Fresh Plate										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 Sandwhich Options										
Bacon, Egg, Cheese Croissant (Croissant, American Cheese, Egg Patty, Bacon)	1 sandwhich	472	32	28	1	18				Wheat, Milk, Pork, Egg, Soy
Bacon, Egg, Cheese Toaster (Texas Toast, American Cheese, Egg Patty, Bacon)	1 sandwhich	491	23	49	2	22				Wheat, Milk, Pork, Egg, Soy
Sausage, Egg, Cheese, Croissant (Croissant, American Cheese, Egg Patty, Sausage)	1 sandwhich	640	48	28	1	24				Wheat, Milk, Pork, Egg, Soy
Sausage, Egg, Cheese Toaster (Texas Toast, American Cheese, Egg Patty, Sausage)	1 sandwhich	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	<b>V</b>	<b>√</b>		Wheat, Soy
Bagel	1	286	2	56	2	11	✓	✓		Wheat, Sesame
Total Material Line										
Traditional Line  Chicken Organ	F	220	17	22	4	22				NA/In code
Chicken Strips	5oz	329	4	22 12	0	22		<b>✓</b>		Wheat
White Gravy	1oz	84		0		0		· ·		Wheat,Milk, Egg, Soy
Chopped Steak	4 oz	207	6.5	U	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	597 129	35	7	0	62			<b>✓</b>	Soy
Grilled Chicken	4oz		5	0	0	21		/	· ·	NATIONAL MAIN FOR CONTRACTOR OF THE PROPERTY O
Vegetable Lasagna Lemon Pepper Tilapia (Breaded)	4oz 4oz	136 176	6 8	13.5 9	0	7 17		•		Wheat, Milk, Egg, Soy Wheat, Soy, Fish
Baked Ziti (Pasta, Sauce, Beef, Mozzerella, Parmesan)	80z	774	36	76	5.5	36.5				Wheat, Milk, Soy
Primavera	4 oz	279	9	45	4	8				Soy,Wheat,Milk
Grilled Chicken	40z	129	5	0	0	21			<b>✓</b>	30y, Wheat, Whik
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
<u>Sides</u>										
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	<b>V</b>	<b>√</b>	<b>V</b>	Soy
Steamed Rice	2oz	200	0	45	0	5	✓	✓	✓	
Mexican Rice	2oz	76	4	9	0	1	✓ ✓	<b>✓</b>		May contain: Wheat, Milk, Soy
Plain Baked Spud with Margarine	8oz	308.4	10	49	5	6	✓ ✓	<b>✓</b>		Soy May contain wheat
Spanish Rice Chile Corn	2oz 2 oz	95.5 65	1.5	19 3	0	1.5 2	· ·	· ·		May contain wheat Milk
White Rice	2 oz 4oz	140	0	32	1		_	<b>√</b>	<b>√</b>	IVIIIK
Refried Beans	30z	46.5	0.5	7.5	2.5	3	✓ ✓	<b>✓</b>	✓ ✓	
Squash	20z	35.5	1.5	7.5 5	2.5	0.5	· /	<b>√</b>	<b>✓</b>	Soy
California Blend	20z	36	2	3.5	1	0.5	· /	<b>√</b>	<b>✓</b>	Soy
Salsa	10z	4	0	3.5	0	0	· /	<b>√</b>	<b>✓</b>	SO Y
Pico	10z	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	<b>✓</b>	✓	✓	, , , , , , , , , , , , , , , , , , , ,
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Roasted Zucchini	4 oz	18	0	4.5	2	1	· /	<b>/</b>	· ·	Soy
	4 oz	40	0.5	4.5 8		2	· /	· /		Suy
Broccoli			1	8 A	2	3	· /	-/	<b>√</b>	
Spinach	4oz	55	3	-		3	· /	<i>y</i>	· ·	Soy
Cabbage	2oz	38	2	3	1		· /	✓ ✓	<i>✓</i>	
Red Potatoes	2oz	70	2	11	1	2		•		
California Blend	2oz	36	2	3.5	1	1	✓	✓	✓	Soy
Fried Okra	3oz	141	5	21	1	3		✓		Wheat, Milk, Soy
Brown Rice	4 oz	125	1	26	2	3	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Hush Puppies	2ct.	169	9	20	1	2				
Collard Greens	4oz	29	0.5	6	3	2	✓	✓	✓	
Broccoli & Cheese Casserole	4oz	166	10	14	1	5				Milk
Mac and Cheese	2oz	86	4	8.5	0	4		✓		Wheat, Milk, Soy
Week 1 Brunch										
Entrees										
Smoked Sausage	4 oz	434	36	2.5	0	25			✓	Pork
Chicken Strips	3 oz	196	8	18	0	13				Wheat
Grilled Chicken	3 oz	111	3	2	0	19			✓	
Cheesy Vegetarian King Ranch Casserole	4 oz	196	9	20	3	9		✓		Wheat,Milk
Teriyaki Chicken	4 oz	216	7	11	0	28				Soy, Wheat
Sides										
Scrambled Eggs	1	65	5	1	0	4		✓	✓	Egg
Bacon (Saturday)	2 pieces	140	12	0	0	8			✓	Pork
Sausage (Sunday)	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	✓	<b>√</b>		Wheat, Milk
Mashed Potatoes	4 oz	129	5	19	2	2	1	<b>√</b>	✓	Milk
Gravy	2 oz	38	2	5	0	0	1			Wheat, Milk
Green Beans	4 oz	48	0	10	4	2	<b>✓</b>	<b>√</b>	✓	
	1.02									
Yes = ✓			1							
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										
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