

Huckabee Student Lounge Grab and Go									Updated	Spring 2021
Food Categories										
Snacks on the Go	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Snack Pack Value										
Garden Egg Salad w/Pita Chips	1ct	603	29	68	2	17		✓		Wheat, Milk, Egg, Soy
Salami Cheese & Crackers	1ct	557	33	41	0	24				Wheat, Milk, Pork, Soy
Snack Pack Premium										
Tuna Salad Snack Pack	1ct	558	28	42	3	27				Fish, Egg, Soy
Chicken Salad Snack Pack	1ct	608	36	35	1	38				Wheat, Milk, Egg, Soy, Fish
Snack Cup Value										
Energy Snack Pack	1ct	454	32	21	7	21		✓	✓	Milk, Peanut
Fruits & Parfaits	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Cup Value										
Cantaloupe Fruit Cup	8oz	83	0	19	2	2	✓	✓	✓	
Grape Fruit Cup	8oz	112	0	29	2	1	✓	✓	✓	
Honeydew Fruit Cup	8oz	90	0	21	2	2	✓	✓	✓	
Strawberry Fruit Cup	8oz	74	0	17	3	2	✓	✓	✓	
Fruit Cup Premium										
Apple/Orange/Grape Fruit Cup	6oz	140	11	10	1	0	✓	✓	✓	
Fruit Cup Medley	8oz	102	0	24	2	2	✓	✓	✓	
Strawberries & Cream Parfait	8oz	165	7	24	3	2				Milk
Fruit Cup Gourmet										
Greek Parfait w/ Granola	8oz	355	9	55	5	14		✓	✓	Milk, Soy
Parfait w/ Granola	8oz	365	9	64	5	8		✓	✓	Milk, Soy
Grilled Peach Parfait	8oz	268	3	45	6	15				
Fruit Plate with Yogurt Dip	8oz	191	6	31	2	3		✓	✓	Milk
Salads	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Side Salads Value										
Spinach Salad	1 salad	300	11	33	9	18				Egg, Pork
Garden Salad	1 salad	265	21	15	4	3	✓	✓	✓	Milk, Egg, Soy
Entree Salads Gourmet										
Cobb Salad	1 salad	398	20	10	4	46			✓	Egg, Milk, Pork, Soy
Caesar Salad	1 salad	334	27	32	3	9		✓		Wheat, Milk, Soy, Egg
North Napa Salad	1 salad	753	33	93	14	22		✓	✓	Milk, Tree Nut
Greek Salad	1 salad	895	34	119	22	29		✓		Wheat, Milk, Soy, Tree Nut
Wraps	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Premium Wraps										
Chicken Caesar Wrap	1 wrap	641	35	54	7	28				Wheat, Milk, Soy, Egg
Southwest Chicken Wrap	1 wrap	763	43	62	4	33				Wheat, Milk, Soy, Egg
Gourmet Wraps										
Veggie Tortilla Wrap	1 wrap	356	18	40	8	9		✓	✓	Milk, Egg, Soy
Sandwiches	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains

Value Sandwiches										
Tuna Salad Wedge	1 sandwich	313	14	38	3	9		✓		Wheat, Soy, Egg, Fish
Chicken Salad Wedge	1 sandwich	319	11	32	2	25				Wheat, Soy, Egg, Fish
Premium Sandwiches										
Turkey and Cheese Wedge	1 sandwich	377	9	34	2	40				Wheat, Milk, Soy
Roastbeef and Provolone	1 sandwich	411	14	38	3	33				Wheat, Milk, (May contain Soy, Egg)
Gourmet Sandwiches										
Chicken Salad on Wheatberry	1 sandwich	507	14	56	7	40				Wheat, Egg, Fish, Treenuts, Soy
Chick pea Salad Sandwich	1 sandwich	638	23	89	13	19				Wheat, Milk, Egg
Combos	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Chicken Caesar Wrap w/ Fruit Medley	1ct	374	18	39	5	15				Wheat, Milk, Soy, Egg
Chicken Caesar Wrap w/ Garden Salad	1ct	585	39	42	8	17				Wheat, Milk, Soy, Egg
Ham and Cheese w/ Fruit Medley	1ct	431	13	47	3	32				Wheat, Milk, Soy, Pork
Ham and Cheese w/ Garden Salad	1ct	642	34	50	6	34				Wheat, Milk, Soy, Pork
Entrees/Bowls	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Herbed Rosemary Chicken	1ct	168	3	30	4	23			✓	
Beef & Veggie Grain Bowl	1ct	238	7	39	6	18				
Breakfast Combos	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bacon, Egg, & Cheese Biscuit	1 ct	499	29	54	3	18				Wheat, Egg, Milk, Pork, Whey, Soy
Ham, Egg, & Cheese Croissant	1ct	476	27	51	3	29				Wheat, Egg, Milk, Pork, Whey, Soy
Sausage, Egg, & Cheese Biscuit	1 ct	598	40	54	3	18				Wheat, Egg, Milk, Pork, Whey, Soy
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork, and Sesame										