

Fresh Plate										Updated	Fall 2024
Week 1 (Options may vary per day and availability)	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Breakfast											
French Toast (Texas Toast, without toppings)	1 order	288	12	34	1	11		✓		Wheat, Milk, Soy Oil, Egg (shared facility with sesame)	
Waffles	2 pieces	446	22	50	2	12		✓		Wheat, Milk, Egg, Soy (Lecithin and Oil)	
Pancakes	2 pieces	180	8	22	0	5		✓		Wheat, Milk	
Breakfast Sandwich Options											
Bacon, Egg, Cheese Croissant (Croissant, American Cheese, Egg Patty, Bacon)	1 sandwich	472	32	28	1	18				Wheat, Milk, Pork, Egg, Soy	
Bacon, Egg, Cheese Toaster (Texas Toast, American Cheese, Egg Patty, Bacon)	1 sandwich	491	23	49	2	22				Wheat, Milk, Pork, Egg, Soy	
Sausage, Egg, Cheese, Croissant (Croissant, American Cheese, Egg Patty, Sausage)	1 sandwich	640	48	28	1	24				Wheat, Milk, Pork, Egg, Soy	
Sausage, Egg, Cheese Toaster (Texas Toast, American Cheese, Egg Patty, Sausage)	1 sandwich	659	39	49	2	28				Wheat, Milk, Pork, Egg, Soy	
Breakfast Sides											
Scrambled Eggs	4 oz	169	13	2	0	11		✓	✓	Egg (may contain milk)	
Bacon	2 pieces	140	12	0	0	8			✓	Pork	
Sausage	2 pattys	161	13	1	0	10			✓	Pork	
Tater Tots	4 oz	224	12	26	3	3	✓	✓	✓		
Biscuits w/ No Gravy	1 biscuit	65	1	12	1	2		✓		Wheat, Milk	
Gravy	2 oz	38	2	5	0	0				Wheat, Milk	
Yogurt w/ No Toppings	1 ct	72	0	13	0	5		✓	✓	Milk	
Toast	2 slices	302	14	38	2	6	✓	✓		Wheat, Soy	
Bagel	1	286	2	56	2	11	✓	✓		Wheat, Sesame	
Traditional Line											
Chicken Strips	5oz	329	17	22	1	22				Wheat	
White Gravy	1oz	84	4	12	0	0		✓		Wheat,Milk, Egg, Soy	
Chopped Steak	4 oz	207	6.5	0	0	35					
Ground Beef Taco (Crispy Shell, Lettuce, Tomato, Cheese, Meat)	1 Taco	257	15	22	2	8.5			✓	Milk, Soy	
Fried Fish/Taco	1 Taco	280.5	14.5	19.5	1	18				Fish, Milk	
Cheese Enchilada	4oz	586	6	11	1	122				Wheat, Milk, Soy	
Chicken Masala	4oz	309	5	24	0	42			✓	Milk	
Chicken Fried Steak w/ Cream Gravy	4oz	364.5	20.5	31	1	14				Wheat, Milk, Soy, Whey	
Chicken Fried Steak (Only)	4oz	252	12	22	1	14				Wheat, Milk, Soy, Whey	
BBQ Dry Rub Chicken Legs	1 serving	597	35	7	0	62				Soy	
Grilled Chicken	4oz	129	5	0	0	21			✓		
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	
Baked Ziti (Pasta, Sauce, Beef, Mozzarella, Parmesan)	8oz	774	36	76	5.5	36.5				Wheat, Milk, Soy	
Primavera	4 oz	279	9	45	4	8				Soy,Wheat,Milk	
Grilled Chicken	4oz	129	5	0	0	21			✓		
Lemon Pepper Tilapia	4oz	197	9	11	0	18				Fish	
Blackened Tilapia	4 oz	95	8	0	0	8				Soybean Oil, Fish	
Fried Catfish	4oz	229.5	9.5	16	1	20				Wheat, Fish	
Sides											
Brown Gravy	1 oz	73.5	2	15	0	0		✓		Wheat,Milk,Soy,Egg,Pork	
Mashed Potatoes	2oz	130	8	13	0	1.5		✓	✓	Milk	
Green Beans	2oz	24	0	5	2	1					
California Blend	2oz	36	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	
Steamed Rice	2oz	200	0	45	0	5	✓	✓	✓		
Mexican Rice	2oz	76	4	9	0	1	✓	✓		May contain: Wheat, Milk, Soy	
Plain Baked Spud with Margarine	8oz	308.4	10	49	5	6	✓	✓		Soy	
Spanish Rice	2oz	95.5	1.5	19	1	1.5	✓	✓		May contain wheat	
Chile Corn	2 oz	65	5	3	0	2				Milk	
White Rice	4oz	140	0	32	1	3	✓	✓	✓		
Refried Beans	3oz	46.5	0.5	7.5	2.5	3	✓	✓	✓		
Squash	2oz	35.5	1.5	5	1	0.5	✓	✓	✓	Soy	
California Blend	2oz	36	2	3.5	1	1	✓	✓	✓	Soy	
Salsa	1oz	4	0	1	0	0	✓	✓	✓		
Pico	1oz	4	0	1	0	0	✓	✓	✓		
Cilantro Lime Rice	2 oz	80	0	18	1	2					
Cream Gravy	1oz	63	3	9	0	0		✓		Wheat, Milk, Egg, Soy	
Red Potatoes	2oz	70	2	11	1	2	✓	✓	✓		

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