












































































*We attempt to provide nutrition information that is as complete as possible. The nutritional values listed are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the restaurant level, recipe revisions, and other factors. This information is always subject to change, and will be updated periodically.

Balanced Choices® Entrée	Icon	Kcal	Fat (g)	Sat. Fat (g)	Fiber (g)	Sodium (mg)
Apple Cider Chicken (6 oz)		271	5.6	2.4	1.8	89.8
Apricot Glazed Pork Roast (3 oz)		254.9	12.4	4.5	0.2	527
Baked Fish Florentine (6 oz)		175	3.6	0.6	2.4	530.4
Baked Fish w/ Green Apple Salsa (4 oz)		193.9	3.9	0.5	0.9	239.1
Baked Swiss Steak (4 oz)		318.3	14.5	5.1	0.5	220.8
Baked Vegetable Ziti and Mozzarella (8 oz)	 	281.4	8.3	3.4	3.9	406.5
Banana Curried Chicken (4 oz)		395.8	12	3.4	3.8	424.4
Beef and Broccoli Stir Fry (1/2 c Rice, 7 oz Stir-Fry)	 	393	12 g	3.8 g	1.7 g	549.4
Buffalo Chicken Flatbread (1 each)		235.4	6.6	1.2	1.8	390.9
Deviled Pork Chop (1 each)		219.6	10.8	4	1.9	477.9
Cajun Grilled Catfish (7.5 oz)	 	219	11.3	2.4	1.4	399
California Salad w/ Grilled Chicken (13 oz)		214	6.3	1.3	4.5	255
Cheese Tortellini with Vegetables (7 oz)		130.3	10.2	2	1.1	324.6
Chicken and Broccoli Casserole (8 oz)		205.2	7.3	1.8	1.8	373.7

		Kcal	Total Fat (g)	Sat. Fat (g)	Fiber (g)	Sodium (mg)
Chicken Soft Tacos (2 each)		363.6	12.4	5.7	4.4	297.7
Cinnamon Apple Pork w/ Noodles (9 oz)		398.3	12.9	4.5	2.3	381.2
Crispy Ranch Chicken (4 oz)		248.9	10.8	2	0.3	281.6
Chicken Machaca (4 oz)	 	340	17	2.9	2.3	386.6
Chicken with Provencal Sauce (3 oz)		203	7.2	1.8	0.9	256.7
Chicken Parmesan (10 oz)		447	8	2.3	4.7	499
Chinese Beef w/ Green Peppers and Rice (8 oz)		370	10.7	3.2	1.5	166.8
Cranberry Orange Turkey (3 oz)		241.5	8.4	2.4	0.2	74.5
Creamy Pasta with Vegetables (8 oz)	 	504	5.9	1.5	4.8	285.8
Fish Tacos w/ Tomatoes, Lime, Cilantro (1 taco)		303	9.8	1.4	5	233
Garlic Herb Meatloaf (4 oz)		292.6	16.8	5.4	0.5	276.7
Garden Vegetable Stir-Fry With Tofu and Brown Rice (1 c Stir-Fry, 1/2 c Rice)	  	260	10.6	1.5	1.5	523.7
Ginger and Peanut Chicken Salad Wrap (1/2 c Chicken Mixture, 1 Tortilla, 1/2 c Lettuce)	 	364.8	11	2.7	3.1	555.8
Greek Salad (10 oz)		202	14.8	5.3	4.6	581
Herb and Garlic Chicken (4 oz)		320	8.9	1.5	0.9	465
Homemade Almond Butter (1 Tbsp)		109	9.8	0.7	2.1	37.5
Homestyle Beef Stew (8 oz)		264.3	8.3	3.1	4.3	425.8

		Kcal	Total Fat (g)	Sat. Fat (g)	Fiber (g)	Sodium (mg)
Honey Hoisin Pork Loin (3 oz)	 	266.9	13.6	4.9	0.3	484.8
Hot Chicken Caesar Wrap (1 wrap)		292	8.2	1.8	3.5	520.6
Lemon Oregano Chicken (3oz)		172.6	6.6	1.3	0.4	298.3
Maple-Mustard Pork Tenderloin with Caramelized Apples (3 oz Pork, 1/2 c Apples)	 	256.3	4.5	1.5	2.5	313
Mediterranean Chopped Salad w/ Tuna (2 c)		203	7.8	1.2	2.7	348.5
Mexican Chicken Fajitas (1 c)		486	15	2.7	4.5	452.3
Mexican Steak Stir Fry (8 oz)		245.7	8.8	2.6	4.4	292.9
Miso-Glazed Salmon (5 oz)	 	360	8.3	1.8	0.1	406
Mushroom Stroganoff (15 oz)	 	491.2	14.2	5.4	5.4	577.6
Orange Marinated Tilapia with Walnuts (4 oz)		212.3	5.9	0.7	0.4	183.9
Pear Citrus Chicken (8 oz)		241.9	7.6	1.5	1.8	66.2
Pepper Stuffed with Ratatouille (8 oz)		73.7	0.7	0.2	4.1	454.8
Pork Tenderloin Studded with Rosemary and Garlic (4 oz)	 	176	4.6	1.6	0.3	360.6
Raspberry Balsamic Chicken (3 oz)		344.6	7.6	1.5	0.7	372.7
Red Beans and Rice (12 oz)	 	330.4	1.1	0.3	11.2	471.8
Rice and Peas Curry (6 oz)	 	216.9	3.3	0.3	3.9	234.5

		Kcal	Total Fat (g)	Sat. Fat (g)	Fiber (g)	Sodium (mg)
Rigatoni with Bell Peppers, Olives and Feta (8 oz)	 	298	8.4	3.5	4.2	599.4
Roast Pork Sandwich with Honey Mustard (1 sandwich)	 	354	11	3.7	2.3	541.9
Sesame Pork with Broccoli (6 oz)		237.7	13.7	3.7	0.8	411.3
Sicilian Baked Tilapia (6 oz)		336.6	6.8	1	2.4	293.8
Southwestern Turkey Loaf (4 oz)		307.9	14.1	3.5	3	453.2
Spicy Baked Pork Chop (1 each)		342.7	16	5.9	1.2	155.6
Texas Pot Roast (3oz Meat, 5 oz Vegetables, 2 fl. oz. Pan Jus)	 	274	11.5	3.9	2.1	335.3
Thyme and Garlic Turkey (3 oz)		220.8	8.6	2.4	0.1	122.6
Tilapia w/ Cherry Tomatoes (4 oz)		126	1.3	0.2	1.2	399.6
Tilapia Tacos w/ Tomatoes, Lime, & Cilantro (1 taco)		321.6	11.6	1.6	5.6	547
Tomato Basil Cod (4 oz)		136.1	1.5	0.2	0.5	105.7
Tuna Salad (2 oz)		133	5.6	1.1	0.6	370.7
Turkey Burger (1 each)		364.1	15.4	3.7	3	353.7
Turkey Meatloaf (6 oz)		243.5	11.4	2.9	1.9	383.2
Vegetable Lasagna (10 oz)	 	319.1	14.5	5.2	1.5	538.9
Vegetable Lo Mein (8 oz)		467.6	9.4	1.2	6.9	338.1
Vegetarian Paella (8 oz)	 	272.1	4.5	0.6	5.3	452.6