

# Mexican Chicken Tortilla Soup Nutrition Facts

|                                   |                      |
|-----------------------------------|----------------------|
| <b>Serving:</b> 8 oz Ladle (340g) |                      |
| <b>Amount per Serving</b>         |                      |
| <b>Calories</b> 230               | Calories from Fat 30 |
| <b>%Daily Value*</b>              |                      |
| <b>Total Fat</b> 3.5g             | <b>5%</b>            |
| Saturated Fat 2g                  | <b>10%</b>           |
| <i>Trans</i> Fat 0g               |                      |
| <b>Cholesterol</b> 25mg           | <b>8%</b>            |
| <b>Sodium</b> 870mg               | <b>36%</b>           |
| <b>Total Carbohydrate</b> 36g     | <b>12%</b>           |
| Dietary Fiber 4g                  | <b>16%</b>           |
| Sugars 5g                         |                      |
| <b>Protein</b> 13g                |                      |
| Vitamin A 15%                     | Vitamin C 10%        |
| Contains Milk                     |                      |

# Chicken Caesar Flatbread Nutrition Facts

|                                       |                       |
|---------------------------------------|-----------------------|
| <b>Serving:</b> 1 Sandwich (221g)     |                       |
| <b>Amount per Serving</b>             |                       |
| <b>Calories</b> 480                   | Calories from Fat 180 |
| <b>%Daily Value*</b>                  |                       |
| <b>Total Fat</b> 20g                  | <b>31%</b>            |
| Saturated Fat 4.5g                    | <b>23%</b>            |
| <i>Trans</i> Fat 0g                   |                       |
| <b>Cholesterol</b> 55mg               | <b>18%</b>            |
| <b>Sodium</b> 1600mg                  | <b>67%</b>            |
| <b>Total Carbohydrate</b> 51g         | <b>17%</b>            |
| Dietary Fiber 3g                      | <b>12%</b>            |
| Sugars 6g                             |                       |
| <b>Protein</b> 24g                    |                       |
| Vitamin A 50%                         | Vitamin C 4%          |
| Contains milk, eggs, fish, wheat, soy |                       |

# Tomato & Fresh Mozzarella Flatbread

## Nutrition Facts

**Serving:** 1 Sandwich (220g)

**Amount per Serving**

**Calories** 530

Calories from  
Fat 230

%Daily Value\*

**Total Fat** 26g **40%**

Saturated Fat 10g **50%**

*Trans* Fat 0g

**Cholesterol** 60mg **20%**

**Sodium** 1340mg **56%**

**Total Carbohydrate** 53g **18%**

Dietary Fiber 3g **12%**

Sugars 6g

**Protein** 21g

Vitamin A 35% Vitamin C 10%

Contains milk, eggs, fish, wheat, tree nuts, soy

# Fully Loaded Baked Potato & Cheddar Soup

## Nutrition Facts

**Serving:** 8 oz Ladle (227g)

**Amount per Serving**

**Calories** 310

Calories from  
Fat 200

%Daily Value\*

**Total Fat** 22g **34%**

Saturated Fat 10g **50%**

*Trans* Fat 0g

**Cholesterol** 50mg **17%**

**Sodium** 730mg **30%**

**Total Carbohydrate** 19g **6%**

Dietary Fiber 1g **4%**

Sugars 2g

**Protein** 10g

Vitamin A 10% Vitamin C 6%

Contains Milk

# Mushroom Brie with Madeira Soup

## Nutrition Facts

|                              |                       |
|------------------------------|-----------------------|
| Serving: 8 oz Ladle (227g)   |                       |
| Amount per Serving           |                       |
| Calories 320                 | Calories from Fat 240 |
| %Daily Value*                |                       |
| Total Fat 27g                | 42%                   |
| Saturated Fat 8g             | 40%                   |
| Trans Fat 0g                 |                       |
| Cholesterol 30mg             | 10%                   |
| Sodium 720mg                 | 30%                   |
| Total Carbohydrate 15g       | 5%                    |
| Dietary Fiber < 1g           | 4%                    |
| Sugars 4g                    |                       |
| Protein 5g                   |                       |
| Vitamin A 4%                 | Vitamin C 0%          |
| Contains Milk, Wheat and Soy |                       |

# New England Clam Chowder

## Nutrition Facts

|                                       |                       |
|---------------------------------------|-----------------------|
| Serving: 8 oz Ladle (227g)            |                       |
| Amount per Serving                    |                       |
| Calories 220                          | Calories from Fat 100 |
| %Daily Value*                         |                       |
| Total Fat 11g                         | 17%                   |
| Saturated Fat 5g                      | 25%                   |
| Trans Fat 0g                          |                       |
| Cholesterol 30mg                      | 10%                   |
| Sodium 930mg                          | 39%                   |
| Total Carbohydrate 23g                | 8%                    |
| Dietary Fiber 3g                      | 12%                   |
| Sugars 3g                             |                       |
| Protein 6g                            |                       |
| Vitamin A 0%                          | Vitamin C 6%          |
| Contains Milk, Fish, Shellfish, Wheat |                       |

# Kickin' Crab and Corn Chowder

## Nutrition Facts

|   |                       |
|---|-----------------------|
| <b>Serving:</b> 8 oz Ladle (227g)         |                       |
| <b>Amount per Serving</b>                 |                       |
| <b>Calories</b> 260                       | Calories from Fat 150 |
| <b>%Daily Value*</b>                      |                       |
| <b>Total Fat</b> 17g                      | <b>26%</b>            |
| Saturated Fat 6g                          | <b>30%</b>            |
| <i>Trans</i> Fat 0g                       |                       |
| <b>Cholesterol</b> 45mg                   | <b>15%</b>            |
| <b>Sodium</b> 910mg                       | <b>38%</b>            |
| <b>Total Carbohydrate</b> 20g             | <b>7%</b>             |
| Dietary Fiber 2g                          | <b>8%</b>             |
| Sugars 8g                                 |                       |
| <b>Protein</b> 8g                         |                       |
| Vitamin A 2%                              | Vitamin C 0%          |
| Contains milk, fish, shellfish, and wheat |                       |

# Yukon Gold Potato Soup

## Nutrition Facts

|                                   |                       |
|-----------------------------------|-----------------------|
| <b>Serving:</b> 8 oz Ladle (227g) |                       |
| <b>Amount per Serving</b>         |                       |
| <b>Calories</b> 410               | Calories from Fat 300 |
| <b>%Daily Value*</b>              |                       |
| <b>Total Fat</b> 33g              | <b>51%</b>            |
| Saturated Fat 11g                 | <b>55%</b>            |
| <i>Trans</i> Fat 0g               |                       |
| <b>Cholesterol</b> 50mg           | <b>17%</b>            |
| <b>Sodium</b> 710mg               | <b>30%</b>            |
| <b>Total Carbohydrate</b> 21g     | <b>7%</b>             |
| Dietary Fiber 6g                  | <b>24%</b>            |
| Sugars 4g                         |                       |
| <b>Protein</b> 6g                 |                       |
| Vitamin A 2%                      | Vitamin C 4%          |
| Contains Milk                     |                       |

# Tortilla Soup Especial

## Nutrition Facts

|                                   |                      |
|-----------------------------------|----------------------|
| <b>Serving:</b> 8 oz Ladle (227g) |                      |
| <b>Amount per Serving</b>         |                      |
| <b>Calories</b> 120               | Calories from Fat 30 |
| <b>%Daily Value*</b>              |                      |
| <b>Total Fat</b> 3.5g             | <b>5%</b>            |
| <b>Saturated Fat</b> .5g          | <b>3%</b>            |
| <i>Trans Fat</i> 0g               |                      |
| <b>Cholesterol</b> 30mg           | <b>10%</b>           |
| <b>Sodium</b> 760mg               | <b>32%</b>           |
| <b>Total Carbohydrate</b> 12g     | <b>4%</b>            |
| Dietary Fiber 1g                  | <b>4%</b>            |
| Sugars 2g                         |                      |
| <b>Protein</b> 11g                |                      |
| Vitamin A 10%                     | Vitamin C 15%        |
| Contains Milk, Eggs, Soy          |                      |

# Broccoli & Cheddar Soup

## Nutrition Facts

|                                    |                       |
|------------------------------------|-----------------------|
| <b>Serving:</b> 12 oz Ladle (343g) |                       |
| <b>Amount per Serving</b>          |                       |
| <b>Calories</b> 390                | Calories from Fat 250 |
| <b>%Daily Value*</b>               |                       |
| <b>Total Fat</b> 28g               | <b>43%</b>            |
| <b>Saturated Fat</b> 15g           | <b>75%</b>            |
| <i>Trans Fat</i> 0g                |                       |
| <b>Cholesterol</b> 45mg            | <b>15%</b>            |
| <b>Sodium</b> 1220mg               | <b>51%</b>            |
| <b>Total Carbohydrate</b> 23g      | <b>8%</b>             |
| Dietary Fiber 2g                   | <b>8%</b>             |
| Sugars 3g                          |                       |
| <b>Protein</b> 12g                 |                       |
| Vitamin A 40%                      | Vitamin C 80%         |
| Calcium 30%                        | Iron 8%               |
| Contains Milk, Wheat, Soy          |                       |

# Mediterranean Vegetable Soup Nutrition Facts

Serving: 12 oz Ladle (510g)

Amount per Serving

|                               |                         |
|-------------------------------|-------------------------|
| <b>Calories</b> 250           | Calories from<br>Fat 45 |
| <b>%Daily Value*</b>          |                         |
| <b>Total Fat</b> 5g           | <b>8%</b>               |
| Saturated Fat 1.5g            | <b>8%</b>               |
| <i>Trans</i> Fat 0g           |                         |
| <b>Cholesterol</b> 50mg       | <b>17%</b>              |
| <b>Sodium</b> 1230mg          | <b>51%</b>              |
| <b>Total Carbohydrate</b> 31g | <b>10%</b>              |
| Dietary Fiber 5g              | <b>20%</b>              |
| Sugars 4g                     |                         |
| <b>Protein</b> 20g            |                         |
| Vitamin A 90%                 | Vitamin C 6%            |

Contains Milk

# Chicken Noodle Soup Nutrition Facts

Serving: 8 oz Ladle (340g)

Amount per Serving

|                               |                         |
|-------------------------------|-------------------------|
| <b>Calories</b> 170           | Calories from<br>Fat 25 |
| <b>%Daily Value*</b>          |                         |
| <b>Total Fat</b> 3g           | <b>5%</b>               |
| Saturated Fat 1g              | <b>5%</b>               |
| <i>Trans</i> Fat 0g           |                         |
| <b>Cholesterol</b> 35mg       | <b>12%</b>              |
| <b>Sodium</b> 820mg           | <b>34%</b>              |
| <b>Total Carbohydrate</b> 21g | <b>7%</b>               |
| Dietary Fiber 3g              | <b>12%</b>              |
| Sugars 3g                     |                         |
| <b>Protein</b> 13g            |                         |
| Vitamin A 60%                 | Vitamin C 4%            |

Contains eggs, wheat

# Mac and Cheese Nutrition Facts

Serving: 12 oz (341g)

Amount per Serving

Calories 540

Calories from  
Fat 170

%Daily Value\*

Total Fat 19g

29%

Saturated Fat 10g

50%

Trans Fat 0g

Cholesterol 55mg

18%

Sodium 1410mg

59%

Total Carbohydrate 70g

23%

Dietary Fiber 3g

12%

Sugars 16g

Protein 22g

Vitamin A 15%

Vitamin C 2%

Contains Milk, Eggs, Wheat, Soy

# Alpine Mac and Cheese Nutrition Facts

Serving: 12 oz (340g)

Amount per Serving

Calories 590

Calories from  
Fat 220

%Daily Value\*

Total Fat 24g

37%

Saturated Fat 12g

60%

Trans Fat 0g

Cholesterol 65mg

22%

Sodium 1590mg

66%

Total Carbohydrate 67g

22%

Dietary Fiber 2g

8%

Sugars 15g

Protein 25g

Vitamin A 15%

Vitamin C 2%

Contains milk, egg, wheat, soy

# Turkey Cheddar Ciabatta Nutrition Facts

|                                   |                      |
|-----------------------------------|----------------------|
| <b>Serving:</b> 1 Sandwich (124g) |                      |
| <b>Amount per Serving</b>         |                      |
| <b>Calories</b> 190               | Calories from Fat 50 |
| <b>%Daily Value*</b>              |                      |
| <b>Total Fat</b> 6g               | <b>9%</b>            |
| Saturated Fat 2g                  | <b>10%</b>           |
| <i>Trans</i> Fat 0g               |                      |
| <b>Cholesterol</b> 25mg           | <b>8%</b>            |
| <b>Sodium</b> 790mg               | <b>33%</b>           |
| <b>Total Carbohydrate</b> 22g     | <b>7%</b>            |
| Dietary Fiber 1g                  | <b>4%</b>            |
| Sugars 2g                         |                      |
| <b>Protein</b> 14g                |                      |
| Vitamin A 25%                     | Vitamin C 8%         |
| Contains turkey, eggs, wheat, soy |                      |

# Spicy Italian Ciabatta Nutrition Facts

|                                       |                       |
|---------------------------------------|-----------------------|
| <b>Serving:</b> 1 Sandwich (154g)     |                       |
| <b>Amount per Serving</b>             |                       |
| <b>Calories</b> 340                   | Calories from Fat 170 |
| <b>%Daily Value*</b>                  |                       |
| <b>Total Fat</b> 19g                  | <b>29%</b>            |
| Saturated Fat 7g                      | <b>35%</b>            |
| <i>Trans</i> Fat 0g                   |                       |
| <b>Cholesterol</b> 55mg               | <b>18%</b>            |
| <b>Sodium</b> 1330mg                  | <b>55%</b>            |
| <b>Total Carbohydrate</b> 23g         | <b>8%</b>             |
| Dietary Fiber 1g                      | <b>4%</b>             |
| Sugars 3g                             |                       |
| <b>Protein</b> 18g                    |                       |
| Vitamin A 30%                         | Vitamin C 8%          |
| Contains milk, eggs, fish, wheat, soy |                       |

# Tomato and Fresh Mozzarella Flatbread

## Nutrition Facts

|  |                       |
|--|-----------------------|
| <b>Serving:</b> 1 Sandwich (220g)                |                       |
| <b>Amount per Serving</b>                        |                       |
| <b>Calories</b> 530                              | Calories from Fat 230 |
| <b>%Daily Value*</b>                             |                       |
| <b>Total Fat</b> 26g                             | <b>40%</b>            |
| Saturated Fat 10g                                | <b>50%</b>            |
| <i>Trans</i> Fat 0g                              |                       |
| <b>Cholesterol</b> 60mg                          | <b>20%</b>            |
| <b>Sodium</b> 1340mg                             | <b>56%</b>            |
| <b>Total Carbohydrate</b> 53g                    | <b>18%</b>            |
| Dietary Fiber 3g                                 | <b>12%</b>            |
| Sugars 6g  |                       |
| <b>Protein</b> 21g                               |                       |
| Vitamin A 35%                                    | Vitamin C 10%         |
| Contains milk, eggs, fish, wheat, tree nuts, soy |                       |

# Chicken Caesar Flatbread

## Nutrition Facts

|                                       |                       |
|---------------------------------------|-----------------------|
| <b>Serving:</b> 1 Sandwich (221g)     |                       |
| <b>Amount per Serving</b>             |                       |
| <b>Calories</b> 480                   | Calories from Fat 180 |
| <b>%Daily Value*</b>                  |                       |
| <b>Total Fat</b> 20g                  | <b>31%</b>            |
| Saturated Fat 4.5g                    | <b>23%</b>            |
| <i>Trans</i> Fat 0g                   |                       |
| <b>Cholesterol</b> 55mg               | <b>18%</b>            |
| <b>Sodium</b> 1600mg                  | <b>67%</b>            |
| <b>Total Carbohydrate</b> 51g         | <b>17%</b>            |
| Dietary Fiber 3g                      | <b>12%</b>            |
| Sugars 6g                             |                       |
| <b>Protein</b> 24g                    |                       |
| Vitamin A 50%                         | Vitamin C 4%          |
| Contains milk, eggs, fish, wheat, soy |                       |

# Tomato Basil Soup

## Nutrition Facts

|                            |                     |
|----------------------------|---------------------|
| Serving: 8 oz Ladle (340g) |                     |
| Amount per Serving         |                     |
| Calories 170               | Calories from Fat 0 |
| %Daily Value*              |                     |
| Total Fat 0g               | 0%                  |
| Saturated Fat 0g           | 0%                  |
| Trans Fat 0g               |                     |
| Cholesterol 0mg            | 0%                  |
| Sodium 870mg               | 36%                 |
| Total Carbohydrate 37g     | 12%                 |
| Dietary Fiber 4g           | 16%                 |
| Sugars 25g                 |                     |
| Protein 4g                 |                     |
| Vitamin A 25%              | Vitamin C 80%       |
| Calcium 4%                 | Iron 6%             |
| Contains Wheat             |                     |

# Chicken Corn Chowder

## Nutrition Facts

|                             |                       |
|-----------------------------|-----------------------|
| Serving: 12 oz Ladle (340g) |                       |
| Amount per Serving          |                       |
| Calories 290                | Calories from Fat 140 |
| %Daily Value*               |                       |
| Total Fat 16g               | 25%                   |
| Saturated Fat 8g            | 40%                   |
| Trans Fat 0g                |                       |
| Cholesterol 40mg            | 13%                   |
| Sodium 880mg                | 37%                   |
| Total Carbohydrate 24g      | 8%                    |
| Dietary Fiber 3g            | 12%                   |
| Sugars 2g                   |                       |
| Protein 15g                 |                       |
| Vitamin A 20%               | Vitamin C 10%         |
| Calcium 6%                  | Iron 8%               |
| Contains Milk, Wheat, Soy   |                       |

# Italian Wedding Soup

## Nutrition Facts

|                            |                         |
|----------------------------|-------------------------|
| Serving: 8 oz Ladle (227g) |                         |
| Amount per Serving         |                         |
| Calories 110               | Calories<br>from Fat 30 |
| %Daily Value*              |                         |
| Total Fat 3.5g             | 5%                      |
| Saturated Fat 1.5g         | 8%                      |
| Trans Fat 0g               |                         |
| Cholesterol 10mg           | 3%                      |
| Sodium 730mg               | 30%                     |
| Total Carbohydrate<br>13g  | 4%                      |
| Dietary Fiber < 1g         | 4%                      |
| Sugars 2g                  |                         |
| Protein 5g                 |                         |
| Vitamin A 15%              | Vitamin C<br>6%         |
| Calcium 2%                 | Iron 6%                 |
| Contains Milk, Wheat, Soy  |                         |

# Minestrone Soup

## Nutrition Facts

|                                 |                        |
|---------------------------------|------------------------|
| Serving: 8 oz Ladle (227g)      |                        |
| Amount per Serving              |                        |
| Calories 60                     | Calories from Fat<br>0 |
| %Daily Value*                   |                        |
| Total Fat 0g                    | 0%                     |
| Saturated Fat 0g                | 0%                     |
| Trans Fat 0g                    |                        |
| Cholesterol 0mg                 | 0%                     |
| Sodium 1020mg                   | 43%                    |
| Total Carbohydrate<br>12g       | 4%                     |
| Dietary Fiber 2g                | 8%                     |
| Sugars 2g                       |                        |
| Protein 3g                      |                        |
| Vitamin A 15%                   | Vitamin C 8%           |
| Calcium 4%                      | Iron 0%                |
| Contains Milk, Eggs, Wheat, Soy |                        |