	Fresh Plate Week 2 Updated										Fall 2024
Breakfert	Week 2 (Options may vary per day and availability)	Serving Size	Calories	Fat (g)	Carbs (g)	) Fiber (	g) Protein (g	) Vegan	Vegetarian	Gluten Free	Allergy/Contains
Marging						,					
Marging		1 order	288	12	34	1	11		✓		Wheat, Milk, Soy Oil, Egg (shared facility with sesame)
Parcelands   Springer   Springe									✓		Wheat, Milk, Egg. Soy (Lecithin and Oil)
		•							<b>✓</b>		
Success   Success   Content (Crosses), Eag Petro, Succes)   1 sandwhith   472   21   28   1   18		,									11.1224, 1.11.1
Second Seg. Chreen Foater (Froat Toats, American Cheene, Fig Pathy, Source)   1 annd-shift)   50   81   22   24     Wheele, Mills, Prof. Egg. Say		1 sandwhich	472	32	28	1	18				Wheat Milk Pork Egg Sov
Sausage, Egg. Chees, Consused (robusant, American Cheene, Egg Patty, Sausage)   1 smode/biol   569   38   28   28											
Sanger   S					_						
Beathers 1686											
Seamble sign		1 Sandwillen	039	35	45		20				Wileat, Wilk, Fork, Egg, 30y
Bason   2 pieces   140   12   0   0   8		4.07	160	12	2	0	11		1		Egg (may contain milk)
Sanage   2 pathys   151   33   1   0   10					_	_			,		
Tater Tols						_					
Bacuts w/ No Growy   1 blocut   65   1   12   1   2					_	_		,			
Cray						_		V		<b>V</b>	,
Yogort W No Topings	•								· ·		
Page								1			
Bagel										✓	
Traditional Line					_			-			
Dan Daggest Fried in Common Fryer    4 pieces   205.5   16   13   0   11       Milk (Whey), Wheat, Corn   Dan Daggest Fried in Common Fryer)   6 pieces   358   24   19   0   16.50   Milk (Whey), Wheat, Corn   Dan Daggest Fried in Common Fryer)   402   379   9   11   0   18   Fish   Fish	Bagel	1 serving	286	2	56	2	11	<b>✓</b>	✓		Wheat, Sesame
Dan Dungest Firled in Common Fryer    4 pieces   205.5   16   13   0   11											
Don Nuggets Fried in Common Fryer	<u>Traditional Line</u>										
Lemon Repper Tilapia   40z   137   9   11   0   18     Fith   Gridled Chickee   40z   128   5   0   0   21	Dino Nuggets (Fried in Common Fryer)	4 pieces	206.5	16	13	0	11				Milk (Whey), Wheat, Corn
Lemon Repper Tilapia   40z   137   9   11   0   18     Fith   Gridled Chickee   40z   128   5   0   0   21	Dino Nuggets (Fried in Common Fryer)	6 pieces	358	24	19	0	16.50				Milk (Whey), Wheat, Corn
Cround Beef Taco (Crispy Shell, Lettuce, Tomato, Cheese, Meat)   1 taco   257   15   22   2   8   5			197	9	11	0	18				Fish
Ground Reef Tace (Crispy Shell, Lettuce, Tomato, Cheese, Meat)   1 taco   267   15   22   2   8.5	Grilled Chicken	4oz	129	5	0	0	21			✓	
Fried Fish/Taco		1 taco		15		2				✓	Milk. Sov
Chicken Fried Steak w/ Cream Gravy											
Chicken Fried Steak (Only)    Add   244   12   22   1   14											
Fried Caffish	Chicken Fried Steak W/ Cream Gravy	402	365	20.5	31	1	14				Wheat, Milk, Soy, Whey
Fried Caffish	Chicken Fried Steak (Only)	4oz	244	12	22	1	1.4				Wheat Milk Say Whay
Blackened Tilapia   4 oz   95   8   0   0   8     Soybean Oil, Fish Baked Meat Lasagna   6 oz   195   4.5   24   0   18   Soy, Milk, Wheat   Soy	·				_						
Baked Meat Lasagna   S oz   195   4.5   2.4   0   1.8     Soy, Milk, Wheat, Eggs in same facility   Spaghett and formato Sauce   4 oz   413   2.5   8   0   34     Soy, Milk, Wheat, Eggs in same facility   Sides   Soy, Milk, Wheat, Eggs in same facility   Sides   Soy, Milk, Wheat, Eggs in same facility   Sides   Soy, Milk, Wheat, Eggs in same facility   Soy, Wheat   Sides   Soy, Milk, Wheat, Eggs in same facility   Soy, Wheat   Sides   Soy, Milk, Wheat, Eggs in same facility   Soy, Wheat   Soy, Milk, Wheat, Eggs in same facility   Soy, Milk, Soy, Wheat   Soy, Milk, Soy, Wheat   Soy, Milk, Soy, Wheat   Soy, Milk, Wheat, Eggs in same facility   Soy, Milk, Wheat, Eggs in same facility   Soy, Milk, Soy, Wheat   Soy, Milk, Wheat, Eggs in same facility   Soy, Milk, Soy, Wheat   Soy, Milk,											
Spaghetti and Tomato Sauce   8 0z   263   7   40   5   11					_						
Sides											7, ,
Sides         Sides <th< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>											
Mashed Potatoes   2 oz   130   8   13   0   1.5	Green Chile Beet Casserole	4 OZ	413	25	8	0	34				Milk, Soy, Wheat
Mashed Potatoes   2 oz   130   8   13   0   1.5											
Caray		_									
Green Beans         2 oz         24         0         5         2         1         Soy           Callfornia Blend         2 oz         30         2         3.5         1         1         ✓					_	_				✓	
California Blend   2 oz   30   2   3.5   1   1									✓		Wheat, Milk, Egg, Soy
Steamed Rice   2 oz   200   0   45   0   5   √   √   √   ✓											
Brown Rice	California Blend	2 oz		2							Soy
Mashed Potatoes         4 oz         208         16         26         0         3         ✓         ✓         Milk           Spanish Rice         2 oz         95.5         1.5         19         1         1.5         ✓         ✓         May contain wheat           Chile Corn         2 oz         65         5         3         0         2         Milk           Refried Beans         3 oz         46.5         0.5         7.5         2.5         3         ✓         ✓         ✓           Squash         2 oz         35.5         1.5         5         1         0.5         ✓         ✓         ✓         Soy           Cilantro Lime Rice         2 oz         80         41         18         1         2 </td <td>Steamed Rice</td> <td>2 oz</td> <td>200</td> <td>0</td> <td></td> <td>0</td> <td>5</td> <td></td> <td></td> <td></td> <td></td>	Steamed Rice	2 oz	200	0		0	5				
Spanish Rice         2 oz         95.5         1.5         19         1         1.5         ✓         May contain wheat           Chile Corn         2 oz         65         5         3         0         2         Millk           Refried Beans         3 oz         46.5         0.5         7.5         2.5         3         ✓         ✓         ✓           Squash         2 oz         35.5         1.5         5         1         0.5         ✓         ✓         ✓         Soy           Cilantro Lime Rice         2 oz         80         41         18         1         2	Brown Rice	4 oz	125	1	26	2	3	✓			
Chile Corn       2 oz       65       5       3       0       2       Milk         Refried Beans       3 oz       46.5       0.5       7.5       2.5       3       ✓       ✓       ✓         Squash       2 oz       35.5       1.5       5       1       0.5       ✓       ✓       Soy         Ciantro Lime Rice       2 oz       80       41       18       1       2	Mashed Potatoes	4 oz	208	16	26	0	3		✓	✓	Milk
Chile Corn         2 oz         65         5         3         0         2         Milk           Refried Beans         3 oz         46.5         0.5         7.5         2.5         3         ✓         ✓         ✓           Squash         2 oz         35.5         1.5         5         1         0.5         ✓         ✓         ✓         ✓         Soy           Cilantro Lime Rice         2 oz         80         41         18         1         2	Spanish Rice	2 oz	95.5	1.5	19	1	1.5	✓	✓		May contain wheat
Squash         2 oz         35.5         1.5         5         1         0.5         ✓         ✓         Soy           Cilantro Lime Rice         2 oz         80         41         18         1         2         —         Milk           Mashed Potatoes         2 oz         130         8         13         0         1.5         ✓         ✓         Milk           Baked Potatoe or BF         4 oz         88         0         20         0         2         ✓         ✓         ✓         ✓           Spinach         4 oz         55         3         4         2         3         ✓ </td <td>Chile Corn</td> <td>2 oz</td> <td></td> <td>5</td> <td>3</td> <td>0</td> <td>2</td> <td></td> <td></td> <td></td> <td>Milk</td>	Chile Corn	2 oz		5	3	0	2				Milk
Squash       2 oz       35.5       1.5       5       1       0.5       ✓       ✓       ✓       Soy         Cilantro Lime Rice       2 oz       80       41       18       1       2       ✓       ✓       Milk         Mashed Potatoes       2 oz       130       8       13       0       1.5       ✓       ✓       Milk         Baked Potato or BF       4 oz       88       0       20       0       2       ✓       ✓       ✓       ✓         Spinach       4oz       55       3       4       2       3       ✓ </td <td></td> <td></td> <td></td> <td></td> <td>7.5</td> <td>2.5</td> <td>3</td> <td>✓</td> <td>✓</td> <td>✓</td> <td></td>					7.5	2.5	3	✓	✓	✓	
Cliantro Lime Rice         2 oz         80         41         18         1         2         Secondary         Milk           Mashed Potatoes         2 oz         130         8         13         0         1.5         ✓         ✓         Milk           Baked Potato or BF         4 oz         88         0         20         0         2         ✓ </td <td></td> <td></td> <td></td> <td></td> <td></td> <td>_</td> <td></td> <td>✓</td> <td><b>✓</b></td> <td>✓</td> <td>Soy</td>						_		✓	<b>✓</b>	✓	Soy
Mashed Potatoes       2oz       130       8       13       0       1.5       ✓       ✓       Milk         Baked Potato or BF       4 oz       88       0       20       0       2       ✓											
Baked Potato or BF         4 oz         88         0         20         0         2         ✓								1	<b>✓</b>	✓	Milk
Spinach   Spin								1			
Red Potatoes   20z 70 2 11 1 2											Sov
Roasted Zucchini         4 oz         18         0         4.5         2         1         ✓         ✓         ✓         Soy           Broccoli         4 oz         40         0.5         8         4         3         ✓         ✓         ✓           Wild Rice         4 oz         146         4         25         0         2         Milk           French Fries (Crinkle)         3 oz         177         9         22         2         2         ✓         ✓         Soy           Rice Pilaf         2 oz         196.5         0.5         43         0         5					_	_					Joy
Broccoli         4 oz         40         0.5         8         4         3         ✓         ✓         ✓           Wild Rice         4 oz         146         4         25         0         2         Milk           French Fries (Crinkle)         3 oz         177         9         22         2         2         ✓         ✓         Soy           Rice Pilaf         2 oz         196.5         0.5         43         0         5											Cov
Wild Rice					_	_		-			JUY
French Fries (Crinkle)         3 oz         177         9         22         2         2         ✓         ✓         Soy           Rice Pilaf         2 oz         196.5         0.5         43         0         5							_	· ·	· ·	✓	A CHI
Rice Pilaf 2 oz 196.5 0.5 43 0 5								-		,	
								· ·	· ·	✓	Soy
Hush Puppies				_				ļ			
Collard Greens         4 oz         29         0.5         6         3         2         ✓         ✓	Collard Greens	4 oz	29	0.5	6	3	2	<b>✓</b>	<b>✓</b>	✓	

Week 2 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
<u>Sides</u>										
Scrambled Eggs	1 oz	65	5	1	0	4		✓	✓	Egg
Bacon (Saturday)	2 slices	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	✓	✓		Wheat, Milk
Mashed Potatoes	4 oz	129	5	19	2	2		✓	✓	Milk
Gravy	2 oz	38	2	5	0	0				Wheat, Milk
Green Beans	4 oz	48	0	10	4	2	✓	✓	✓	
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										set