## Nutrition

<table>
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<tr>
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<th>Calories (kcal)</th>
<th>Fat Calories (kcal)</th>
<th>Total Fat (g)</th>
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<th>Trans Fat (mg)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbs (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Vit A (mcg)</th>
<th>Vit C (mg)</th>
<th>Calcium (mg)</th>
<th>Iron (mg)</th>
<th>Egg</th>
<th>Fish</th>
<th>Milk</th>
<th>MSG</th>
<th>Other Gluten</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Sulfites</th>
<th>Tree Nuts</th>
<th>Wheat</th>
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<tbody>
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## Allergens

**Hot Dogs and Chili**
- Egg
- Milk
- MSG
- Other Gluten

**Chicken Sandwiches**
- Egg
- Fish
- Milk
- MSG
- Other Gluten

**Char-Broiled Burgers**
- Egg
- Fish
- Milk
- MSG
- Other Gluten

**Beef-N-Sausage Sandwiches**
- Egg
- Fish
- Milk
- MSG
- Other Gluten

---

2,000 calories a day is used for general nutritional advice, but calorie needs may vary. Additional nutrition information available upon request.

5/2/2017
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<table>
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<td><strong>Wheat</strong></td>
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2,000 calories a day is used for general nutritional advice, but calorie needs may vary. Additional nutrition information available upon request.
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<tr>
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<td><strong>MSG</strong></td>
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<tr>
<td><strong>Other Gluten</strong></td>
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<td><strong>Peanuts</strong></td>
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<tr>
<td><strong>Shellfish</strong></td>
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<td><strong>Soy</strong></td>
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<td><strong>Sulfites</strong></td>
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<td><strong>Tree Nuts</strong></td>
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<tr>
<td><strong>Wheat</strong></td>
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</table>

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Additional nutrition information available upon request.

5/2/2017
### Nutrition

| Seasonal Salads | Total Calories (cal) | Fat Calories (cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (mg) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Fat A (c) | Fat B (c) | Fat C (c) | Calcium (mg) | Iron (mg) | Egg | Fish | Milk | MSG | Other | Gluten | Peanuts | Shellfish | Soy | Sulfite | Tree/Note | Wheat |
|-----------------|---------------------|-------------------|--------------|------------------|---------------|----------------|-------------|----------|----------|-----------|-------------|-----------|-----------|-----------|-------------|----------|-----|-----|-----|-----|--------|--------|----------|-----|--------|----------|------|
| Spaghetti in Meat Sauce Large | 1120 | 430 | 50 | 50 | 0 | 90 | 170 | 160 | 10 | 10 | 50 | 256 | 40 | 920 | 10 | X | X | X | X | X | X | X |
| Spaghetti in Meat Sauce Small | 890 | 330 | 40 | 20 | 0 | 80 | 162 | 160 | 10 | 10 | 40 | 193 | 20 | 620 | 0 | X | X | X | X |
| Fettuccine in Marinara Sauce Large | 1120 | 430 | 50 | 50 | 0 | 90 | 170 | 160 | 10 | 10 | 50 | 256 | 40 | 920 | 10 | X | X | X | X | X | X | X |
| Fettuccine in Marinara Sauce Small | 890 | 330 | 40 | 20 | 0 | 80 | 162 | 160 | 10 | 10 | 40 | 193 | 20 | 620 | 0 | X | X | X | X | X | X | X |
| Fettuccine in Marinara Small | 1120 | 430 | 50 | 50 | 0 | 90 | 170 | 160 | 10 | 10 | 50 | 256 | 40 | 920 | 10 | X | X | X | X | X | X | X |
| Fettuccine in Meat Sauce Large | 1120 | 430 | 50 | 50 | 0 | 90 | 170 | 160 | 10 | 10 | 50 | 256 | 40 | 920 | 10 | X | X | X | X | X | X | X |
| Fettuccine in Meat Sauce Small | 890 | 330 | 40 | 20 | 0 | 80 | 162 | 160 | 10 | 10 | 40 | 193 | 20 | 620 | 0 | X | X | X | X | X | X | X |
| Fettuccine in Meat Sauce Large | 1120 | 430 | 50 | 50 | 0 | 90 | 170 | 160 | 10 | 10 | 50 | 256 | 40 | 920 | 10 | X | X | X | X | X | X | X |
| Fettuccine in Meat Sauce Small | 890 | 330 | 40 | 20 | 0 | 80 | 162 | 160 | 10 | 10 | 40 | 193 | 20 | 620 | 0 | X | X | X | X | X | X | X |
| Fettuccine in Meat Sauce Large | 1120 | 430 | 50 | 50 | 0 | 90 | 170 | 160 | 10 | 10 | 50 | 256 | 40 | 920 | 10 | X | X | X | X | X | X | X |
| Fettuccine in Meat Sauce Small | 890 | 330 | 40 | 20 | 0 | 80 | 162 | 160 | 10 | 10 | 40 | 193 | 20 | 620 | 0 | X | X | X | X | X | X | X |
| Fettuccine in Meat Sauce Large | 1120 | 430 | 50 | 50 | 0 | 90 | 170 | 160 | 10 | 10 | 50 | 256 | 40 | 920 | 10 | X | X | X | X | X | X | X |
| Fettuccine in Meat Sauce Small | 890 | 330 | 40 | 20 | 0 | 80 | 162 | 160 | 10 | 10 | 40 | 193 | 20 | 620 | 0 | X | X | X | X | X | X | X |

### Allergens

- **Spaghetti in Meat Sauce Large**
- **Spaghetti in Marinara Sauce Large**
- **Spaghetti in Marinara Sauce Small**
- **Spaghetti in Meat Sauce Large**
- **Spaghetti in Meat Sauce Small**
- **Spaghetti in Marinara Large**
- **Spaghetti in Marinara Small**
- **Spaghetti in Meat Sauce Large**
- **Spaghetti in Meat Sauce Small**

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5/2/2017
## Nutrition

### Allergens

<table>
<thead>
<tr>
<th>Egg</th>
<th>Fish</th>
<th>Milk</th>
<th>MSG</th>
<th>Other Glutens</th>
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<th>Soy</th>
<th>Sulfites</th>
<th>Tree Nuts</th>
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## Drinks

<table>
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<th>Trans Fat (mg)</th>
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<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Vit A (mcg)</th>
<th>Vit C (mg)</th>
<th>Calcium (mg)</th>
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## Smoothies

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<th>Total Calories (cal)</th>
<th>Fat Calories (cal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (mg)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbs (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Vit A (mcg)</th>
<th>Vit C (mg)</th>
<th>Calcium (mg)</th>
<th>Iron (mg)</th>
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Additional nutrition information available upon request.

2,000 calories a day is used for general nutritional advice, but calorie needs may vary.

5/2/2017