

Adult Specialty Meal Nutritional Information

Protein Choices							
	Deli Turkey	Deli Turkey Ham	Deli Italian Combo	Chicken Salad	Tuna Salad	Egg Salad	Boiled Egg
Serving Size	6 Slices (3 oz)	6 Slices (3 oz)	6 Slices (3 oz)	1/2 cup (91 g)	1/2 cup (121 g)	1/3 cup (101 g)	1 egg (50 g)
Calories (kcal)	110	100	151	138	160	130	72
Total Fat (g)	5	5	10	7	10	9	5
Saturated Fat (g)	2	2	3	1	1	2	2
Total Trans Fat (g)	0	0	0	0	0	0	0
Cholesterol (mg)	45	60	60	45	68	212	186
Sodium (mg)	340	530	604	268	484	302	71
Carbohydrate (g)	1	1	2	3	4	4	0
Total Dietary Fiber (g)	0	0	0	0	0	0	0
Sugar (g)	0	0	2	2	1	2	0
Protein (g)	16	15	13	14	14	7	6
Allergens	None	None	None	Egg, Soy	Fish, Egg, Soy	Egg, Soy	Egg

Cheese								
	Shredded Cheddar	Shredded Mozzarella	Sub Roll	Yellow American Cheese	White American Cheese	Cheddar Cheese	Pepper Jack Cheese	Swiss Cheese
Serving Size	1 oz (28 g)	1 oz (28 g)	1 Roll (90g)	2 slices (1 oz)	2 Slices (1 oz)	2 Slices (1.5 oz)	2 Slices (1.3 oz)	2 Slices (1 oz)
Calories (kcal)	80	83	250	80	110	180	140	110
Total Fat (g)	6	6	5	5	9	14	12	8
Saturated Fat (g)	4	4	1	3	5	9	7	5
Total Trans Fat (g)	0	0	0	0	0	0	0	0
Cholesterol (mg)	20	16	0	15	25	40	30	25
Sodium (mg)	200	136	270	300	400	280	560	400
Carbohydrate (g)	1	0	44	2	2	2	2	2
Total Dietary Fiber (g)	0	0	5	0	0	0	0	0
Sugar (g)	0	0	5	2	1	0	2	1
Protein (g)	7	7	9	6	5	10	6	5
Allergens	Dairy	Dairy	Wheat, Soy	Dairy, Soy	Dairy, Soy	Dairy	Dairy, Soy	Dairy, Soy

Breads				
	Artisan White Bread	Multigrain Bread	Everything Wheat Bread	Artisan Roll, Assorted
Serving Size	2 slices (80 g)	2 Slices (90g)	2 Slices (80g)	1 Roll (1.5 oz)
Calories (kcal)	200	220	220	130
Total Fat (g)	1	3	5	2.5
Saturated Fat (g)	0	0	0	0
Total Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	380	270	560	250
Carbohydrate (g)	40	44	38	21
Total Dietary Fiber (g)	2	6	4	1
Sugar (g)	4	8	4	0
Protein (g)	8	10	8	4
Allergens	Wheat	Wheat	Wheat, Soy, Treenuts, Eggs, Dairy	Wheat

Spreads/Dressing										
	Honey Mustard Dressing/Spread	Ranch Dressing/Spread	Jalapeno Ranch Dressing	Balsamic Vinaigrette Dressing	1000 Island Dressing	Raspberry Vinaigrette Dressing	Mayonnaise	Spicy Mayo Spread	Cranberry Mayo Spread	Mustard
Serving Size	1 Packet (1 oz)	1 Packet (1 oz)	1 Packet (1 oz)	1 Packet (1.5 oz)	1 Packet (1 oz)	1 Packet (1 oz)	1 Packet (12g)	1 Tablespoon (15 g)	1 Tablespoon (20 g)	1 Packet (5 g)
Calories (kcal)	130	70	70	120	110	30	40	43	51	5
Total Fat (g)	11	7	6	12	11	0	4	5	4	0
Saturated Fat (g)	1.5	1	1	2	1.5	0	0	0	0	0
Total Trans Fat (g)	0	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	5	5	5	0	5	0	5	5	4	0
Sodium (mg)	140	250	210	230	170	190	85	137	90	85
Carbohydrate (g)	9	2	2	4	3	7	1	1	3	1
Total Dietary Fiber (g)	0	0	0	0	0	0	0	0	0	0
Sugar (g)	8	1	1	2	3	6	0	0	2	0
Protein (g)	0	1	1	0	0	0	0	0	0	0
Allergens	Egg, Soy	Dairy, Egg, Soy	Dairy, Egg, Soy	Dairy, Soy	Egg, Soy	None	Egg, Soy	Egg, Soy	Egg, Soy	None

Toppings											
	Cucumbers	Onions (Salad)	Onions (Sandwich)	Olives	Salad Mix (Salad)	Romaine Lettuce (Salad)	Romaine Lettuce (Sandwich)	Spinach (Salad)	Spinach (Sandwich)	Tomatoes (Sandwich)	Cherry Tomatoes (Salad)
Serving Size	4 Slices (1/4 cup)	1/3 cup sliced	2 Rings (1/8 cup)	1/4 cup	3 oz (85 g)	3 oz (85g)	1/2 cup (24 g)	3 oz (85 g)	1/2 cup (15 g)	2 slices (1/4 cup)	6 Tomatoes (1/2 cup)
Calories (kcal)	4	21	8	37	15	14	4	20	4	13	32
Total Fat (g)	0	0	0	3	0	0	0	0	0	0	0
Saturated Fat (g)	0	0	0	0	0	0	0	0	0	0	0
Total Trans Fat (g)	0	0	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	0	0	0	0	0	0	0	0	0	0	0
Sodium (mg)	0	2	0	235	10	7	2	68	12	90	74
Carbohydrate (g)	0	5	1	2	3	3	1	3	0	2	6
Total Dietary Fiber (g)	0	1	0	1	1	1	0	1	0	1	2
Sugar (g)	0	2	0	0	2	1	0	0	0	1	4
Protein (g)	0	0	0	0	1	1	0	2	0	0	2
Allergens	None	None	None	None	None	None	None	None	None	None	None

Extras		
	Turkey Bacon	Avocado
Serving Size	2 Slices	43 g
Calories (kcal)	40	70
Total Fat (g)	2	7
Saturated Fat (g)	0	1
Total Trans Fat (g)	0	0
Cholesterol (mg)	10	0
Sodium (mg)	190	0
Carbohydrate (g)	0	6
Total Dietary Fiber (g)	0	3
Sugar (g)	0	0
Protein (g)	4	1
Allergens	None	None

Cookies			
	Sugar Cookie	White Chocolate Macadamia Nut Cookie	Chocolate Chip Cookie
Serving Size	1 Cookie (1.5 oz)	1 Cookie (1.5 oz)	1 cookie (1.5 oz)
Calories (kcal)	190	210	200
Total Fat (g)	9	12	10
Saturated Fat (g)	4.5	6	5
Total Trans Fat (g)	0	0	0
Cholesterol (mg)	15	10	10
Sodium (mg)	180	130	135
Carbohydrate (g)	26	24	26
Total Dietary Fiber (g)	0	1	1
Sugar (g)	14	15	15
Protein (g)	2	2	2
Allergens	Wheat, Eggs, Dairy, Treenuts, Peanuts	Wheat, Eggs, Dairy, Soy, Treenuts, Peanuts	Eggs, Dairy, Soy, Wheat, Treenuts, Peanuts

Fruit			
	Apple	Banana	Orange
Serving Size	1 Apple (145 g)	1 Banana (118 g)	1 Orange (131 g)
Calories (kcal)	84	105	62
Total Fat (g)	0	0	0
Saturated Fat (g)	0	0	0
Total Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	3	1	0
Carbohydrate (g)	21	26	15
Total Dietary Fiber (g)	2	3	3
Sugar (g)	15	14	12
Protein (g)	0	1	1
Allergens	None	None	None

Chips										
	Baked Lays-Original	Baked Lays-BBQ	Baked Lays-Sour Cream and Onion	Cool Ranch Doritos	Nacho Doritos	Sweet Chili Doritos	Flamas Doritos	Funyuns	Cheetos	Flamin Hot Cheetos
Serving Size	1 Bag (25 g)	1 Bag (25 g)	1 Bag (25 g)	1 Bag (28 g)	1 Bag (28 g)	1 Bag (28 g)	1 Bag (28 g)	1 Bag (21 g)	1 Bag (25 g)	1 Bag (25 g)
Calories (kcal)	110	110	110	130	130	130	130	100	120	120
Total Fat (g)	3	3	3	5	5	5	5	3.5	4.5	4.5
Saturated Fat (g)	0	0	0	0.5	1	0.5	0.5	0.5	1	0.5
Total Trans Fat (g)	0	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	0	0	0	0	0	0	0	0	0	0
Sodium (mg)	140	140	150	150	200	200	200	125	200	200
Carbohydrate (g)	19	19	19	20	20	20	20	14	17	17
Total Dietary Fiber (g)	1	1	1	2	2	2	2	<1	1	1
Sugar (g)	2	3	2	0	<1	<1	<1	<1	1	<1
Protein (g)	2	2	2	2	2	2	2	2	2	2
Allergens	Soy	Soy, Dairy	Dairy, Soy	Dairy	Dairy	Soy, Wheat	Dairy	Dairy	Dairy	Dairy