Nutrition Information

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### GREEK SALAD WITH CHICKEN (GF)

**INGREDIENTS**
-Greek Salad Mix (cucumber, romaine, red bell pepper, red cabbage, red onion, dill), Souvlaki Chicken (chicken, marinade (garlic, lemon juice, canola oil, olive oil, salt, dried oregano, black pepper, smoked paprika)), Oven Blistered Tomatoes (cherry tomato, olive oil, salt, dried oregano, black pepper, smoked paprika), Pickled Sweet Red Peppers (jalapeno, red bell pepper, vinegar, sugar, salt, dried oregano, black pepper), Pickled Chicken (chicken, marinade (garlic, lemon juice, canola oil, olive oil, salt, dried oregano, black pepper), wine, feta cheese, kalamata olives (kalamata olives, water, salt, sunflower oil, extra virgin olive oil, calcium chloride), mint

**NUTRITION FACTS**
- Serving Size: 1 Portion
- Calories: 440
- Total Carbohydrate: 28g (11% DV)
- Total Fat: 37g (56% DV)
- Saturated Fat: 7g (27% DV)
- Total Sugars: 17g (34% DV)
- Sodium: 1150mg (48% DV)
- Calcium: (15% DV)
- Vitamin A: (36% DV)
- Vitamin C: (200% DV)

Contains: Fish (Salmon), Soy

### LEMON PEPPER CHICKEN CAESAR

**INGREDIENTS**
-Caesar Salad Mix (romaine, red cabbage, arugula), Lemon Pepper Chicken [chicken, marinade (canola oil, olive oil, lemon juice, garlic, black pepper, salt)], Parmesan & Black Pepper Dressing [buttermilk, parmesan (skim milk, salt, rennet), canola oil, olive oil, greek yogurt (pasteurized nonfat milk, live and active cultures: s.thermophilus, l. bulgaris, l. acidophilus), lemon juice, garlic, black pepper, salt, xanthum gum], Pita Crisps [enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)], water, safflower oil, honey, baking powder (sodium acid pyrophosphate, sodium bicarbonate, sodium aluminum sulfate, sodium bisulfite), salt, dried oregano, black pepper), Extra Virgin Olive Oil, Lemon Pepper Soup (water, lemon, cilantro, garlic, lemon, pepper, thyme), Roasted Chicken (bone-in chicken breasts, extra virgin olive oil, Roasted Garlic Puree [red onion, garlic, red pepper, lemon, olive oil, salt, dried oregano, red pepper flakes, Paprika, cayenne pepper, black pepper], Lemon Pepper Dressing (mayonnaise [water, canola oil, modified corn starch], lemon, pepper, thyme)

**NUTRITION FACTS**
- Serving Size: 1 Portion
- Calories: 670
- Total Carbohydrate: 25g (6% DV)
- Total Fat: 38g (58% DV)
- Saturated Fat: 6g (27% DV)
- Total Sugars: 18g (36% DV)
- Sodium: 1850mg (78% DV)
- Calcium: (10% DV)
- Vitamin A: (70% DV)
- Vitamin C: (80% DV)

Contains: Milk, Wheat

### CHINESE CHICKEN SALAD

**INGREDIENTS**
-Marinated Chicken Breast (boneless skinless chicken breasts, extra virgin olive oil, Roasted Garlic Puree (peeled garlic, extra virgin olive oil), lemon juice, kosher salt, ground black pepper), napa, fresh cabbage, Asian Dressing (sesame oil, brown sugar, fresh ginger, rice vinegar, Low Sodium Kikkoman Soy Sauce, peeled garlic, ground black pepper, xantham gum), shredded red cabbage, Pickled Radish & Carrot Slaw (Shredded Pickled Radish (watermelon radish, Sweet Pickle Brine (rice vinegar, brown sugar, water, kosher salt), shredded carrot), Cooked Sugar Snap Peas (water, sugar snap peas), crispy wonton strips, fresh cilantro, white sesame seeds)

**NUTRITION FACTS**
- Serving Size: 1 Portion
- Calories: 530
- Total Carbohydrate: 21g (7% DV)
- Total Fat: 33g (51% DV)
- Saturated Fat: 5g (21% DV)
- Total Sugars: 15g (30% DV)
- Sodium: 1280mg (54% DV)
- Calcium: (10% DV)
- Vitamin A: (11% DV)
- Vitamin C: (5% DV)

Contains: Sesame Seeds, Soy, Wheat

### SALMON SUPERFOOD SALAD

**INGREDIENTS**
-Roasted Salmon (salmon, canola oil, olive oil, salt, black pepper), Lentil & Quinoa Mix (lentil, quinoa, water, salt), Carrot Ginger Dressing (carrot, canola oil, olive oil, rice vinegar, honey, ginger, orange juice, sesame oil, salt, xanthum gum), arugula, broccoli, Roasted Sweet Potato (sweet potato, canola oil, olive oil, salt, black pepper), Pickled Red Cabbage (red cabbage, rice vinegar, brown sugar, water, salt), carrot, Tamari Pumpkin Seeds (pumpkin seed, tamari (water, soybean, salt)), hemp seed

**NUTRITION FACTS**
- Serving Size: 1 Portion
- Calories: 270
- Total Carbohydrate: 13g (46% DV)
- Total Fat: 16g (25% DV)
- Total Sugars: 3g (6% DV)
- Sodium: 750mg (31% DV)
- Calcium: (10% DV)
- Iron: (20% DV)

Contains: Fish (Salmon), Soy

### BBQ CHICKEN SALAD (GF)

**INGREDIENTS**
-Crunchy Vegetable Slaw (red cabbage, napa cabbage, jicama, carrot, green onion, red onion), Marinated Chicken Breast (chicken, marinade [ketchup, molasses, lemon juice, brown sugar, worcestershire sauce (apple cider vinegar, molasses, tomatoes], water, soybeans, salt), salt, water, salt, water, salt, water, water, water, sugar, salt, sugar, lemon juice concentrate, garlic powder, onion powder, xanthan gum, shiitake mushroom powder, allspice, red pepper, orange extract, clove, lemon extract, natural smoke flavor), tomato paste, chipotle in adobo (chili pepper, water, tomato paste, vinegar, smoke flavor, tomato paste, chipotle in adobo (chili pepper, water, tomato paste, vinegar, smoke flavor), tomato paste, chipotle in adobo (chili pepper, water, tomato paste, vinegar, smoke flavor)), BBQ Ranch Dressing (marinade [ketchup, molasses, lemon juice, brown sugar, worcestershire sauce (apple cider vinegar, molasses, tomatoes], water, soybeans, salt), water, sugar, salt, tartar, ginger, garlic, lemon juice concentrate, garlic powder, onion powder, xanthan gum, shiitake mushroom powder, allspice, red pepper, orange extract, clove, lemon extract, natural smoke flavor), tomato paste, chipotle in adobo (chili pepper, water, tomato paste, vinegar, smoke flavor), tomato paste, chipotle in adobo (chili pepper, water, tomato paste, vinegar, smoke flavor), tomato paste, chipotle in adobo (chili pepper, water, tomato paste, vinegar, smoke flavor), tomato paste, chipotle in adobo (chili pepper, water, tomato paste, vinegar, smoke flavor)

**NUTRITION FACTS**
- Serving Size: 1 Portion
- Calories: 460
- Total Carbohydrate: 25g (22% DV)
- Total Fat: 37g (48% DV)
- Total Sugars: 15g (30% DV)
- Sodium: 900mg (36% DV)
- Calcium: (10% DV)
- Iron: (15% DV)

Contains: Soy

### HARISSA SWEET POTATO GRAIN BOWL

**INGREDIENTS**
-Za’atar Chickpea & Farro Salad (farro salad (farro, red onion, lemon juice, napa cabbage, oil, parsley, cilantro, salt, black pepper), za’atar chickpeas [chickpeas, water, salt), lemon juice, canola oil, oil, za’atar (sesame seeds, sumac, spices, salt), salt, cilantro], Roasted Sweet Potatoes (sweet potato, canola oil, olive oil, salt, spiced oil (garlic, canola oil, olive oil, coriander, cumin, smoked paprika, cayenne pepper, black pepper), lemon juice, kosher salt), romaine, Harissa Dressing (harissa paste (red chili pepper, red bell pepper, garlic, extra virgin olive oil, cinder vinegar, salt, citric acid), canola oil, olive oil, castelvetranos olives, lemon juice, red wine vinegar, mint), Pickled Red Cabbage (red cabbage, pickled brine (rice vinegar, brown sugar, water, salt)), Pita Crisps [enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, safflower oil, honey, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium), canola oil, olive oil, z’atar (sesame seeds, sumac, spices, salt), salt, cayenne pepper), lemon, cilantro)

**NUTRITION FACTS**
- Serving Size: 1 Portion
- Calories: 310
- Total Carbohydrate: 35g (11% DV)
- Total Fat: 18g (27% DV)
- Total Sugars: 6g (13% DV)
- Sodium: 1280mg (52% DV)
- Calcium: (6% DV)
- Iron: (23% DV)

Contains: Wheat
# HOT PLATES

## SESAME TERIYAKI CHICKEN

### INGREDIENTS
- Brown Rice (Water, Brown Rice, Canola Oil, Olive Oil), Low Sodium Teriyaki Chicken (Boneless Skinless Chicken Thighs, Low Sodium Soy Sauce, Brown Sugar, Water, Cornstarch, Honey, Garlic Powder, Ground Ginger, Sesame Oil), Blanched Broccoli (Broccoli Florets, Water), Low Sodium Teriyaki Sauce (Low Sodium Soy Sauce, Brown Sugar, Water, Cornstarch, Honey, Garlic Powder, Ground Ginger, Sesame Oil), Pickled Ginger (Pickled Ginger [Water, Sorbitol, Distilled Vinegar, Salt, Citric Acid, Acetic Acid, Malic Acid, Aspartame, Sucralose, and Potassium Sorbate], Beet Juice [Beet Juice, Purified Water]), Roasted Scallions (Green Onion, Canola Oil, Olive Oil, Kosher Salt), White Sesame Seeds

### NUTRITION FACTS
- **Serving Size:** 1 Portion
- **Calories:** 830
- **Total Fat:** 32g
- **Sodium:** 920mg
- **Total Carbohydrate:** 94g

Contains: Soy, Wheat

## JAMAICAN JERK CHICKEN (GF)

### INGREDIENTS

### NUTRITION FACTS
- **Serving Size:** 1 Portion
- **Calories:** 850
- **Total Fat:** 42g
- **Total Carbohydrate:** 74g

Contains: Soy, Wheat

## PUEBLA CHICKEN TINGA (GF)

### INGREDIENTS
- Chicken Tinga (Boneless Skinless Chicken Thighs, Tomato Puree, Water, Spanish Onion, Chipotle in Adobo, Cider Vinegar, Peeled Garlic, Kosher Salt, Cornstarch), Black Beans (Water, Black Dry Beans, Spanish Onion, Peeled Garlic, Canola Oil, Olive Oil, Chipotle Chili Powder, Ground Cumin, Kosher Salt, Ground Black Pepper, Ground Coriander, Smoked Paprika), Chayote Blend (Chayote Squash, Green Bell Pepper, Red Bell Pepper, Spanish Onion, Canola Oil, Olive Oil, Ground Black Pepper, Chipotle Chili Powder, Ground Cumin), Lentil Quinoa Mix (Cooked Lentils [Water, Lentils], Tricolor Quinoa, Fresh Cilantro

### NUTRITION FACTS
- **Serving Size:** 1 Portion
- **Calories:** 740
- **Total Fat:** 32g
- **Total Carbohydrate:** 77g

Contains: Soy, Wheat

## CARNITAS BOWL (GF)

### INGREDIENTS
- Cooked Brown Rice (water, brown rice, canola oil, olive oil), BBQ Pulled Pork (boneless pork butt, water, BBQ Pulled Pork Marinade (ketchup, molasses, lemon juice, brown sugar, vegan westphershire sauce, tomato paste, chipotle in adobo), kosher salt, garlic powder, ground black pepper), Roasted Corn & Black Bean Salsa (Black Bean Salad (black beans, red onion, ground black pepper), Roasted Pollano (pollano pepper, extra virgin olive oil), fresh cilantro, kosher salt, ground black pepper), fire roasted corn, red canned pepper, lime juice, fresh cilantro, kosher salt, Homeboy Salmon Verde (Revised) (Cooked Tomatillos (tomatillo, canola oil, olive oil), water, fresh cilantro, serrano chili, kosher salt, peeled garlic), feta cheese, Homeboy Pickled Chicken (Yield Red Onion (red onion), lime juice, kosher salt, habanero chili), fresh cilantro

### NUTRITION FACTS
- **Serving Size:** 1 Portion
- **Calories:** 820
- **Total Fat:** 53g
- **Total Carbohydrate:** 68g

Contains: Soy, Wheat

## TRAP KITCHEN CURRY CHICKEN (GF)

### INGREDIENTS

### NUTRITION FACTS
- **Serving Size:** 1 Portion
- **Calories:** 680
- **Total Fat:** 23g

Contains: Tree Nuts (Coconut)
## Hot Plates

### Spaghetti (Squash) & Meatballs (GF)

**Ingredients**
- Cooked Spaghetti Squash (Spaghetti Squash), Turkey Meatballs (Ground Turkey, Spanish Onion, Pasteurized Egg, Peeled Garlic, Italian Parsley, Kosher Salt, Garlic Powder, Onion Powder, Fresh Sage, Ground Black Pepper), Marinara (Tomato Puree, Spanish Onion, Tomato Paste, Canola Oil, Olive Oil, Peeled Garlic, Fresh Basil, Sherry Vinegar, Xanthan Gum, Kosher Salt, Ground Black Pepper), Parmesan Cheese, Italian Parsley

**Nutrition Facts**
- Serving Size: 1 Portion
- Calories: 410
- Total Fat: 20g (25% DV)
- Saturated Fat: 6g (28% DV)
- Cholesterol: 145mg (28% DV)
- Sodium: 1030mg (48% DV)
- Total Carbohydrate: 47g (15% DV)
- Dietary Fiber: 5g (19% DV)
- Sugars: 9g
- Protein: 32g

Contains: Milk, Eggs

### Yucatan Chili (VG, GF)

**Ingredients**

**Nutrition Facts**
- Serving Size: 1 Portion
- Calories: 450
- Total Fat: 15g (20% DV)
- Cholesterol: 0mg (0% DV)
- Sodium: 830mg (26% DV)
- Total Carbohydrate: 40g (13% DV)
- Dietary Fiber: 0g
- Sugars: 0g
- Protein: 10g

Contains: Milk, Eggs

### Mediterranean Grain Bowl

**Ingredients**
- Mediterranean Grain Salad (Steamed Farro (New) (water, farro), red onion, lemon juice, canola oil, olive oil, Italian parsley, fresh cilantro, kosher salt, ground black pepper), Cooked Souvlaki Chicken (boneless skinless chicken breasts, Souvlaki Marinade (peeled garlic, lemon juice, canola oil, olive oil, kosher salt, dried oregano, ground black pepper, smoked paprika)), Souvlaki Veggie Medley (yellow squash, zucchini, button, pre-sliced mushroom, Souvlaki Marinade (peeled garlic, lemon juice, canola oil, olive oil, kosher salt, dried oregano, ground black pepper, smoked paprika)), Tzatziki (greek style yogurt, Grated & Drained Cucumber (hthouse cucumber), canola oil, olive oil, lemon juice, peeled garlic, kosher salt, leaves mint (fresh mint), fresh dill), Roasted Red Pepper (red bell pepper, extra virgin olive oil, peeled garlic, kosher salt, ground black pepper), feta, mt. olympus cheese, Italian parsley

**Nutrition Facts**
- Serving Size: 1 Portion
- Calories: 530
- Total Fat: 23g (29% DV)
- Saturated Fat: 6g (28% DV)
- Trans Fat: 0g
- Cholesterol: 80mg (25% DV)
- Sodium: 1170mg (51% DV)

Contains: Milk, Wheat

### Curry Lentil Soup

**Ingredients**
- Curry Lentil & Sweet Potato Stew Base (water, tomato puree, Spanish onion, black lentils, Yam, canned coconut milk, lemon juice, canola oil, olive oil, peeled garlic, kosher salt, ground coriander, curry powder, ground cumin, ground turmeric, cayenne pepper), fresh cilantro

**Nutrition Facts**
- Serving Size: 1 Portion
- Calories: 270
- Total Fat: 10g (12% DV)
- Cholesterol: 0mg (0% DV)
- Sodium: 860mg (38% DV)
- Total Carbohydrate: 47g (17% DV)
- Dietary Fiber: 9g (32% DV)
- Sugars: 5g
- Protein: 33g

Contains: Milk

### Chickpea Tikka Masala (VG, GF)

**Ingredients**
- Chickpea Tikka (water, chickpeas (organic chickpeas, water, sea salt), tomato puree (ground tomatoes, tomato puree and citric acid), yam, Spanish onion, canned coconut milk, lemon juice, canola oil, olive oil, peeled garlic, fresh cilantro, fresh ginger, serrano chili, dry mustard, ground coriander, kosher salt, garam masala, whole cumin seed, coriarch, ground turmeric, ground black pepper), Basmati Pilaf (Cooked Basmati Rice (water, basmati rice, canola oil, olive oil), golden raisins, slivered almonds, lime juice, fresh cilantro), Spiced Snap Peas (Canned Sugar Snap Peas (water, sugar, snap peas), canola oil, olive oil, fresh garlic, peeled garlic, whole cumin seed, kosher salt), Cilantro Chutney (water, canned coconut milk, fresh cilantro, oil roasted unsalted cashews, fresh ginger, lime juice, brown sugar, kosher salt), fresh cilantro, Black Mustard, Ground Coriander, Ground Ginger, Green Onion, Lime Juice, Chipotle Chili Powder, Ground Black Pepper, Fresh Chives

**Nutrition Facts**
- Serving Size: 1 Portion
- Calories: 39g
- Total Fat: 2g (14% DV)
- Cholesterol: 0mg (0% DV)
- Sodium: 800mg (35% DV)
- Total Carbohydrate: 39g
- Dietary Fiber: 7g
- Sugars: 4g
- Protein: 11g

Contains: Tree Nuts (Almonds, Coconut)
TURKEY TACO BOWL (GF)

INGREDIENTS

Cooked Brown Rice (water, brown rice, canola oil, olive oil), Taco Style Turkey (ground, 90/10 turkey, fire roasted tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), Spanish onion, water, lime juice, canola oil, olive oil, Adobe Spice Mix (ketchup salt, smoked paprika, onion powder, ground black pepper, garlic powder, ground cumin, chipotle chili powder, dried oregano), chipotle in adobo (chipotle peppers, water, tomato paste, vinegar, iodized salt, sugar, RBD vegetable soybean oil, starch, dressing concentrate and spices), roasted garlic, onion, gluten free corn tortilla chip (corn flour, water, lime), Black Beans (water, black dry beans, Spanish onion, peeled garlic, canola oil, olive oil, chipotle chili powder, ground cumin, kosher salt, ground black pepper, ground coriander, smoked paprika), Roasted Corn Salad (fire roasted corn (Sweet Corn, Vegetable Oil (Canola Oil, Olive Oil)), red canned pepper, lime juice, fresh cilantro, kosher salt), Chili-Lime Crema (cream, sour, rockview (cultured pasteurized milk, cheese culture, salt, enzymes, potato starch, corn starch, powdered cellulose), canola oil, olive oil, chicken base (chicken, maltodextrin, autoyzed yeast extract, flavors, salt, cornstarch, 2% or less of corn oil, disodium inosinate, disodium guanylate, chicken broth, potato starch, turmeric extract, annato extract, citric acid, papain, paprika extract, rosemary extract, lactic acid), shallot, ginger, coconut sugar, canola oil, olive oil, lime juice, dried shiitake mushroom, garlic, salt, kaffir lime leaf, thai chili, xanthan gum), Vegetable Mix (tofu, baby corn, bamboo shoot, red bell pepper, straw mushroom, cilantro), Shirataki Noodles (yam flour, water, calcium hydroxide), Red Pepper Chili Oil (canola oil, olive oil, chili powder, ground cumin, dried oregano, chipotle chili powder, ground cumin, chili powder, dried oregano, black pepper, ground coriander, smoked paprika), Roasted Corn Salad (fire roasted corn (Sweet Corn, Vegetable Oil (Canola Oil, Olive Oil)), red canned pepper, lime juice, fresh cilantro, kosher salt), Chili-Lime Crema (cream, sour, rockview (cultured pasteurized grade a milk, grade a cream, stabilizer), lime juice, peeled garlic, chipotle chili powder, kosher salt), cheddar, sharp, pre-shredded cheese, fresh cilantro

NUTRITION FACTS

Serving Size: 1 Portion
Calories: 700
Total Fat: 28g
(36% DV)
Saturated Fat: 11g
(55% DV)
Trans Fat: 0g
Cholesterol: 95mg
Sodium: 1080mg
(32% DV)
Total Carbohydrate: 83g
(30% DV)
Dietary Fiber: 9g
(31% DV)
Total Sugars: 6g
Protein: 27g
Vitamin A: (20% DV)
Vitamin C: (15% DV)
Calcium: (0% DV)
Iron: (25% DV)
Contains: Milk, Soy

THAI COCONUT SOUP (GF)

INGREDIENTS

Thai Coconut Soup [water, coconut cream, coconut milk, lemongrass, chicken base (chicken, maltodextrin, autolyzed yeast extract, flavors, salt, cornstarch, 2% or less of corn oil, disodium inosinate, disodium guanylate, chicken broth, potato starch, turmeric extract, annato extract, citric acid, papain, paprika extract, rosemary extract, lactic acid), shallot, ginger, coconut sugar, canola oil, olive oil, lime juice, dried shiitake mushroom, garlic, salt, kaffir lime leaf, thai chili, xanthan gum], Vegetable Mix (tofu, baby corn, bamboo shoot, red bell pepper, straw mushroom, cilantro), Shirataki Noodles (yam flour, water, calcium hydroxide), Red Pepper Chili Oil (canola oil, olive oil, chili powder, ground cumin, dried oregano, chipotle chili powder, ground cumin, chili powder, dried oregano, black pepper, ground coriander, smoked paprika), Roasted Corn Salad (fire roasted corn (Sweet Corn, Vegetable Oil (Canola Oil, Olive Oil)), red canned pepper, lime juice, fresh cilantro, kosher salt), Chili-Lime Crema (cream, sour, rockview (cultured pasteurized grade a milk, grade a cream, stabilizer), lime juice, peeled garlic, chipotle chili powder, kosher salt), cheddar, sharp, pre-shredded cheese, fresh cilantro

NUTRITION FACTS

Serving Size: 1 Portion
Calories: 650
Total Fat: 29g
(37% DV)
Saturated Fat: 17g
(29% DV)
Trans Fat: 0g
Cholesterol: 100mg
Sodium: 1000mg
(20% DV)
Total Sugars: 5g
Protein: 5g
Vitamin A: (6% DV)
Vitamin C: (20% DV)
Calcium: (60% DV)
Iron: (15% DV)
Contains: Soy, Tree Nuts (Coconut)

ROASTED ORANGE CHICKEN

INGREDIENTS

Brown Rice (water, brown rice, canola oil, olive oil), Orange Chicken (chicken breast, glaze [orange juice, honey, soy sauce (water, wheat, salt, lactic acid, sodium benzoate), rice vinegar, garlic, sambal oelek (chili, salt, distilled vinegar, potassium sorbate, sodium bisulfite, xanthan gum), salt, dried shiitake mushroom, xanthan gum, turmeric, sesame seed], Roasted Green Beans [green bean, sauce (sesame oil, shallot, garlic, ginger, salt, black pepper)], green onion, togarashi (dried chili, sesame seed, orange peel, salt, seaweed, ginger powder)

NUTRITION FACTS

Serving Size: 1 Portion
Calories: 340
Total Fat: 14g
(21% DV)
Saturated Fat: 3g
(15% DV)
Trans Fat: 0g
Cholesterol: 65mg
(21% DV)
Sodium: 960mg
(42% DV)
Total Carbohydrate: 32g
(12% DV)
Dietary Fiber: 5g
(20% DV)
Total Sugars: 5g
Protein: 22g
Vitamin A: (70% DV)
Vitamin C: (60% DV)
Calcium: (6% DV)
Iron: (15% DV)
Contains: Shellfish (Shrimp), Soy

NUTRITION INFORMATION

Percent Daily Values are based on a 2,000 calorie diet.

JAMBALAYA

INGREDIENTS

Fire Roasted Tomatoes (tomato, tomato juice, salt, calcium chloride, citric acid), Chicken Thighs [chicken, chicken broth (chicken stock, contains 2% or less of salt, yeast extract, dextrose flavoring, corn syrup solids, soy lecithin), water), Shrimp (shrimp, salt, less of corn oil, disodium inosinate, disodium guanylate, chicken broth, potato starch, turmeric extract, annato extract, citric acid, papain, paprika extract, rosemary extract, lactic acid), shallot, ginger, chicken broth, black beans, water, sea salt), Gulf Seafood Mix (green bean, sauce (sesame oil, shallot, garlic, ginger, black pepper), seaweed, ginger powder)

NUTRITION FACTS

Serving Size: 1 Portion
Calories: 750
Total Fat: 22g
(29% DV)
Saturated Fat: 4.5g
(29% DV)
Trans Fat: 0g
Cholesterol: 150mg
Sodium: 1100mg
(10% DV)
Total Sugars: 33g
Protein: 35g
Vitamin A: (10% DV)
Vitamin C: (15% DV)
Calcium: (8% DV)
Iron: (15% DV)
Contains: Milk, Soy

THAI COCONUT SOUP (GF)

INGREDIENTS

Thai Coconut Soup [water, coconut cream, coconut milk, lemongrass, chicken base (chicken, maltodextrin, autolyzed yeast extract, flavors, salt, cornstarch, 2% or less of corn oil, disodium inosinate, disodium guanylate, chicken broth, potato starch, turmeric extract, annato extract, citric acid, papain, paprika extract, rosemary extract, lactic acid), shallot, ginger, coconut sugar, canola oil, olive oil, lime juice, dried shiitake mushroom, garlic, salt, kaffir lime leaf, thai chili, xanthan gum], Vegetable Mix (tofu, baby corn, bamboo shoot, red bell pepper, straw mushroom, cilantro), Shirataki Noodles (yam flour, water, calcium hydroxide), Red Pepper Chili Oil (canola oil, olive oil, chili

NUTRITION FACTS

Serving Size: 1 Portion
Calories: 105g
Total Fat: 22g
(38% DV)
Saturated Fat: 4.5g
(29% DV)
Trans Fat: 0g
Cholesterol: 150mg
Sodium: 1120mg
(49% DV)
Total Sugars: 6g
Protein: 29g
Vitamin A: (20% DV)
Vitamin C: (60% DV)
Calcium: (4% DV)
Iron: (15% DV)
Contains: Soy, Wheat

CHICKEN TORTILLA SOUP (GF)

INGREDIENTS

Chicken Tortilla Soup [chicken thighs, water, fire roasted tomatoes (tomato, tomato juice, salt, calcium chloride, citric acid), onion, corn tortillas (ground corn, water, lime), monterey jack cheese (pasteurized milk, cheese culture, salt, enzymes, potato starch, corn starch, powdered cellulose), canola oil, olive oil, chicken base (chicken, maltodextrin, autoyzed yeast extract, flavors, salt, cornstarch, 2% or less of corn oil, disodium inosinate, disodium guanylate, chicken broth, potato starch, turmeric extract, annato extract, citric acid, papain, paprika extract, rosemary extract, lactic acid), garlic, adobo spice mix (salt, smoked paprika, onion powder, black pepper, garlic powder, cumin, chipotle chili powder, dried oregano), cilantro, lime juice extract, flavors, Hominy Salsa (hominy (hominy, water, salt, sodium bisulfite), chickpeas (chickpeas, water, sea salt), black beans (black beans, water, salt), lime juice, salt, urfa chili), cilantro

NUTRITION FACTS

Serving Size: 1 Portion
Calories: 750
Total Fat: 22g
(29% DV)
Saturated Fat: 4.5g
(29% DV)
Trans Fat: 0g
Cholesterol: 150mg
Sodium: 1100mg
(10% DV)
Total Sugars: 33g
Protein: 35g
Vitamin A: (10% DV)
Vitamin C: (15% DV)
Calcium: (8% DV)
Iron: (15% DV)
Contains: Soy, Wheat
### NUTRITION INFORMATION

**BREAKFAST**

#### MONICA’S BREAKFAST BURRITO (V)

**INGREDIENTS**
- Chile & Onion Wrap [enriched unleached wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat), mono & diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme, onion powder, red pepper flakes, white vinegar, oat fiber, sugar, malted barley flour, cellulose (55% DV)]
- Black Beans (black beans, water, salt, Scrambled Eggs [whole egg (whole egg, citric acid, water, salt), Brown Rice Mix [brown rice (water, brown rice, canola oil, olive oil), onion, cilantro], Monterey Jack Cheese (pasteurized milk, cheese culture, salt, enzymes, potato starch, corn starch, powdered cellulose), salsa Roja [tomato, garlic, canola oil, olive oil, chipotle in adobo (chipotle pepper, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate, spices), urfa chili, rehydrated dried chipotle]

**NUTRITION FACTS**
- Serving Size: 1 Portion
- Calories: 610
- Total Fat: 12g (15% DV)
- Saturated Fat: 6g (23% DV)
- Trans Fat: 1g
- Cholesterol: 92mg (30% DV)
- Sodium: 840mg (31% DV)
- Total Carbohydrate: 78g (28% DV)
- Dietary Fiber: 6g (23% DV)
- Total Sugars: 1g
- Protein: 3g
- Vitamin A: (8% DV)
- Vitamin C: (15% DV)
- Vitamin D: (6% DV)
- Calcium: (4% DV)
- Iron: (15% DV)

**CONTAINS:** Eggs, Milk, Soy, Wheat

#### ROASTED PEPPER EGG BITES (V, GF)

**INGREDIENTS**
- Roasted Pepper Mix [bell pepper, onion, jalapeño, canola oil, olive oil, adobo spice mix (salt, smoked paprika, onion powder, black pepper, garlic powder, cumin, chipotle chili powder, dried oregano), salt, cheddar cheese, cilantro]
- Egg Souffle Mix [whole egg (whole egg, citric acid, water), whole milk, salt, black pepper]

**NUTRITION INFORMATION**
- Serving Size: 1 Serving (2 Bites)
- Calories: 250
- Total Fat: 18g (23% DV)
- Saturated Fat: 8g (4% DV)
- Trans Fat: 3g
- Cholesterol: 225mg (75% DV)
- Sodium: 650mg (26% DV)
- Total Carbohydrate: 6g (2% DV)
- Dietary Fiber: 6g (4% DV)
- Total Sugars: 3g
- Protein: 15g
- Vitamin A: (30% DV)
- Vitamin C: (60% DV)
- Vitamin D: (8% DV)
- Calcium: (20% DV)
- Iron: (10% DV)

**CONTAINS:** Eggs, Milk

#### SAUSAGE & EGG BURRITO

**INGREDIENTS**
- Tortilla Garlic and Herb Wrap (Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Safflower Oil, Baking Powder, (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Cultured Wheat, Mono & Diglycerides, Distilled Vinegar, Salt, Spices, Natural Flavors, L-Cysteine (Vegan)], Scrambled Whole Eggs (Liquid, Whole Egg (Whole Egg, Citric Acid, 15% Water), kosher salt), andouille chicken sausage (chicken, filtered water, seasoning (sea salt, spices, mustard, evaporated cane sugar, natural flavors, garlic powder, paprika), Sodium Erythorbate and sodium nitrite), monterey jack cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Corn Starch, Powdered Cellulose), Roasted Sweet Potatoes (yam, canola oil, olive oil, canola oil, olive oil, kosher salt, ground black pepper)

**NUTRITION FACTS**
- Serving Size: 1 Portion
- Calories: 680
- Total Fat: 20g (25% DV)
- Saturated Fat: 12g (58% DV)
- Trans Fat: 0g
- Cholesterol: 225mg (75% DV)
- Sodium: 1120mg (49% DV)
- Total Carbohydrate: 53g (21% DV)
- Dietary Fiber: 4g (15% DV)
- Total Sugars: 1g
- Protein: 36g
- Vitamin A: (8% DV)
- Vitamin C: (15% DV)
- Vitamin D: (6% DV)
- Calcium: (4% DV)
- Iron: (15% DV)

**CONTAINS:** Eggs, Milk

#### TURKEY SAUSAGE & KALE EGG BITES (GF)

**INGREDIENTS**
- Egg Souffle Mix [egg white (egg whites, whole milk, salt, black pepper)], Turkey Sausage Kale Mix [turkey, seasoning (onion, garlic, parsley, salt, garlic powder, onion powder, fresh sage, black pepper), whole egg (whole egg, citric acid, water), cheddar cheese, kale (canola oil, olive oil)]

**NUTRITION INFORMATION**
- Serving Size: 1 Portion
- Calories: 610
- Total Fat: 12g (15% DV)
- Saturated Fat: 11g (55% DV)
- Trans Fat: 0g
- Cholesterol: 185mg (61% DV)
- Sodium: 840mg (36% DV)
- Total Carbohydrate: 78g (28% DV)
- Dietary Fiber: 6g (23% DV)
- Total Sugars: 1g
- Protein: 31g
- Vitamin A: (30% DV)
- Vitamin C: (40% DV)
- Vitamin D: (6% DV)
- Calcium: (4% DV)
- Iron: (15% DV)

**CONTAINS:** Eggs, Milk, Soy, Wheat
### VIETNAMESE TOFU WRAP (VG)

**INGREDIENTS**

Low Sodium Tortilla Wrap [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour)], Lemongrass Tofu [soybean milk, corn starch, trehalose, glucose, salt, soybean oil], marinade (soy sauce, brown sugar, rice vinegar, ginger, garlic, xanthan gum), canola oil, olive oil, lemongrass].

**NUTRITION FACTS**

- Serving Size: 1 Portion
- Calories: 470
- Total Fat: 23g (35% DV)
- Saturated Fat: 3g (14% DV)
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 660mg (27% DV)
- Total Carbohydrate: 67g (22% DV)
- Dietary Fiber: 9g (18% DV)
- Total Sugars: 8g
- Protein: 11g
- Vitamin A: (120% DV)
- Vitamin C: (8% DV)
- Vitamin D: (0% DV)
- Calcium: (8% DV)
- Iron: (35% DV)

**CONTAINS:** Soy, Wheat

### MOROCCAN SALMON WRAP

**INGREDIENTS**

Low Sodium Tortilla Wrap [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Moroccan Spiced Salmon [salmon, spice mix (ras el hanout), moroccan carrot slaw (carrot, canola oil, olive oil, lemon juice, garlic, parsley, salt, cumin), cucumber, Harissa Dressing (harissa paste (red chili pepper, red bell pepper, garlic, extra virgin olive oil, olive oil, salt, citric acid), canola oil, olive oil, castelvetrano olive, lemon juice, red wine vinegar, mint, red bell pepper), Pickled Red Cabbage (red cabbage, pickle brine (rice vinegar, brown sugar, water, salt), spinach, cilantro, mint).

**NUTRITION INFORMATION**

- Serving Size: 1 Serving
- Calories: 650 (22% DV)
- Total Fat: 22g (35% DV)
- Saturated Fat: 3g
- Trans Fat: 0g
- Cholesterol: 23g
- Sodium: 750mg (19% DV)
- Total Sugars: 5g
- Vitamin A: (140% DV)
- Vitamin C: (8% DV)
- Vitamin D: (0% DV)
- Calcium: (6% DV)
- Iron: (30% DV)

**CONTAINS:** Fish, Soy, Wheat

### CARNITAS WRAP

**INGREDIENTS**

Verde Rice [brown rice (water, brown rice, canola oil, olive oil), onion, cilantro, salsa verde (tomatillo, green bell pepper, onion, lime juice, canola oil, olive oil, garlic, cilantro, jalapeño, salt, water)], Low Sodium Tortilla Wrap [enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, tortilla pre-mix (cultured wheat, mono-diglycerides, salt, sodium acid pyrophosphate, sodium bicarbonate, citric acid, yeast, guar gum, enzyme), oat fiber, sugar, cellulose gum, malted barley flour], Pulled Pork [pork, water, marinade (ketchup, molasses, lemon juice, brown sugar, worcestershire sauce, apple cider vinegar, molasses, tamari, water, cane sugar, salt, tamari, ginger, lemon juice concentrate, garlic powder, onion powder, xanthan gum, shiitake mushroom powder, allspice, red pepper, orange extract, clove, lemon extract, natural smoke flavor), tomato paste, chipotle in adobo (chipotle pepper, water, tomato paste, vinegar, salt, sugar, soybean oil, starch, dressing concentrate and spices)], salt, garlic powder, black pepper), cheddar cheese.

**NUTRITION INFORMATION**

- Serving Size: 1 Serving
- Calories: 860 (29% DV)
- Total Fat: 54g (58% DV)
- Saturated Fat: 12g
- Trans Fat: 0g
- Cholesterol: 80mg
- Sodium: 670mg (22% DV)
- Total Sugars: 8g
- Vitamin A: (140% DV)
- Vitamin C: (90% DV)
- Vitamin D: (50% DV)
- Calcium: (29% DV)
- Iron: (50% DV)

**CONTAINS:** Milk, Soy, Wheat

### BUFFALO CHICKEN WRAP

**INGREDIENTS**

Buffalo Chicken Mix [chicken breast (chicken, marinade (canola oil, olive oil, lemon juice, garlic, black pepper, salt)], buffalo dressing [buffalo sauce (distilled vinegar, cayenne, salt, water, food starch, canola oil, paprika, carrot fiber, xanthan gum, natural butter type flavor, garlic powder), gorgonzola cheese (pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose, natamycin)], parmesan dressing (buttermilk, parmesan (skim milk, salt, rennet), canola oil, olive oil, greek yogurt (pasteurized nonfat milk, live and active cultures: s.thermophilus, l. bulgaricus, l. acidophilus), lemon juice, garlic, black pepper, salt, xanthan gum, buttermilk)].

**NUTRITION FACTS**

- Serving Size: 1 Portion
- Calories: 620
- Total Fat: 26g (40% DV)
- Saturated Fat: 6g (31% DV)
- Trans Fat: 0g
- Cholesterol: 100mg (38% DV)
- Sodium: 1280mg (53% DV)

**CONTAINS:** Milk, Soy, Wheat
### GRAPES (VG, GF)

**INGREDIENTS**
- Red Seedless Grapes

**NUTRITION FACTS**

- **Serving Size:** 1 Portion
- **Calories:** 100
- **Total Fat:** 0.5g (0% DV)
- **Saturated Fat:** 0g (0% DV)
- **Trans Fat:** 0g
- **Cholesterol:** 0mg (0% DV)
- **Sodium:** 0mg (0% DV)
- **Total Carbohydrate:** 26g (9% DV)
- **Dietary Fiber:** 1g (5% DV)
- **Total Sugars:** 24g
- **Protein:** 1g
- **Vitamin A:** (0% DV)
- **Vitamin C:** (0% DV)
- **Vitamin D:** (0% DV)
- **Calcium:** (2% DV)
- **Iron:** (2% DV)

### PINEAPPLE (VG, GF)

**INGREDIENTS**
- Pineapple

**NUTRITION FACTS**

- **Serving Size:** 1 Portion
- **Calories:** 80
- **Total Fat:** 0g (0% DV)
- **Saturated Fat:** 0g (0% DV)
- **Trans Fat:** 0g
- **Cholesterol:** 0mg (0% DV)
- **Sodium:** 0mg (0% DV)
- **Total Carbohydrate:** 20g (7% DV)
- **Dietary Fiber:** 2g (7% DV)
- **Total Sugars:** 15g
- **Protein:** 1g
- **Vitamin A:** (0% DV)
- **Vitamin C:** (0% DV)
- **Vitamin D:** (0% DV)
- **Calcium:** (2% DV)
- **Iron:** (2% DV)

### SUPERFOOD COOKIE (VG, GF)

**INGREDIENTS**
- Rolled Oats, Dried Cranberries, Pumpkin Seeds, Soy Free Butterly Spread, Potato Flour, Palm Oil, Rice Flour, Brown Sugar, Organic Hemp Base, Organic Hemp Oil, Hemp Seed, Evaporated Cane Juice, Coconut Flour, Tapioca Flour, Baking Soda, Vanilla Extract, Kosher Salt, Egg Replacer, Distilled Vinegar

**NUTRITION FACTS**

- **Serving Size:** 1 Portion
- **Calories:** 160
- **Total Fat:** 9g (14% DV)
- **Saturated Fat:** 3g (15% DV)
- **Trans Fat:** 0g
- **Cholesterol:** 10mg (3% DV)
- **Sodium:** 160mg (7% DV)
- **Total Carbohydrate:** 19g (6% DV)
- **Dietary Fiber:** 1g (4% DV)
- **Total Sugars:** 13g
- **Protein:** 2g
- **Vitamin A:** (0% DV)
- **Vitamin C:** (0% DV)
- **Vitamin D:** (0% DV)
- **Calcium:** (2% DV)
- **Iron:** (2% DV)

Contains: Seeds, Soy, Tree Nuts (Coconut)

### GLUTEN FREE CHOCOLATE CHIP COOKIE (V, GF)

**INGREDIENTS**
- Almond Butter, Coconut Sugar, Chocolate Chips, Eggs, Vanilla Extract, Baking Soda.

**NUTRITION FACTS**

- **Serving Size:** 1 Portion
- **Calories:** 210
- **Total Fat:** 13g (16% DV)
- **Saturated Fat:** 2.5g (11% DV)
- **Trans Fat:** 0g
- **Cholesterol:** 20mg (7% DV)
- **Sodium:** 150mg (7% DV)
- **Total Carbohydrate:** 21g (8% DV)
- **Dietary Fiber:** 2g (8% DV)
- **Total Sugars:** 18g
- **Protein:** 5g
- **Vitamin A:** (0% DV)
- **Vitamin C:** (0% DV)
- **Vitamin D:** (0% DV)
- **Calcium:** (6% DV)
- **Iron:** (6% DV)

Contains: Tree Nuts, Egg

### FRUIT SHAKER (VG, GF)

**INGREDIENTS**
- Pineapple, mango, cucumber, field fresh jicama, tajin seasoning

**NUTRITION FACTS**

- **Serving Size:** 1 Portion
- **Calories:** 200
- **Total Fat:** 1g (1% DV)
- **Saturated Fat:** 0g (0% DV)
- **Trans Fat:** 0g
- **Cholesterol:** 0mg (0% DV)
- **Sodium:** 880mg (16% DV)
- **Total Carbohydrate:** 26g (8% DV)
- **Dietary Fiber:** 1g
- **Total Sugars:** 24g
- **Protein:** 1g
- **Vitamin A:** (0% DV)
- **Vitamin C:** (0% DV)
- **Vitamin D:** (0% DV)
- **Calcium:** (6% DV)
- **Iron:** (6% DV)

### VEGAN FUDGE BROWNIE (VG, GF)

**INGREDIENTS**
- Unsalted Almond Butter, Coconut Sugar, Maple Syrup, Coconut Oil, Cocoa Powder, Vanilla Extract, Baking Soda, Gluten Free Flour (Oat Flour, Whole Grain Oats), Ground Flax Seed, Dark Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Vanilla Extract), Salt

**NUTRITION FACTS**

- **Serving Size:** 1 Portion
- **Calories:** 227
- **Total Fat:** 12g (18% DV)
- **Saturated Fat:** 5g (25% DV)
- **Trans Fat:** 0g
- **Cholesterol:** 4mg (1% DV)
- **Sodium:** 116mg (5% DV)
- **Total Carbohydrate:** 49g (18% DV)
- **Dietary Fiber:** 7g (24% DV)
- **Total Sugars:** 37g
- **Protein:** 3g
- **Vitamin A:** (30% DV)
- **Vitamin C:** (240% DV)
- **Vitamin D:** (0% DV)
- **Calcium:** (4% DV)
- **Iron:** (8% DV)

Contains: Tree Nuts (Almond & Coconut)
<table>
<thead>
<tr>
<th>BEVERAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>GREEN UP SMOOTHIE (V, GF)</td>
</tr>
<tr>
<td>INGREDIENTS</td>
</tr>
<tr>
<td>Almond milk, orange juice (orange juice), banana, avocado pulp, plain yogurt (cultured pasteurized grade A reduced fat milk, skim milk, pectin, carrageenan), baby spinach, green curly kale</td>
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<tr>
<td>NUTRITION INFORMATION</td>
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<td>Sodium: 100mg (4% DV)</td>
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<td>Total Sugars: 17g</td>
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<td>Protein: 3g</td>
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<tr>
<td>Vitamin A: (25% DV)</td>
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<td>Vitamin C: (10% DV)</td>
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<td>Vitamin D: (0% DV)</td>
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<td>Calcium: (2% DV)</td>
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<td>Iron: (2% DV)</td>
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<tr>
<td>CONTAINS: Milk</td>
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<tr>
<td>HIBISCUS AGUA FRESCA (VG, GF)</td>
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<tr>
<td>INGREDIENTS</td>
</tr>
<tr>
<td>Hibiscus Tea (water, dried hibiscus flower (dried hibiscus flower)), agave syrup (100% organic agave nectar, lime juice)</td>
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<td>NUTRITION INFORMATION</td>
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<td>Iron: (0% DV)</td>
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