

Fresh Plate Week 3									Updated	Fall 2024
Week 3 (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 Toaster (Texas Toast, American Cheese, Egg Patty, Sausage)	1 sandwich	659	39	49	2	28				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
Breakfast Sides										
Bacon	2 pieces	140	12	0	0	8			✓	Pork
Bagel	1	286	2	56	2	11	✓	✓		Wheat, Sesame
Biscuits w/ No Gravy	1 biscuit	65	1	12	1	2		✓		Wheat, Milk
Gravy	2 oz	38	2	5	0	0				Wheat, Milk
Sausage	2 pattys	161	13	1	0	10			✓	Pork
Scrambled Eggs	4 oz	169	13	2	0	11		✓	✓	Egg (may contain milk)
Tater Tots	4 oz	224	12	26	3	3	✓	✓	✓	
Toast	2 slices	302	14	38	2	6	✓	✓		Wheat, Soy
Yogurt w/ No Toppings	1 ct	72	0	13	0	5		✓	✓	Milk
Traditional Line	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Baked Fish with Lemon Pepper	4oz	105	1	0	0	24			✓	
Beef and Broccoli Stir Fry	4 oz	229	9	13	1	24		✓		Soy
Blackened Tilapia	4 oz	95	8	0	0	8				Soybean Oil, Fish
Bow Tie Pasta w/ Creamy Tomato Pasta	6 oz	385	4	70	5	12				Wheat, Soy, Milk
Chicken Parmesan	1 ct	681	29	51	5	54				Soy, Milk, Wheat, (shared facility with eggs)
Fried Catfish	4oz	229.5	9.5	16	1	20				Wheat, Fish
Fried Fish/Taco	1 taco	280.5	14.5	19.5	1	18				Fish, Milk
Ground Beef Taco (Crispy Shell, Lettuce, Tomato, Cheese, Meat)	1 taco	257	15	22	2	8.5			✓	Milk, Soy
Lemon Chicken	1 serving	357	21	9	0	36				Soy, Milk, Wheat
Santa Fe Chicken	220 g	460	24	5	1	56				Pork, Milk
Sides										
Broccoli	4 oz	40	0.5	8	4	3	✓	✓	✓	
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy
Chile Corn	2 oz	65	5	3	0	2				Milk
Collard Greens	4 oz	29	0.5	6	3	2	✓	✓	✓	
French Fries (Crinkle)	3 oz	177	9	22	2	2	✓	✓	✓	Soy
Gravy	1 oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Green Beans	2 oz	24	0	5	2	1				
Hush Puppies	2 ct.	169	9	20	1	2				
Mashed Potatoes	2 oz	130	8	13	0	1.5		✓	✓	Milk
Red Potatoes	2 oz	70	2	11	1	2	✓	✓	✓	
Refried Beans	3 oz	46.5	0.5	7.5	2.5	3	✓	✓	✓	
Roasted Zucchini	4 oz	18	0	4.5	2	1	✓	✓	✓	Soy
Spanish Rice	2 oz	95.5	1.5	19	1	1.5	✓	✓		May contain wheat
Spinach	4 oz	55	3	4	2	3		✓	✓	Margarine
Squash	2 oz	35.5	1.5	5	1	0.5	✓	✓	✓	Soy
Stir-Fry Veggies	4 oz	30	2	3	0	0				
White Rice	4 oz	140	0	32	1	3	✓	✓	✓	
Week 3 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										
Bacon (Saturday)	2 pieces	140	12	0	0	8			✓	Pork

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