

Fresh Plate Week 2									Updated	Fall 2024
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
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	✓	✓	✓	Soy Oil
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 serving	286	2	56	2	11	✓	✓		Wheat, Sesame
Traditional Line										
Dino Nuggets (Fried in Common Fryer)	4 pieces	206.5	16	13	0	11				Milk (Whey), Wheat, Corn
Dino Nuggets (Fried in Common Fryer)	6 pieces	358	24	19	0	16.50				Milk (Whey), Wheat, Corn
Lemon Pepper Tilapia	4oz	197	9	11	0	18				Fish
Grilled Chicken	4oz	129	5	0	0	21			✓	
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
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
Fried Catfish	4oz	114.5	9.5	16	1	13				Wheat, Fish
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
Spaghetti and Tomato Sauce	8 oz	263	7	40	5	11				Soy, Milk, Wheat, Eggs in same facility
Green Chile Beef Casserole	4 oz	413	25	8	0	34				Milk, Soy, Wheat
Sides										
Mashed Potatoes	2 oz	130	8	13	0	1.5		✓	✓	Milk
Gravy	1 oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Green Beans	2 oz	24	0	5	2	1				
California Blend	2 oz	30	2	3.5	1	1	✓	✓	✓	Soy
Steamed Rice	2 oz	200	0	45	0	5	✓	✓	✓	
Brown Rice	4 oz	125	1	26	2	3	✓	✓	✓	
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				
Mashed Potatoes	2oz	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	✓	✓	✓	Soy
Red Potatoes	2oz	70	2	11	1	2	✓	✓	✓	
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				
Hush Puppies	2 ct.	169	9	20	1	2				
Collard Greens	4 oz	29	0.5	6	3	2	✓	✓	✓	

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
Sides										
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										