



**Calories**  
**Total Fat (g)**  
**Saturated Fat (g)**  
**Trans Fat (g)**  
**Cholesterol (mg)**  
**Sodium (mg)**  
**Carbs (g)**  
**Fiber (g)**  
**Protein (g)**

**Breakfast**















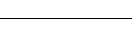

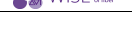

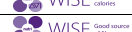
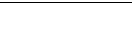



Bacon		90	8	3	0	15	310	0	0	5
Bacon and Cheese Omelet with Toast	WISE Good source of fiber	580	35	12	0	65	1270	41	4	33
Bacon Breakfast Bowl	WISE Good source of fiber	830	53	12	4	425	1630	59	3	32
Bacon, Egg and Cheese on Bagel		385	17	7	0	215	1095	37	1	23
Bacon, Egg and Cheese on Croissant		455	26.5	11	2	230	1115	34	1	22
Bacon, Egg and Cheese on English Muffin		355	17	7	0	215	975	30	1	22
Biscuits		181	8	7	0	0	590	24	1	4
Blueberry Pancakes		320	9	2	0	55	390	59	2	6
Breakfast Burrito	WISE Good source of fiber	620	32	12	0	265	1440	57	5	26
Breakfast Casserole	WISE Good source of fiber	380	27	12	0	650	570	8	0	26
Cheddar Grits with Ham & Red Eye Gravy		400	14	4	4	45	2440	49	2	14
Cinnamon Roll		440	23	7	0	25	710	52	2	7
Corn Muffin with Chorizo Sausage Gravy		390	19	3	0	30	1650	47	2	6
Corned Beef Hash	WISE 300 or less calories	230	15	6	0	45	580	13	2	12
Country Style Egg Benedict		560	22	7	3.5	410	2410	44	1	20
Crepes with Fresh Berry Compote	WISE Good source of fiber	530	16	10	0	60	710	92	4	4
Croissant		230	10	4	2	15	360	30	1	5
Egg and Cheese on Bagel	WISE 300 or less calories	295	9	4	0	200	785	37	1	18
Egg and Cheese on Croissant		365	18.5	8	2	215	805	34	1	17
Egg and Cheese on English Muffin		265	9	4	0	200	665	30	1	17
English Muffin		130	0.5	0	0	0	220	26	1	5
Fast Start Breakfast Pizza		400	18	7	0	110	910	42	1	19
French Toast		330	8	4.5	0	165	790	50	2	12
Fried Eggs	WISE Low Sodium	65	4.5	1.5	0	190	65	1	0	6
Gravy	WISE 300 or less calories	100	8	2	0	15	240	2	0	2
Gridiron Griddle Cakes		410	9	4	0	20	1210	70	2	13
Ham and Cheese Omelet	WISE Good source of fiber	690	38	13	0	275	1840	51	5	31
Hash Brown Triangles		320	14	2.5	0	0	500	36	4	2
Mini Bagel		160	0.5	0	0	0	340	33	1	6
Oatmeal Apple Fritters		460	15	1.5	0	0	40	81	3	6
Overstuffed Omelet Sandwich		560	35	16	0	335	1350	36	2	26
Peanut Butter Chocolate Pancake Tall Stack	WISE Good source of fiber	470	14	6	0	15	770	79	3	9
Pre Game Omelet on Brioche Sandwich		520	26	9	0	395	1200	46	1	23
Sausage Breakfast Bowl	WISE Good source of fiber	920	58	19	4.5	375	2200	71	4	34
Sausage Links	WISE 300 or less calories	90	4.5	1.5	0	35	400	1	0	12
Sausage Patties		250	23	9	0	60	510	1	0	10
Sausage, Egg and Cheese on Bagel		545	32	13	0	260	1295	38	1	28
Sausage, Egg and Cheese on Croissant		615	41.5	17	2	275	1315	35	1	27
Sausage, Egg and Cheese on English Muffin		515	32	13	0	260	1175	31	1	27
Scrambled Eggs	WISE 300 or less calories	130	7	2.5	0	350	310	3	0	11
Silver Dollar Pancakes with Fresh Strawberry Banana Topping		630	4.5	2	0	15	980	142	8	6
Smothered & Covered Western Hashbrowns		360	21	8	0	40	710	27	3	13
Southern Style Country Fried Chicken N Biscuit		330	17	5	4.5	55	890	28	1	17
Spicy Chorizo Burrito	WISE Good source of fiber	890	45	18	0	276	1520	89	5	32
Spinach, Tomato, Mozzarella Omelet	WISE 300 or less calories	220	9	3	0	375	730	8	1	26
Steel Cut Oatmeal		110	2.5	1	0	5	15	17	2	4
Stuffed French Toast with Blueberries		630	15	4	0	150	1850	115	1	10
Stuffed French Toast with Blueberry Compote		500	17	9	0	220	620	76	1	11
Three Meat Omelet	WISE Good source of fiber	700	40	10	0	410	1790	47	5	34

**Entrées and Sides**

Baked Rigatoni		460	14	12	0	25	560	64		17
Bases Loaded Nachos with Carnitas & Pico de Gallo	WISE Good source of fiber	820	48	12	2.5	75	2260	69	6	26
Battered Icelandic Cod with Waffle Fries		1020	74	12	5	75	1370	70		22
Beef and Broccoli with Sesame Teriyaki over Rice		440	8	12	0	40	680	66	13	28
Beef Curry		420	8	12	0	70	160	60		31



live healthy. eat healthy. be healthy.

		Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Beef Fajita		430	15	12	0	100	610	43		25
Beef Tips with Mushroom & Onion Gravy		500	22	12	0	80	430	45		30
Buffalo Chicken Mac N Cheese		570	24	10	0	70	1980	53	1	34
Cavatappi with Homemade Meatballs		570	17	6	0.5	60	1870	71		28
Chicken Caesar Salad with Breadstick		520	25	5	0	135	910	22		51
Chicken Curry		430	6	1.5	0	65	760	64		32
Chicken Enchiladas		400	14	5	0	115	710	36		31
Chicken Fajita		380	10	4	0	80	660	43		27
Chicken Katsu		590	20	5	0	120	390	59		40
Chicken Lo Mein		360	6	1	0	45	610	52		25
Chicken Parmesan		860	37	14	0	135	1720	90		44
Chicken Pot Pie		380	22	5	5	30	920	30		14
Confetti Slaw		70	2	0	0	0	115	11	1	1
Corn Casserole		280	13	9	0	55	350	23	3	6
Corn Muffin		210	6	1	0	0	450	36	2	4
Country Fried Steak		460	32	12	0	90	770	20		21
Fisherman's Platter		860	43	16	0	140	1530	88		31
Fresh Berry and Mesclun Salad with Raspberry Vinaigrette		300	10	1	0	0	160	44	6	3
Fried Fish		530	28	6	0	75	1210	38		33
General Tso's Pork Stir Fry		460	10	2	0	50	1200	66		24
Ginger Pork		460	4.5	1.5	0	55	1060	77		26
Grilled Chicken Bounty Salad with Maple Balsamic Vinaigrette		600	26	4.5	0	120	280	47	7	48
Hand Breaded Chicken Tenders Triple Play		330	20	5	0	50	590	20	1	15
Honey Oranged Glazed Ham		430	23	8	0	100	980	16		37
Loaded Nachos with Tri Color Chips		870	58	35	4.5	135	1570	52		32
Macaroni and Cheese		200	10	7	0	30	570	16	1	9
Mashed Potatoes with Gravy		180	9	3	0	10	640	23	2	3
Memphis Style Boneless Riblet Platter		880	48	13	0	120	970	78	6	33
Midwest Style Ribeye Steak on Grilled Tuscan Roll		350	12	4	0	90	940	23	2	36
Miso BBQ Beef with Ginger Teriyaki		610	24	9	0	105	2600	54		40
Miso Chicken		620	21	6	0	160	1640	50		53
Pepper Steak		500	19	6	0	55	450	54		27
Pork Curry		580	8	2	0	40	250	101		24
Pork Filet Mignon with Loaded Smashed Potatoes		470	23	8	0	135	1180	16	2	45
Pork Katsu		540	20	7	0	115	540	54		32
Pretzel Crusted Chicken		290	5	1	0	95	560	20	1	37
Roasted Red Pepper Pasta Marinara		490	8	2	0	5	710	89		15
Roasted Turkey White Meat		230	1.5	0	0	140	90	0		51
Roated Turkey Dark Meat		270	15	4.5	0	105	740	0		45
Salisbury Steak		480	35	14	0	0	540	6		32
San Francisco Open Faced Steak Sandwich		470	17	5	0	285	650	33		42
Sesame Chicken Tenders		490	14	3	0	65	980	66		26
Shrimp Basket with Fries		880	47	9	5	150	2150	88		29
Side Caesar Salad		140	11	2.5	0	10	310	7	2	3
Smoked Sausage Platter with Texas Style BBQ Baked Beans		480	10	2	0	60	1950	74	6	24
Southern Fried Chicken Salad with BBQ Ranch Dressing		750	54	15	0	270	1970	34	2	36
Southwest Chicken Salad		540	30	10	0	160	760	14		53
Spicy Black Beans		60	0	0	0	0	350	13	4	4
Stewed Mediterranean Vegetable Ratatouille		70	6	1	0	0	450	5	2	2
Strawberry & Spinach Salad with Poppyseed Dressing		480	22	3.5	0	130	450	23	7	50
Stuffed Pork Loin		450	17	4	0	110	940	29		43
Sweet Chili Orange Chicken Salad		470	19	3.5	0	35	1140	61	4	17
Szechuan Beef with Rice		470	22	7	0	115	990	31		34
Taco Salad in a Fried Tortilla Bowl		790	40	14	0.5	70	1830	72	9	29
Teriyaki BBQ Chicken		590	12	3	0	215	1370	58		56
Teriyaki Glazed Salmon		440	10	1.5	0	70	620	52	4	31
Tori No Kara-Age		700	35	9	0	170	1060	58		39



		Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Tri-Colored Super Nachos Platter	WISE <small>Good source of fiber</small>	1040	62	17	3	100	1520	90	9	32
Tuna Noodle Casserole		410	15	5	0	75	1530	37		28
Veal Parmesan		720	25	8	0	130	1340	88		52
Yankee Pot Roast		550	30	12	0	150	450	17		49
<b>Grill</b>										
1/2 lb Mushroom Swiss Burger		760	49	22	1	185	410	24	1	51
All American Dagwood Wrap Platter	WISE <small>Good source of fiber</small>	850	40	14	0	75	1690	88	9	34
American Tour of BBQ Pulled Pork Sliders Platter	WISE <small>Good source of fiber</small>	950	36	9	0	85	2220	114	8	41
Apple Dijon Chicken Ciabatta Sandwich	WISE <small>Good source of fiber</small>	630	24	4.5	0	115	620	60	3	44
Buckeye Burger		990	55	20	3	230	1260	46	1	71
Buffalo Chicken Pita with Crispy Onions		530	22	5	0	110	740	40		42
Cheeseburger on 7 Grain		630	50	22.5	2	130	1040	3	0	36
Cheeseburger on White		630	53	23.5	1	125	1500	4	0	31
Cheeseburger Sliders with Waffle Fries	WISE <small>Good source of fiber</small>	1240	62	23	3.5	200	1240	109	10	63
Chicken Patty on 7 Grain	WISE <small>Good source of fiber</small>	500	38	13.5	1	80	800	10	3	27
Chicken Patty on White	WISE <small>Good source of fiber</small>	500	41	14.5	0	75	1260	11	3	22
Chicken Philly Platter		690	16	4.5	0	95	760	86	8	50
Chicken Tenders		380	18	2.5	0	70	1240	20	0	36
Chili Cheese Dog		390	13	7	0	30	970	51		15
Corned Beef Reuben Sandwich		620	33	11	0	100	1640	42		37
Crispy Orange Chicken Wrap with Vegetable Slaw	WISE <small>Good source of fiber</small>	750	20	4	0	35	2240	124	5	21
Dueling Dogs Ballpark Platter	WISE <small>Good source of fiber</small>	1150	65	22	0	80	3540	112	6	33
East Coast Classic Philly Cheesesteak	WISE <small>Good source of fiber</small>	620	22	7	1	95	1490	75	10	30
East Coast Style Seafood Salad Torpedo Platter	WISE <small>Good source of fiber</small>	700	13	2.5	0	125	2300	124	17	30
Fish on 7 Grain		540	37	13	1	100	630	19	1	32
Fish on White		540	40	14	0	95	1090	20	1	27
French Fries		300	19	2.5	0	0	60	28	3	3
Grilled Chicken Wings with American Tour of BBQ Sauces		480	13	4	0	140	1690	37	2	53
Grilled Santa Fe Turkey Cutlet with Avocado Mayo Platter	WISE <small>Good source of fiber</small>	830	35	6	0	130	1190	70	7	56
Grilled Turkey Reuben		340	11	3	0	45	1280	34		25
Half Pound Mushroom Swiss Burger		730	44	19	1	165	470	32		47
Ham & Cheese Duo on Rustic Pretzel Roll Platter	WISE <small>Good source of fiber</small>	900	35	11	0	70	2670	110	8	34
Hamburger on 7 Grain		560	46	20	2	120	660	0	0	30
Hamburger on White		560	49	21	1	115	1120	1	0	25
Hot Dog on White Bun		380	27.5	11	0	55	1000	20	0	13
Hot Italian Sub		470	39	10	0	70	1580	5	0	25
Louisiana BBQ Pork on Whole Wheat Bun		360	11	2.5	0	65	820	39		3
Mile High BBQ Black and Bleu Burger		560	30	9	1	115	1270	32	2	38
Mushroom Swiss Chicken Sandwich		560	14	7	0	150	660	45		60
Onion Rings		380	21	8	0	20	590	43	1	5
Pub Burger Platter with Curly Fries		1010	47	17	0.5	85	1420	108	9	40
Roast Beef & French Fry Stack	WISE <small>Good source of fiber</small>	1040	46	13	0	35	1130	95	5	56
Shaved Beef and Cheddar with Caramelized Onions Sandwich		590	31	11	3	110	860	39		38
Tator Tots		270	17	4	0	0	530	28	3	3
Texas Style Turkey Burger		500	20	8	0	100	1290	44		37
The Linebackers' MVP Corned Beef Sandwich	WISE <small>Good source of fiber</small>	980	59	19	0	135	3170	64	6	48
Turkey and Tomato on Whole Grain Ciabatta		370	7	1.5	0	60	620	47		30
Turkey Burger on 7 Grain		560	46	20	2	120	660	0	0	30
Turkey Burger on White		560	49	21	1	115	1120	1	0	25
Turkey Club Sub	WISE <small>Good source of fiber</small>	600	27	10	0	105	1010	47	3	42
West Coast Style Turkey Burger	WISE <small>Good source of fiber</small>	520	17	4	0	85	1620	50	2	38



		Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
<b>Pizza</b>										
Apple Danish Pizza	GOOD	400	5	2	0	10	410	82	2	8
BBQ Chicken Pizza		580	23	12	0	70	1300	65	2	27
Beefed Up Cheeseburger Pizza Pie		470	17	12	0.5	35	1060	55	2	21
Buffalo Chicken Pizza		400	15	5	0	35	1370	44	2	22
Caroline Gold BBQ Pork & Cheddar Calzone	WISE <small>Good source of fiber</small>	680	22	7	0	70	1660	84	4	35
Chicken & Spinach Pizza	WISE <small>Good source of fiber</small>	590	29	8	0	60	1310	56	3	24
Margharita Pizza		330	12	2	0	5	1280	36	2	18
Memphis Style BBQ Smoked Sausage Calzone	WISE <small>Good source of fiber</small>	630	22	7	0	35	1230	81	3	23
Personal Pan Steak and Egg Pizza	WISE <small>Good source of fiber</small>	590	19	6	0	60	1980	75	4	26
The Crowd Pleasers Buffalo Chicken Calzone	WISE <small>Good source of fiber</small>	650	22	8	0	100	1200	64	3	46
The Pigskin BLT Pizza		550	35	11	0	65	780	40	1	19
<b>Soup</b>										
Beef and Barley	WISE <small>300 or less calories</small>	280	13	12	0	30	420	21	2	19
Beef and Noodle	WISE <small>300 or less calories</small>	130	7	12	0	30	620	8	1	9
Beef Vegetable	WISE <small>Good source of fiber</small>	160	4	12	0	20	650	20	4	11
Cajun Chicken Chili	GOOD	120	2	0.5	0	25	460	14	3	11
Chicken and Bean	GOOD	210	7	2	0	45	840	20	5	19
Chipotle Chicken & Corn Chowder	GOOD	200	4.5	1	0	30	860	21	4	15
Chicken Noodle	GOOD	140	3	1	0	40	980	17	1	11
Chili		460	30	14	1.5	100	1080	18	2	31
Cream of Potato Soup	WISE <small>300 or less calories</small>	260	14	4	6	0	1300	30	1	3
Cream of Tomato	WISE <small>300 or less calories</small>	191	6	3	0	15	940	29	2	7
Ham & Lentil Soup	WISE <small>Good source of fiber</small>	140	6	2	0	30	890	10	3	11
Loaded Baked Potato Soup		300	18	7	4	25	940	24	1	11
Minestrone with Italian Sausage	WISE <small>Good source of fiber</small>	180	8	2.5	0	15	1310	18	4	9
Old Fashioned Bean	WISE <small>Good source of fiber</small>	80	0.5	0	0	5	1800	16	5	7
Tomato and Wild Rice	WISE <small>Good source of fiber</small>	210	5	1	0	0	1030	35	5	7
Tortilla Soup	GOOD	189	2.5	0.5	0	20	820	26	3	11
White Chicken Chili	WISE <small>Good source of fiber</small>	200	4	1	1.5	20	1240	32	9	16
<b>Deli</b>										
Turkey Breast	GOOD	70	2	0.5	0	25	230	0		13
Ham		70	3	1	0	25	610	2		9
Roast Beef		80	2.5	1	0	35	210	1		13
Pepperoni		70	7	2.5	0	10	260	0		3
Bacon		45	3.5	1	0	10	180	0		3
Spicy Chicken		110	2.5	0.5	0	55	760	0		20
BBQ Chicken		130	3	0.5	0	55	180	0		20
Salami		220	17	6	0	55	1140	0		13
Swiss Cheese	WISE <small>Good source of calcium</small>	110	8	5	0	25	55	2		8
American Cheese	WISE <small>Good source of calcium</small>	100	7	4.5	0	20	460	3		6
Pepper Jack Cheese	WISE <small>Good source of calcium</small>	110	9	5	0	30	170	1		7
Colby Jack Cheese	WISE <small>Good source of calcium</small>	90	7	4.5	0	25	150	0		5
Provolone Cheese	WISE <small>Good source of calcium</small>	100	7	5	0	20	250	1		7
Lettuce	GOOD	5	0	0	0	0	0	1		0
Tomato	GOOD	20	0	0	0	0	10	4		0
Red Onion	GOOD	10	0	0	0	0	0	2		0
Dill Pickle Spear	GOOD	5	0	0	0	0	310	1		0
Banana Pepper	GOOD	0	0	0	0	0	140	0		0
Pickle Slices	GOOD	0	0	0	0	0	175	0		0
Jalapenos	GOOD	5	0	0	0	0	170	0		0
Black Olives		20	2.5	0	0	0	100	1		0
Mayonnaise		200	22	3	0	10	180	0		0
Fat Free Mayonnaise	GOOD	30	0	0	0	0	210	6		0
Horseradish Sauce	GOOD	20	0	0	0	0	239	2		0



		Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Ranch Dressing		150	16	2.5	0	5	300	2		0
Italian Dressing		120	12	2	0	0	290	3		0
Fat Free Italian Dressing		10	0	0	0	0	490	3		0
Yellow Mustard		0	0	0	0	0	160	0		0
Lite Ranch		100	10	1.5	0	10	290	1		1
Honey Mustard		130	11	1.5	0	15	180	7		0
Hot Sauce		0	0	0	0	0	400	0		0
White Wrap		310	9	2	0	0	600	49		8
Wheat Wrap		300	8	1.5	0	0	560	49		8
Jalapeno Cheese Wrap		310	9	2	0	0	730	50		7
Sub Bun 6"		200	2.5	1.5	0	0	340	38		7
White Bread		70	1	0	0	0	135	13		2
Wheat Bread		70	1	0	0	0	140	14		3
Deli Rye Bread		70	1	0	0	0	220	14		3
<b>Salad Bar</b>										
Iceberg		10	0	0	0	0	0	2		1
Spinach		25	0	0	0	0	20	6		1
Cucumbers		10	0	0	0	0	0	2		1
Grilled Marinated Chicken		90	2	0.5	0	0	40	0		18
Hard Boiled Eggs		25	2	0.5	0	70	20	0		2
Surimi Crab Meat		50	0.5	0	0	40	210	0		12
Cauliflower		20	0	0	0	0	15	3		2
Romaine		10	0	0	0	0	0	2		1
Cherry Tomatoes		15	0	0	0	0	0	3		1
Broccoli		20	0	0	0	0	20	4		2
Carrots		25	0	0	0	0	30	6		1
Ham		70	3	1	0	25	610	2		9
Cheddar Cheese		45	3	1	0	0	125	5		1
Peas		45	0	0	0	0	40	8		3
Mushrooms		10	0	0	0	0	0	2		1
Green Peppers		10	0	0	0	0	0	3		0
Olives		70	6	1	0	0	490	4		0
Red Onion		25	0	0	0	0	0	5		1
Beets		20	0	0	0	0	110	4		1
Banana Peppers		0	0	0	0	0	280	0		0
Garbanzo Beans		45	0.5	0	0	0	125	8		2
Broccoli Salad		90	5	1	0	5	125	9		1
Raisins		60	0	0	0	0	0	16		1
Sunflower Seeds		90	8	1	0	0	65	4		3
Bacon Bits		50	3	1	0	10	440	0		1
Croutons		15	0.5	0	0	0	35	3		1
Ranch		150	16	2.5	0	5	300	2		0
Lite Ranch		100	10	1.5	0	10	290	1		1
Italian		120	12	2	0	0	290	3		0
FF Italian		10	0	0	0	0	490	3		0
French		130	12	2	0	0	210	7		0
1000 Island		140	13	2	0	15	260	4		0
Balsamic Vinaigrette		60	5	0.5	0	0	190	4		0
Honey Mustard		130	11	1.5	0	15	180	7		0
Strawberry Yogurt		240	2	1.5	0	10	135	48	0	7
Raspberry Yogurt		250	2	1.5	0	10	135	49	0	7
Blueberry Yogurt		240	3	1.5	0	15	140	48	0	8
Vanilla Yogurt		200	3	2	0	15	140	34	0	10
Granola		250	11	3	2	0	260	32	4	5