

Updated										
2/20/2015										
Location/Food	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Bistro										
Chicken Noodle	8oz	160	4	24	2	8				Wheat,Milk,Soy,Egg
Clam Chowder	8oz									Coming Soon
Corn Chowder	8oz									Coming Soon
Minestrone	8oz									Coming Soon
Broccoli Cheese	8oz	280	20	20	2	6		✓		Wheat,Milk,Soy
Vegetable	8oz	140	2	26	4	2	✓	✓		Wheat,Soy
Tomato Basil	8oz	280	21	19	2	3		✓		Wheat,Milk,Soy
Bledsoe/Gordon										
Chicken Tortilla	8oz	189	4	28	6	8			✓	Milk,Soy
Creamy Potato	8oz	320	16	38	4	6				Wheat,Milk,Soy
Broccoli Cheese	8oz	280	20	20	2	6		✓		Wheat,Milk,Soy
Chicken Noodle	8oz	160	4	24	2	8				Wheat,Milk,Soy,Egg
Beef Stew	8oz	180	4	28	<1	8				Wheat, Soy
Commons										
Tomato Basil	8oz	280	21	19	2	3			✓	Wheat, Milk(Whey), Soy
	12oz	560	42	38	4	6			✓	Wheat, Milk(Whey), Soy
Horn/Knapp										
Minestrone	8oz	160	2	28	8	40				Wheat,Milk,Egg
Broccoli Cheese	8oz	280	20	20	2	6		✓		Wheat,Milk,Soy
Chicken Tortilla	8oz	189	4	28	6	8			✓	Milk,Soy
Tomato Basil	8oz	280	21	19	2	3		✓		Wheat,Milk,Soy
Vegetable	8oz	140	2	26	4	2	✓	✓		Wheat,Soy
Murray										
Bread Bowl	1 bowl	150	0.5	31	2	5		✓		Wheat,Barley, Milk, Egg, Soy
Loaded Potato	8oz	210	11	21	2	7				Wheat,Soy,Milk,Pork
Broccoli Cheese	8oz	280	20	20	2	6		✓		Wheat,Milk,Soy
Chicken Tortilla	8oz	180	4	28	6	8			✓	Milk,Soy
Tomato Basil	8oz	280	21	19	2	3		✓		Wheat,Milk,Soy
Sam's West										
Tomato Basil	8oz	280	21	19	2	3		✓		Wheat,Milk,Soy
Chicken Tortilla	12oz	270	6	42	9	12			✓	Milk,Soy
Loaded Potato	8oz	210	11	21	2	7				Wheat,Milk,Soy,Pork
Sneed										
Tomato Basil	8oz	280	21	19	2	3		✓		Wheat,Milk,Soy
Loaded Potato	8oz	210	11	21	2	7				Wheat,Milk,Soy,Pork
Chicken Tortilla	8oz	189	4	28	6	8			✓	Milk,Soy
StrEat										
Chicken Tortilla	12oz	270	6	42	9	12			✓	Milk,Soy
Chicken Enchilada	12oz	480	18	51	<1	27			✓	Milk,Soy
Wall/Gates										
Bread Bowl	1 bowl	150	0.5	31	2	5		✓		Wheat,Barley, Milk, Egg, Soy
Chicken Tortilla	8oz	180	4	28	6	8			✓	Milk,Soy
	12oz	270	6	42	9	12			✓	Milk,Soy
Tomato Basil	8oz	280	21	19	2	3		✓		Wheat,Milk,Soy
	12oz	420	32	28	3	5				Wheat,Milk,Soy
Loaded Potato	8oz	210	11	21	2	7				Wheat,Milk,Soy,Pork
	12oz	315	17	31.5	3	10.5				Wheat,Milk,Soy,Pork
Broccoli Cheese	8oz	280	20	20	2	6		✓		Wheat,Milk,Soy
	12oz	420	30	30	3	9				Wheat,Milk,Soy
Zi's										
Chicken Wonton	8oz	122	4	10	0	12				Wheat,Soy,Sesame
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 eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										