

									Updated	11/30/2016
Location/Food										
Smart Choices										
Build-Your-Own Fruit Salad	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit										
Cantaloupe	1oz.	5	0	1	1	0	✓	✓	✓	
Grapes	1oz.	17	0	5	1	0	✓	✓	✓	
Grapefruit	1oz.	4	0	1	1	0	✓	✓	✓	
Honeydew melon	1oz.	5	0	1	1	0	✓	✓	✓	
Orange	1oz.	10	0	2	1	0	✓	✓	✓	
Pineapple	1oz.	12	0	3	0	0	✓	✓	✓	
Strawberry	1oz.	10	0	3	1	0	✓	✓	✓	
Watermelon	1oz.	9	0	2	0	0	✓	✓	✓	
Yogurt	4oz	80	0	10	0	10		✓	✓	Milk
Build-Your-Own Salad/Wrap	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Vegetables										
Avocado 1/4 c serving	1oz.	81	8	4	2	1	✓	✓	✓	
Avocado 1/2 c serving	1oz.	117	11	6	5	2	✓	✓	✓	
Bell Peppers	1oz.	6	0	1	1	0	✓	✓	✓	
Broccoli	1oz.	8	0	1	1	1	✓	✓	✓	
Carrots, shredded	1oz.	11	0	3	1	0	✓	✓	✓	
Jalapenos, pickled	1oz.	8	0	2	1	0	✓	✓	✓	
Kale	1oz.	10	0	1	1	2	✓	✓	✓	
Lettuce, mixed greens	1oz.	5	0	1	1	0	✓	✓	✓	
Mushrooms	1oz.	7	0	1	1	0	✓	✓	✓	
Onions, red	1oz.	10	0	2	1	0	✓	✓	✓	
Tomatoes	1oz.	5	0	1	1	0	✓	✓	✓	
Croutons										
Wheat Wrap Tortilla (only)	1 tortilla	290	7	50	6	9	✓	✓		Wheat, Soy
Garlic and Herb Wrap Tortilla (only)	1 tortilla	310	7	52	2	8	✓	✓		Wheat, Soy
Jalapeno Cheese Wrap Tortilla (only)	1 tortilla	310	7	50	2	8	✓	✓		Wheat, Soy
Proteins	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Egg, hard boiled	1 egg	77	5	0.5	0	6		✓		Egg
Chicken	3oz	107	3	0	0	20				
Turkey	3oz	108	2	0	0	21				

Wraps										
Club	1 Wrap	477	24	40	6	28				Wheat
Garden Veggie	1 Wrap	458	13	74	10	15		✓		Wheat
Lettuce	1 Wrap	286	14	19	3	23		✓		
Juice Bar										
Brain Power	12 oz	138	0	34	0	1	✓	✓	✓	
Orange You Glad	12 oz	121	0	28.5	0	2	✓	✓	✓	
Immune Booster	12 oz	156	0	38	0	2	✓	✓	✓	
Green Light	12 oz	151	0	36	0	5	✓	✓	✓	
Jump Start	12 oz	191	0	47	0	1	✓	✓	✓	
Fresh Start	12 oz	191	0	47	0	1	✓	✓	✓	
Cuke Cooler	12 oz	260	<1	65.5	0	2.5	✓	✓	✓	
Watermelon Breeze	12oz	160	<1	39	0	1	✓	✓	✓	
*Dressing not included										
Yes = ✓										
Yellow = Needs More Information										
Indicates Smart Choice item has less than 400 calories and 30% Fat(g)										
Allergy/Contains Column lists foods that may contain one of the big nine food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, and Sesame. Pork is labeled as needed.										