

Nutritional Information

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | | |
|---|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|--|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron | |
| Farmbowls * calories include light dressing (1 fl oz) | | | | | | | | | | | | | | | | |
| The Rancher | 1 Each | 1030 | 500 | 57 | 13 | 0 | 140 | 1760 | 97 | 13 | 9 | 39 | 0% | 30% | 30% | |
| The Farmside | 1 Each | 870 | 460 | 52 | 11 | 0 | 110 | 1300 | 67 | 7 | 10 | 35 | 0% | 20% | 25% | |
| The Root Veggie Bowl | 1 Each | 640 | 360 | 43 | 4.5 | 0 | 0 | 880 | 61 | 9 | 17 | 14 | 0% | 15% | 25% | |
| The Local Farmer | 1 Each | 640 | 420 | 48 | 9 | 0 | 25 | 540 | 45 | 10 | 13 | 14 | 0% | 40% | 20% | |
| The G.O.A.T. | 1 Each | 520 | 330 | 38 | 9 | 0 | 20 | 260 | 37 | 4 | 24 | 11 | 0% | 15% | 15% | |
| The Pitchfork | 1 Each | 800 | 440 | 52 | 10 | 0 | 25 | 950 | 61 | 12 | 11 | 29 | 0% | 25% | 45% | |
| The Farm Caesar | 1 Each | 510 | 270 | 31 | 9 | 0 | 100 | 1130 | 23 | 6 | 3 | 36 | 15% | 35% | 20% | |
| Kale & Quinoa | 1 Each | 650 | 380 | 43 | 9 | 0 | 105 | 1220 | 36 | 10 | 7 | 33 | 0% | 20% | 30% | |
| The Grain Silo | 1 Each | 830 | 480 | 55 | 13 | 0 | 95 | 1350 | 59 | 6 | 5 | 29 | 0% | 20% | 20% | |

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | | |
|---|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|--|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron | |
| Farmbowls * calories include heavy dressing (3 fl oz) | | | | | | | | | | | | | | | | |
| The Rancher | 1 Each | 1330 | 770 | 90 | 15 | 0 | 140 | 1890 | 104 | 14 | 14 | 39 | 0% | 30% | 30% | |
| The Farmside | 1 Each | 1190 | 760 | 86 | 14 | 1 | 110 | 1580 | 74 | 8 | 15 | 35 | 0% | 20% | 25% | |
| The Root Veggie Bowl | 1 Each | 890 | 540 | 64 | 6 | 0 | 0 | 1390 | 77 | 9 | 32 | 15 | 0% | 15% | 25% | |
| The Local Farmer | 1 Each | 960 | 720 | 81 | 12 | 0 | 25 | 680 | 52 | 10 | 19 | 14 | 0% | 40% | 20% | |
| The G.O.A.T. | 1 Each | 840 | 620 | 72 | 12 | 0 | 20 | 280 | 43 | 4 | 31 | 11 | 0% | 15% | 15% | |
| The Pitchfork | 1 Each | 1180 | 810 | 95 | 13 | 0 | 25 | 1280 | 62 | 12 | 11 | 29 | 0% | 30% | 45% | |
| The Farm Caesar | 1 Each | 810 | 570 | 63 | 15 | 0.5 | 130 | 1490 | 24 | 6 | 3 | 38 | 15% | 40% | 20% | |
| Kale & Quinoa | 1 Each | 810 | 500 | 57 | 11 | 0 | 105 | 1540 | 43 | 12 | 8 | 38 | 0% | 30% | 45% | |
| The Grain Silo | 1 Each | 1150 | 760 | 88 | 15 | 0 | 95 | 1610 | 65 | 6 | 11 | 29 | 0% | 20% | 25% | |

Nutritional Information - Build Your Own

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | | |
|--------------------|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|--|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron | |
| Green: 4 oz | | | | | | | | | | | | | | | | |
| Baby Lettuce Blend | 4 oz | 25 | 0 | 0 | 0 | 0 | 0 | 100 | 4 | 3 | 1 | 1 | 0% | 6% | 8% | |
| Baby Arugula | 4 oz | 30 | 0 | 0 | 0 | 0 | 0 | 30 | 4 | 2 | 2 | 3 | 0% | 15% | 10% | |
| Baby Kale | 4 oz | 30 | 5 | 1 | 0 | 0 | 0 | 30 | 4 | 2 | 2 | 3 | 0% | 15% | 10% | |
| Pitchfork Mix | 4 oz | 25 | 0 | 0 | 0 | 0 | 0 | 20 | 5 | 3 | 2 | 1 | 0% | 4% | 6% | |
| Romaine | 4 oz | 20 | 0 | 0 | 0 | 0 | 0 | 30 | 4 | 4 | <1 | 2 | 0% | 6% | 6% | |
| Shredded Kale | 4 oz | 7 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 1 | <1 | 1 | 0% | 2% | 1% | |

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | | |
|--------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|--|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron | |
| Grains | | | | | | | | | | | | | | | | |
| Long Grain Brown Rice | 8 oz | 390 | 150 | 18 | 3 | 0 | 0 | 660 | 55 | 3 | 0 | 6 | 0% | 2% | 10% | |
| Grilled Cauliflower Rice | 8 oz | 50 | 0 | 0 | 0 | 0 | 0 | 280 | 11 | 5 | 5 | 5 | 0% | 4% | 0% | |
| Warm Lentils | 8 oz | 280 | 90 | 11 | 2 | 0 | 0 | 410 | 35 | 6 | 2 | 13 | 0% | 2% | 20% | |
| Seasoned Black Beans | 8 oz | 140 | 0 | 0 | 0 | 0 | 1 | 700 | 24 | 9 | 1 | 7 | 0% | 15% | 20% | |
| Seasoned Quinoa | 8 oz | 170 | 60 | 7 | 1 | 0 | 0 | 900 | 23 | 2 | 2 | 4 | 0% | 0% | 15% | |

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | | |
|---------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|--|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron | |
| Proteins | | | | | | | | | | | | | | | | |
| Signature Grilled Chicken | 3.5 oz | 200 | 110 | 13 | 3 | 0 | 105 | 660 | 0 | 0 | 0 | 20 | 0% | 0% | 6% | |
| Grilled Chicken Breast | 3.5 oz | 140 | 50 | 6 | 1 | 0 | 65 | 190 | 1 | 0 | 1 | 20 | 0% | 0% | 2% | |
| Grilled Chili Lime Tofu | 3.5 oz | 140 | 70 | 8 | 2 | 0 | 0 | 130 | 7 | 0 | 2 | 11 | 0% | 8% | 10% | |

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | | |
|--------------|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|--|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron | |
| Warm Veggies | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|---------------------------|------|-----|----|---|-----|---|---|-----|----|---|---|---|----|----|----|
| Roasted Sweet Potatoes | 3 oz | 110 | 40 | 5 | 0.5 | 0 | 0 | 240 | 16 | 2 | 3 | 1 | 0% | 0% | 2% |
| Roasted Miso Root Veggies | 3 oz | 45 | 0 | 0 | 0 | 0 | 0 | 25 | 11 | 2 | 6 | 1 | 0% | 0% | 8% |
| Classic Roasted Veggies | 3 oz | 35 | 0 | 0 | 0 | 0 | 0 | 15 | 7 | 2 | 2 | 2 | 0% | 0% | 4% |

| | | | | | | | | | | | | | % Daily Value | | |
|-----------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|-----------|---------------|------|----|
| SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | Vitamin D | Calcium | Iron | |
| Cheese | | | | | | | | | | | | | | | |
| Goat Cheese | 1 oz | 100 | 70 | 8 | 6 | 0 | 20 | 140 | <1 | 0 | <1 | 6 | 1% | 8% | 2% |
| Feta Cheese | 1 oz | 75 | 50 | 6 | 4 | 0 | 25 | 316 | 1 | 0 | 1 | 4 | 1% | 14% | 1% |
| Parmesan Cheese | 1 oz | 120 | 70 | 8 | 5 | 0 | 20 | 480 | <1 | 0 | 0 | 11 | 0% | 25% | 0% |

| | | | | | | | | | | | | | % Daily Value | | |
|-----------------------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|-----------|---------------|------|----|
| SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | Vitamin D | Calcium | Iron | |
| Cold Ingredients | | | | | | | | | | | | | | | |
| Avocado | 2 oz | 50 | 40 | 4 | 0 | 0 | 0 | 2 | <1 | 0 | 0 | 0% | 2% | 0% | |
| Shredded Red Cabbage | 1 oz | 10 | 0 | 0 | 0 | 0 | 10 | 2 | <1 | 1 | 0 | 0% | 0% | 0% | |
| Shredded Carrots | 1 oz | 5 | 0 | 0 | 0 | 0 | 10 | 1 | 0 | <1 | 0 | 0% | 2% | 0% | |
| Vinegar Cucumbers w/pickled | 1 oz | 15 | 0 | 0 | 0 | 0 | 10 | 3 | 0 | 2 | 0 | 0% | 0% | 0% | |
| Gala Apples | 1 oz | 15 | 0 | 0 | 0 | 0 | 0 | 4 | <1 | 3 | 0 | 0% | 0% | 0% | |
| Fire Roasted Corn | 1 oz | 100 | 10 | 2 | 0 | 0 | 20 | 21 | 2 | 0 | 3 | 0% | 0% | 4% | |
| Roasted Beets | 1 oz | 45 | 35 | 4 | 0 | 0 | 100 | 2 | <1 | 2 | 0 | 0% | 0% | 0% | |
| Lime Wedge | 1 oz | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0% | 0% | 0% | |
| Cherry Tomato | 1 oz | 15 | 0 | 0 | 0 | 0 | 132 | 2 | 0 | 0 | 0 | 0% | 0% | 0% | |
| Red Onion | 1 oz | 10 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 1 | 0 | 0% | 0% | 0% | |
| Strawberries | 1 oz | 10 | 0 | 0 | 0 | 0 | 0 | 2 | <1 | 1 | 0 | 0% | 0% | 0% | |
| Pomegranate Seeds | 1 oz | 25 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 3 | 0 | 0% | 0% | 0% | |
| Parmesan Crisps | 0.5 oz | 66 | 42 | 5 | 3 | 0 | 286 | 0 | 0 | 0 | 6 | 0% | 0% | 0% | |
| Toasted Almond Slivers | 0.5 oz | 80 | 60 | 7 | 0 | 0 | 0 | 3 | 2 | 0 | 3 | 0% | 2% | 2% | |
| Corn Tortilla Chips | 1 oz | 130 | 50 | 6 | 1 | 0 | 95 | 19 | 2 | 0 | 2 | 0% | 2% | 2% | |
| Dried Cranberry | 1 oz | 90 | 0 | 0 | 0 | 0 | 0 | 23 | 2 | 21 | 0 | 0% | 0% | 0% | |
| Spiced Pecans | 1 oz | 147 | 88 | 0 | 1 | 0 | 70 | 15 | 1 | 14 | 1 | 0% | 0% | 4% | |
| Spicy Toasted Pumpkin Seeds | 0.5 oz | 80 | 60 | 7 | 1 | 0 | 0 | 75 | 2 | <1 | 0 | 4 | 0% | 0% | 6% |

| | | | | | | | | | | | | | % Daily Value | | |
|---------------------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|-----------|---------------|------|-----|
| SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | Vitamin D | Calcium | Iron | |
| Dressing | | | | | | | | | | | | | | | |
| Balsamic Vinaigrette | Light | 160 | 140 | 17 | 1 | 0 | 125 | 3 | 0 | 3 | 0 | 0% | 0% | 0% | |
| Balsamic Vinaigrette | Medium | 320 | 280 | 33 | 2.5 | 0 | 250 | 7 | 0 | 6 | 0 | 0% | 0% | 0% | |
| Balsamic Vinaigrette | Heavy | 480 | 430 | 50 | 3.5 | 0 | 380 | 10 | 0 | 9 | 0 | 0% | 0% | 0% | |
| Basil Pesto | Light | 150 | 140 | 16 | 1.5 | 0 | 170 | 1 | 0 | 0 | 1 | 0% | 4% | 2% | |
| Basil Pesto | Medium | 300 | 280 | 33 | 3 | <5 | 350 | 3 | 0 | 0 | 3 | 0% | 8% | 4% | |
| Basil Pesto | Heavy | 450 | 420 | 49 | 4.5 | 0 | 520 | 4 | <1 | 0 | 4 | 0% | 10% | 6% | |
| Cilantro Lime | Light | 150 | 140 | 16 | 1 | 0 | 65 | 3 | 0 | 2 | 0 | 0% | 0% | 0% | |
| Cilantro Lime | Medium | 300 | 280 | 32 | 2.5 | 0 | 125 | 7 | <1 | 5 | 0 | 0% | 0% | 0% | |
| Cilantro Lime | Heavy | 450 | 410 | 48 | 3.5 | 0 | 190 | 10 | <1 | 7 | 0 | 0% | 0% | 0% | |
| Classic Caesar | Light | 150 | 150 | 16 | 3 | 0 | 15 | 180 | 0 | 0 | 1 | 0% | 0% | 0% | |
| Classic Caesar | Medium | 300 | 300 | 32 | 6 | 0 | 30 | 360 | 1 | 0 | 2 | 0% | 0% | 0% | |
| Classic Caesar | Heavy | 450 | 440 | 48 | 9 | 0.05 | 50 | 530 | 2 | 0 | 4 | 0% | 0% | 6% | |
| Spicy Jalapeno | Light | 70 | 70 | 8 | 1.5 | 0 | 10 | 170 | 2 | 0 | <1 | <1 | 0% | 0% | 0% |
| Spicy Jalapeno | Medium | 150 | 140 | 15 | 3.5 | 0 | 15 | 340 | 3 | 0 | 2 | 1 | 0% | 0% | 0% |
| Spicy Jalapeno | Heavy | 220 | 200 | 23 | 5 | 0 | 25 | 510 | 5 | <1 | 2 | 2 | 0% | 0% | 2% |
| Honey Ginger | Light | 120 | 90 | 10 | 1 | 0 | 0 | 260 | 8 | 0 | 7 | <1 | 0% | 0% | 0% |
| Honey Ginger | Medium | 240 | 180 | 21 | 2 | 0 | 0 | 510 | 16 | 0 | 15 | 1 | 0% | 0% | 0% |
| Honey Ginger | Heavy | 370 | 270 | 31 | 3 | 0 | 0 | 770 | 24 | 0 | 22 | 2 | 0% | 0% | 0% |
| Honey Sriracha | Light | 40 | 25 | 3 | 1.5 | 0 | 10 | 85 | 3 | 0 | 3 | <1 | 0% | 0% | 2% |
| Honey Sriracha | Medium | 80 | 50 | 6 | 3.5 | 0 | 15 | 170 | 7 | 0 | 6 | 1 | 0% | 0% | 4% |
| Honey Sriracha | Heavy | 130 | 80 | 9 | 5 | 0 | 25 | 260 | 10 | 0 | 9 | 2 | 0% | 0% | 6% |
| Lemon Basil | Light | 150 | 150 | 16 | 1.5 | 0 | 0 | 65 | 3 | 0 | 3 | 0 | 0% | 0% | 0% |
| Lemon Basil | Medium | 310 | 300 | 33 | 3 | 0 | 0 | 135 | 7 | 0 | 6 | 0 | 0% | 0% | 0% |
| Lemon Basil | Heavy | 460 | 450 | 49 | 4.5 | 0 | 0 | 200 | 10 | 0 | 9 | 0 | 0% | 0% | 0% |
| Lemon Tahini | Light | 80 | 60 | 7 | 1 | 0 | 0 | 120 | 4 | <1 | 0 | 2 | 0% | 10% | 15% |
| Lemon Tahini | Medium | 160 | 110 | 13 | 2 | 0 | 0 | 240 | 8 | 2 | 0 | 5 | 0% | 20% | 30% |
| Lemon Tahini | Heavy | 240 | 170 | 20 | 3 | 0 | 0 | 360 | 12 | 2 | <1 | 7 | 0% | 30% | 40% |
| Mediterranean Vinaigrette | Light | 190 | 190 | 21 | 1.5 | 0 | 0 | 150 | <1 | 0 | 0 | 0 | 0% | 0% | 0% |
| Mediterranean Vinaigrette | Medium | 380 | 380 | 42 | 3 | 0 | 0 | 300 | 1 | 0 | 0 | 0 | 0% | 0% | 0% |
| Mediterranean Vinaigrette | Heavy | 580 | 560 | 64 | 4.5 | 0 | 0 | 450 | 2 | 0 | 1 | 0 | 0% | 0% | 0% |

Nutritional Information - Extras

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | |
|------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron |
| Avocado Toast | 1 | 350 | 70 | 8 | 2 | 0 | 0 | 930 | 58 | 5 | 4 | 12 | 0% | 4% | 20% |
| Sourdough Bread | 1 slice | 185 | 15 | 1 | 0 | 0 | 0 | 328 | 36 | 2 | 2 | 8 | 0% | 2% | 12% |
| Homemade Mac n' Cheese | 8 oz | 650 | 360 | 40 | 21 | 1 | 110 | 1520 | 43 | 1 | 9 | 26 | 6% | 70% | 4% |
| Grilled Cheese | 1 | 830 | 130 | 14 | 6 | 0 | 15 | 1680 | 144 | 6 | 13 | 30 | 0% | 10% | 60% |

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | |
|-------------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron |
| Cookies | | | | | | | | | | | | | | | |
| Chocolate Chip Cookie | 1.5 oz | 190 | 80 | 9 | 5 | 0 | 15 | 105 | 26 | 1 | 16 | 2 | 0% | 2% | 10% |
| Salted Carmel Chocolate Chunk | 1.5 oz | 190 | 80 | 8 | 4 | 0 | 10 | 140 | 28 | 1 | 19 | 2 | 0% | 2% | 4% |
| GF Chocolate Chip | 1.5 oz | 380 | 170 | 19 | 8 | 0 | 30 | 210 | 55 | 3 | 33 | 4 | 0% | 2% | 15% |

Nutritional Information - Kids Meals

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | |
|------------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron |
| Grilled Chicken Nuggets | 3.5 oz | 200 | 110 | 13 | 3 | 0 | 105 | 660 | 0 | 0 | 0 | 20 | 0% | 0% | 6% |
| Crispy Baked Chicken Nuggets | 3.5 oz | 160 | 80 | 8 | 3 | 0 | 60 | 75 | 0 | 0 | 0 | 19 | 0% | 0% | 4% |
| Grilled Cheese | 1 | 830 | 130 | 14 | 6 | 0 | 15 | 1680 | 144 | 6 | 13 | 30 | 0% | 10% | 60% |

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | |
|---------------|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron |
| Sides | | | | | | | | | | | | | | | |
| Brown Rice | 8 oz | 390 | 150 | 18 | 3 | 0 | 0 | 660 | 55 | 3 | 0 | 6 | 0% | 2% | 10% |
| Mac n' Cheese | 8 oz | 650 | 360 | 40 | 21 | 1 | 110 | 1520 | 43 | 1 | 9 | 26 | 6% | 70% | 4% |
| Veggies | 4 oz | 30 | 0 | 0 | 0 | 0 | 0 | 40 | 7 | 2 | 3 | <1 | 0% | 2% | 0% |
| Fruits | 4 oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 2 | 11 | <0 | 0% | 0% | 2% |

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | |
|--------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron |
| Beverages | | | | | | | | | | | | | | | |
| Organic White Milk | 1 | 110 | 20 | 3 | 2 | 0 | 10 | 130 | 13 | 0 | 12 | 8 | 15% | 25% | 0% |
| Organic Chocolate Milk | 1 | 150 | 20 | 3 | 2 | 0 | 15 | 180 | 23 | 0 | 22 | 8 | 15% | 20% | 4% |
| Kids Apple Juice | 1 | 40 | 0 | 0 | 0 | 0 | 0 | 15 | 10 | 0 | 9 | 0 | 0 | 0 | 0 |
| La Croix Sparkling Water | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Nutritional Information - Beverages

| | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL(mg) | SODIUM (mg) | TOTAL CARBS (g) | DIETARY FIBER (g) | SUGARS (g) | PROTEIN (g) | % Daily Value | | |
|-----------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|-----------------|-------------|-----------------|-------------------|------------|-------------|---------------|---------|------|
| | | | | | | | | | | | | | Vitamin D | Calcium | Iron |
| Fountain drinks: Maine Root | | | | | | | | | | | | | | | |
| Blueberry Soda | 10 oz | 135 | 0 | 0 | 0 | 0 | 0 | 20 | 30 | 0 | 30 | 0 | 0 | 0 | 0 |
| Lemon Lime Soda | 10 oz | 135 | 0 | 0 | 0 | 0 | 0 | 20 | 30 | 0 | 30 | 0 | 0% | 0% | 0% |
| Mexicane Cola | 10 oz | 135 | 0 | 0 | 0 | 0 | 0 | 20 | 30 | 0 | 30 | 0 | 0% | 0% | 0% |
| Professor Cane | 10 oz | 135 | 0 | 0 | 0 | 0 | 0 | 20 | 30 | 0 | 30 | 0 | 0% | 0% | 0% |
| Diet Mexicane Cola | 10 oz | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 0% | 0% | 0% |
| Root Beer | 10 oz | 135 | 0 | 0 | 0 | 0 | 0 | 20 | 30 | 0 | 30 | 0 | 0% | 0% | 0% |

| Hand-crafted drinks and tea | | | | | | | | | | | | | | | |
|-------------------------------|------|-----|---|---|---|---|---|----|----|----|----|---|----|----|----|
| Sparkling Passionfruit Ginger | 8 oz | 50 | 0 | 0 | 0 | 0 | 0 | 20 | 12 | 1 | 10 | 0 | 0% | 0% | 0% |
| Sparkling Pineapple Mint | 8 oz | 50 | 0 | 0 | 0 | 0 | 0 | 10 | 13 | 0 | 11 | 0 | 0% | 0% | 0% |
| Mango Apple Kale | 8 oz | 60 | 0 | 0 | 0 | 0 | 0 | 10 | 15 | <1 | 13 | 0 | 0% | 0% | 0% |
| Strawberry Rosemary Lemonade | 8 oz | 60 | 0 | 0 | 0 | 0 | 0 | 5 | 16 | <1 | 14 | 0 | 0% | 0% | 0% |
| Black Unsweetened Tea | 8 oz | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | <1 | 0 | 0 | 0% | 0% | 0% |
| Sweet Tea | 8 oz | 100 | 0 | 0 | 0 | 0 | 0 | 5 | 28 | 0 | 27 | 0 | 0% | 0% | 0% |