



Nutritional Information

The nutrition information contained in this list of nutrition facts is based on our current data. However, because data may change from time to time, this information may not always be identical to the nutritional label information of current products. Nutrient values are estimates only. Variations may occur due to product availability and food preparation. Nutrition may vary based on methods of preparation, origin and freshness of ingredients, etc. Cross contamination could occur in the process of making the final product. Please note that Gluten Free, Dairy Free, Vegetarian and Vegan items are based on the product's exact recipe.

SOUPS

BLT	Baked Scallop Potato	Bean and Kielbasa	Beef Burgundy	Beef Stew	Beer	Buffalo	Cheeseburger	Cheesy Pasta	Tomato Bisque	Diwan	Chicken Noodle
Calories 221.73	Calories 192.19	Calories 190.33	Calories 114.57	Calories 308.16	Calories 252.55	Calories 243.42	Calories 152.73	Calories 158.49	Calories 184.65	Calories 181.13	Calories 75.58
Calories from Fat 110.07	Calories from Fat 51.49	Calories from Fat 70.60	Calories from Fat 39.27	Calories from Fat 154.66	Calories from Fat 99.94	Calories from Fat 128.51	Calories from Fat 90.27	Calories from Fat 76.73	Calories from Fat 82.72	Calories from Fat 74.76	Calories from Fat 9.15
Total Fat 12.24	Total Fat 5.90	Total Fat 7.83	Total Fat 4.36	Total Fat 17.09	Total Fat 11.35	Total Fat 14.33	Total Fat 19.02	Total Fat 8.45	Total Fat 9.38	Total Fat 8.45	Total Fat 1.02
Saturated Fat 2.17	Saturated Fat 1.24	Saturated Fat 1.94	Saturated Fat 1.66	Saturated Fat 6.58	Saturated Fat 4.31	Saturated Fat 6.10	Saturated Fat 14.47	Saturated Fat 4.17	Saturated Fat 5.46	Saturated Fat 4.54	Saturated Fat 0.27
Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.38	Trans Fat 0.00	Trans Fat 0.45	Trans Fat 0.45	Trans Fat 0.00
Cholesterol 35.56	Cholesterol 33.63	Cholesterol 38.77	Cholesterol 30.62	Cholesterol 62.00	Cholesterol 32.23	Cholesterol 53.80	Cholesterol 41.49	Cholesterol 25.31	Cholesterol 27.06	Cholesterol 27.06	Cholesterol 22.75
Sodium 48.84	Sodium 89.18	Sodium 89.18	Sodium 89.18	Sodium 382.50	Sodium 102.52	Sodium 109.67	Sodium 109.67	Sodium 109.67	Sodium 109.67	Sodium 109.67	Sodium 93.49
Carbohydrates 12.21	Carbohydrates 21.68	Carbohydrates 26.59	Carbohydrates 6.40	Carbohydrates 25.04	Carbohydrates 25.35	Carbohydrates 16.52	Carbohydrates 16.27	Carbohydrates 10.67	Carbohydrates 17.21	Carbohydrates 9.63	Carbohydrates 5.72
Dietary Fiber 0.25	Dietary Fiber 1.45	Dietary Fiber 1.10	Dietary Fiber 1.19	Dietary Fiber 2.57	Dietary Fiber 1.25	Dietary Fiber 1.43	Dietary Fiber 10.82	Dietary Fiber 1.09	Dietary Fiber 0.45	Dietary Fiber 0.03	Dietary Fiber 1.14
Sugars 3.19	Sugars 3.46	Sugars 3.46	Sugars 2.79	Sugars 2.62	Sugars 2.42	Sugars 2.42	Sugars 1.49	Sugars 1.49	Sugars 1.49	Sugars 1.84	Sugars 1.84
Protein 11.77	Protein 10.28	Protein 11.11	Protein 11.11	Protein 11.86	Protein 11.86	Protein 11.86	Protein 17.96	Protein 8.58	Protein 8.58	Protein 13.89	Protein 9.06
Vitamin A 2.94%	Vitamin A 2.28%	Vitamin A 42.13%	Vitamin A 26.23%	Vitamin A 107.45%	Vitamin A 7.71%	Vitamin A 10.44%	Vitamin A 5.34%	Vitamin A 5.51%	Vitamin A 0.1142409	Vitamin A 5.25%	Vitamin A 38.39%
Vitamin C 1.24%	Vitamin C 12.81%	Vitamin C 8.27%	Vitamin C 2.07%	Vitamin C 12.31%	Vitamin C 33.27%	Vitamin C 22.62%	Vitamin C 4.42%	Vitamin C 4.42%	Vitamin C 0.0104025	Vitamin C 0.0104025	Vitamin C 0.0104025
Calcium 2.31%	Calcium 3.01%	Calcium 1.86%	Calcium 1.54%	Calcium 21.95%	Calcium 21.95%	Calcium 6.20%	Calcium 9.30%	Calcium 13.29%	Calcium 0.185234	Calcium 13.47%	Calcium 1.41%
Iron 2.88%	Iron 2.63%	Iron 2.63%	Iron 4.36%	Iron 5.12%	Iron 2.34%	Iron 2.31%	Iron 6.82%	Iron 4.25%	Iron 0.0228039	Iron 2.20%	Iron 2.28%

Orzo	Chicken Rice Curry	Chicken Vegetable	Chili	Chiptole	Cream of Asparagus	Broccoli	Cream of Broccoli Mushroom	Potato Bacon	Cream Biscuit	Cucumber Dill	Gaspatch
Calories 84.00	Calories 117.68	Calories 116.01	Calories 181.27	Calories 163.80	Calories 169.07	Calories 191.20	Calories 126.83	Calories 350.15	Calories 95.93	Calories 49.43	Calories 101.80
Calories from Fat 10.23	Calories from Fat 23.89	Calories from Fat 14.22	Calories from Fat 54.63	Calories from Fat 34.63	Calories from Fat 94.46	Calories from Fat 86.12	Calories from Fat 48.13	Calories from Fat 68.13	Calories from Fat 24.27	Calories from Fat 25.98	Calories from Fat 44.59
Total Fat 1.24	Total Fat 1.23	Total Fat 0.70	Total Fat 4.53	Total Fat 5.43	Total Fat 10.34	Total Fat 9.66	Total Fat 2.58	Total Fat 7.67	Total Fat 2.72	Total Fat 2.47	Total Fat 5.08
Saturated Fat 0.29	Saturated Fat 0.32	Saturated Fat 0.04	Saturated Fat 2.34	Saturated Fat 1.82	Saturated Fat 5.98	Saturated Fat 4.18	Saturated Fat 0.98	Saturated Fat 2.70	Saturated Fat 0.87	Saturated Fat 2.40	Saturated Fat 0.63
Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.25	Trans Fat 0.25	Trans Fat 1.03	Trans Fat 1.03	Trans Fat 0.25	Trans Fat 0.60	Trans Fat 0.60	Trans Fat 24.50	Trans Fat 0.00
Cholesterol 22.75	Cholesterol 25.28	Cholesterol 18.98	Cholesterol 18.98	Cholesterol 12.74	Cholesterol 30.33	Cholesterol 16.83	Cholesterol 16.83	Cholesterol 22.44	Cholesterol 3.27	Cholesterol 24.56	Cholesterol 0.00
Sodium 880.40	Sodium 851.18	Sodium 856.89	Sodium 231.20	Sodium 466.71	Sodium 466.71	Sodium 282.52	Sodium 837.55	Sodium 1211.69	Sodium 855.27	Sodium 817.16	Sodium 543.44
Carbohydrates 6.46	Carbohydrates 15.73	Carbohydrates 13.14	Carbohydrates 10.30	Carbohydrates 13.96	Carbohydrates 13.96	Carbohydrates 12.44	Carbohydrates 14.46	Carbohydrates 34.46	Carbohydrates 35.50	Carbohydrates 12.85	Carbohydrates 12.85
Dietary Fiber 2.53	Dietary Fiber 1.43	Dietary Fiber 2.32	Dietary Fiber 0.05	Dietary Fiber 2.69	Dietary Fiber 0.50	Dietary Fiber 1.52	Dietary Fiber 1.40	Dietary Fiber 1.25	Dietary Fiber 1.86	Dietary Fiber 2.50	Dietary Fiber 1.81
Sugars 2.44	Sugars 2.41	Sugars 3.26	Sugars 1.99	Sugars 1.99	Sugars 1.12	Sugars 1.18	Sugars 2.15	Sugars 2.54	Sugars 3.33	Sugars 26.96	Sugars 6.85
Protein 11.09	Protein 9.17	Protein 9.17	Protein 10.23	Protein 7.73	Protein 4.83	Protein 4.83	Protein 8.19	Protein 8.19	Protein 8.19	Protein 23.18	Protein 11.99
Vitamin A 52.48%	Vitamin A 64.58%	Vitamin A 104.47%	Vitamin A 19.55%	Vitamin A 8.40%	Vitamin A 11.50%	Vitamin A 21.29%	Vitamin A 8.14%	Vitamin A 1.12%	Vitamin A 72.47%	Vitamin A 2.08%	Vitamin A 0.18674232
Vitamin C 43.67%	Vitamin C 4.65%	Vitamin C 7.90%	Vitamin C 9.52%	Vitamin C 47.07%	Vitamin C 13.97%	Vitamin C 49.40%	Vitamin C 22.21%	Vitamin C 14.06%	Vitamin C 6.20%	Vitamin C 45.94%	Vitamin C 0.66524195
Calcium 4.06%	Calcium 4.43%	Calcium 4.43%	Calcium 2.07%	Calcium 2.07%	Calcium 2.07%	Calcium 2.07%	Calcium 2.07%	Calcium 2.07%	Calcium 2.07%	Calcium 1.76%	Calcium 1.76%
Iron 4.40%	Iron 7.07%	Iron 5.39%	Iron 14.28%	Iron 11.53%	Iron 1.98%	Iron 2.27%	Iron 7.79%	Iron 2.56%	Iron 2.47%	Iron 138.42%	Iron 0.04005338

Grandmas	Greens & Beans	Grilled Chicken	Ham and Cheddar	Hearty Veggie Beef	ISS	Jambalaya	Lasagna	Mac	Manhattan	Navy Bean	New England Clam Chowder
Calories 100.34	Calories 66.33	Calories 193.51	Calories 215.64	Calories 167.38	Calories 78.66	Calories 110.60	Calories 110.60	Calories 284.05	Calories 95.81	Calories 276.39	Calories 189.00
Calories from Fat 39.55	Calories from Fat 2.51	Calories from Fat 27.32	Calories from Fat 82.44	Calories from Fat 53.42	Calories from Fat 24.43	Calories from Fat 14.61	Calories from Fat 14.61	Calories from Fat 130.37	Calories from Fat 162.41	Calories from Fat 120.40	Calories from Fat 48.34
Total Fat 4.40	Total Fat 0.29	Total Fat 3.07	Total Fat 9.96	Total Fat 5.20	Total Fat 2.72	Total Fat 1.88	Total Fat 1.88	Total Fat 14.38	Total Fat 17.52	Total Fat 14.33	Total Fat 5.96
Saturated Fat 0.93	Saturated Fat 0.08	Saturated Fat 0.93	Saturated Fat 4.59	Saturated Fat 2.03	Saturated Fat 0.52	Saturated Fat 0.52	Saturated Fat 0.52	Saturated Fat 8.99	Saturated Fat 0.63	Saturated Fat 4.21	Saturated Fat 1.48
Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.42	Trans Fat 0.42	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.42	Trans Fat 0.42	Trans Fat 1.03
Cholesterol 0.14	Cholesterol 0.21	Cholesterol 26.94	Cholesterol 42.93	Cholesterol 24.47	Cholesterol 5.39	Cholesterol 8.00	Cholesterol 8.00	Cholesterol 51.21	Cholesterol 8.21	Cholesterol 82.31	Cholesterol 12.44
Sodium 1055.38	Sodium 68.49	Sodium 884.35	Sodium 1129.38	Sodium 597.80	Sodium 1069.45	Sodium 1375.95	Sodium 1375.95	Sodium 1112.05	Sodium 768.99	Sodium 1530.73	Sodium 1141.32
Carbohydrates 8.48	Carbohydrates 12.10	Carbohydrates 28.63	Carbohydrates 21.30	Carbohydrates 17.75	Carbohydrates 9.33	Carbohydrates 13.94	Carbohydrates 13.94	Carbohydrates 15.60	Carbohydrates 16.70	Carbohydrates 27.37	Carbohydrates 27.37
Dietary Fiber 2.75	Dietary Fiber 3.48	Dietary Fiber 2.22	Dietary Fiber 1.07	Dietary Fiber 3.08	Dietary Fiber 1.29	Dietary Fiber 1.19	Dietary Fiber 1.19	Dietary Fiber 1.42	Dietary Fiber 1.91	Dietary Fiber 9.93	Dietary Fiber 1.53
Sugars 4.89	Sugars 4.48	Sugars 4.48	Sugars 3.25	Sugars 3.25	Sugars 4.02	Sugars 4.02	Sugars 1.88	Sugars 3.25	Sugars 2.51	Sugars 2.23	Sugars 2.23
Protein 6.59	Protein 1.62	Protein 11.54	Protein 31.54	Protein 10.41	Protein 4.20	Protein 5.61	Protein 5.61	Protein 8.58	Protein 7.74	Protein 17.06	Protein 5.59
Vitamin A 1.1467474	Vitamin A 12.14%	Vitamin A 13.67%	Vitamin A 5%	Vitamin A 95.2%	Vitamin A 28.05%	Vitamin A 5.60%	Vitamin A 5.60%	Vitamin A 21.05%	Vitamin A 13.30%	Vitamin A 2.66%	Vitamin A 8.23%
Vitamin C 0.0792566	Vitamin C 4.36%	Vitamin C 72.23%	Vitamin C 1.2%	Vitamin C 12.16%	Vitamin C 24.99%	Vitamin C 1.43%	Vitamin C 1.43%	Vitamin C 2.44%	Vitamin C 17.66%	Vitamin C 0.1766%	Vitamin C 17.06%
Calcium 0.100278	Calcium 6.19%	Calcium 1.89%	Calcium 4.15%	Calcium 1.35%	Calcium 4.15%	Calcium 1.8%	Calcium 1.8%	Calcium 14.72%	Calcium 0.057%	Calcium 0.057%	Calcium 4.06%
Iron 0.073956	Iron 5.79%	Iron 4.26%	Iron 3%	Iron 6.40%	Iron 2.95%	Iron 4.37%	Iron 0.94%	Iron 1.95%	Iron 8.11%	Iron 2.47%	Iron 7.13%

Pasta Fagioli	Seafood Supreme	Shrimp	Spicy Seafood	Spinach Artichoke	Split Pea	Sweet Red Pepper	Tomato Basil	Tortilla Soup	Vegetarian Chili	Vegetarian Minestrone	Vichyssoise
Calories 111.12	Calories 134.56	Calories 139.32	Calories 120.94	Calories 35.23	Calories 134.53	Calories 121.97	Calories 107.21	Calories 102.62	Calories 185.81	Calories 79.38	Calories 161.13
Calories from Fat 41.24	Calories from Fat 32.47	Calories from Fat 30.48	Calories from Fat 14.27	Calories from Fat 3.02	Calories from Fat 12.07	Calories from Fat 18.66	Calories from Fat 20.40	Calories from Fat 11.86	Calories from Fat 45.48	Calories from Fat 21.42	Calories from Fat 61.21
Total Fat 4.48	Total Fat 3.61	Total Fat 2.30	Total Fat 1.59	Total Fat 0.36	Total Fat 0.36	Total Fat 2.32	Total Fat 2.32	Total Fat 1.37	Total Fat 5.26	Total Fat 0.28	Total Fat 7.14
Saturated Fat 0.38	Saturated Fat 1.25	Saturated Fat 0.74	Saturated Fat 0.10	Saturated Fat 0.10	Saturated Fat 0.44	Saturated Fat 0.75	Saturated Fat 0.75	Saturated Fat 0.30	Saturated Fat 0.69	Saturated Fat 0.10	Saturated Fat 4.03
Trans Fat 0.00	Trans Fat 0.25	Trans Fat 0.25	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.25	Trans Fat 0.25	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00
Cholesterol 0.33	Cholesterol 91.67	Cholesterol 0.19	Cholesterol 39.66	Cholesterol 0.21	Cholesterol 12.75	Cholesterol 7.91	Cholesterol 7.91	Cholesterol 0.00	Cholesterol 22.75	Cholesterol 0.33	Cholesterol 30.02
Sodium 712.25	Sodium 1293.99	Sodium 1111.91	Sodium 1373.58	Sodium 719.90	Sodium 921.51	Sodium 949.63	Sodium 521.60	Sodium 948.61	Sodium 551.48	Sodium 708.45	Sodium 307.30
Carbohydrates 20.04	Carbohydrates 18.70	Carbohydrates 21.48	Carbohydrates 18.57	Carbohydrates 6.61	Carbohydrates 25.77	Carbohydrates 21.66	Carbohydrates 12.71	Carbohydrates 24.58	Carbohydrates 18.30	Carbohydrates 18.30	Carbohydrates 20.33
Dietary Fiber 1.48	Dietary Fiber 0.14	Dietary Fiber 1.29	Dietary Fiber 0.09	Dietary Fiber 0.09	Dietary Fiber 2.62	Dietary Fiber 6.95	Dietary Fiber 1.30	Dietary Fiber 2.20	Dietary Fiber 8.43	Dietary Fiber 2.40	Dietary Fiber 2.40
Sugars 3.18	Sugars 1.89	Sugars 1.89	Sugars 4.21	Sugars 2.37	Sugars 2.00	Sugars 3.54	Sugars 3.54	Sugars 8.41	Sugars 3.65	Sugars 3.67	Sugars 4.63
Protein 9.93	Protein 6.94	Protein 6.94	Protein 1.60	Protein 1.60	Protein 20.25	Protein 3.33	Protein 3.33	Protein 11.61	Protein 9.38	Protein 8.34	Protein 8.34
Vitamin A 5.03%	Vitamin A 3.95%	Vitamin A 4.48%	Vitamin A 10.55%	Vitamin A 64.02%	Vitamin A 5.34%	Vitamin A 10.90%	Vitamin A 12.71%	Vitamin A 5.68%	Vitamin A 30.29%	Vitamin A 52.27%	Vitamin A 4.58%
Vitamin C 3.74%	Vitamin C 0.20%	Vitamin C 12.89%	Vitamin C 34.37%	Vitamin C 3.32%	Vitamin C 0.18%	Vitamin C 0.18%	Vitamin C 24.08%	Vitamin C 31.88%	Vitamin C 81.88%	Vitamin C 31.77%	Vitamin C 19.17%
Calcium 1.96%	Calcium 11.00%	Calcium 1.96%	Calcium 5.41%	Calcium 6.61%	Calcium 5.41%	Calcium 2.07%	Calcium 5.66%	Calcium 7.66%	Calcium 1.76%	Calcium 5.96%	Calcium 9.25%
Iron 5.39%	Iron 2.94%	Iron 2.94%	Iron 4.38%	Iron 1.52%	Iron 10.22%	Iron 1.98%	Iron 9.74%	Iron 1.98%	Iron 18.98%	Iron 3.25%	Iron 1.84%

Buffalo	Cesar	Chicken Bacon	Chicken Banana	Chicken Grape	Egg	Roast	Seaford	Tuna	Tuna Egg	Turkey
Calories 146.00771	Calories 171.86021	Calories 241.3806973	Calories 202.80089	Calories 247.063974	Calories 353.01235	Calories 262.19965	Calories 241.38069	Calories 308.17902	Calories 323.47902	Calories 312.89429
Calories from Fat 70.209346	Calories from Fat 96.513874	Calories from Fat 156.127076	Calories from Fat 130.12138	Calories from Fat 130.12138	Calories from Fat 157.15448	Calories from Fat 157.15448	Calories from Fat 156.12702	Calories from Fat 253.34007	Calories from Fat 256.38054	Calories from Fat 270.77259
Total Fat 14.31	Total Fat 11.231008	Total Fat 17.84708142	Total Fat 14.664215	Total Fat 14.664215	Total Fat 29.18151	Total Fat 27.173597	Total Fat 28.134176	Total Fat 28.134176	Total Fat 28.650429	Total Fat 28.982107
Saturated Fat 1.4027669	Saturated Fat 1.6230366	Saturated Fat 3.495034778	Saturated Fat 2.0664301	Saturated Fat 2.0664301	Saturated Fat 4.3260073	Saturated Fat 4.3260073	Saturated Fat 4.3260073	Saturated Fat 4.1442138	Saturated Fat 4.2048117	Saturated Fat 4.4756004
Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00	Trans Fat 0.00
Cholesterol 45.320326	Cholesterol 39.809616	Cholesterol 38.84903226	Cholesterol 52.513828	Cholesterol 49.603375	Cholesterol 49.603375	Cholesterol 28.8	Cholesterol 38.849032	Cholesterol 57.385787	Cholesterol 47.857571	Cholesterol 44.005768
Sodium 1358.6181	Sodium 172.0216	Sodium 918.8859151	Sodium 466.1909	Sodium 466.1909	Sodium 699.9408	Sodium 1477.2593	Sodium 1089.8552	Sodium 580.03946	Sodium 620.00667	Sodium 609.87233
Carbohydrates 0.491557	Carbohydrates 1.947644	Carbohydrates 13.73539642	Carbohydrates 1.9989929	Carbohydrates 1.9989929	Carbohydrates 1.5870886	Carbohydrates 1.5870886	Carbohydrates 1.5870886	Carbohydrates 0.1353996	Carbohydrates 0.1353996	Carbohydrates 3.3207117
Dietary Fiber 0.0611226	Dietary Fiber 0.00	Dietary Fiber 0.0611226	Dietary Fiber 0.0611226	Dietary Fiber 0.0611226	Dietary Fiber 0.0611226	Dietary Fiber 0.0611226	Dietary Fiber 0.0611226	Dietary Fiber 0.0611226	Dietary Fiber 0.0611226	Dietary Fiber 0.0611226
Sugars 0.2574166	Sugars 0.6492147	Sugars 5.903475302	Sugars 0.9371113	Sugars 1.2874065	Sugars 1.2874065	Sugars 1.2874065	Sugars 1.2874065	Sugars 0.0008159	Sugars 0.0008159	Sugars 2.108872
Protein 17.426502	Protein 15.271152	Protein 7.024898488	Protein 15.604252	Protein 15.604252	Protein 12.506075	Protein 12.506075	Protein 12.506075			