

NUTRITIONAL INFORMATION

AVI Foodsystems is proud to be the food service provider for Honda of America Mfg. We strive to not only offer exceptional service, but to also provide our customers with the information needed to live a healthy lifestyle.

The nutritionals presented were carefully analyzed by our Corporate Dieticians. New recipes will be added from time to time so please visit back to see new items.

If you have any additional feedback or questions please feel free to contact our onsite Wellness Director at ext. 82903 or ckeefer@avifoodsystems.com



AVI FOODSYSTEMS^{US}
THE FAMILY DIFFERENCE IN HOSPITALITY SERVICES

Breakfast

Qualifier	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
	Bacon Breakfast Bowl	14.2 oz	860	57	60%	26	27%	0	330	1750	61	3	5	37
	Bacon, Egg, and Cheese On Croissant Breakfast Sandwich	1 each (5.4 oz)	457	29	57%	13	26%	0	245	970	31	1	3	23
	Biscuit and Gravy	4.2 oz	150	8	48%	2.5	15%	2.5	5	510	18	0	1	3
NG, LS, V	Blueberry Pancakes with Granola	2 each (5.25 oz)	269	6	20%	2	7%	0	11	480	49	3	13	6
	Breakfast Burrito	10.3 oz	630	33	47%	16	23%	0	145	1590	69	5	8	27
	Breakfast Croissant Sandwich	1 each/6.25 oz.	572	40	63%	13	20%	0	167	981	31	1	3	16
	Campground Scramble	7oz	300	20	60%	8	24%	0	330	500	17	2	3	13
	Denver Eggs	7.5oz	390	31	72%	14	32%	0	405	1220	7	1	3	22
	Egg, Bacon, and Cheese English Muffin Sandwich	1 each (4.9 oz)	357	21	53%	9	23%	0	240	892	26	2	2	23
	Egg, Sausage, and Cheese English Muffin Sandwich	1 each (6 oz)	430	26	54%	11	23%	0	268	1123	30	2	3	26
	Farmer Style Eggs	4oz	90	3.5	35%	1	10%	0	125	380	9	1	2	7
	Ham Breakfast Bowl	15.2oz	820	48	53%	19	21%	0	325	1970	64	5	6	34
	Home Fries or Shredded Hash Browns	4 oz	169	9	48%	4	21%	0	0	1287	20	3	0	3
	Peanut Butter and Chocolate Pancakes	5 oz	270	6	20%	3	10%	0	0	520	49	2	22	5
	Potato Triangle (Baked)	1 each (2 oz)	90	4.5	45%	1	10%	0	0	200	11	1	0	1
	Potato Triangle (Fried)	1 each (2 oz)	120	8	60%	1.5	11%	0	0	180	10	1	0	1
	Sasuage, Egg, and Cheese On Croissant Breakfast Sandwich	1 each (7 oz)	548	36	59%	15	25%	0	290	1073	31	1	3	23
	Sausage Breakfast Bowl	15.2oz	910	61	60%	23	23%	0	335	1690	63	5	5	34
	Smothered Sausage Omelet	9.15oz	600	50	75%	20	30%	0	430	1950	9	0	2	27
	Spicy Chorizo Breakfast Burrito	12.6oz	740	38	46%	12	15%	0	285	1810	71	6	2	30
	Veggie Egg Scramble	8.5 oz	344	28	73%	15	39%	0	391	431	6	1	3	20
	White Toast w/ Margarine and Jelly	2 slices (2.51 oz)	199	5	23%	1	5%	0	0	314	35	0	10	5

Qualifier Key:

NG - nutriGOOD

NW - nutriWELL

LS - Low Sodium

V - Vegan

Grill

Qualifier	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
	Bacon Cheeseburger	1 each (8 oz)	770	53	62%	21	25%	1.5	140	1480	28	2	3	42
	BBQ Chicken Breast Sandwich	8.7oz	450	8	16%	2	4%	0	115	610	51	6	15	44
	Breaded Chicken Sandwich (Baked)	1 each (5.8 oz)	430	19	40%	3.5	7%	0	40	980	42	1	3	20
	Breaded Chicken Sandwich (Fried)	1 each (5.8 oz)	490	27	50%	5	9%	0	35	930	40	1	3	19
	Breaded Fish Sandwich	1 each (5.8 oz)	350	11	28%	2	5%	0	55	500	41	1	3	20
	Cheeseburger	1 each (6.5 oz)	530	35	59%	15	25%	1.5	95	740	28	2	3	26
	Chicken Philly Sandwich	13.3oz	620	15	22%	7	10%	0	140	1030	58	4	5	62
	Chili Cheese Dog	1 each/5.45 oz	400	26	59%	12	27%	0	60	1090	29	2	4	17
	Corned Beef Reuben	1 each/10.4 oz.	636	37	52%	10	14%	0	92	2264	45	2	9	27
	Curly Fries (No Salt Added)	4 oz	235	15	57%	3	11%	0	7	41	25	3	0	3
	French Fries	4 oz	220	14	57%	2	8%	0	0	25	22	1	0	2
	Godfather Burger	1 each/11.65 oz.	970	67	62%	28	26%	3	202	1255	30	1	6	59
	Grilled Ham and Cheese on Texas Toast	9oz	680	28	37%	18	24%	0	75	2190	71	3	19	35
	Grilled Steak Quesadilla	12.1 oz.	767	39	46%	17	20%	0	131	2159	56	2	8	43
	Hamburger	1 each (5.8 oz)	470	29	56%	11	21%	1.5	80	540	27	2	3	22
	Hot Italian Sub	1 each/11 oz.	700	42	54%	17	22%	0	120	2690	45	2	4	34
	Onion Rings	4 oz	260	14	48%	2.5	9%	0	0	370	31	2	4	2
	Patty Melt Quarter Pound (w/1000 dressing)	9oz	830	60	65%	23	25%	2	120	1580	38	6	8	31
	Potato Wedges (Baked)	4 oz	170	8	42%	1.5	8%	0	0	400	24	4	0	3
	Potato Wedges (Fried)	4 oz	240	16	60%	2.5	9%	0	0	370	22	4	0	2
	Quarter Pound Mushroom Swiss Burger	7oz	450	29	58%	11	22%	1	70	950	25	2	5	21
	Spicy Chicken Sandwich (Baked)	1 each (5.8 oz)	350	10	26%	2	5%	0	35	1130	40	3	4	22
	Spicy Chicken Sandwich (Fried)	1 each (5.8 oz)	400	18	41%	3	7%	0	35	1080	38	3	4	21
	Spicy Fried Bologna Sandwich	1 each/8.7 oz.	937	77	74%	28	27%	0	74	1831	38	4	6	20
	Steak Fries (No Salt Added)	4 oz	223	14	57%	1	4%	0	0	19	23	1	0	1
	Talladega Burger	12.8oz	940	60	57%	25	24%	3	180	1040	47	2	12	51
	Tater Tots (Baked)	4 oz	230	13	51%	2	8%	0	0	400	25	3	0	3
	Tater Tots (Fried)	4 oz	290	21	65%	3	9%	0	0	370	23	2	0	2
	Turkey Bacon Swiss Grinder	10.4oz	650	23	32%	8	11%	0	135	980	52	2	4	58
	West Coast Turkey Burger	9oz	600	27	41%	10	15%	0	125	1880	48	3	5	37

Qualifier Key:

NG - nutriGOOD

NW - nutriWELL

LS - Low Sodium

V - Vegan

Entrée

Qualifier	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
	Bacon Wrapped Pork Loin	6oz	440	26	53%	10	20%	0	135	410	1	0	1	45
NG	Baja Fish Tacos	7.5 oz.	300	5	15%	1	3%	0	60	950	31	2	4	31
	Baked Lasagna	7.92 oz	430	19	40%	10	21%	0	100	590	35	3	6	29
	Baked Meatloaf	6 oz	340	18	48%	7	19%	1	120	840	25	1	14	20
	Baked Ziti with Breadstick	13.75oz	910	37	37%	10	10%	1	60	1320	98	5	9	42
NG, LS	Balsamic Rosemary Chicken	5 oz.	150	2	12%	0	0%	0	35	480	13	0	11	13
	Beef Enchiladas	13oz/2each	420	11	24%	2	4%	0	60	2070	43	5	13	33
	Beef Fajitas	14 oz	730	43	53%	11	14%	0	110	1930	44	5	10	39
	Bowtie Milano Pasta	8oz	440	22	45%	10	20%	0	80	260	39	3	6	23
LS	Broiled Tilapia with Spinach and Tomatoes	8.5oz	183	3	15%	1	5%	0	72	565	8	2	2	30
	Buffalo Chicken Mac and Cheese	12oz	740	38	46%	16	19%	0	125	2480	51	2	3	45
	Buttermilk Fried Chicken Breast	5.15 oz.	372	23	56%	4	10%	0	90	1171	17	1	2	24
NG	Cajun Baked Catfish with Tomato Corn Relish	8.19 oz	227	6	24%	1	4%	0	100	724	12	1	3	30
NG, NW, LS	Cavatelli with Meat Sauce	6 oz	309	9	26%	3	9%	0	18	93	44	4	4	13
	Chicken and Noodles	16 oz	540	17	28%	5	8%	3	115	1650	70	5	6	24
	Chicken Enchiladas	10.5oz/2each	520	20	35%	8	14%	0	170	2070	42	5	12	40
	Chicken Fajitas	14 oz	620	35	51%	8	12%	0	80	2010	44	5	10	30
NG, NW, LS	Chicken with Tri-Color Peppercorn Sauce	6 oz	243	6	22%	1	4%	0	65	437	14	1	1	25
NG, NW, LS	Creole Chicken with Rice	8.5 oz	203	2	9%	0	0%	0	19	415	35	2	2	11
NG	Herb Encrusted Beef with Mushroom Gravy	8.5 oz	309	11	32%	2	6%	0	97	771	8	2	1	41
NG	Hoisin-Raspberry BBQ Chicken	6 oz	184	2	10%	0	0%	0	57	778	18	2	13	23
	Italiano Chopped Salad (w/out dressing)	11.5oz	420	28	60%	11	24%	0	75	1710	18	3	15	24
NG	Jerk Chicken Breast	5.3oz	150	1.5	9%	0	0%	0	70	360	2	1	0	29
NG, NW, LS	Lemon Pepper Chicken	3.95 oz	119	1	8%	0	0%	0	58	461	1	0	0	22
NG, LS	Lemon Pepper Garlic Tilapia	5.5 oz.	130	1.5	10%	0	0%	0	75	550	1	0	0	30
	Monster Nachos	22.4oz	1290	75	52%	22	15%	1.5	115	2840	115	12	10	38
	Pasta Fettucini Carbonara	12.46 oz.	933	60	58%	36	35%	0	204	1151	61	5	4	29
NG	Roasted Eye of Round	3 oz	163	5	28%	0	0%	0	64	549	0	0	0	25
	Taco Salad in a Tortilla Bowl	20.1 oz	880	48	49%	21	21%	0	95	2570	77	11	13	38
NG, NW, LS	Tilapia with Citrus Sauce	4.5 oz	147	4	24%	1	6%	0	57	516	4	0	3	24

Qualifier Key:
 NG - nutriGOOD
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 LS - Low Sodium
 V - Vegan

Japanese

Qualifier	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
	Beef and Broccoli with Sesame Teriyaki with Rice	12 ounce	350	6	15%	1.5	4%	0	40	1540	48	6	10	25
	Beef Curry with Rice	15 ounce	470	12	23%	6	11%	0	45	820	62	6	6	28
	Chicken Curry with Rice	15 ounce	450	14	28%	6	12%	0	60	790	62	6	6	22
	Chicken Katsu	11 ounce	460	13	25%	2	4%	0	130	140	53	4	2	34
	Chicken Nanban	6 ounce	420	25	54%	4	9%	0	130	1470	27	1	15	21
	Chicken Ramen Noodle Bowl	1 Each	360	3	8%	0.5	1%	0	50	1750	53	4	4	30
	Curry Udon Chicken	15 ounce	580	7	11%	2.5	4%	0	70	700	93	5	5	33
	Ginger Pork	15 ounce	650	12	17%	4	6%	0	120	1170	87	6	30	47
	Gyudon	12 ounce	400	7	16%	1.5	3%	0	45	630	56	4	9	24
	Hoi Ko Ro	14 ounce	500	13	23%	3.5	6%	0	100	3140	51	5	7	41
	Japanese Pasta Salad	4 ounce	190	11	52%	2	9%	0	55	490	18	1	4	6
	Japanese Potato Salad	4 ounce	170	11	58%	2	11%	0	65	630	14	1	4	5
	Kung Pao Chicken with Rice	13 ounce	710	21	27%	4	5%	0	35	4900	112	7	24	12
	Miso Chicken	13 ounce	580	16	25%	4	6%	0	235	2950	54	4	4	51
	Omurice	1 Each	430	17	36%	5	10%	0	665	1370	43	4	16	26
	Pepper Steak with Rice	13 ounce	410	9	20%	2	4%	0	60	520	51	5	4	30
	Pork Curry with Rice	15 ounce	470	18	34%	8	15%	0	15	980	66	6	6	11
	Pork Katsu with Rice	10 ounce	490	13	24%	3.5	6%	0	140	115	58	4	1	33
	Szechwan Beef with Rice	14 ounce	450	11	22%	2.5	5%	0	90	280	46	4	7	39
	Teriyaki BBQ Chicken with Rice	13 ounce	480	11	21%	3	6%	0	165	1090	58	4	3	34
	Teriyaki Flank Steak with Stir-Fried Bok Choy and Rice	15 ounce	640	13	18%	2.5	4%	0	90	2940	84	7	39	45
	Tori No Kara-Age with Rice	15 ounce	550	16	26%	3.5	6%	0	180	1770	59	4	3	39
	Vegetable Curry	6 ounce	220	11	45%	6	25%	0	0	790	28	4	7	4
	Yakisoba Pork with noodles	12 ounce	510	13	23%	3	5%	0	70	1110	70	3	9	28

Qualifier Key:

NG - nutriGOOD

NW - nutriWELL

LS - Low Sodium

V - Vegan

Soup

Qualifier	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
NG	Beef and Barley Soup	12oz	170	4	21%	1.5	8%	0	10	2240	19	4	5	14
	Chicken Noodle Soup	12oz	130	3	21%	0.5	3%	0	40	920	16	1	1	10
	Chicken Tortilla Soup	12oz	120	2.5	19%	0.5	4%	0	20	1260	15	2	5	9
	Chili	12 oz	300	13	39%	4.5	14%	1	40	1410	29	8	10	18
	Corn Chowder	12 oz	170	7	37%	2	11%	3	0	920	24	1	3	2
	Cream of Mushroom	12 oz	220	12	49%	4	16%	0	15	1260	20	1	9	8
NG	Minestrone	12oz	150	2	12%	0	0%	0	0	830	28	6	6	6

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Sides

Qualifier	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
NG, NW, LS, V	Broccoli and Cauliflower Medley	4 oz	40	1	23%	0	0%	0	0	391	7	1	1	3
NG, LS, V	Brown Rice Pilaf	4 oz	264	6	20%	3	10%	0	12	156	46	2	1	5
NG, NW, LS, V	Cajun Succotash	4 oz	155	2	12%	0	0%	0	0	114	29	7	5	7
NG, LS	Collard Greens	6oz	80	1.5	17%	0	0%	0	0	150	14	2	2	5
NG, LS, V	Corn with Bell Peppers	4 oz	155	5	29%	2	12%	0	0	282	25	2	7	4
NG	Curried Cauliflower	4oz	70	2	26%	0	0%	0	0	260	12	3	3	4
NG, NW, LS, V	Garlic and Rosemary Roasted Redskin Potatoes	4 oz	109	1	8%	0	0%	0	0	262	23	2	2	3
NG, LS, V	Glazed Carrots	4 oz	121	0	0%	0	0%	0	0	90	31	3	26	1
NG	Glazed Carrots	4oz	110	0	0%	0	0%	0	0	65	28	2	24	1
	Italian Green Beans	4 oz.	71	3	38%	1	13%	0	4	356	9	3	1	4
	Macaroni and Cheese	4 oz	210	13	56%	7	30%	0	40	900	15	1	2	10
	Mashed Potatoes with Beef Gravy	6 oz.	142	5	32%	2	13%	0	1	782	20	2	2	3
NG, NW, LS, V	Mediterranean Blend Vegetables Steamed	4 oz	40	0	0%	0	0%	0	0	27	7	1	4	0
NG, NW, LS, V	Pacific Blend Vegetables Steamed	4 oz	47	0	0%	0	0%	0	0	53	8	3	4	1
NG, NW, LS, V	Pasta Primavera	6 oz	244	8	30%	2	7%	0	5	98	35	4	5	9
NG	Peas & Baby Carrots	4 oz.	69	1	13%	0	0%	0	0	255	12	4	5	3
	Roasted Broccoli	4 oz.	44	2	41%	0	0%	0	0	456	6	0	0	3
	Roasted Brussel Sprouts	4oz	140	9	58%	4	26%	0	0	920	13	5	3	5
	Roasted Garlic Mashed Potatoes	4oz	190	9	43%	4.5	21%	0	20	640	24	3	2	4
	Roasted Red Skin Potatoes	4oz	150	8	48%	1	6%	0	0	400	17	2	1	2
	Roasted Sweet Potato	4oz	170	8	42%	0.5	3%	0	0	440	21	3	4	2
NG, NW, LS, V	San Fran Blend Vegetables Steamed	4 oz	27	0	0%	0	0%	0	0	53	7	3	4	0
NG, V	Sauteed Spinach	4 oz	60	2	30%	0	0%	0	0	627	7	4	1	5
	Side Caesar Salad	4oz	270	21	70%	4.5	15%	0	10	710	16	1	4	8
NG	Spanish Rice	4 oz.	135	2	13%	1	7%	0	0	142	26	1	2	3
NG, NW, LS	Spanish Rice	4 oz	135	2	13%	1	7%	0	0	142	26	1	2	3
NG	Spicy Black Beans	4oz	80	0	0%	0	0%	0	0	310	14	4	1	5
NG, NW, LS, V	Steamed Green Beans	4 oz	35	0	0%	0	0%	0	0	6	8	3	1	2
NG	Steamed Peas	4oz	90	0	0%	0	0%	0	0	80	16	5	5	6
NG, LS, V	Zucchini Medley (steamed)	4 oz.	29	0	0%	0	0%	0	0	4	5	2	3	2

Qualifier Key:

NG - nutriGOOD

NW - nutriWELL

LS - Low Sodium

V - Vegan

Salad Bar

Qualifier	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
	Artichoke Hearts	1oz	15	0	0%	0	0%	0	0	15	3	2	0	1
	Bacon Topping	1 oz	100	6	54%	2	18%	0	20	890	0	0	0	12
	Baked Potato Salad	6 oz	338	24	64%	10	27%	0	57	608	18	2	2	13
	Banana peppers	1oz	0	0	0%	0	0%	0	0	140	0	0	0	0
	Basic Chicken	4oz	210	8	34%	1.5	6%	0	95	350	0	0	0	34
	Beets	1oz	10	0	0%	0	0%	0	0	55	2	1	2	0
	Black Beans	1oz	20	0	0%	0	0%	0	0	55	4	1	0	1
	Broccoli Florets	1oz	10	0	0%	0	0%	0	0	10	1	1	0	1
	Broccoli Slaw	1 oz	51	5	88%	1	18%	0	4	127	2	0	1	0
	Carrots	1oz	10	0	0%	0	0%	0	0	20	3	1	1	0
	Cauliflower	1oz	5	0	0%	0	0%	0	0	10	1	1	1	1
	Celery	1oz	5	0	0%	0	0%	0	0	25	1	0	0	0
	Chick Peas	1oz	40	1	23%	0	0%	0	0	70	6	0	0	2
	Cottage Cheese 2% fat	1oz	25	0.5	18%	0	0%	0	5	95	1	0	1	3
	Crunchy Quinoa Salad	4 oz	283	11	35%	1	3%	0	0	193	37	5	3	8
	Cucumbers	1oz	5	0	0%	0	0%	0	0	0	1	0	0	0
	Dill Pickles	1oz	5	0	0%	0	0%	0	0	250	1	0	0	0
	Dried Cranberries	1oz	90	0	0%	0	0%	0	0	0	24	2	18	0
	Eggs, Hard Boiled	1oz	45	3	60%	1	20%	0	105	35	0	0	0	4
	Fruit Salad	4oz	45	0	0%	0	0%	0	0	10	12	1	9	1
	Grape Tomatoes	1oz	5	0	0%	0	0%	0	0	0	1	0	1	0
	Green Peppers	1oz	5	0	0%	0	0%	0	0	0	1	0	1	0
	Grilled Diced Chicken Breast	2oz	90	2	20%	0.5	5%	0	50	40	0	0	0	18
	Ham	2oz	70	2.5	32%	1	13%	0	25	660	5	0	3	7
	Herbed Croutons	1 oz	94	5	48%	1	10%	0	0	404	11	1	1	2
	House Made Hummus	2 oz	129	8	56%	1	7%	0	0	511	11	3	2	4
	Italian Cucumber Salad	4 oz	99	9	82%	1	9%	0	0	162	5	1	2	1
	Jalapeno Peppers	1oz	10	0	0%	0	0%	0	0	0	2	1	1	0
	Kidney Beans	1oz	35	0	0%	0	0%	0	0	60	6	2	0	2
	Lettuce	1oz	5	0	0%	0	0%	0	0	0	1	0	1	0
	Macaroni Salad	6 oz	477	34	64%	5	9%	0	102	763	32	2	1	8
	Mandarin Oranges	1oz	15	0	0%	0	0%	0	0	0	4	1	3	0
	Mushrooms	1oz	5	0	0%	0	0%	0	0	0	1	0	1	1
	Olives, Black	1oz	35	3	77%	0	0%	0	0	210	2	1	0	0
	Onions, Red	1oz	10	0	0%	0	0%	0	0	0	3	0	1	0
	Pasta Salad	5 oz	147	8	49%	2	12%	0	1	384	15	2	3	4
	Peas	1oz	25	0	0%	0	0%	0	0	0	4	1	2	2
	Pepperoni	1oz	140	12	77%	4	26%	0	30	500	0	0	0	6
	Pico de Gallo	1 oz	6	0	0%	0	0%	0	0	96	1	0	1	0
	Pineapple Chunks	1oz	15	0	0%	0	0%	0	0	0	4	0	4	0
	Pita Chip	1 oz	81	3	33%	0	0%	0	0	308	11	1	1	2
	Quinoa Vegetable Salad	1 oz	56	1	16%	0	0%	0	0	221	9	1	1	2
	Raisins	1oz	80	0	0%	0	0%	0	0	0	22	1	17	1
	Red Cabbage	1oz	10	0	0%	0	0%	0	0	10	2	1	1	0
	Red Peppers	1oz	10	0	0%	0	0%	0	0	0	2	1	1	0
	Roasted Red Pepper Hummus	1 oz	42	3	64%	0	0%	0	0	99	3	1	1	1
	Romaine Lettuce	1oz	5	0	0%	0	0%	0	0	0	1	1	0	0
	Shredded Cheddar	1oz	110	9	74%	6	49%	0	30	180	0	0	0	7
	Shredded Mozzarella	1oz	70	3.5	45%	1	13%	0	0	190	7	0	7	3
	Smokey Chipotle Hummus	1 oz	57	4	63%	0.5	8%	0	0	123	4	1	1	2
	Southwest Corn Salsa	3 oz	82	1	11%	0	0%	0	0	963	17	2	4	3
	Spinach	1oz	5	0	0%	0	0%	0	0	20	1	1	0	1
	Spring Mix	1oz	5	0	0%	0	0%	0	0	25	1	1	0	1
	Steakhouse Redskin Potato Salad	4 oz	346	32	83%	5	13%	0	28	500	10	1	2	5
	Sunflower Seeds	1oz	180	16	80%	1.5	8%	0	0	0	6	3	0	5
	Tortilla Chip	1 oz	92	4	39%	1	10%	0	0	359	12	0	0	2
	Vanilla Yogurt, low fat	1oz	25	0	0%	0	0%	0	0	20	4	0	4	1
DRESSINGS														
	1000 Island	1oz	100	10	90%	1.5	14%	0	5	240	4	0	4	0
	Balsamic Vinaigrette	1oz	80	7	79%	1	11%	0	0	270	4	0	3	0
	Blue Cheese	1oz	130	14	97%	2.5	17%	0	10	300	1	0	1	0
	Caesar	1oz	150	16	98%	2.5	15%	0	10	340	1	0	1	1
	French	1oz	130	13	90%	1.5	10%	0	0	240	4	0	4	0
	Golden Italian	1oz	130	13	90%	2	14%	0	0	270	2	0	2	0
	Greek Feta	1oz	90	9	90%	2	20%	0	0	330	2	0	0	0
	Honey Dijon	1oz	120	10	75%	1.5	11%	0	15	200	7	0	6	0
	Italian	1oz	70	6	77%	1	13%	0	0	280	3	0	3	0
	Italian Fat Free	1oz	15	0	0%	0	0%	0	0	320	2	0	2	0
	Italian Lite	1oz	30	2.5	75%	0	0%	0	0	350	2	0	2	0
	Ranch	1oz	140	15	96%	2.5	16%	0	10	310	2	0	1	0
	Ranch Fat Free	1oz	30	0	0%	0	0%	0	0	360	7	1	3	0
	Ranch Lite	1oz	90	9	90%	1.5	15%	0	10	270	1	0	1	1
	Raspberry Vinaigrette	1oz	35	0	0%	0	0%	0	0	55	7	0	5	0

Qualifier Key:

NG - nutriGOOD

NW - nutriWELL

LS - Low Sodium

V - Vegan