

Item Name	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
<b>Blended Sweggies</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Blueberry Banana Smoothie	16 oz	220	1	0	0	0	25	54	6	34	0	2
Green Hurricane Smoothie	16 oz	210	1	0	0	0	85	53	6	37	0	5
Peanut Butter Chocolate Smoothie	16 oz	310	16	3	0	0	70	43	10	19	0	8
Strawberry Banana Smoothie	16 oz	200	0.5	0	0	0	25	52	5	31	0	2
Tropical Smoothie	16 oz	110	2.5	2	0	0	0	25	4	16	0	1
Very Berry Apple Smoothie	16 oz	160	3	0	0	0	25	33	7	20	0	2
<b>Breakfast</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
5 Grain Rolled Oatmeal	8 oz	170	8	5	0	0	310	21	4	1	0	4
Blueberry Orange Flaxseed Muffin	4 oz	310	15	8	0	80	390	47	6	6	0	6
Blueberry Yogurt Parfait	7.5 oz	190	2.5	0	0	5	115	27	3	9	2	19
Breakfast Bento Box	12 oz	290	17	4	0	280	240	23	6	16	0	15
Breakfast Burrito	1 burrito	360	20	9	0	200	780	29	4	3	0	18
Egg White & Sausage Scramble	7 oz	140	3.5	1	0	20	440	2	0	1	0	23
Garden Egg White Souffle	1 souffle	80	2	0	0	10	190	5	2	3	0	9
Sausage Egg & Cheese Souffle	1 souffle	240	17	7	0	240	490	6	0	2	0	14
Strawberry Yogurt Parfait	7.5 oz	180	2.5	0	0	5	110	24	3	8	2	19
Tropical Breakfast Bar	1.67 oz	180	6	4	0	0	125	32	2	18	11	2
<b>Cocktails</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Autumn Mule	16 oz	150	0	0	0	0	0	12	0	11	9	0
Caribbean Beet	16 oz	110	0	0	0	0	50	11	0	9	0	1
Cosmo Glo	16 oz	140	0	0	0	0	5	11	0	8	0	0
Fresh Pressed Margarita	16 oz	150	0	0	0	0	0	16	0	10	4	1
Geaux Mojito	16 oz	100	0	0	0	0	20	9	1	5	0	1
Green Mary	16 oz	140	0	0	0	0	180	9	0	7	2	2
Sangria Beet	16 oz	120	0	0	0	0	20	8	0	4	0	1
Swaggie	16 oz	160	0	0	0	0	55	16	0	12	0	1
<b>Cold Pressed Juices</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Autumn Fest	16 oz	180	1	0	0	0	5	50	0	44	0	2
Geaux Geaux	16 oz	90	0.5	0	0	0	10	24	0	17	0	3
Geaux Green	16 oz	80	1	0	0	0	135	18	0	13	0	6

Golden Heart	16 oz	170	1	0	0	0	180	41	0	35	0	5
Heart to Beet	16 oz	140	1	0	0	0	270	33	0	26	0	5
Holiday Glo	16 oz	170	0.5	0	0	0	5	45	0	34	0	2
Sweggie	16 oz	170	1	0	0	0	150	43	0	31	0	4
Watermelon Mint	16 oz	130	0.5	0	0	0	5	32	0	28	0	3
<b>Desserts</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Black Bean Brownie	1 brownie	170	10	3.5	0	55	170	32	8	6	4	5
Cheesecake	1 slice	250	14	6	0	55	170	33	3	7	5	5
Whole Grain Bread Pudding	4 oz	190	10	3	0	35	190	29	5	4	1	5
<b>Salad Dressings</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Apple Balsamic Vinaigrette	1.5 oz	140	12	1.5	0	0	280	6	0	3	1	0
Asian Dressing	1.5 oz	170	16	1.5	0	0	300	6	0	4	4	1
Caesar Dressing	1.5 oz	200	19	2	0	5	310	2	0	0	0	1
House Dressing	1.5 oz	80	8	1	0	0	300	3	0	1	1	0
<b>Entrees</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Ancho Chicken Enchiladas	13 oz	500	13	3	0	75	660	65	10	9	0	28
Asian Cashew Shrimp with Brown Rice	9 oz	250	6	0.5	0	65	350	39	4	3	0	14
BBQ Shrimp & Cauliflower Grits	11 oz	280	13	5	0	165	650	18	5	1	0	24
Beef & Broccoli with Brown Rice	9 oz	280	10	3	0	30	490	41	4	3	0	14
Beef Stew with Brown Rice	9 oz	260	9	3	0	30	390	35	4	2	0	13
Black Eyed Peas with Brown Rice	9 oz	260	5	1	0	0	200	46	6	3	0	10
Chicken Caprese Stack	1 stack	300	13	7	0	110	260	8	1	6	0	35
Chicken Parmesan	11 oz	330	11	5	0	95	340	23	3	6	0	35
Chicken Parmesan & Squash Medley	11 oz	370	16	6	0	95	370	22	22	6	0	35
Coconut Curry Chicken with Brown Rice	9 oz	240	5	3	0	25	230	38	3	2	3	13
Creole Jambalaya	9 oz	210	4	0	0	20	280	34	3	3	0	12
Homestyle Turkey Meatsauce with Whole Wheat Pasta	9 oz	300	4	0	0	15	270	57	8	5	0	15
Lemon Garlic Salmon & Zoodles	8 oz	160	5	1	0	85	60	4	1	3	0	24
Lemon Garlic Salmon & Squash Medley	8 oz	210	10	2	0	85	95	5	1	3	0	24
Mac-N-Cheese	10 oz	460	20	10	0	45	1620	58	7	8	0	19
Mediterranean Chicken	13 oz	280	10	1.5	0	70	250	20	6	7	0	29
Mediterranean Chicken & Squash Medley	11 oz	290	15	2	0	70	280	11	3	4	0	27
Red Beans with Brown Rice	9 oz	270	3	0	0	0	360	50	12	3	0	12

Red Beans & Turkey Sausage with Brown Rice	9 oz	260	3.5	0	0	15	400	43	6	1	0	14
Roasted Sirloin & Broccoli	7 oz	290	19	6	0	75	80	7	2	1	0	22
Roasted Sirloin & Squash Medley	8 oz	330	24	7	0	75	90	6	2	3	0	21
Shrimp & Crab Alfredo with Whole Wheat Pasta	9 oz	370	12	7	0	55	280	55	7	4	0	16
Shrimp Creole with Brown Rice	9 oz	230	5	1	0	40	390	36	4	4	0	10
Shrimp Etouffe with Brown Rice	9 oz	220	5	2	0	60	320	34	4	1	0	11
Southwest Chicken Bowl	9 oz	250	5	1	0	60	310	32	4	2	0	19
Stuffed Bell Peppers	12 oz	300	9	2	0	90	360	29	4	6	0	26
Turkey Burrito	1 burrito	590	18	9	0	40	790	81	12	2	0	28
Turkey Meatballs and Zoodles	12 oz	250	9	2	0	90	370	18	3	8	0	25
White Beans with Brown Rice	9 oz	270	4.5	0	0	0	360	49	10	2	0	10
<b>Advantage Meals</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Asian Cashew Shrimp with Brown Rice	13.5 oz	380	9	1	0	95	530	59	7	5	0	21
BBQ Shrimp & Cauliflower Grits	16.5 oz	430	20	7	0	245	970	27	7	2	0	37
Beef & Broccoli with Brown Rice	13.5 oz	420	15	4.5	0	45	710	61	8	6	0	20
Beef Stew with Brown Rice	13.5 oz	400	13	4	0	45	580	52	5	3	0	20
Black Eyed Peas with Brown Rice	13.5 oz	390	8	1.5	0	0	300	68	9	5	0	15
Coconut Curry Chicken with Brown Rice	13.5 oz	370	8	5	0	35	350	57	5	6	0	20
Creole Jambalaya	13.5 oz	320	6	0.5	0	35	420	50	5	4	0	19
Homestyle Turkey Meatsauce with Whole Wheat Pasta	13.5 oz	450	6	0.5	0	20	400	85	12	8	0	23
Red Beans with Brown Rice	13.5 oz	400	4.5	0	0	0	550	74	18	4	0	19
Red Beans & Turkey Sausage with Brown Rice	13.5 oz	390	5	0.5	0	25	600	64	9	2	0	22
Shrimp & Crab Alfredo with Whole Wheat Pasta	13.5 oz	550	18	10	0	85	420	82	11	6	0	24
Shrimp Creole with Brown Rice	13.5 oz	340	8	1.5	0	60	590	55	6	6	0	15
Shrimp Etouffe with Brown Rice	13.5 oz	330	7	1.5	0	75	440	51	5	2	0	17
Southwest Chicken Bowl	13.5 oz	380	8	1.5	0	95	460	47	7	2	0	29
White Beans with Brown Rice	13.5 oz	400	6	1	0	0	370	72	14	3	0	15
<b>Family Size</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Asian Cashew Shrimp	5 oz	130	5	0.5	0	65	350	13	2	3	0	10
Beef & Broccoli	5 oz	160	9	3	0	30	480	11	2	3	0	11
Beef Stew	5 oz	140	8	3	0	30	380	9	1	2	0	10

Black Beans	2 oz	60	1	0	0	0	115	10	2	1	0	3
Black Eyed Peas	5 oz	140	4	1	0	0	200	19	4	3	0	7
Blueberry Compote	1 oz	20	0	0	0	0	10	8	1	3	0	0
Chicken & Turkey Sausage Gumbo	3.5 oz	80	3	1	0	25	190	4	1	1	0	9
Coconut Curry Chicken	5 oz	100	3	1	0	25	290	10	2	2	3	10
Enchilada Sauce	1 oz	20	1.5	0	0	0	105	2	0	0	0	0
Homestyle Turkey Meatsauce	4 oz	80	2.5	0	0	15	250	7	1	3	0	7
Marinara Sauce	4 oz	60	1.5	0	0	0	160	10	1	5	0	2
Red Beans	5 oz	140	2	0	0	0	360	24	9	3	0	9
Red Beans & Turkey Sausage	5 oz	130	2	0	0	15	390	17	4	1	0	11
Shrimp & Crab Alfredo	4 oz	140	10	7	0	55	260	5	0	2	0	8
Shrimp & Crab Gumbo	3.5 oz	40	2	0	0	20	230	2	1	1	0	4
Shrimp Creole	5 oz	100	4	1	0	40	390	10	2	4	0	7
Shrimp Etouffe	5 oz	90	3.5	1	0	50	280	7	1	1	0	8
Strawberry Compote	1 oz	15	0	0	0	0	0	8	2	2	0	0
Turkey Taco Meat	2 oz	80	4	0.5	0	25	140	2	0	0	0	10
White Beans	5 oz	140	3	0.5	0	0	240	22	7	2	0	7
<b>Paninis</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Chicken & Provolone Panini	1 panini	480	21	6	0	90	1030	38	8	2	0	39
Ham & Swiss Panini	1 panini	490	20	5	0	60	1050	38	8	4	2	38
Roast Beef & Cheddar Panini	1 panini	490	21	8	0	90	790	37	8	3	0	40
Turkey & Provolone Panini	1 panini	480	21	6	0	80	1000	40	8	2	0	39
<b>Prepared Salads</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Asian Chicken Salad	1 salad	370	20	2.5	0	45	600	24	4	7	4	22
Buffalo Chicken Dip	4 oz	110	2.5	1.5	0	50	230	3	0	1	0	20
Chicken Caesar Salad	1 salad	390	25	3.5	0	50	700	15	3	2	0	23
Chicken Salad	4 oz	250	16	1	0	40	310	7	1	5	0	16
Chicken Salad Kit	1 salad	280	16	1	0	40	360	14	3	7	0	19
House Salad	1 salad	110	8	1	0	0	350	10	3	4	1	3
Spinach Salad	1 salad	180	13	1.5	0	0	360	13	3	6	1	3
Taco Salad	1 salad	220	7	2.5	0	85	480	16	6	4	0	23
Tuna Salad	4 oz	250	16	2	0	15	270	2	0	1	0	17
Tuna Salad Kit	1 salad	280	16	2	0	15	320	9	3	4	0	20
<b>Sides</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>

Cauliflower Mash	4 oz	50	2	0	0	0	280	6	3	0	0	3
Cauliflower Tabbouleh	8 oz	120	8	1	0	0	260	10	4	5	0	3
Chicken Salad Stuffed Eggs	3 eggs	120	6	0	0	15	200	3	0	2	1	11
Fire Roasted Salsa	1 oz	10	0	0	0	0	75	2	0	1	0	0
Fruit Medley	6 oz	60	0	0	0	0	15	13	1	13	0	1
Hard Boiled Eggs	3.5 oz	140	10	3	0	370	140	1	0	0	0	13
Hummus Stuffed Eggs	3 eggs	80	4	0.5	0	0	340	3	1	1	0	6
Quinoa Salad	4 oz	230	12	1	0	0	85	27	4	8	1	5
Roasted Squash and Tomato Medley	8 oz	140	11	1.5	0	0	80	11	3	6	0	3
Stuffed Eggs Trio	3 eggs	100	5	0.5		5	240	3	0	1	0	10
Tuna Salad Stuffed Eggs	3 eggs	120	6	0.5	0	5	180	1	0	1	0	12
<b>Sliders</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Buffalo Chicken Sliders	3 sliders	340	6	1.5	0	55	600	46	6	4	3	32
Chicken Salad Sliders	3 sliders	490	21	1	0	50	690	51	7	9	3	27
Tuna Salad Sliders	3 sliders	490	21	2	0	15	640	45	6	4	3	29
<b>Snack Packs</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Buffalo Chicken Snack Pack	12 oz	330	9	2.5	0	60	690	33	6	7	0	29
Chicken Salad Snack Pack	12 oz	500	25	2	0	55	790	39	7	12	0	25
Hummus Snack Pack	12 oz	360	18	2.5	0	0	1000	40	8	8	0	8
Tuna Salad Snack Pack	12 oz	500	26	3	0	15	730	32	6	7	0	26
<b>Soups</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Broccoli & Cheese Soup	10 oz	270	20	9	0	30	740	17	2	4	0	9
Corn & Crab Soup	10 oz	250	16	5	0	25	590	22	3	3	0	8
French Onion Soup	10 oz	90	4	0	0	0	380	12	2	6	0	2
Turkey Black Bean Chili	10 oz	230	7	1	0	35	950	24	7	7	0	20
Garden Vegetable Soup	10 oz	80	0	0	0	0	570	17	4	6	0	3
Beef & Barley Soup	10 oz	200	8	3	0	30	990	21	3	5	0	12
Butternut Squash Soup	10 oz	170	7	2	0	0	670	27	4	6	0	2
Chicken & Turkey Sausage Gumbo with Brown Rice	10 oz	190	2.5	0	0	25	290	30	3	2	0	12
Chicken Tortilla Soup	10 oz	120	1.5	0	0	30	630	15	2	4	0	12
Fire Roasted Chili	10 oz	130	3	0	0	0	640	20	5	9	0	6
Shrimp & Crab Gumbo with Brown Rice	10 oz	190	3	0	0	60	360	29	4	3	0	12
Tomato Basil Soup	10 oz	150	4.5	1	0	0	400	24	2	9	0	3

White Bean & Chorizo Soup	10 oz	240	8	2	0	70	820	17	4	1	0	24
White Bean & Kale Soup	10 oz	140	2	0	0	0	640	23	5	5	0	6
<b>SWEGS 360 Plates</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Combo Plate	1 plate	330	14	4.5	0	25	600	29	5	4	0	22
Protein Plate	1 plate	340	17	6	0	65	1340	17	5	6	0	29
Seafood Plate	1 plate	320	11	2	0	80	390	21	3	3	0	30
Vegetarian Plate	1 plate	320	20	2.5	0	0	910	28	6	9	1	11
<b>Wraps</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Protein</b>
Asian Chicken Wrap	1 wrap	580	20	9	0	70	840	65	10	7	3	35
Buffalo Chicken Wrap	1 wrap	450	12	10	0	50	600	57	8	1	0	28
Chicken Caesar Wrap	1 wrap	560	22	9	0	70	810	56	9	1	0	33
Chicken Salad Wrap	1 wrap	610	28	9	0	40	710	62	9	5	0	25
Tuna Salad Wrap	1 wrap	610	28	10	0	15	660	56	8	1	0	26