

Soups Across Campus

Fall 2023

Soups	Serving Size	Calories	Fat(g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Broccoli Cheese Soup	8oz	284	20	20	2	6				Wheat, Milk, Soy
	12oz	426	30	30	3	9				Wheat, Milk, Soy
	16oz	568	40	40	4	12				Wheat, Milk, Soy
Chana Masala Cauliflower	8oz	154	6	22	4	3	✓	✓	✓	Xanthan Gum (May Contain Soy), Treenuts (Coconut)
	12oz	231	9	33	6	4.5	✓	✓	✓	Xanthan Gum (May Contain Soy), Treenuts (Coconut)
	16oz	308	12	44	8	6	✓	✓	✓	Xanthan Gum (May Contain Soy), Treenuts (Coconut)
Chicken Dumpling Soup	8oz	264	8	36	2	12				Wheat, Milk, Egg, Soy
	12oz	396	12	54	3	18				Wheat, Milk, Egg, Soy
	16oz	528	16	72	4	24				Wheat, Milk, Egg, Soy
Chicken Enchilada Soup	8oz	211	8	20	2	14			✓	Soy
	12oz	317	12	30	3	22			✓	Soy
	16oz	422	16	40	4	29			✓	Soy
Chicken Noodle Soup	8oz	165	5	18	2	12				Wheat, Egg, Soy
	12oz	247.5	7.5	27	3	18				Wheat, Egg, Soy
	16oz	330	10	36	4	24				Wheat, Egg, Soy
Chicken Tortilla Soup	8oz	141.5	5.5	13	0.8	10				Milk, Soy
	12oz	212.25	8.25	19.5	1.2	15				Milk, Soy
	16oz	283	11	26	1.6	20				Milk, Soy
Clam Chowder	8oz	216	8	30	2	6				Wheat, Milk, Soy, Fish (Cod, Tuna)
	12oz	324	12	45	3	9				Wheat, Milk, Soy, Fish (Cod, Tuna)
	16oz	432	16	60	4	12				Wheat, Milk, Soy, Fish (Cod, Tuna)
Creamy Potato and Bacon Soup	8oz	310	14	40	2	6				Wheat, Milk, Soy, Pork
	12oz	465	21	60	3	9				Wheat, Milk, Soy, Pork
	16oz	620	28	80	4	12				Wheat, Milk, Soy, Pork
Santa Fe Tortilla Soup	8oz	97.5	1.5	18	3	3	✓	✓	✓	
	12oz	146.25	2.25	27	4.5	4.5	✓	✓	✓	
	16oz	195	3	36	6	6	✓	✓	✓	
Tomato Basil Soup	8oz	281	21	19	3	4				Wheat, Milk (Cream&Whey), Soy
	12oz	421.5	31.5	28.5	4.5	6				Wheat, Milk (Cream&Whey), Soy
	16oz	562	42	38	6	8				Wheat, Milk (Cream&Whey), Soy
Vegetable Garden Soup	8oz	130	2	26	4	2	✓	✓		Wheat, Soy
	12oz	195	3	39	6	3	✓	✓		Wheat, Soy
	16oz	260	4	52	8	4	✓	✓		Wheat, 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										