

The Commons										
Greens & Things										
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Fall 2022 Allergy/Contains:
Build Your Own: Salads or Wraps (dressings not included)										
Wraps (based on availability)										
12" Flour Tortilla	1 each	283	7	47	1	8	✓	✓		Wheat,Soy
12" Wheat Tortilla	1 each	270	8	45	6	8	✓	✓		Wheat,Soy
12" Spinach Herb Tortilla	1 each	310	7	52	2	8	✓	✓		Wheat,Soy
12' Jalapeno Cheese Tortilla	1 each	300	6	52	2	8	✓	✓		Wheat,Soy
Vegetables										
Avocado	1 half (~2.6oz)	138	12	6	5	2	✓	✓	✓	
Bacon	1oz.	35	3	0	0	2			✓	Pork
Balsamic Vinegar	1oz.	59	5	3	0	0	✓	✓	✓	
Black Beans	1oz.	37	0	7	3	3	✓	✓	✓	
Black Olives	1oz.	41	4	1	1	0	✓	✓	✓	
Broccoli	1oz.	10	<0.1	2	1	1	✓	✓	✓	
Cabbage	1oz.	14	<0.1	3	1	1	✓	✓	✓	
Carrot	1oz.	12	<0.1	3	1	0	✓	✓	✓	
Cherry Tomato	1oz.	5	<0.1	1	0	0	✓	✓	✓	
Cilantro	1oz.	7	0	1	1	1	✓	✓	✓	
Crackers	1 package	29	1	5	0	1	✓	✓		Wheat, Soy
Croutons	.24oz	30	1	5	0	1		✓		Wheat,Milk
Cucumbers	1oz.	4	<0.1	1	0	0	✓	✓	✓	
Dried Cranberries	1oz.	92	0	23	2	0	✓	✓	✓	Sunflower Oil
Hard Boiled Egg	1 each	78	5	1	0	6		✓	✓	Egg
Feta	2oz.	150	12	2	0	8		✓	✓	Milk
Fried Chicken	4oz	120	5	8	1	12				Wheat
Green Bell Pepper	1oz.	6	<0.1	1	1	0	✓	✓	✓	
Grilled Chicken	4oz	179	1	35	2	7				
Jalapenos	1oz.	8	0	1	1	0	✓	✓	✓	
Lemon	1 wedge	1	0	1	<0.1	<0.1	✓	✓	✓	
Fettuccine Pasta Noodles	1oz.	149	9	16	1	2	✓	✓		Wheat
Mandarine Oranges	1oz.	10	<0.1	3	0	0	✓	✓	✓	
Monterey Jack	1oz.	80	6	0	0	5		✓	✓	Milk
Mozzerella	1oz.	72	5	1	0	7		✓	✓	Milk
Mushroom	1oz.	4	0	1	1	0	✓	✓	✓	
Olive Oil	1oz.	243	27	0	0	0	✓	✓	✓	
Parmesan Cheese	1oz.	100	7	0	0	9		✓	✓	Milk
Pesto	1oz.	115	11	3	1	2		✓	✓	Milk
Red Onion	1oz.	12	<0.1	3	0	0	✓	✓	✓	
Roasted Corn	1oz.	24	0	6	1	1	✓	✓	✓	
Romaine	6oz.	5	<0.1	1	1	0	✓	✓	✓	
Spinach	6oz.	29	1	6	4	2	✓	✓	✓	
Spring Mix	6oz.	39	1	6	4	5	✓	✓	✓	
Strawberries	1oz.	40	0	6	1	4	✓	✓	✓	
Sunflower Seeds	1oz.	174	14	6	3	6	✓	✓	✓	May contain Peanut, Cottonseed, Soybean and/or Sunflower Oil
Tortilla Strips	1oz.	35	2	5	0	1	✓	✓	✓	
Dressing										
Avocado Chili Ranch	1oz.	138	13	3	2	1		✓	✓	Milk,Soy,Egg
Avocado Ranch	4 oz	468	49	6	1	2		✓	✓	Milk, Soy, Egg
Chipotle Ranch	2 oz	268.9	25	9	0	1		✓	✓	Milk, Egg, Soy
Chipotle Ranch	4 oz	537.8	50.6	18.6	0	2		✓	✓	Milk, Egg, Soy
Caesar Dressing	1oz.	123	12	2	0	2		✓	✓	Milk,Soy,Egg
Balsamic Vinegar	1oz.	10	0	2	0	0	✓	✓	✓	
Balsamic Vinaigrette	1 oz	51.5	3.5	5	0	0	✓	✓	✓	Soy
Zesty Italian	1oz.	82	8	3	0	0.1		✓	✓	Milk,Soy
Olive Oil Blend	1oz.	240	28	0	0	0	✓	✓	✓	
Ranch	1oz.	137	14.6	1.9	0.2	0.3		✓	✓	Milk,Soy,Egg
Oriental Sesame	1oz.	140	12	7	0	1	✓	✓		Wheat,Soy,Sesame
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										

