

Fresh Plate-Snack Bar

Updated

Spring 2023

Burgers	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
Pizza By The Slice										
Pizza										
Cheese Pizza	12 servings (1 slice)	184	4	31	1	7				Wheat, Milk, Soy
Pepperoni Pizza	12 servings (1 slice)	196	5	31	1	7				Wheat, Milk, Soy
Veggie Pizza	12 servings (1 slice)	190	4	31	1	7				Wheat, Milk, Soy
Sausage Pizza	12 servings (1 slice)	267	11	31	1	11				Wheat, Milk, Pork, Soy
Chicken Strips (3)	~3 strips	359	28	31	0	17				Wheat, Milk, Soy, Egg, Pork
Chicken Strips (4)	~4 strips	478	37	41	0	23				Wheat, Milk, Egg, Soy
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Ranch (Heinz)	1oz.	80	9	2	0	0		✓	✓	Milk, Egg
BBQ (Heinz)	1oz.	35	0	8	0	0				
White Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Yes = ✓										
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										

Fresh Plate										Updated	Spring 2023
Monday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		
Breakfast											
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg	
Ham and Eggs on a 6" Flour Tortilla	1 serving	217.88	10.73	16.61	0.00	13.73				Wheat,Milk, Egg, Pork	
Bacon	2 slices	70	6	0	0	4			✓	Pork	
Sausage	2 patties	307	28	0	0	12			✓	Pork	
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy	
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy	
French Toast (Without Toppings)	2 Slices	309.5	9.5	41	0.5	15		✓		Wheat, Milk, Soy, Egg	
Texas Toast	2 slices	194	2	38	0	6	✓	✓		Wheat, Soy	
Tater Tots	4oz	197	13	18	2	2	✓	✓	✓	Soy	
Biscuits	1 each	172	8	22	0	3		✓		Milk	
Add Ons		0									
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓		
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓		
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy	
Sugar	1tsp	16	0	4	0	0	✓	✓	✓		
Syrup	1 serving	116	0	29	0	0	✓	✓	✓		
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓		
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Vanilla Yogurt	4oz	84	0	17	0	4		✓	✓	Milk	
Fresh Strawberries	1oz	28	0	7	0	0	✓	✓	✓		
Granola	1.5oz	249	9	38	3	4		✓		Soy	
Salad Bar											
Salad Mix	4oz	15	0	3	0	1	✓	✓	✓		
Shredded Carrots	1oz	12	0	3	0	0	✓	✓	✓		
Onions (white)	1oz	10	0	2	0	0	✓	✓	✓		
Bell Peppers	1oz	6	0	1	0	0	✓	✓	✓		
Black Olives	1 oz	47	3.8	1.9	0	0	✓	✓	✓		
Broccoli	1oz	9	0	2	0	1	✓	✓	✓		
Cottage Cheese	1oz	30	1	1	0	3		✓	✓	Milk	
Shredded Cheese	1oz	110	9	1	0	7		✓	✓	Milk	
Celery	1oz	3	0	1	0	0	✓	✓	✓		
Hard Boiled Egg	1 each	77	5	0.5	0	6		✓	✓	Egg	
Sliced Mushrooms	1 oz	7	0	1	0	1	✓	✓	✓		
Potato Salad	1oz	40	2	6	0	0		✓	✓	Egg, Soy	
Pasta Salad	1oz	30	1	3.5	0	1		✓		Wheat, Egg, Milk, Soy	
Tuna Salad	2oz	60	0.5	0	0	13			✓	Fish	
Diced Ham	2oz	70	3	1	0	9			✓	Pork	
Diced Chicken	3oz	90	2	1	0	18			✓	Soy	
Dressings:											
Italian Dressing	1oz	80	8	2	0	0	✓	✓	✓	Soy	
Ranch Dressing	1oz	60	6	1	0	1		✓	✓	Milk,Egg,Soy	
Red Wine Vinegar	1 oz	0	0	0	0	0	✓	✓	✓		
Thousand Island	1 oz	92	8	5	0	0		✓	✓	Soy, Egg	
Entrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Chicken Masala	4oz	309	5	24	0	42			✓	Milk	
Masala Sauce	2oz	180	0	24	0	21		✓	✓	Milk	
Grilled Chicken	4oz	129	5	0	0	21			✓		
Sides											
Mashed Potatoes	2oz	130	8	13	0	1.5		✓	✓	Milk	
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy	
Basmati Rice	2oz	158	0	18	0	2					
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy	
Fried Okra	3oz	141	5	21	1	3		✓		Wheat, Milk, Soy	
Spinach	4oz	55	3	4	2	3	✓	✓	✓	Soy	
Burgers											
Beef Patty	4oz	301	25	0	0	19			✓		
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy	

Gluten Free Bread- White Northern Bake House	2 slices	170	4	36	4	1			✓	Sunflower oil
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		✓	✓	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Pizza										
Buffalo Chicken Ranch Pizza (Hot Sauce, Mozzarella, Ranch, Parsley)	12 servings (1 slice)	332	15	31	1	18				Wheat, Milk, Egg, Soy
Cheese Pizza (Mozzarella, Sauce)	12 servings (1 slice)	184	4	31	1	7				Wheat, Milk, Soy
Pepperoni Pizza (Pepperoni, Mozzarella, Sauce)	12 servings (1 slice)	196	5	31	1	7				Wheat, Milk, Soy
Veggie Pizza (Onions, Bell Peppers, Black Olive, Sliced Mushrooms,Mozzarella, Sauce)	12 servings (1 slice)	190	4	31	1	7				Wheat, Milk, Soy
Sausage Pizza (Sausage, Mozzarella, Sauce)	12 servings (1 slice)	267	11	31	1	11				Wheat, Milk, Pork, Soy
Desserts										
Cookies										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies										
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Boston Cream Pie	1 Slice	350	12	57	1	5		✓		Wheat, Milk, Egg, Soy, Processed in a facility with Tree Nuts
Coconut Pie	1 Slice	410	23	49	1	2		✓		Wheat, Milk, Soy, Processed in a facility with Tree Nuts
Pumpkin Pie	1 Slice	310	11	48	1	5		✓		Wheat, Milk, Eggs, Soy, Processed in a facility with Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Honeydew Melon	3oz	36	0	3	0.5	0	✓	✓	✓	
Cantaloupe	3oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓	
Teas										
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓	
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓	
Raspberry Tea	16oz	184	0	46	0	0	✓	✓	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	

Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										

Spanish Rice	2oz	95.5	1.5	19	1	1.5	✓	✓		May contain wheat
Refried Beans	3oz	46.5	0.5	7.5	2.5	3	✓	✓	✓	
Salsa	1oz	4	0	1	0	0	✓	✓	✓	
Pico	1oz	4	0	1	0	0	✓	✓	✓	
Chips & Salsa	4oz	212	7	33	2	4	✓	✓	✓	Soy
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy
Mixed Squash and Zucchini	2oz	35.5	1.5	5	1	0.5	✓	✓	✓	Soy
Burgers										
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Gluten Free Bread- White Northern Bake House	2 slices	170	4	36	4	1			✓	Sunflower oil
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4			✓	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Pizza										
Buffalo Chicken Ranch Pizza (Hot Sauce, Mozzarella, Ranch, Parsley)	12 servings (1 slice)	332	15	31	1	18				Wheat, Milk, Egg, Soy
Cheese Pizza (Mozzarella, Sauce)	12 servings (1 slice)	184	4	31	1	7				Wheat, Milk, Soy
Pepperoni Pizza (Pepperoni, Mozzarella, Sauce)	12 servings (1 slice)	196	5	31	1	7				Wheat, Milk, Soy
Veggie Pizza (Onions, Bell Peppers, Black Olive, Sliced Mushrooms,Mozzarella, Sauce)	12 servings (1 slice)	190	4	31	1	7				Wheat, Milk, Soy
Sausage Pizza (Sausage, Mozzarella, Sauce)	12 servings (1 slice)	267	11	31	1	11				Wheat, Milk, Pork, Soy
Pizza Crust 16"	1 crust	2004	36	348	12	72		✓		Wheat, Milk
Desserts										
Cookies										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies										
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Boston Cream Pie	1 Slice	350	12	57	1	5		✓		Wheat, Milk, Egg, Soy, Processed in a facility with
Coconut Pie	1 Slice	410	23	49	1	2		✓		Wheat, Milk, Soy, Processed in a facility with
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Honeydew Melon	3oz	36	0	3	0.5	0	✓	✓	✓	
Cantaloupe	3oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Total Melon Cup	6oz	63.5	0	5.3	1	0				
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	

Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓	
Teas										
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓	
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓	
Raspberry Tea	16oz	184	0	46	0	0	✓	✓	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
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										

Fresh Plate										Updated	Spring 2023
Wednesday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		
Breakfast											
Scrambled Eggs	3.5oz	119.5	7.5	2.5	0	10.5		✓	✓	Milk, Egg	
6' Flour Tortilla	1	99.5	3.5	15	0	2	✓	✓		Wheat	
Breakfast Burritos											
Chorizo, Egg, and Tortilla	1 serving	255.00	15.00	17.00	0.50	13.00					
Bacon, Egg, Tortilla	1 serving	319.40	22.60	15.50	0.00	13.50					
Potato, Egg, Tortilla	1 serving	286.2	18.2	21.5	0.6	9.1					
Chorizo, Egg and 6" Tortilla	1 taco	313	19	18.5	2	16.5				Wheat, Milk, Egg, Soy, Pork	
French Toast (Without Toppings)	2 Slices	309.5	9.5	41	0.5	15		✓		Wheat, Milk, Soy, Egg	
Sausage	2 patties	300	28	0	0	12			✓	Pork	
Biscuits	1 each	238	8	23	1	18.5		✓		Wheat, Milk, Soy	
Gravy	1oz	63	3	9	0	0		✓		Wheat, Milk, Egg, Soy	
Add Ons											
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓		
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓		
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy	
Sugar	1tsp	16	0	4	0	0	✓	✓	✓		
Syrup	1 serving	116	0	29	0	0	✓	✓	✓		
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓		
Breakfast Yogurt Bar											
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Vanilla Yogurt	4oz	84	0	17	0	4		✓	✓	Milk	
Fresh Strawberries	1oz	28	0	7	0	0	✓	✓	✓		
Granola	1.5oz	249	9	38	3	4		✓		Soy	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy	
Salad Bar											
Salad Mix	4oz	15	0	3	0	1	✓	✓	✓		
Shredded Carrots	1oz	12	0	3	0	0	✓	✓	✓		
Onions (white)	1oz	10	0	2	0	0	✓	✓	✓		
Bell Peppers	1oz	6	0	1	0	0	✓	✓	✓		
Black Olives	1oz	47	3.8	1.9	0	0	✓	✓	✓		
Broccoli	1oz	9	0	2	0	1	✓	✓	✓		
Cottage Cheese	1oz	30	1	1	0	3		✓	✓	Milk	
Shredded Cheese	1oz	110	9	1	0	7		✓	✓	Milk	
Celery	1oz	3	0	1	0	0	✓	✓	✓		
Hard Boiled Egg	1 each	77	5	0.5	0	6		✓	✓	Egg	
Sliced Mushrooms	1 oz	7	0	1	0	1	✓	✓	✓		
Potato Salad	1oz	40	2	6	0	0		✓	✓	Egg, Soy	
Pasta Salad	1oz	30	1	3.5	0	1		✓		Wheat, Egg, Milk, Soy	
Tuna Salad	2oz	60	0.5	0	0	13		✓	✓	Fish	
Diced Ham	2oz	70	3	1	0	9			✓	Pork	
Diced Chicken	3oz	90	2	1	0	18			✓	Soy	
Dressings:											
Italian Dressing	1oz	80	8	2	0	0	✓	✓	✓	Soy	
Ranch Dressing	1oz	60	6	1	0	1		✓	✓	Milk, Egg, Soy	
Red Wine Vinegar	1 oz	0	0	0	0	0	✓	✓	✓		
Thousand Island	1 oz	92	8	5	0	0		✓	✓	Soy, Egg	
Entrées Daily Specials											
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Vegetable Lasagna	4oz	136	6	13.5	2	7		✓		Wheat, Milk, Egg, Soy	
Lemon Pepper Tilapia (Breaded)	4oz	176	8	9	0	17				Wheat, Soy, Fish	
Grilled Chicken	4oz	129	5	0	0	21			✓		
Sides											
Cabbage	2oz	38	2	3	1	2	✓	✓	✓		
Red Potatoes	2oz	70	2	11	1	2	✓	✓	✓		
Rice	2oz	155	16.5	0	0	1.5	✓	✓	✓		
Vegetables											
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy	
Fried Okra	3oz	141	5	21	1	3		✓		Wheat, Milk, Soy	
Burgers											
Beef Patty	4oz	301	25	0	0	19			✓		
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy	

Gluten Free Bread- White Northern Bake House	2 slices	170	4	36	4	1			✓	Sunflower oil
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		✓	✓	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Pizza										
Buffalo Chicken Ranch Pizza (Hot Sauce, Mozzarella, Ranch, Parsley)	12 servings (1 slice)	332	15	31	1	18				Wheat, Milk, Egg, Soy
Cheese Pizza (Mozzarella, Sauce)	12 servings (1 slice)	184	4	31	1	7				Wheat, Milk, Soy
Pepperoni Pizza (Pepperoni, Mozzarella, Sauce)	12 servings (1 slice)	196	5	31	1	7				Wheat, Milk, Soy
Veggie Pizza (Onions, Bell Peppers, Black Olive, Sliced Mushrooms,Mozzarella, Sauce)	12 servings (1 slice)	190	4	31	1	7				Wheat, Milk, Soy
Sausage Pizza (Sausage, Mozzarella, Sauce)	12 servings (1 slice)	267	11	31	1	11				Wheat, Milk, Pork, Soy
Desserts										
Cookies										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies										
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Boston Cream Pie	1 Slice	350	12	57	1	5		✓		Wheat, Milk, Egg, Soy, Processed in a facility with Tree Nuts
Coconut Pie	1 Slice	410	23	49	1	2		✓		Wheat, Milk, Soy, Processed in a facility with Tree Nuts
Pumpkin Pie	1 Slice	310	11	48	1	5		✓		Wheat, Milk, Eggs, Soy, Processed in a facility with Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Honeydew Melon	3oz	36	0	3	0.5	0	✓	✓	✓	
Cantaloupe	3oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓	
Teas										
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓	
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓	
Raspberry Tea	16oz	184	0	46	0	0	✓	✓	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	

Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
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										

Fresh Plate

Fresh Plate									Updated	Spring 2023
Thursday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Breakfast										
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg
Ham and Eggs on Flour Tortilla	1 serving	217.88	10.73	16.61	0.00	13.73				Wheat,Milk, Egg, Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
French Toast (Without Toppings)	2 Slices	309.5	9.5	41	0.5	15		✓		Wheat, Milk, Soy, Egg
Waffles	1 each	105	1	20	1	4		✓		Wheat, Milk, Soy
Add Ons										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓	
Syrup	1 serving	116	0	29	0	0	✓	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓	
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Vanilla Yogurt	4oz	84	0	17	0	4		✓	✓	Milk
Fresh Strawberries	1oz	28	0	7	0	0	✓	✓	✓	
Granola	1.5oz	249	9	38	3	4		✓		Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Salad Bar										
Salad Mix	4oz	15	0	3	0	1	✓	✓	✓	
Shredded Carrots	1oz	12	0	3	0	0	✓	✓	✓	
Onions (white)	1oz	10	0	2	0	0	✓	✓	✓	
Bell Peppers	1oz	6	0	1	0	0	✓	✓	✓	
Black Olives	1oz	47	3.8	1.9	0	0	✓	✓	✓	
Broccoli	1oz	9	0	2	0	1	✓	✓	✓	
Cottage Cheese	1oz	30	1	1	0	3		✓	✓	Milk
Shredded Cheese	1oz	110	9	1	0	7		✓	✓	Milk
Celery	1oz	3	0	1	0	0	✓	✓	✓	
Hard Boiled Egg	1 each	77	5	0.5	0	6		✓	✓	Egg
Sliced Mushrooms	1oz	7	0	1	0	1	✓	✓	✓	
Potato Salad	1oz	40	2	6	0	0		✓	✓	Egg, Soy
Pasta Salad	1oz	30	1	3.5	0	1		✓		Wheat, Egg, Milk, Soy
Tuna Salad	2oz	60	0.5	0	0	13			✓	Fish
Diced Ham	2oz	70	3	1	0	9			✓	Pork
Diced Chicken	3oz	90	2	1	0	18			✓	Soy
Dressings:										
Italian Dressing	1oz	80	8	2	0	0	✓	✓	✓	Soy
Ranch Dressing	1oz	60	6	1	0	1		✓	✓	Milk,Egg,Soy
Red Wine Vinegar	1oz	0	0	0	0	0	✓	✓	✓	
Thousand Island	1oz	92	8	5	0	0		✓	✓	Soy, Egg
Entrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Chicken Fried Steak w/ Cream Gravy	4oz	365	20.5	31	1	14				Wheat, Milk, Soy, Whey
Chicken Fried Steak (Only)	4oz	244	12	22	1	14				Wheat, Milk, Soy, Whey
Cream Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Grilled Chicken	4oz	129	5	0	0	21			✓	
Broccoli & Cheese Casserole	4oz	167	10	14	1	5				Wheat,Milk,Soy,Whey
Sides										
Rice	2oz	155	16.5	0	0	1.5	✓	✓	✓	
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Mac and Cheese	2oz	86	4	8.5	0	4		✓		Wheat, Milk, Soy
Potato Bar										
Baked Potato	1 each	80	1	18	1.5	2	✓	✓	✓	
Margarine	1 tbsp	102.6	11.4	0	0	0				
Bacon	2 slices	70	6	0	0	4			✓	Pork
Shredded Cheese	1oz	110	9	1	0	7		✓	✓	Milk

Green Onion	1oz	8	0	2	0	0	✓	✓	✓	
Sour Cream	1oz	60	6	2	0	1		✓	✓	Milk
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy
Green Beans	3oz	26	2	2			✓	✓	✓	Soy
Burgers										
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Gluten Free Bread- White Northern Bake House	2 slices	170	4	36	4	1			✓	Sunflower oil
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		✓	✓	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Pizza										
Buffalo Chicken Ranch Pizza (Hot Sauce, Mozzarella, Ranch, Parsley)	12 servings (1 slice)	332	15	31	1	18				Wheat, Milk, Egg, Soy
Cheese Pizza (Mozzarella, Sauce)	12 servings (1 slice)	184	4	31	1	7				Wheat, Milk, Soy
Pepperoni Pizza (Pepperoni, Mozzarella, Sauce)	12 servings (1 slice)	196	5	31	1	7				Wheat, Milk, Soy
Veggie Pizza (Onions, Bell Peppers, Black Olive, Sliced Mushrooms, Mozzarella, Sauce)	12 servings (1 slice)	190	4	31	1	7				Wheat, Milk, Soy
Sausage Pizza (Sausage, Mozzarella, Sauce)	12 servings (1 slice)	267	11	31	1	11				Wheat, Milk, Pork, Soy
Desserts										
Cookies										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies										
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Boston Cream Pie	1 Slice	350	12	57	1	5		✓		Wheat, Milk, Egg, Soy, Processed in a facility with Tree Nuts
Coconut Pie	1 Slice	410	23	49	1	2		✓		Wheat, Milk, Soy, Processed in a facility with Tree Nuts
Pumpkin Pie	1 Slice	310	11	48	1	5		✓		Wheat, Milk, Eggs, Soy, Processed in a facility with Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Honeydew Melon	3oz	36	0	3	0.5	0	✓	✓	✓	
Cantaloupe	3oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓	
Teas										
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓	
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓	
Raspberry Tea	16oz	184	0	46	0	0	✓	✓	✓	

Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
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										

Fresh Plate

Fresh Plate										Updated	Spring 2023
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		
Friday											
Breakfast											
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg	
Ham and Eggs on Flour Tortilla	1 serving	217.88	10.73	16.61	0.00	13.73				Wheat,Milk, Egg, Pork	
Sausage	2 patties	307	28	0	0	12			✓	Pork	
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy	
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy	
French Toast (Without Toppings)	2 Slices	309.5	9.5	41	0.5	15		✓		Wheat, Milk, Soy, Egg	
Pancakes	1 each	105	1	20	1	4		✓		Wheat, Soy, Milk	
Add Ons											
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓		
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓		
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy	
Sugar	1tsp	16	0	4	0	0	✓	✓	✓		
Syrup	1 serving	116	0	29	0	0	✓	✓	✓		
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓		
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Vanilla Yogurt	4oz	84	0	17	0	4		✓	✓	Milk	
Fresh Strawberries	1oz	28	0	7	0	0	✓	✓	✓		
Granola	1.5oz	249	9	38	3	4		✓		Soy	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy	
Salad Bar											
Salad Mix	4oz	15	0	3	0	1	✓	✓	✓		
Shredded Carrots	1oz	12	0	3	0	0	✓	✓	✓		
Onions (white)	1oz	10	0	2	0	0	✓	✓	✓		
Bell Peppers	1oz	6	0	1	0	0	✓	✓	✓		
Black Olives	1 oz	47	3.8	1.9	0	0	✓	✓	✓		
Broccoli	1oz	9	0	2	0	1	✓	✓	✓		
Cottage Cheese	1oz	30	1	1	0	3		✓	✓	Milk	
Shredded Cheese	1oz	110	9	1	0	7		✓	✓	Milk	
Celery	1oz	3	0	1	0	0	✓	✓	✓		
Hard Boiled Egg	1 each	77	5	0.5	0	6		✓	✓	Egg	
Sliced Mushrooms	1 oz	7	0	1	0	1	✓	✓	✓		
Potato Salad	1oz	40	2	6	0	0		✓	✓	Egg, Soy	
Pasta Salad	1oz	30	1	3.5	0	1		✓		Wheat, Egg, Milk, Soy	
Tuna Salad	2oz	60	0.5	0	0	13			✓	Fish	
Diced Ham	2oz	70	3	1	0	9			✓	Pork	
Diced Chicken	3oz	90	2	1	0	18			✓	Soy	
Dressings:											
Italian Dressing	1oz	80	8	2	0	0	✓	✓	✓	Soy	
Ranch Dressing	1oz	60	6	1	0	1		✓	✓	Milk,Egg,Soy	
Red Wine Vinegar	1 oz	0	0	0	0	0	✓	✓	✓		
Thousand Island	1 oz	92	8	5	0	0		✓	✓	Soy, Egg	
Entrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Fried Catfish	4oz	114.5	9.5	16	1	13				Wheat, Fish	
Baked Fish with Lemon Pepper	4oz	105	1	0	0	24			✓		
Grilled Chicken	4oz	129	5	0	0	21			✓		
Baked Ziti (Pasta, Sauce, Beef, Mozzarella, Parmesan)	8oz	774	36	76	5.5	36.5				Wheat, Milk, Soy	
Sides											
Rice	2oz	155	16.5	0	0	1.5	✓	✓	✓		
Cabbage	2oz	38	2	3	1	2	✓	✓	✓		
Pinto Beans	2oz	24	0	4.5	1	1.5	✓	✓	✓		
Hush Puppies	2ct.	169	9	20	1	2					
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy	
Fried Okra	3oz	141	5	21	1	3		✓		Wheat, Milk, Soy	
Spinach	4oz	55	3	4	2	3		✓	✓	Margarine	
Hot Dog											
Frank	1 frank	330	30	2	0	13			✓		
Bun	1 bun	140	2.5	26	0	4		✓		Wheat, Soy	
Relish	1 oz	0	0	0	0	0	✓	✓	✓		

Chili	1 oz	61	5	2	0.6	2			✓		
Shredded Cheese	1oz	110	9	1	0	7		✓	✓		Milk
Onion	1oz	10	0	2	0	0	✓	✓	✓		
Burgers											
Beef Patty	4oz	301	25	0	0	19			✓		
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓			Wheat, Soy
Gluten Free Bread- White Northern Bake House	2 slices	170	4	36	4	1			✓		Sunflower oil
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24					Wheat, Soy
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free		Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		✓	✓		Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓		Milk
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free		Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓		
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓		
Mayo	1 pkt	76	8	1	0	0		✓	✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓		
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓		
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓		
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓		
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓		Soy
Pizza											
Buffalo Chicken Ranch Pizza (Hot Sauce, Mozzarella, Ranch, Parsley)	12 servings (1 slice)	332	15	31	1	18					Wheat, Milk, Egg, Soy
Cheese Pizza (Mozzarella, Sauce)	12 servings (1 slice)	184	4	31	1	7					Wheat, Milk, Soy
Pepperoni Pizza (Pepperoni, Mozzarella, Sauce)	12 servings (1 slice)	196	5	31	1	7					Wheat, Milk, Soy
Veggie Pizza (Onions, Bell Peppers, Black Olive, Sliced Mushrooms,Mozzarella, Sauce)	12 servings (1 slice)	190	4	31	1	7					Wheat, Milk, Soy
Sausage Pizza (Sausage, Mozzarella, Sauce)	12 servings (1 slice)	267	11	31	1	11					Wheat, Milk, Pork, Soy
Desserts											
Cookies											
Chocolate Chip	1 Cookie	193	9	26	1	2		✓			Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓			Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1					Wheat, Milk, Egg, Soy
Cakes and Pies											
Carrot Cake	1 Slice	299	15	38	1	3		✓			Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓			Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓			Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓			Wheat, Milk, Egg, Soy, Tree Nuts
Boston Cream Pie	1 Slice	350	12	57	1	5		✓			Wheat, Milk, Egg, Soy, Processed in a facility with Tree Nuts
Coconut Pie	1 Slice	410	23	49	1	2		✓			Wheat, Milk, Soy, Processed in a facility with Tree Nuts
Pumpkin Pie	1 Slice	310	11	48	1	5		✓			Wheat, Milk, Eggs, Soy, Processed in a facility with Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓		
Honeydew Melon	3oz	36	0	3	0.5	0	✓	✓	✓		
Cantaloupe	3oz	27.5	0	2.3	0.5	0	✓	✓	✓		
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓		
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓		
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓		
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓		
Milk (whole)	16oz	312	16	26	0	16		✓	✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	✓	Milk
Juice											
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓		
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓		
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓		
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓		
Teas											
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓		
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓		
Raspberry Tea	16oz	184	0	46	0	0	✓	✓	✓		
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓		
Sodas	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓		
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓		
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓		

Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
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										

Fresh Plate										Updated	Spring 2023		
Friday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free				
Breakfast													
Scrambled Eggs	3.5oz	119.5	7.5	2.5	0	10.5		✓	✓		Milk,Egg		
Bacon	2 slices	70	6	0	0	4			✓		Pork		
Ham and Eggs on Flour Tortilla	1 serving	217.88	10.73	16.61	0.00	13.73					Wheat,Milk, Egg, Pork		
Biscuits	1 each	180	8	23	1	18.5		✓			Wheat, Milk, Soy		
Gravy	1oz	68	3	9	0	0		✓			Wheat, Milk, Egg, Soy		
French Toast (Without Toppings)	2 Slices	309.5	9.5	41	0.5	15		✓			Wheat, Milk, Soy, Egg		
Pancakes	1 each	105	1	20	1	4		✓			Wheat, Soy, Milk		
Add Ons													
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓				
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓				
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓		Milk, Soy		
Sugar	1tsp	16	0	4	0	0	✓	✓	✓				
Syrup	1 serving	116	0	29	0	0	✓	✓	✓				
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓				
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		Allergy/Contains		
Vanilla Yogurt	4oz	84	0	17	0	4		✓	✓		Milk		
Fresh Strawberries	1oz	28	0	7	0	0	✓	✓	✓				
Granola	1.5oz	249	9	38	3	4		✓			Soy		
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓		Milk, Soy		
Salad Bar													
Salad Mix	4oz	15	0	3	0	1	✓	✓	✓				
Shredded Carrots	1oz	12	0	3	0	0	✓	✓	✓				
Onions (white)	1oz	10	0	2	0	0	✓	✓	✓				
Bell Peppers	1oz	6	0	1	0	0	✓	✓	✓				
Black Olives	1 oz	47	3.8	1.9	0	0	✓	✓	✓				
Broccoli	1oz	9	0	2	0	1	✓	✓	✓				
Cottage Cheese	1oz	30	1	1	0	3		✓	✓		Milk		
Shredded Cheese	1oz	110	9	1	0	7		✓	✓		Milk		
Celery	1oz	3	0	1	0	0	✓	✓	✓				
Hard Boiled Egg	1 each	77	5	0.5	0	6		✓	✓		Egg		
Sliced Mushrooms	1 oz	7	0	1	0	1	✓	✓	✓				
Potato Salad	1oz	40	2	6	0	0		✓	✓		Egg, Soy		
Pasta Salad	1oz	30	1	3.5	0	1		✓			Wheat, Egg, Milk, Soy		
Tuna Salad	2oz	60	0.5	0	0	13			✓		Fish		
Diced Ham	2oz	70	3	1	0	9			✓		Pork		
Diced Chicken	3oz	90	2	1	0	18			✓		Soy		
Dressings:													
Italian Dressing	1oz	80	8	2	0	0	✓	✓	✓		Soy		
Ranch Dressing	1oz	60	6	1	0	1		✓	✓		Milk,Egg,Soy		
Red Wine Vinegar	1 oz	0	0	0	0	0	✓	✓	✓				
Thousand Island	1 oz	92	8	5	0	0		✓	✓		Soy, Egg		
Entrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		Allergy/Contains		
Fried Catfish	4oz	114.5	9.5	16	1	13					Wheat, Fish		
Baked Fish with Lemon Pepper	4oz	105	1	0	0	24			✓				
Grilled Chicken	4oz	129	5	0	0	21			✓				
Baked Ziti (Pasta, Sauce, Beef, Mozzarella, Parmesan)	8oz	774	36	76	5.5	36.5					Wheat, Milk, Soy		
Sides													
Rice	2oz	155	16.5	0	0	1.5	✓	✓	✓				
Cabbage	2oz	38	2	3	1	2	✓	✓	✓				
Pinto Beans	2oz	44	0	8	2	3	✓	✓	✓				
Hush Puppies	2ct.	169	9	20	1	2							
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free		Allergy/Contains		
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓		Soy		
Fried Okra	3oz	141	5	21	1	3		✓			Wheat, Milk, Soy		
Spinach	4oz	55	3	4	2	3	✓	✓	✓		Margarine		
Burgers													
Beef Patty	4oz	301	25	0	0	19			✓				
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓			Wheat, Soy		
Gluten Free Bread- White Northern Bake House	2 slices	170	4	36	4	1			✓		Sunflower oil		
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24					Wheat, Soy		
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free		Allergy/Contains		

American Cheese	1 Slice	61	5	0	0	4		✓	✓	Milk, Soy		
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk		
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains		
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓			
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓			
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy		
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓			
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓			
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓			
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓			
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy		
Pizza												
Buffalo Chicken Ranch Pizza (Hot Sauce, Mozzarella, Ranch, Parsley)	12 servings (1 slice)	332	15	31	1	18				Wheat, Milk, Egg, Soy		
Cheese Pizza (Mozzarella, Sauce)	12 servings (1 slice)	184	4	31	1	7				Wheat, Milk, Soy		
Pepperoni Pizza (Pepperoni, Mozzarella, Sauce)	12 servings (1 slice)	196	5	31	1	7				Wheat, Milk, Soy		
Veggie Pizza (Onions, Bell Peppers, Black Olive, Sliced Mushrooms, Mozzarella, Sauce)	12 servings (1 slice)	190	4	31	1	7				Wheat, Milk, Soy		
Sausage Pizza (Sausage, Mozzarella, Sauce)	12 servings (1 slice)	267	11	31	1	11				Wheat, Milk, Pork, Soy		
Desserts												
Cookies												
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy		
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy		
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy		
Cakes and Pies												
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy		
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy		
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy		
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts		
Boston Cream Pie	1 Slice	350	12	57	1	5		✓		Wheat, Milk, Egg, Soy, Processed in a facility with Tree Nuts		
Coconut Pie	1 Slice	410	23	49	1	2		✓		Wheat, Milk, Soy, Processed in a facility with Tree Nuts		
Pumpkin Pie	1 Slice	310	11	48	1	5		✓		Wheat, Milk, Eggs, Soy, Processed in a facility with Tree Nuts		
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓			
Honeydew Melon	3oz	36	0	3	0.5	0	✓	✓	✓			
Cantaloupe	3oz	27.5	0	2.3	0.5	0	✓	✓	✓			
Total Melon Cup	6oz	63.5	0	5.3	1	0						
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓			
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓			
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓			
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains		
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓			
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk		
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk		
Juice												
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓			
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓			
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓			
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓			
Teas												
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓			
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓			
Raspberry Tea	16oz	184	0	46	0	0	✓	✓	✓			
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓			
Sodas	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains		
Coke	16oz	208	0	52	0	0	✓	✓	✓			
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓			
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓			
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓			
Sprite	16oz	204	0	51	0	0	✓	✓	✓			
Root Beer	16oz	200	0	50	0	0	✓	✓	✓			
Powerade	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains		
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓			
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓			
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓			
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												

