

Soulplantation

Menu Item	Serv	Org			Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
		SPTs	Pts +	Pts							
Bakery: Buttermilk Biscuits	1 ea	6	5	4	170	7	4	1	3	24	1
Bakery: Honey	1 tsp	1	1	0	20	0	0	0	0	6	6
Bakery: Honey Whip Butter	1 Tbsp	4	2	2	80	8	3.5	0	0	3	3
Bakery: Maple Cream	1 Tbsp	3	2	2	70	5	2	0	0	6	4
Bakery: Smart Balance	1 ea	1	1	1	30	3	1	0	0	0	0
Bakery: SourDough Bread	1 Slice	3	3	2	110	0	0	1	3	22	0
Bakery: Squaw Bread	1 Slice	7	6	4	230	2.5	0	6	10	46	11
Bakery: Squaw Bread - San Diego	1 Slice	4	3	2	110	0	0	3	3	23	5
Beverage: 2% Milk	12 oz	8	5	4	180	7	4.5	0	12	18	18
Beverage: Arnold Palmer	8 oz	3	2	1	60	0	0	0	0	14	12
Beverage: Brewed Iced Tea, All Varieties	12 oz	0	0	0	5	0	0	0	0	1	0
Beverage: Caffeine-Free Diet Coke	8 oz	0	0	0	0	0	0	0	0	0	0
Beverage: Coa-Cola	8 oz	6	3	2	100	0	0	0	0	26	26
Beverage: Coca-Cola Cherry	8 oz	6	3	2	100	0	0	0	0	28	28
Beverage: Coffee, All Varieties	12 oz	0	0	0	5	0	0	0	0	0	0
Beverage: Coffee, All Varieties	8 oz	0	0	0	0	0	0	0	0	0	0
Beverage: Coke Zero	8 oz	0	0	0	0	0	0	0	0	0	0
Beverage: Diet Coke	8 oz	0	0	0	0	0	0	0	0	0	0
Beverage: Dr. Pepper	8 oz	6	3	2	100	0	0	0	0	27	27
Beverage: Fanta, Orange	8 oz	7	3	2	110	0	0	0	0	30	30
Beverage: Fuze Raspberry Tea	12 oz	6	3	2	90	0	0	0	0	25	25
Beverage: Hi-C Fruit Punch	12 oz	11	5	3	170	0	0	0	0	46	45
Beverage: Hot Tea, All Varieties	12 oz	0	0	0	5	0	0	0	0	1	0
Beverage: Hot Tea, All Varieties	8 oz	0	0	0	0	0	0	0	0	1	0
Beverage: Hot Water	12 oz	0	0	0	0	0	0	0	0	0	0
Beverage: Hot Water	8 oz	0	0	0	0	0	0	0	0	0	0
Beverage: Lemonade	8 oz	6	3	2	110	0	0	0	0	27	24
Beverage: Minute Maid - Berry Blend	1 ea	13	6	4	220	0	0	0	0	56	52
Beverage: Minute Maid - Cranberry Grape	1 ea	17	8	5	270	0	0	0	0	74	71
Beverage: Minute Maid Light Lemonade	8 oz	0	0	0	5	0	0	0	0	1	0
Beverage: Minute Maid Light Pomegranate Lemonade	12 oz	0	0	0	5	0	0	0	0	2	0
Beverage: Root Beer	8 oz	7	3	2	110	0	0	0	0	30	30
Beverage: Smart Water	12 oz	0	0	0	0	0	0	0	0	0	0
Beverage: Sprite	8 oz	6	3	2	110	0	0	0	0	27	24
Beverage: Sprite Zero	8 oz	0	0	0	0	0	0	0	0	0	0
Beverage: Strawberry Lemonade	8 oz	7	3	2	130	0	0	1	1	31	27
Beverage: Vitamin Water Power-C	1 ea	7	3	2	110	0	0	0	0	27	27
Beverage: Vitamin Water XXX	1 ea	7	3	2	110	0	0	0	0	27	27
Beverage: Vitamin Water Zero Squeezed	1 ea	0	0	0	0	0	0	0	0	4	2
Breakfast: Belgian Waffle, Large, No Toppings	1 ea	9	7	6	270	7	3	1	6	47	6
Breakfast: Belgian Waffle, Small, No Toppings	1 ea	4	3	2	110	3	1	1	2	19	3
Breakfast: Blueberry Topping	1 Tbsp	1	0	0	15	0	0	0	0	3	3
Breakfast: Buttermilk Biscuits	1 ea	6	5	4	170	7	4	1	3	24	1
Breakfast: Chilaquiles	1 Serving	9	7	6	250	16	8	1	9	16	2
Breakfast: Condiment - Cinnamon	1/4 tsp	0	0	0	0	0	0	0	0	1	0
Breakfast: Condiment - Cinnamon Sugar	1 tsp	1	0	0	15	0	0	0	0	4	4
Breakfast: Condiment - Ketchup	1 Tbsp	1	1	0	20	0	0	0	0	5	4
Breakfast: Condiment - Maple Syrup	1 Tbsp	2	1	1	50	0	0	0	0	12	6
Breakfast: Condiment - Powdered Sugar	1 tsp	1	0	0	10	0	0	0	0	2	2
Breakfast: Condiment - Salsa	1 Tbsp	0	0	0	5	0	0	0	0	1	1
Breakfast: Condiment - Strawberry Topping	1 oz wt	7	3	2	120	0	0	1	1	28	26
Breakfast: Condiment - Whipped Topping	1 Tbsp	3	1	1	50	4	4	0	0	4	3
Breakfast: Country Ham & Egg Scramble	1 Serving	4	4	4	140	10	2	0	10	5	0
Breakfast: Doughnut Muffin	1 ea	17	11	9	400	18	9	1	6	52	22
Breakfast: Flavored Yogurt	1/2 Cup	5	3	3	110	4.5	3	0	4	13	12
Breakfast: Flour Tortilla	1 ea	9	8	6	310	7	3	2	8	52	0
Breakfast: French Toast	1 Slice	6	4	4	150	6	2.5	0	6	16	9
Breakfast: Fresh Fruit: Apple	1 ea	5	2	1	90	0	0	4	0	25	19

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Breakfast: Fresh Fruit: Banana	1 ea	5	3	2	110	0	0	3	1	27	14
Breakfast: Fresh Fruit: Grapes	1/2 Cup	3	2	1	50	0	0	1	1	14	12
Breakfast: Fresh Fruit: Lemon Slice	1 ea	0	0	0	5	0	0	0	0	1	0
Breakfast: Fresh Fruit: Orange Slice	1 ea	1	0	0	10	0	0	0	0	2	2
Breakfast: Fresh Fruit: Watermelon	1/2 Cup	1	1	1	25	0	0	0	0	6	5
Breakfast: Gluten Friendly Waffle	1 ea	5	3	3	130	6	3	1	2	17	5
Breakfast: Honey Bunches of Oats	3/4 Cup	4	3	2	120	1.5	0	2	2	25	6
Breakfast: Honey Nut Cheerios	3/4 Cup	4	3	2	110	1.5	0	2	2	22	9
Breakfast: Mediterranean Sunrise Hot Pasta Batch	1/2 Cup	6	5	4	180	9	2	1	5	19	2
Breakfast: Oatmeal	1/2 Cup	1	1	1	50	1	0	1	2	10	0
Breakfast: Oatmeal Condiment - Brown Sugar	1 Tbsp	2	1	1	35	0	0	0	0	9	9
Breakfast: Oatmeal Condiment - Cinnamon	1/8 tsp	0	0	0	0	0	0	0	0	0	0
Breakfast: Oatmeal Condiment - Raisins	1 Tbsp	2	1	0	30	0	0	1	0	8	7
Breakfast: Orange Juice	12 oz	8	4	3	150	0.5	0	1	2	35	28
Breakfast: Roasted Potatoes	1/2 Cup	3	3	3	120	6	0	2	2	17	0
Breakfast: Scrambled Eggs	1/2 Cup	4	4	3	130	10	3	0	11	1	0
Breakfast: Smoothie Orange Dream Creamside	8 oz	8	4	2	150	1	0	3	3	33	27
Breakfast: Smoothie Strawana	8 oz	4	2	1	80	0	0	3	1	20	13
Breakfast: Smoothie The Very Berry Delicious	8 oz	8	4	2	150	0	0	4	1	40	31
Breakfast: Stuffed French Toast w/ Sweet Cream Cheese & Orange	1 ea	14	8	7	310	11	7	1	6	46	30
Breakfast: Sweet Cinnamon Biscuits	1 ea	7	5	4	180	8	5	1	3	24	6
Breakfast: Sweet Pepper & Sausage Egg Scramble	1/2 cup	3	3	2	90	7	1.5	0	5	3	0
Breakfast: Tom's Country Gravy with Bacon & Sausage	1 oz	1	1	1	40	2.5	1	0	2	3	1
Breakfast: Wildly Blueberry	1 ea	6	4	4	160	7	1	1	3	22	10
Dessert: Cappuccino Vanilla Soft-Serve	n/a	8	4	3	140	4.5	3.5	0	0	28	21
Dessert: Caramel Apple Cobbler	1/2 Cup	19	11	8	390	11	5	2	3	70	48
Dessert: Caramel Pumpkin Spice Bread Pudding	1/2 Cup	11	7	5	240	9	4.5	2	5	36	21
Dessert: Caramel Syrup	1 Tbsp	3	1	1	50	0.5	0	0	0	11	9
Dessert: Cherry Gelatin	1/2 cup	6	3	2	110	0	0	0	2	26	24
Dessert: Chocolate Chip Cookie	1 ea	4	2	2	80	3.5	1.5	0	1	11	7
Dessert: Chocolate Lava Cake	1/2 Cup	16	9	7	320	8	4	0	4	57	43
Dessert: Chocolate Sandwich Cookie Crumbles	1 Tbsp	1	1	1	35	1.5	0	0	0	6	3
Dessert: Chocolate Soft Serve	1/2 Cup	6	3	2	100	2	2	0	1	20	17
Dessert: Chocolate Syrup	1 Tbsp	3	1	1	60	1.5	0	2	1	10	9
Dessert: Creamy Almond Rice Pudding	1/2 Cup	7	4	3	140	2.5	1.5	1	3	25	18
Dessert: Granola Topping	1 Tbsp	1	1	1	30	1.5	0	1	1	5	2
Dessert: Ice Cream Cone	1 ea	0	0	0	5	0	0	0	0	1	0
Dessert: Lemon Gelatin	1/2 cup	6	3	2	110	0	0	0	2	26	24
Dessert: Lime Gelatin	1/2 cup	6	3	2	110	0	0	0	2	26	26
Dessert: Pina Colada Rice Pudding	1/2 Cup	8	5	4	180	6	4	1	3	29	16
Dessert: Rainbow Sprinkles	1 tsp	1	0	0	20	0.5	0.5	0	0	3	3
Dessert: Red Raspberry Gelatin	1/2 cup	6	3	2	110	0	0	0	2	26	26
Dessert: Strawberry Gelatin	1/2 cup	6	3	2	110	0	0	0	2	26	26
Dessert: Sugar Free Chocolate Mousse	1/3 Cup	2	1	1	40	3	2.5	1	1	4	0
Dessert: Sugar Free Lemon Cream Mousse	1/3 Cup	2	1	1	40	2.5	2.5	1	1	4	0
Dessert: Tapioca Pudding	1/2 Cup	7	4	3	140	2.5	1.5	0	4	24	19
Dessert: Valencia Orange Vanilla Soft-Serve	n/a	9	5	4	160	4	3	0	1	33	25
Dessert: Vanilla Soft Serve	1/2 Cup	6	3	2	100	3	2.5	0	0	20	15
Dessert: Watermelon Gelatin	1/2 cup	6	3	2	110	0	0	0	2	26	26
Dressing: Asian Sensation Dressing	2 Tbsp	6	5	5	170	17	2.5	0	0	4	4
Dressing: Balsamic Vinaigrette	2 Tbsp	5	4	4	140	14	1	0	0	2	2
Dressing: Balsamic Vinegar	2 Tbsp	1	1	0	20	0	0	0	0	5	5
Dressing: Blue Cheese	2 Tbsp	5	4	4	130	14	3.5	0	2	1	1
Dressing: Classic Greek	2 Tbsp	5	4	5	160	17	1	0	0	1	0
Dressing: Creamy Italian	2 Tbsp	4	3	3	120	12	2	0	0	0	0
Dressing: Fat Free Honey Mustard	2 Tbsp	2	1	1	40	0	0	0	0	10	6
Dressing: Fat Free Italian	2 Tbsp	1	1	1	25	0	0	0	0	7	2
Dressing: Fat Free Ranch	2 Tbsp	1	1	1	25	0	0	0	1	4	2
Dressing: French	2 Tbsp	3	2	2	70	4.5	0	0	0	8	8

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Dressing: French Catalina	2 Tbsp	5	3	3	120	9	1.5	0	0	10	8
Dressing: Hatch Green Chile Ranch	2 Tbsp	4	3	3	100	10	1.5	0	0	2	1
Dressing: Italian Vin w/ Basil & Romano	2 Tbsp	6	5	5	180	19	2	0	1	1	0
Dressing: Lemon Greek Vinaigrette	2 Tbsp	4	3	3	120	13	1	0	0	1	0
Dressing: Olive Oil	1 Tbsp	4	4	4	120	14	2	0	0	0	0
Dressing: Ranch	2 Tbsp	4	4	3	120	13	2.5	0	1	1	1
Dressing: Roasted Garlic	2 Tbsp	4	3	3	110	10	2	0	1	3	1
Dressing: Strawberry Balsamic Vinaigrette	2 Tbsp	3	2	2	90	8	0.5	0	0	4	3
Dressing: Thousand Island	2 Tbsp	4	3	3	100	10	1.5	0	0	2	1
Focaccia: Cheesy Garlic	1 pc	2	2	1	60	2	0.5	0	2	9	0
Focaccia: Quattro Formaggio	1 pc	2	2	2	70	2	1	0	3	9	0
Focaccia: Tomatillo	1 pc	2	2	1	70	2	1	1	3	9	1
Fresh Fruit: Apple	1 ea	5	2	1	90	0	0	4	0	25	19
Fresh Fruit: Grapes	1/2 Cup	3	2	1	50	0	0	1	1	14	12
Fresh Fruit: Lemon Slice	1 ea	0	0	0	5	0	0	0	0	1	0
Fresh Fruit: Orange Slice	1 ea	1	0	0	10	0	0	0	0	2	2
Fresh Fruit: Watermelon	1/2 Cup	1	1	1	25	0	0	0	0	6	5
Kitchen Favorites: Baked Potato	1 ea	5	4	2	160	0	0	4	4	37	2
Kitchen Favorites: Baked Sweet Potato	1 Med	4	2	1	100	0	0	4	2	24	7
Misc: Blue Aspartame Packet	1 ea	0	0	0	0	0	0	0	0	0	0
Misc: Creamer Cup	1 ea	0	0	0	10	1	0.5	0	0	1	0
Misc: Pink Saccharin Packet	1 ea	0	0	0	5	0	0	0	0	1	1
Misc: Sugar Packet	1 ea	1	0	0	10	0	0	0	0	3	3
Misc: Turbinado Sugar Packet	1 ea	1	0	0	15	0	0	0	0	4	4
Muffin: Brownie Bites	1 ea	7	5	4	170	11	1.5	0	2	17	12
Muffin: Buttermilk Cornbread	1 pc	5	4	3	140	5	0.5	1	3	21	5
Muffin: Gluten Friendly Coconut	1 ea	6	4	3	140	7	4	1	1	16	10
Muffin: Gluten Friendly Pumpkin Spice	1 ea	7	5	4	160	7	1.5	0	2	24	12
Muffin: Marina's Double Chocolate Addiction	1 ea	8	5	4	190	8	2	1	3	27	14
Muffin: Wildly Blueberry	1 ea	6	4	4	160	7	1	1	3	22	10
Pasta Bar: Parmesan Cheese	1 Tbsp	1	1	1	20	2	1	0	2	0	0
Pasta Bar: Red Chili Flakes	1 tsp	0	0	0	5	0	0	0	0	1	0
Pasta: Fettuccini with Four Cheese Alfredo	1 Cup	12	9	7	360	10	6	3	15	50	4
Pasta: Macaroni & Cheese	1 Cup	11	9	8	330	14	4.5	1	10	40	3
Pasta: Penne Arrabbiatta	1 Cup	8	7	5	270	6	2	3	11	42	5
Pasta: San Francisco Herb Rice	1 Cup	6	5	4	190	6	2	1	3	29	1
Salad Bar: Sweet & Spicy Pepita Sunflower Seed Mix	2 Tbsp	4	4	4	140	11	1.5	1	6	6	1
Salad Bar: Beets, Fresh	1/2 Cup	1	1	0	30	0	0	2	1	7	5
Salad Bar: Beets, Fresh	1/2 Cup	1	1	0	30	0	0	2	1	7	5
Salad Bar: Beets, Pickled	1/2 Cup	2	1	0	30	0	0	2	1	7	6
Salad Bar: Beets, Pickled	1/2 Cup	2	1	0	30	0	0	2	1	7	6
Salad Bar: Beets, Pickled, Canned	1/2 Cup	2	1	1	45	0	0	0	0	9	9
Salad Bar: Beets, Pickled, Canned	1/2 Cup	2	1	1	45	0	0	0	0	9	9
Salad Bar: Bell Pepper Blend	1/2 Cup	1	0	0	15	0	0	1	1	4	2
Salad Bar: Bell Pepper Blend	1/2 Cup	1	0	0	15	0	0	1	1	4	2
Salad Bar: Black Beans	1/2 Cup	2	2	1	90	0	0	5	6	16	1
Salad Bar: Black Beans	1/2 Cup	2	2	1	90	0	0	5	6	16	1
Salad Bar: Black Olives, Canned	1/4 Cup	2	1	2	60	5	0	0	0	2	0
Salad Bar: Black Olives, Canned	1/4 Cup	2	1	2	60	5	0	0	0	2	0
Salad Bar: Broccoli	1/2 Cup	0	0	0	10	0	0	1	1	2	0
Salad Bar: Broccoli	1/2 Cup	0	0	0	10	0	0	1	1	2	0
Salad Bar: Broccoli Stalk	1/2 Cup	0	0	0	10	0	0	1	1	2	1
Salad Bar: Broccoli Stalk	1/2 Cup	0	0	0	10	0	0	1	1	2	1
Salad Bar: Brown Rice Penne	1 Cup	9	8	5	300	3	0	4	6	62	4
Salad Bar: Brown Rice Penne	1 Cup	9	8	5	300	3	0	4	6	62	4
Salad Bar: Cauliflower	1/2 Cup	0	0	0	15	0	0	1	1	3	1
Salad Bar: Cauliflower	1/2 Cup	0	0	0	15	0	0	1	1	3	1
Salad Bar: Celery	1/2 Cup	0	0	0	10	0	0	1	0	1	1
Salad Bar: Celery	1/2 Cup	0	0	0	10	0	0	1	0	1	1

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Salad Bar: Chow Mein Noodles	1 oz	4	3	3	140	4	1	2	4	20	0
Salad Bar: Chow Mein Noodles	1 oz	4	3	3	140	4	1	2	4	20	0
Salad Bar: Corn	1/2 Cup	3	2	1	70	0.5	0	1	2	16	6
Salad Bar: Corn	1/2 Cup	3	2	1	70	0.5	0	1	2	16	6
Salad Bar: Cottage Cheese	1/2 Cup	2	2	2	90	2.5	1.5	0	14	4	4
Salad Bar: Cottage Cheese	1/2 Cup	2	2	2	90	2.5	1.5	0	14	4	4
Salad Bar: Croutons - Plain	5 pcs	1	1	1	35	1	0	0	1	5	0
Salad Bar: Croutons - Plain	5 pcs	1	1	1	35	1	0	0	1	5	0
Salad Bar: Croutons- Seasoned	5 pcs	2	1	1	50	3.5	1.5	0	1	4	0
Salad Bar: Croutons- Seasoned	5 pcs	2	1	1	50	3.5	1.5	0	1	4	0
Salad Bar: Cucumber	1/2 Cup	0	0	0	10	0	0	0	0	2	1
Salad Bar: Cucumber	1/2 Cup	0	0	0	10	0	0	0	0	2	1
Salad Bar: Dill Pickles	5 Slices	0	0	0	5	0	0	0	0	1	0
Salad Bar: Dill Pickles	5 Slices	0	0	0	5	0	0	0	0	1	0
Salad Bar: Edamame	2 Tbsp	0	0	0	15	0.5	0	1	2	1	0
Salad Bar: Edamame	2 Tbsp	0	0	0	15	0.5	0	1	2	1	0
Salad Bar: Garbanzo Beans	1/2 Cup	3	3	2	110	2	0	4	6	19	3
Salad Bar: Garbanzo Beans	1/2 Cup	3	3	2	110	2	0	4	6	19	3
Salad Bar: Green Bell Peppers	1/2 Cup	1	0	0	15	0	0	1	1	3	2
Salad Bar: Green Bell Peppers	1/2 Cup	1	0	0	15	0	0	1	1	3	2
Salad Bar: Hard Boiled Eggs	2 Tbsp	1	1	1	25	1.5	0	0	2	0	0
Salad Bar: Hard Boiled Eggs	2 Tbsp	1	1	1	25	1.5	0	0	2	0	0
Salad Bar: Iceberg Wedges	1 Cup	0	0	0	10	0	0	1	1	2	1
Salad Bar: Iceberg Wedges	1 Cup	0	0	0	10	0	0	1	1	2	1
Salad Bar: Jalapeno Peppers, Canned	1/4 Cup	1	0	0	15	0	0	3	0	5	1
Salad Bar: Jalapeno Peppers, Canned	1/4 Cup	1	0	0	15	0	0	3	0	5	1
Salad Bar: Kidney Beans	1/2 Cup	4	4	3	170	1	0	8	12	29	4
Salad Bar: Kidney Beans	1/2 Cup	4	4	3	170	1	0	8	12	29	4
Salad Bar: Mushrooms	1/2 Cup	0	0	0	10	0	0	0	1	2	1
Salad Bar: Mushrooms	1/2 Cup	0	0	0	10	0	0	0	1	2	1
Salad Bar: Parsley, Parm, Peppercorn Sprinkle	1 Tbsp	1	1	1	25	2.5	1	0	2	0	0
Salad Bar: Parsley, Parm, Peppercorn Sprinkle	1 Tbsp	1	1	1	25	2.5	1	0	2	0	0
Salad Bar: Peas	1/4 Cup	1	1	0	25	0	0	1	2	4	1
Salad Bar: Peas	1/4 Cup	1	1	0	25	0	0	1	2	4	1
Salad Bar: Pepperoncinis	3 ea	0	0	0	10	0	0	0	0	2	1
Salad Bar: Pepperoncinis	3 ea	0	0	0	10	0	0	0	0	2	1
Salad Bar: Radishes	1/2 Cup	0	0	0	10	0	0	1	0	2	1
Salad Bar: Radishes	1/2 Cup	0	0	0	10	0	0	1	0	2	1
Salad Bar: Raisins	2 Tbsp	3	2	1	60	0	0	1	1	16	14
Salad Bar: Raisins	2 Tbsp	3	2	1	60	0	0	1	1	16	14
Salad Bar: Red Bell Peppers	1/2 Cup	1	0	0	25	0	0	1	1	4	3
Salad Bar: Red Bell Peppers	1/2 Cup	1	0	0	25	0	0	1	1	4	3
Salad Bar: Red Cabbage	1/2 Cup	1	0	0	15	0	0	1	1	3	2
Salad Bar: Red Cabbage	1/2 Cup	1	0	0	15	0	0	1	1	3	2
Salad Bar: Red Onions	1/2 cup	1	1	0	25	0	0	1	1	5	2
Salad Bar: Red Onions	1/2 cup	1	1	0	25	0	0	1	1	5	2
Salad Bar: Romaine	1 Cup	0	0	0	10	0	0	1	1	2	1
Salad Bar: Romaine	1 Cup	0	0	0	10	0	0	1	1	2	1
Salad Bar: Rotini Rainbow Pasta	1/2 Cup	3	3	2	110	2	0	1	4	20	1
Salad Bar: Rotini Rainbow Pasta	1/2 Cup	3	3	2	110	2	0	1	4	20	1
Salad Bar: Shredded Carrots	1/2 Cup	1	1	0	25	0	0	2	1	6	3
Salad Bar: Shredded Carrots	1/2 Cup	1	1	0	25	0	0	2	1	6	3
Salad Bar: Spinach	1 Cup	0	0	0	5	0	0	1	1	1	0
Salad Bar: Spinach	1 Cup	0	0	0	5	0	0	1	1	1	0
Salad Bar: Spring Mix	1 Cup	0	0	0	5	0	0	1	1	1	0
Salad Bar: Spring Mix	1 Cup	0	0	0	5	0	0	1	1	1	0
Salad Bar: Sunflower Seeds	2 Tbsp	3	3	3	110	8	1	1	4	5	0
Salad Bar: Sunflower Seeds	2 Tbsp	3	3	3	110	8	1	1	4	5	0
Salad Bar: Sweet & Spicy Pepita Sunflower Seed Mix	2 Tbsp	4	4	4	140	11	1.5	1	6	6	1

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Salad Bar: Sweet Pickles	5 Slices	2	1	1	30	0	0	0	0	7	6
Salad Bar: Sweet Pickles	5 Slices	2	1	1	30	0	0	0	0	7	6
Salad Bar: Tomatoes	1/2 Cup	1	0	0	15	0	0	1	1	4	2
Salad Bar: Tomatoes	1/2 Cup	1	0	0	15	0	0	1	1	4	2
Salad Bar: Wonton Strips	1/4 Cup	2	1	1	50	2	0.5	0	1	6	0
Salad Bar: Wonton Strips	1/4 Cup	2	1	1	50	2	0.5	0	1	6	0
Salad Bar: Yellow Cheddar	2 Tbsp	2	2	2	60	4.5	2.5	0	4	1	0
Salad Bar: Yellow Cheddar	2 Tbsp	2	2	2	60	4.5	2.5	0	4	1	0
Salad Bar: Zucchini	1/2 Cup	0	0	0	10	0	0	1	1	2	1
Salad Bar: Zucchini	1/2 Cup	0	0	0	10	0	0	1	1	2	1
Salad: Aunt Doris' Red Pepper Slaw	1/2 Cup	2	1	1	45	0	0	2	1	12	10
Salad: Bangkok Lime & Spicy Rice Noodles	1/2 cup	4	3	2	120	2.5	0	2	2	22	2
Salad: Hawaiian Slaw with Coconut	1/2 Cup	5	3	3	120	7	2.5	2	1	13	10
Salad: Shrimp & Seafood Shells	1/2 cup	6	6	5	200	12	2.5	1	5	19	1
Salad: Sriracha Ranch Slaw	1/2 Cup	3	2	2	70	4.5	0.5	1	1	6	3
Salad: Three Bean Marinade	1/2 Cup	6	5	3	180	6	0	4	6	26	13
Salad: Tuscan Farro Salad w/ Tomato Basil Dressing	1/2 Cup	5	4	3	160	7	1	2	5	20	1
Salad: Dill & Dijon Potato	1/2 Cup	4	3	3	120	6	0.5	2	2	15	1
Salad: Joan's Broccoli Madness	1/2 Cup	6	4	4	160	12	2	1	3	10	7
Salad: Tuna Tarragon	1/2 Cup	7	6	5	220	12	2	1	6	21	3
Soup Bar: Bacon Bits	1 Tbsp	1	1	1	35	2.5	1	0	3	0	0
Soup Bar: Bacon Bits	1 Tbsp	1	1	1	35	2.5	1	0	3	0	0
Soup Bar: Mushrooms	1 Tbsp	0	0	0	0	0	0	0	0	0	0
Soup Bar: Mushrooms	1 Tbsp	0	0	0	0	0	0	0	0	0	0
Soup Bar: Onions Green	2 Tbsp	0	0	0	5	0	0	0	0	1	0
Soup Bar: Onions Green	2 Tbsp	0	0	0	5	0	0	0	0	1	0
Soup Bar: Onions White	2 Tbsp	0	0	0	10	0	0	0	0	2	1
Soup Bar: Onions White	2 Tbsp	0	0	0	10	0	0	0	0	2	1
Soup Bar: Oyster Crackers	5 pcs	0	0	0	5	0	0	0	0	1	0
Soup Bar: Oyster Crackers	5 pcs	0	0	0	5	0	0	0	0	1	0
Soup Bar: Shredded Carrots	1 Tbsp	0	0	0	5	0	0	0	0	1	0
Soup Bar: Shredded Carrots	1 Tbsp	0	0	0	5	0	0	0	0	1	0
Soup Bar: Shredded Cheddar Cheese	2 Tbsp	2	2	2	60	4.5	2.5	0	4	1	0
Soup Bar: Shredded Cheddar Cheese	2 Tbsp	2	2	2	60	4.5	2.5	0	4	1	0
Soup Bar: Sour Cream	1 Tbsp	1	1	1	30	2.5	2	0	1	1	1
Soup Bar: Sour Cream	1 Tbsp	1	1	1	30	2.5	2	0	1	1	1
Soup Bar: Spinach	1/4 Cup	0	0	0	0	0	0	0	0	0	0
Soup Bar: Spinach	1/4 Cup	0	0	0	0	0	0	0	0	0	0
Soup Bar: Tabasco	1/4 tsp	0	0	0	0	0	0	0	0	0	0
Soup Bar: Tabasco	1/4 tsp	0	0	0	0	0	0	0	0	0	0
Soup Bar: Tofu	1 oz	0	1	0	25	1.5	0	1	3	1	0
Soup Bar: Tofu	1 oz	0	1	0	25	1.5	0	1	3	1	0
Soup: Albondigas	1 Cup	3	3	2	110	4.5	1	1	5	12	2
Soup: Big Chunk Chicken Noodle	1 Cup	3	2	2	100	2.5	0.5	0	8	10	1
Soup: Big Chunk Chicken Noodle	1 Cup	3	2	2	100	2.5	0.5	0	8	10	1
Soup: Chicken Pot Pie Stew	1 Cup	8	6	5	220	12	6	2	11	19	5
Soup: Chicken Pot Pie Stew	1 Cup	8	6	5	220	12	6	2	11	19	5
Soup: Cream of Mushroom	1 Cup	10	7	6	240	19	9	1	4	13	4
Soup: Cream of Mushroom	1 Cup	10	7	6	240	19	9	1	4	13	4
Soup: Deep Kettle Chili	1 Cup	7	5	4	210	7	2.5	7	13	23	6
Soup: Deep Kettle Chili	1 Cup	7	5	4	210	7	2.5	7	13	23	6
Soup: Famously French Onion	1 Cup	5	3	3	130	6	3	2	3	13	5
Soup: Famously French Onion	1 Cup	5	3	3	130	6	3	2	3	13	5
Soup: Fiery Quinoa & Black Bean Chili	1 Cup	4	3	2	130	1.5	0	4	6	23	6
Soup: Fiery Quinoa & Black Bean Chili	1 Cup	4	3	2	130	1.5	0	4	6	23	6
Soup: Shrimp Bisque	1 Cup	9	6	5	230	14	8	2	7	17	6
Soup: Shrimp Bisque	1 Cup	9	6	5	230	14	8	2	7	17	6
Soup: Split Pea with Ham	1 Cup	6	5	4	220	5	0.5	11	12	32	5
Soup: Split Pea with Ham	1 Cup	6	5	4	220	5	0.5	11	12	32	5

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Soup: Sriracha-Cha Carrot Soup	1 Cup	6	4	3	140	4.5	2.5	3	3	24	13
Soup: Sriracha-Cha Carrot Soup	1 Cup	6	4	3	140	4.5	2.5	3	3	24	13
Soup: U.S Senate Bean w/ Smoked Ham	1 Cup	3	3	2	120	1	0	6	7	20	2
Soup: U.S Senate Bean w/ Smoked Ham	1 Cup	3	3	2	120	1	0	6	7	20	2
Soup: Vegetarian Harvest	1 Cup	5	4	3	140	8	3.5	3	3	14	4
Soup: Vegetarian Harvest	1 Cup	5	4	3	140	8	3.5	3	3	14	4
Soup: Yankee Clipper Clam Chowder w/ Bacon	1 Cup	12	8	8	310	19	11	1	14	20	5
Soup: Yankee Clipper Clam Chowder w/ Bacon	1 Cup	12	8	8	310	19	11	1	14	20	5