

Boston Market

Menu Item	Serv	Sat	S	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
All-White Chicken Salad Sandwich	1 ea	33	22	21	830	48	40	5	36	62	5	
All-White Chicken Salad Wrap	1 ea	35	23	22	860	53	42	3	34	59	5	
Apple Pie - Slice	1 ea	19	12	11	440	21	9	3	3	58	29	
BBQ Chicken Bowl	1 ea	20	16	13	570	21	8	6	21	76	18	
Beef Gravy	1 oz	0	0	0	10	0	0	0	0	2	1	
Caesar Salad, Entrée	1 serv	12	12	11	430	27	6	4	33	16	4	
Caesar Side Salad	1 ea	7	6	6	210	18	4	0	4	8	2	
Caesar Side Salad, Kid's Side	1 serv	7	6	6	210	18	4	0	4	8	2	
Caramelized Onions	3 oz	1	0	1	20	1.5	0	0	0	1	1	
Carrot Cake - Slice	1 ea	35	20	18	730	35	13	1	5	99	79	
Chicken Caesar Salad Wrap	1 ea	22	20	18	750	36	9	2	41	65	6	
Chicken Noodle Soup	1 serv	6	6	5	220	8	2.5	1	18	21	2	
Chicken Noodle Soup, Kid's Side	1 serv	2	2	2	90	3	1	1	7	8	1	
Chicken Tortilla Soup	1 serv	10	9	8	320	18	6	2	20	19	3	
Chicken Wrap	1 ea	23	20	18	760	38	11	3	41	60	7	
Chocolate Brownie - Single	1 ea	14	9	7	310	12	2.5	2	5	49	37	
Chocolate Cake - Slice	1 ea	25	16	14	560	32	11	3	5	65	45	
Chocolate Chunk Cookie - Single	1 ea	17	10	9	370	17	9	2	4	53	32	
Cinnamon Apples	.5 oz	14	7	5	250	3.5	0.5	4	0	55	49	
Cinnamon Apples, Kid's Side	1 serv	8	4	3	150	2	0	2	0	33	30	
Cornbread	1 ea	7	4	3	160	3	1.5	1	2	31	12	
Creamed Spinach	6.3 oz	10	7	7	250	20	12	3	8	11	2	
Creamed Spinach, Kid's Side	1 serv	6	4	4	140	11	7	2	4	6	1	
Dark Chicken (Kids) - 1 Thigh & 1 Drumstick	1 serv	6	6	6	230	13	4	0	27	1	1	
Fresh Steamed Vegetables	3.9 oz	2	2	1	60	3.5	0	3	2	7	3	
Fresh Steamed Vegetables, Kids	1 serv	1	1	1	40	2.5	0	2	1	4	1	
Fresh Vegetable Stuffing	5.5 oz	7	6	5	220	10	1	1	4	28	5	
Green Beans	4.3 oz	4	2	2	90	5	2	3	1	7	3	
Green Beans, Kid's Side	1 serv	2	1	1	50	3	1	1	1	4	2	
Home Style Meatloaf Bowl	1 ea	23	18	16	660	32	13	10	30	66	19	
Honey Habanero (medium hot)	1 oz	4	2	1	60	0	0	0	0	17	16	
Honey Mustard Sauce	1.5 oz	7	5	5	180	16	2.5	0	1	10	8	
Macaroni and Cheese	7.4 oz	9	7	6	270	9	6	1	12	36	2	
Macaroni and Cheese (Kids)	1 serv	8	6	5	220	8	5	1	9	29	5	
Macaroni and Cheese, Kid's Side	1 serv	5	4	3	150	5	3.5	1	6	20	3	
Mashed Potatoes	7 oz	8	7	6	240	10	5	3	5	32	2	
Mashed Potatoes, Kid's Side	1 serv	4	4	3	130	5	2.5	2	3	18	1	
Meatloaf - Large	1 serv	22	18	17	680	39	17	7	47	34	8	
Meatloaf - Regular	1 serv	14	12	11	450	26	11	5	31	23	5	
Meatloaf (Kids)	1 serv	7	6	6	230	13	6	2	16	11	3	
Meatloaf Carver	1 ea	29	24	21	880	42	19	6	41	84	10	
Meatloaf Mac & Cheese Bowl	1 ea	25	20	18	750	34	19	6	43	67	8	
Oven Crisp Chicken Sandwich	1 ea	22	19	16	710	25	9	5	37	83	11	
Oven Crisp Chicken Strips (4 Strips)	1 serv	5	5	5	210	5	2.5	0	21	16	0	
Oven Crisp Chicken Strips (4 Strips)	1 serv	5	5	5	210	5	2.5	0	21	16	0	
Oven Crisp Chicken Strips (4 Strips)	1 serv	5	5	5	210	5	2.5	0	21	16	0	
Oven Crisp Chicken Wrap	1 ea	26	21	19	800	36	12	3	35	83	14	
Pecan Pie - Slice	1 ea	27	18	16	640	35	11	2	6	75	46	
Poultry Gravy	1 oz	0	0	0	10	0	0	0	0	2	0	
Pulled BBQ Chicken Sandwich	1 ea	19	17	15	650	21	9	4	47	70	11	
Pumpkin Pie - Slice	1 ea	20	13	11	440	23	9	1	6	59	38	
Ranch Sauce	1.5 oz	6	5	5	180	19	3	0	0	3	1	
Roasted Turkey Carver	1 ea	21	19	18	730	36	9	5	40	60	5	
Rotisserie Chicken - Half Chicken	1 serv	10	13	12	500	24	7	0	70	1	1	
Rotisserie Chicken - Quarter Dark (1 Thigh & 1 Drumstick)	1 serv	6	6	6	230	13	4	0	27	1	1	
Rotisserie Chicken - Quarter White	1 serv	5	7	6	270	11	3.5	0	43	0	0	
Rotisserie Chicken - Quarter White, Skinless	1 serv	3	5	5	210	5	1.5	0	40	1	1	
Rotisserie Chicken - Three Piece Dark	1 serv	7	8	7	300	16	5	0	37	1	1	

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Rotisserie Chicken - Three Piece Dark (2 Thighs & Drumstick)	1 serv	10		10	10	390	23	7	0	43	1	1
Rotisserie Chicken and BBQ Ribs (Quarter White Chicken and Quarter Back Ribs)	1 serv	22		20	19	760	49	16	0	68	11	10
Rotisserie Chicken Bowl	1 ea	15		13	11	500	15	6	8	34	54	10
Rotisserie Chicken Carver	1 ea	19		17	15	650	26	8	4	43	61	6
Rotisserie Chicken Pot Pie	1 serv	30		22	21	820	50	25	2	27	61	9
Rotisserie Potatoes	4 oz	4		3	3	120	2.5	0.5	4	4	22	1
Rotisserie Potatoes, Kid's Side	1 serv	2		2	2	80	1.5	0	3	3	15	0
Rotisserie Turkey Bowl	1 ea	17		14	13	550	21	9	8	27	58	7
Rotisserie Turkey Breast Bowl	1 ea	12		10	10	410	17	3	4	26	34	7
Southwest Chicken Salad Wrap	1 ea	29		25	23	900	57	12	4	32	65	9
Southwest Rice	6 oz	8		7	6	260	9	1.5	1	2	39	2
Southwest Rice, Kids	1 serv	4		3	3	130	4.5	0.5	1	1	20	1
Southwest Santa Fe Salad, Entrée	1 serv	15		14	12	500	29	7	6	36	27	8
Squash Casserole	6.1 oz	9		7	6	240	15	6	2	9	18	7
Squash Casserole, Kid's Side	1 serv	5		3	3	120	8	3.5	1	5	9	4
St. Louis Style BBQ Ribs - 1/2 Rack	1 serv	34		26	26	990	75	24	0	50	22	20
St. Louis Style BBQ Ribs - 1/4 Rack	1 serv	17		13	13	490	38	12	0	25	11	10
Stuffing, Kid's Side	1 serv	4		3	3	120	5	0	1	2	16	3
Sweet Corn	4.3 oz	5		4	3	130	4	1	5	3	21	9
Sweet Corn, Kid's Side	1 serv	4		3	2	90	3	1	4	2	15	7
Sweet Potato Casserole	8 oz	22		13	10	460	13	4	4	3	83	56
Sweet Potato Casserole, Kid's Side	1 serv	11		6	5	230	7	2	2	2	41	28
Turkey (Kids)	1 serv	1		2	2	80	2	0	0	15	0	0
Turkey Breast - Large	1 serv	3		5	5	230	6	0	0	43	0	0
Turkey Breast - Regular	1 serv	2		4	4	160	4.5	0	0	30	0	0
Turkey Pot Pie	1 serv	28		21	19	780	46	23	2	27	60	8
Turkey Tortilla Soup	1 serv	9		8	7	300	17	6	3	18	20	3
Turkey Wrap	1 ea	27		23	22	880	53	13	3	38	58	5
Vegetarian Sandwich	1 ea	16		14	11	490	16	4.5	8	17	75	13
Vegetarian Sandwich - no squash	1 ea	16		13	11	490	15	4.5	8	17	74	11
White Chicken (Kids) - 1 Breast & 1 Wing	1 serv	5		7	6	270	11	3.5	0	43	0	0
Zesty Barbecue (mild)	1 oz	2		1	1	40	0	0	0	0	10	9