconut -Lime Portobello Salad Platter	1 serving (107 g)	70	40.5	4.5	3	0	0	70	6	2	3	1
A5437	Plant Forward Street Corn Salad Platter	1 serving (93 g)	210	153	17	2	0	0	260	13	3	2	3
M11321	Greek Pasta Salad	1/2 cup (85 g)	80	31.5	3.5	1	0	<5	200	11	2	2	3
M11384	Rotini & Grilled Vegetable Salad	1/2 cup (85 g)	120	27	3	0	0	0	115	21	2	4	3
M12361	Tomato Cucumber Couscous Salad	1/2 cup (106 g)	120	40.5	4.5	0.5	0	0	100	17	2	1	3
M1272	Hummus	1/2 cup (128 g)	240	171	19	2.5	0	0	250	14	4	2	6
M1305	Baba Ghanoush	1/2 cup (113 g)	80	45	5	0.5	0	0	280	9	4	4	2
M13065	Spicy Sweet Potato Salad	1/2 cup (113 g)	130	54	6	0.5	0	0	250	18	3	4	1
M13479	Cilantro Peanut Noodle Salad	1/2 cup (85 g)	240	135	15	2	0	0	220	22	<1	<1	5
M13547	Garden Salad	1 serving (99 g)	45	22.5	2.5	0	0	0	110	6	1	4	<1
M13603	Orange Fennel Spinach Salad	1 serving (181 g)	210	153	17	2	0	0	110	13	4	7	4
M14013	Asian Edamame Salad	1/2 cup (85 g)	130	72	8	1	0	0	135	9	3	2	8
M15922	Side Caesar Salad	1 serving (76 g)	160	135	15	3	0	5	320	5	1	1	4
M18658	Pesto Cavatappi & Vegetables	1 cup (213 g)	260	90	10	2	0	10	210	37	4	5	10
M18680	Creamy Coleslaw	1 each (99 g)	170	117	13	2	0	10	210	11	2	9	1
M18948	Greek Quinoa Salad	1/2 cup (99 g)	120	54	6	2	0	5	170	12	2	2	4
M18949	Roasted Vegetable & Rotini Salad	1/2 cup (106 g)	200	144	16	3	0	<5	105	13	3	2	3
M19020	Asian Chicken Chop Salad	1 each (468 g)	440	207	23	3	0	70	610	32	9	17	28

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M19449	Steakhouse Chop Salad	1 serving (191 g)	210	99	11	4	0	35	390	13	3	3	14
M19735	Balsamic Vinaigrette	1/16 quart (57 g)	120	90	10	1	0	0	400	9	0	9	0
M20260	Caesar Salad Dressing	1 each (43 g)	210	207	23	4	0	<5	400	1	0	<1	<1
M32514	Red Quinoa & Pickled Onion Salad	1 cup (57 g)	90	63	7	1	0	0	45	6	<1	<1	1
M33216	Roasted Beet & Arugula Salad	1/2 cup (71 g)	120	63	7	1.5	0	0	250	11	3	3	3
M33369	Asparagus, Mushroom & Farro Caesar	1/2 cup (78 g)	110	63	7	1.5	0	<5	200	9	2	1	3
M33628	Sweet Chili Pork Salad Bowl	1 serving (170 g)	310	99	11	2	0	25	230	39	4	9	16
M33832	Ranch Dressing	2 fl oz (60 g)	200	198	22	3.5	0	20	490	2	0	1	<1
M34245	Thai Chicken Vegetable Noodle Bowl	1 serving (337 g)	540	99	11	1.5	0	70	800	75	3	7	34
M34287	Southwest Grain Bowl	1 each (411 g)	440	99	11	1.5	0	70	230	55	9	4	33
M34549	Chickpea Tagine with Couscous	1 serving (291 g)	310	126	14	1.5	0	0	610	42	7	7	8
M35711	Harvest Chicken Salad	1 each (372 g)	910	675	75	11	0.5	75	510	27	6	5	34
M40442	BOWL, SALAD MIX, SALMON, BULGAR WHEAT, LENTIL	1 serving (315 g)	680	423	47	7	0	50	630	41	8	6	26
M5789	Asian Slaw	1/2 cup (71 g)	25	0	0	0	0	0	150	5	2	2	<1
M5804	Old-Fashioned Coleslaw	1/2 cup (85 g)	150	126	14	2	0	10	150	5	2	3	<1
M5910	Bacon Spinach Salad	1 each (184 g)	180	108	12	3	0	90	440	10	2	7	9
M6197	Bayou Slaw	1/2 cup (50 g)	50	45	5	0.5	0	0	35	2	<1	<1	<1
M6521	Red-Skin Potato Salad	1/2 cup (113 g)	230	162	18	3	0	45	270	13	1	2	3

HORS D'OEUVRES

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
A1814	Italian Pinwheel Skewer	1 serving (40 g)	90	40.5	4.5	2	0	15	470	7	0	<1	4
A1821	Chicken and Waffle Bite with Spicy Syrup	1 each (28 g)	45	9	1	0	0	10	75	7	0	2	2
A1824	Tenderloin and Bacon Jam Crostini	1 each (57 g)	130	45	5	1.5	0	25	220	12	0	4	9
A3709	Candied Bacon Topped Deviled Egg	1 each (52 g)	70	54	6	1.5	0	90	90	<1	0	<1	3
M13204	Bruschetta	2 each (57 g)	110	31.5	3.5	0	0	0	290	16	<1	<1	3
M13634	Spinach Dip with Pita Chips	1 each (64 g)	210	117	13	4	0	20	400	18	<1	3	5
M1453	Crostini	1 each (14 g)	45	9	1	0	0	0	110	7	0	0	1
M20726	Cheddar Cheese Sauce	1/4 quart (227 g)	320	207	23	6	0	15	1460	25	0	0	3
M32948	Soft Pretzel	1 each (71 g)	25	0	0	0	0	0	20	5	0	0	<1
M33532	Vegan Cheddar Cheese Sauce	2 fl oz (57 g)	100	72	8	2	0	0	210	7	1	1	2
M34855	Pimento Cheese & Bacon Toast	1 sandwich (131 g)	420	225	25	9	0	50	820	35	3	7	16
M35155	Veggie Hummus Cup	1 each (133 g)	180	117	13	2	0	0	270	11	4	3	5
M35758	Italian Meatballs	3 each (85 g)	300	207	23	9	1	100	340	5	0	<1	17
M6345	Pita Chips	1/4 pound (113 g)	260	27	3	0	0	0	680	51	2	2	9
M76	Sweet 'n' Spicy Chicken Wings	1 serving (213 g)	490	225	25	6	0	50	970	47	2	28	23
M9403	Cajun Cheese Sauce	2 fl oz (57 g)	120	81	9	5	0	20	170	4	0	2	6

ENTREES

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M11519	Chicken Mushroom Marsala	1 serving (191 g)	230	90	10	2.5	0	60	280	10	<1	1	23
M12103	Grilled BBQ Pork Chops	1 each (85 g)	180	54	6	2	0	65	160	4	0	3	24
M12910	Pot Roast with Shallot Dijon Sauce	1 serving (142 g)	300	117	13	3.5	0	65	530	12	2	3	27
M13351	Grilled Asian Beef Steak	4 ozw (113 g)	210	99	11	4.5	0	85	200	0	0	0	26
M13537	Beef Fajita	1 serving (255 g)	630	297	33	15	0.5	130	1060	40	3	4	39
M13596	Potato Crusted Salmon	1 each (117 g)	140	72	8	2	0	25	220	7	1	2	10
M13637	Chicken Fajitas	1 serving (255 g)	570	234	26	11	0.5	125	1440	42	3	4	41
M13641	Chipotle Orange Chicken	2 piece (170 g)	320	207	23	7	0	95	125	4	<1	2	22
M13682	Grilled Montreal Cod	1 each (85 g)	80	22.5	2.5	0	0	35	220	0	0	0	12
M13994	Teriyaki Salmon Platter	4 ozw (113 g)	110	40.5	4.5	1	0	35	210	6	2	3	13
M14020	Carne Asada con Papas Rancheras	1 serving (170 g)	260	126	14	3	0	40	180	17	2	1	15
M14098	Rigatoni & Meatballs	1 serving (213 g)	290	117	13	3.5	0	15	300	35	4	4	11
M14392	Chicken with Lemon Artichoke Sauce	1 serving (163 g)	210	63	7	1.5	0	60	440	11	2	0	23
M16450	Cavatappi alla Toscana	1 serving (447 g)	410	45	5	1.5	0	<5	400	78	10	10	18
M16969	Chipotle Chicken Mango Tacos	2 each (206 g)	550	324	36	6	0	50	500	35	5	7	25
M18658	Pesto Cavatappi & Vegetables	1 cup (213 g)	260	90	10	2	0	10	210	37	4	5	10
M19547	Roasted Vegetable Taco	1 each (142 g)	200	54	6	1	0	0	260	32	4	3	5
M19715	Spicy Fish Tacos	2 each (255 g)	270	54	6	1.5	0	35	770	38	2	5	17

ENTREES

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M19776	General Tso's Tofu	1/2 cup (103 g)	120	31.5	3.5	1	0	0	290	15	2	11	6
M19978	Manicotti	1 each (92 g)	150	54	6	3.5	0	35	330	17	<1	2	7
M21660	Malibu Gardenburger® Patty	1 each (91 g)	170	72	8	1	0	0	440	21	4	2	4
M21920	Vegetable Jambalaya	1 serving (273 g)	200	31.5	3.5	0.5	0	0	260	37	5	7	6
M3036	General Tso's Chicken	8 fl oz (184 g)	270	63	7	1.5	0	95	560	28	2	17	22
M3043	Asiago Chicken with Red Pepper Sauce	1 serving (142 g)	250	72	8	2.5	0	65	510	17	2	3	28
M32520	Black Bean & Kale Taco	2 each (283 g)	360	81	9	2	0	0	810	58	9	3	13
M32741	Chicken & Broccoli Ravioli	3/4 cup (248 g)	330	117	13	5	0	75	630	34	3	5	20
M32914	Shrimp Etouffee	1 cup (234 g)	180	63	7	3	0	115	410	11	2	2	18
M33365	Citrus Braised Pork	1/2 cup (99 g)	180	99	11	4	0	55	190	2	0	1	16
M33422	Green Chili Chicken Tacos	2 each (241 g)	390	135	15	5	0	85	800	38	3	3	24
M33423	Korean Shrimp Tacos	2 each (241 g)	410	117	13	4.5	0	120	1120	45	4	4	25
M33442	Vegan Chorizo	1/4 pound (113 g)	240	108	12	1.5	0	0	940	13	5	3	23
M34641	Sesame Five Spice Tofu	1/2 cup (113 g)	280	144	16	3	0	0	210	11	3	2	21
M37405	Korean Pork Taco	1 serving (113 g)	220	63	7	2	0	30	620	25	1	7	14
M38233	Eggplant Meatballs	3 each (142 g)	210	72	8	1	0	0	890	25	6	6	7
M38387	Beef Tri-Tip Chimichurri	4 ozw (113 g)	270	144	16	5	0	85	65	<1	0	0	29
M40545	Grilled Peri Peri Chicken	1 each (85 g)	110	31.5	3.5	1	0	50	55	0	0	0	19

ENTREES

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M4409	Chipotle Pork with Pineapple Salsa	1 serving (106 g)	220	81	9	2.5	0	75	80	4	0	3	28
M4410	Chili Relleno	1 serving (170 g)	450	324	36	14	0	145	680	17	3	5	19
M4412	Creole BBQ Chicken	2 piece (170 g)	340	207	23	7	0	95	660	11	<1	9	22
M76	Sweet 'n' Spicy Chicken Wings	1 serving (213 g)	490	225	25	6	0	50	970	47	2	28	23
M8321	Classic Hot Dog	1 each (110 g)	310	162	18	7	1	25	760	26	1	3	11
M8958	Hamburger	1 each (120 g)	310	162	18	7	1	50	240	20	<1	3	14

SAUCES

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M1157	Sweet Chili Sauce	1 fl oz (28 g)	35	0	0	0	0	0	50	8	0	7	0
M11853	Sour Cream	1 fl oz (28 g)	45	36	4	2.5	0	15	40	2	0	1	<1
M13403	Sweet & Sour Sauce	1/32 quart (32 g)	35	4.5	0.5	0	0	0	160	7	0	6	0
M13673	Sweet Soy Dipping Sauce	1 fl oz (35 g)	60	0	0	0	0	0	1260	12	0	10	3
M144	Crudite Platter	1 serving (142 g)	120	90	10	2	0	10	230	7	2	4	2
M14616	Buffalo Blue Sauce	1 fl oz (28 g)	30	22.5	2.5	1.5	0	5	730	1	0	0	2
M14877	Yellow Mustard	1/32 quart (32 g)	25	4.5	0.5	0	0	0	340	2	<1	0	<1
M14878	Dijon Mustard	1/32 quart (32 g)	60	18	2	0	0	0	660	2	<1	<1	2
M14881	Honey Dijon Mustard Dressing	1/32 quart (30 g)	130	117	13	2	0	10	210	4	0	4	0
M1606	Chimichurri Mayonnaise	1 fl oz (28 g)	150	153	17	2.5	0	10	135	1	0	<1	0
M19735	Balsamic Vinaigrette	1/32 quart (28 g)	60	45	5	0.5	0	0	200	5	0	4	0
M20260	Caesar Salad Dressing	1 each (43 g)	210	207	23	4	0	<5	400	1	0	<1	<1
M20726	Cheddar Cheese Sauce	1/16 quart (57 g)	80	54	6	1.5	0	<5	370	6	0	0	<1
M21086	Chocolate Syrup	1/32 quart (39 g)	80	0	0	0	0	0	10	18	<1	16	<1
M21195	Sweet & Spicy Plum Sauce	1/32 quart (39 g)	90	0	0	0	0	0	500	22	0	20	0
M21204	Caramel Topping	1/16 quart (78 g)	200	0	0	0	0	0	220	50	0	40	<1
M21205	Raspberry Sauce	1/32 quart (39 g)	100	0	0	0	0	0	10	26	<1	17	0
M21298	Green Chile Relish	1 ozw (28 g)	15	0	0	0	0	0	20	3	<1	2	0

SAUCES

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M21854	Mango Chutney	1 fl oz (35 g)	45	0	0	0	0	0	35	11	<1	10	0
M22006	Spicy Pear Plum Sauce	1 fl oz (28 g)	35	0	0	0	0	0	160	8	0	7	0
M32216	Salsa Verde	1 fl oz (28 g)	5	0	0	0	0	0	70	1	0	<1	0
M33532	Vegan Cheddar Cheese Sauce	2 fl oz (57 g)	100	72	8	2	0	0	210	7	1	1	2
M33832	Ranch Dressing	1 fl oz (30 g)	100	99	11	1.5	0	10	250	<1	0	<1	0
M34111	Chermoula Crema	1 fl oz (28 g)	40	27	3	1	0	5	25	1	0	1	2
M36744	Spicy Brown Mustard	1/32 quart (30 g)	35	18	2	0	0	0	280	3	<1	0	2
M39198	Harissa Aioli	1 fl oz (28 g)	160	153	17	2.5	0	10	140	2	0	2	0
M40514	Peri Peri Sauce	1 fl oz (30 g)	40	31.5	3.5	0	0	0	70	2	<1	1	0
M41610	Fire Roasted Salsa	1 fl oz (28 g)	10	0	0	0	0	0	35	1	0	<1	0
M6948	Salsa Roja	1 fl oz (28 g)	5	0	0	0	0	0	105	2	0	<1	0
M9403	Cajun Cheese Sauce	2 fl oz (57 g)	120	81	9	5	0	20	170	4	0	2	6
M9484	Chile Garlic Sauce	1/32 quart (34 g)	50	27	3	0	0	0	710	6	0	5	<1

SIDE SELECTIONS

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
A127	Maple Roasted Carrots	1/2 cup (57 g)	110	31.5	3.5	1.5	0	0	150	20	4	11	1
A3341	Pork Dumpling	1 each (23 g)	45	18	2	0.5	0	<5	90	5	0	0	2
M10076	Vegetable Medley	1/2 cup (85 g)	45	22.5	2.5	1	0	0	55	6	2	2	1
M10405	Asparagus Vegetable Sauté	1/2 cup (99 g)	60	22.5	2.5	0	0	0	120	8	3	3	3
M10595	Tortilla Chips	2 ozw (57 g)	280	72	8	1	0	0	250	48	3	<1	5
M10690	Fresh Asparagus	3 ozw (85 g)	15	0	0	0	0	0	0	3	2	2	2
M11342	Salt & Pepper Potato Chips	1 1/2 ozw (43 g)	140	63	7	1	0	0	810	20	2	<1	2
M11549	Southwest Black Beans	1/2 cup (85 g)	90	4.5	0.5	0	0	0	280	16	4	1	5
M11563	Cilantro Lime Rice	1/2 cup (85 g)	120	4.5	0.5	0	0	0	45	27	0	0	3
M11568	Mexi-Rice	1/2 cup (85 g)	130	4.5	0.5	0	0	0	240	28	<1	1	3
M11853	Sour Cream	1 fl oz (28 g)	45	36	4	2.5	0	15	40	2	0	1	<1
M13154	Fingerling Potato Hash	1/2 cup (99 g)	130	54	6	1.5	0	0	80	17	2	2	2
M13424	Grilled Flatbread Wedges	1 wedge (36 g)	110	27	3	0	0	0	210	18	<1	<1	3
M13948	Fajita Vegetables	3/8 pound (170 g)	420	333	37	4	0	0	160	22	5	9	3
M1453	Crostini	1 each (14 g)	45	9	1	0	0	0	110	7	0	0	1
M179	Vegetable Egg Roll	1 each (85 g)	140	40.5	4.5	0.5	0	0	450	21	2	2	3
M19998	Red Beans & Rice	1/2 cup (99 g)	130	9	1	0	0	0	140	26	2	<1	4
M20304	Macaroni & Cheese	1 serving (198 g)	300	81	9	2.5	0	15	550	45	2	8	10

SIDE SELECTIONS

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M20967	Vegetable Fried Rice	1/2 cup (92 g)	140	45	5	1	0	55	310	19	1	0	5
M32216	Salsa Verde	2 fl oz (56 g)	15	0	0	0	0	0	140	3	<1	2	0
M34170	Lentil Falafel	1 each (21 g)	210	40.5	4.5	0.5	0	0	60	31	6	5	11
M34419	Brown Rice	1/2 cup (78 g)	110	9	1	0	0	0	0	22	<1	0	2
M35451	Vegan Cheddar Cheese	1 slice (21 g)	35	22.5	2.5	2.5	0	0	95	2	0	0	0
M40751	Garlic Roasted Broccoli	1/2 cup (57 g)	50	31.5	3.5	0	0	0	65	4	2	1	2
M421	Fiesta Corn Muffin	1 muffin (43 g)	120	54	6	3	0	<5	210	19	0	7	1
M502	Garlic Breadstick	1 stick (35 g)	110	22.5	2.5	1	0	0	180	18	<1	<1	3
M5704	Fresh Fruit Salad	1/2 cup (71 g)	35	0	0	0	0	0	5	9	<1	8	0
M6345	Pita Chips	1/4 pound (113 g)	260	27	3	0	0	0	680	51	2	2	9
M6948	Salsa Roja	2 fl oz (57 g)	15	0	0	0	0	0	210	3	<1	2	<1
M9252	Pico de Gallo	2 fl oz (58 g)	15	0	0	0	0	0	105	3	<1	2	<1
M9599	Cilantro-Lime Brown Rice	1/2 cup (99 g)	140	13.5	1.5	0	0	0	50	29	1	0	3
M9650	Jasmine Rice	1/2 cup (85 g)	130	0	0	0	0	0	0	30	<1	0	3
M9781	Roasted Red Potatoes	1/2 cup (78 g)	80	13.5	1.5	0	0	0	20	16	2	1	2
M9856	Creamy Garlic Mashed Potatoes	1/2 cup (106 g)	110	27	3	1	0	0	90	19	1	1	3
M9933	Okra with Corn & Bacon	1/2 cup (120 g)	100	36	4	1.5	0	10	180	13	2	5	5
M9953	Italian Green Beans	1/2 cup (92 g)	35	9	1	0	0	0	5	7	2	3	2
M9984	Green Beans Gremolada	3 ozw (85 g)	70	40.5	4.5	0.5	0	0	30	6	2	3	2
M9998	Charro Beans	1/2 cup (85 g)	80	0	0	0	0	0	270	15	4	1	5

DESSERTS

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
A3703	Eggnog Cookie	1 each (64 g)	260	99	11	7	0	40	250	39	0	23	2
A8522	Dessert Bars	1 each (38 g)	340	180	20	10	0	65	160	37	1	22	4
M11532	Cinnamon Tortilla Crisps	1 each (6 g)	20	0	0	0	0	0	30	3	0	<1	0
M12104	Devil's Food Cupcake	1 each (99 g)	380	117	13	7	0	15	450	64	2	47	3
M12105	Vanilla Cupcake	1 each (99 g)	380	108	12	6	0	10	390	67	0	49	2
M14089	Cookies & Cream Blondie	1/64 cut (50 g)	270	99	11	5	0	25	260	40	<1	26	3
M14091	Spiced Pumpkin Blondie	1/64 cut (64 g)	260	90	10	4.5	0	25	240	41	<1	29	3
M15924	Grilled Apple Rings	1 slice (7 g)	25	9	1	0	0	0	0	4	<1	3	0
M1671	Whipped Cream	1 fl oz (14 g)	50	45	5	3.5	0	20	0	1	0	0	0
M17081	Ultimate Fudge Brownie	1/48 cut (64 g)	250	63	7	3.5	0	0	200	44	2	31	3
M1750	Chocolate-Dipped Strawberries	2 each (57 g)	80	36	4	2.5	0	0	0	11	1	9	<1
M1951	Lemon Cheesecake Bar	1/64 cut (78 g)	290	90	10	5	0	55	220	46	<1	32	3
M1980	Raspberry Almond Coconut Bar	1/48 cut (92 g)	360	117	13	6	0	25	330	57	1	28	3
M21088	Chocolate Chips	1/8 pound (57 g)	270	135	15	9	0	<5	0	38	3	33	3
M21089	Oreo® Cookie Crumbs	1/8 pound (57 g)	270	99	11	3.5	0	0	190	41	1	23	2
M21091	Mini Marshmallows	1/8 pound (57 g)	190	0	0	0	0	0	55	46	0	31	<1
M21207	Rainbow Sprinkles	1/8 pound (57 g)	270	99	11	9	0	0	5	44	0	27	0
M21216	Sliced Strawberries	1/8 pound (57 g)	20	0	0	0	0	0	0	4	1	3	0

DESSERTS

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M21621	Toasted Coconut	1/8 pound (57 g)	300	135	15	15	0	0	85	34	9	21	0
M21781	New York Cheesecake	1 slice (106 g)	360	234	26	15	1	120	270	25	0	23	7
M2349	Old-Fashioned Apple Pie	1/8 cut (156 g)	400	144	16	7	0	0	460	57	<1	27	4
M33063	Craveworthy® Chocolate Chip Cookie	1 cookie (57 g)	240	108	12	7	0	30	200	31	1	17	2
M33064	Craveworthy® Oatmeal Raisin Cookie	1 cookie (57 g)	220	81	9	6	0	30	230	32	1	16	2
M33187	Craveworthy® Sugar Cookie	1 cookie (57 g)	230	90	10	7	0	40	250	33	0	17	2
M33189	Craveworthy® Snickerdoodle Cookie	1 each (57 g)	240	90	10	7	0	40	250	35	0	19	2
M33263	Bananas Foster Cupcake	1 each (57 g)	180	45	5	3	0	<5	170	31	0	22	1
M33314	Cheesecake	1 each (106 g)	360	234	26	15	1	120	270	25	0	23	7
M33527	Craveworthy® Cookie Platter	1 cookie (57 g)	230	90	10	6	0	35	230	32	<1	17	2
M33793	Chocolate Chip Cookie Brownie	1/64 cut (74 g)	280	90	10	4.5	0	<5	220	46	2	31	3
M33794	Blueberry Blondie	1/64 cut (53 g)	240	90	10	4.5	0	35	240	35	<1	23	3
M33923	Salted Caramel Blondie	1/64 cut (67 g)	300	99	11	5	0	30	360	46	<1	28	3
M34050	Aquafaba Chocolate Mousse	1 each (78 g)	220	90	10	6	0	0	40	34	3	28	3
M34711	Pumpkin Spice Iced Cookie	1 each (64 g)	260	99	11	7	0	40	250	39	0	23	2
M34714	Cranberry Vanilla Iced Cookie	1 each (64 g)	260	99	11	7	0	40	250	40	0	24	2
M34720	Peppermint Iced Cookie	1 each (64 g)	260	99	11	7	0	40	250	40	0	24	2
M34977	Fudge Icing Chocolate Cupcake	1 each (103 g)	480	207	23	3.5	0	0	260	67	3	49	3

DESSERTS

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M34986	Craveworthy® Sugar Berry Cookie	1 each (57 g)	250	90	10	7	0	40	250	38	0	22	2
M35317	Cranberry Blondie	1/64 cut (57 g)	240	81	9	4.5	0	25	230	36	<1	23	3
M38873	Toasted Pecans	1/8 pound (57 g)	390	369	41	3.5		0	0	8	5	2	5
M41574	Chocolate Cake	1 portion (82 g)	290	81	9	4.5	0	0	190	37	2	32	2
M41590	Cookie Crisps	1 cookie (57 g)	210	81	9	6	0	35	220	29	0	15	2

HOT DRINKS

Catering Menu Nutrition Summary

Recipe Number	Marketing Name	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
M20030	Mulled Apple Cider	8 fl oz (227 g)	160	0	0	0	0	0	15	40	1	34	0
M227	Hot Cocoa	8 fl oz (234 g)	160	22.5	2.5	2.5	0	0	170	32	1	28	<1