



Nutrition Information - PatriotCafe

BEVERAGES	Serving Size	Calories	Total Fat (gm)	Sodium (mg)	Total Carbs (gm)	Dietary Fiber (gm)	Protein (gm)	Cal Smart	Heart Healthy	Gluten Aware
Regular Soda	16 oz.	150	0	10	40	0	0			
Diet Soda	16 oz.	0	0	20	0	0	0			
Regular Soda	22 oz.	210	0	15	55	0	0			
Diet Soda	22 oz.	0	0	30	0	0	0			
Regular Soda	32 oz.	300	0	20	80	0	0			
Diet Soda	32 oz.	0	0	40	0	0	0			
Coffee	12 oz.	0	0	0	0	0	0			
Coffee	16 oz.	0	0	0	0	0	0			
Iced Tea, Fresh Brewed, Unsweetened	16 oz.	0	0	0	0	0	0			
Iced Tea, Fresh Brewed Sweetened	16 oz.	140	0	10	35	0	0			
Iced Tea, Fresh Brewed, Unsweetened	22 oz.	0	0	0	0	0	0			
Iced Tea, Sweetened	22 oz.	190	0	10	48	0	0			
Iced Tea, Unsweetened	32 oz.	0	0	0	0	0	0			
Iced Tea, Sweetened	32 oz.	280	0	15	70	0	0			
BREAKFAST SIMPLY TO GO	Serving Size	Calories	Total Fat (gm)	Sodium (mg)	Total Carbs (gm)	Dietary Fiber (gm)	Protein (gm)	Cal Smart	Heart Healthy	Gluten Aware
Bagel w/Egg/Bacon/Cheese	1 ea	450	17	950	52	2	22			
Bagel w/Egg/Ham/Cheese	1 ea	400	13	790	52	2	20			
Bagel w/Egg/Sausage/Cheese	1 ea	480	20	870	52	2	23			
Biscuit w/Egg/Bacon/Cheese	1 ea	380	23	870	29	1	16	C		
Biscuit w/Egg/Ham/Cheese	1 ea	330	18	710	29	1	14	C		
Biscuit w/Egg/Sausage/Cheese	1 ea	400	25	800	29	1	17			
Croissant w/Egg/Bacon/Cheese	1 ea	430	28	720	28	2	17			
Croissant w/Egg/Ham/Cheese	1 ea	380	23	560	28	2	15	C		
Croissant w/Egg/Sausage/Cheese	1 ea	550	39	860	27	2	23			
English Muffin, Whole Wheat w/Egg White, Turkey Bacon, Cheese	1 ea	220	6	450	26	4	18	C	H	
English Muffin, Whole Wheat, w/Egg White Ham/Cheese	1 ea	220	6	460	26	4	17	C	H	
English Muffin, Whole Wheat, w/Egg White Turkey Sausage, Cheese	1 ea	270	8	480	27	4	22	C		
Eng Muffin w/Egg/Bacon /Cheese	1 ea	320	17	720	27	1	16	C		
Eng Muffin w/Egg/Ham/Cheese	1 ea	270	12	560	27	1	14	C		
Eng Muffin w/Egg/Ssg/Cheese	1 ea	340	19	640	26	1	17	C		
Garden Veggie Scramble	10 oz	100	1	240	6	1	16	C	H	G
Breakfast Bowl	9 oz	560	37	1020	32	4	26			
Meat Trio Breakfast Burrito	12 oz	830	42	1860	74	4	37			

PIZZA	Serving Size	Calories	Total Fat (gm)	Sodium (mg)	Total Carbs (gm)	Dietary Fiber (gm)	Protein (gm)	Cal Smart	Heart Healthy	Gluten Aware
ByTheSlice										
Cheese	1 slice	480	16	940	61	3	23			
Combo	1 slice	610	27	1430	63	4	28			
Hamburger	1 slice	480	17	1060	60	3	23			
Italian Sausage	1 slice	520	20	1050	61	3	24			
Pepperoni	1 slice	520	19	1100	61	3	25			
Supreme Pizza VCS	1 slice	630	29	1460	63	4	29			
Vegetarian w/Whole Wheat Crust	1 slice	490	17	1070	60	7	26			
7" Individual Pizzas										
Cheese	1 pizza	610	21	1220	71	6	34			
Hamburger	1 pizza	700	32	1580	70	6	34			
Italian Sausage	1 pizza	730	33	1540	76	4	33			
Pepperoni	1 pizza	670	27	1500	75	4	32			
Vegetable	1 pizza	600	19	1330	79	5	28			
Individual Flatbreads										
BBQ Chicken	1	520	28	1140	37	2	31			
Cheese	1	470	29	930	29	3	25			
Pepperoni	1	640	45	1620	30	3	30			
Italian Sausage	1	570	40	1180	31	3	24			
Bacon Cheeseburger	1	530	35	1250	30	3	25			
SOUP	Serving Size	Calories	Total Fat (gm)	Sodium (mg)	Total Carbs (gm)	Dietary Fiber (gm)	Protein (gm)	Cal Smart	Heart Healthy	Gluten Aware
Broccoli-Cheese	8 oz	300	22	1600	20	4	4			
Chicken Noodle	8 oz	140	4	1580	20	1	8	C		
Chili	8 oz	210	5	780	26	8	14	C		
Chili	12 oz	320	8	1170	39	12	21			
Chili	16 oz	420	10	1580	52	16	28			
Clam Chowder, Boston	8 oz	220	8	1580	20	0	6	C		
Vegetable Beef Barley	8 oz	180	4	1580	28	4	8	C		

MISCELLANEOUS HOT SNACKS	Serving Size	Calories	Total Fat (gm)	Sodium (mg)	Total Carbs (gm)	Dietary Fiber (gm)	Protein (gm)	Cal Smart	Heart Healthy	Gluten Aware
Chicken Tenders/Sauce	3 ea/2 oz	540	30	820	33	2	22			
Egg Rolls, Pork (2) w/ Sauce	2 ea/2 oz	580	25	700	70	1	13			
Egg Rolls, Veggie (2) w/ Sauce	2 ea/2 oz	460	15	960	72	4	6			
All Beef Hotdog on Bun	1 each	340	19	770	23	2	13			
BBQ Chicken Wings	6 each	600	43	480	21	0	33			
Buffalo Chicken Wings	6 each	620	53	1330	2	1	33			
Salted Pretzel	2 each	280	3	560	54	2	8			
Salted Pretzel w/ Cheese	1 ea/2oz	240	9	750	31	1	8			
Cinnamon Sugar Pretzel	2 each	350	3	250	75	2	8			
Cinnamon Sugar Pretzel w/ Icing	1 ea/2oz	300	3	130	68	1	6			
CONDIMENTS	Serving Size	Calories	Total Fat (gm)	Sodium (mg)	Total Carbs (gm)	Dietary Fiber (gm)	Protein (gm)	Cal Smart	Heart Healthy	Gluten Aware
Smart Balance Margarine Trans Fat Free	5 gram	30	3	30	0	0	0			
Ketchup	1 oz	40	0	320	10	0	0			
Creamer, Powdered	2.5 gram	10	1	0	2	0	0			
Equal	1 gram	5	0	0	0	0	0			
Half & Half	½ oz	15	2	4	0	0	0			
Jelly/Jam, Regular	½ oz	35	0	0	9	0	0			
Jelly/Jam, Reduced Calorie	½ oz	10	0	0	2	0	0			
Liquid Creamer, Amaretto	13 mL	30	2	0	4	0	0			
Liquid Creamer, French Vanilla	13 mL	40	2	5	6	0	0			
Liquid Creamer, Hazelnut	13 mL	30	2	0	4	0	0			
Liquid Creamer, Irish Cream	13 mL	30	2	5	4	0	0			
Liquid Creamer, Plain	13 mL	10	1	0	0	0	0			
Mayo, Regular	.5 oz	100	11	100	0	0	0			
Mayo, Chipotle	.5 oz	90	10	135	1	0	0			
Mustard, Brown	1 Tsp	5	0	50	0	0	0			
Mustard, Honey Dijon, Fat Free	1 Tbsp	15	0	260	2	0	0			
Mustard, Yellow	1/2 oz	15	0	180	2	0	0			
Salsa	2 oz	15	0	220	3	1	0			
Sour Cream	1 oz	60	5	50	2	0	1			
Sour Cream, Reduced Fat	1 oz	40	3	40	3	0	1			
Splenda	1 packet	0	0	5	1	0	0			
Sugar	1 packet	10	0	0	3	0	0			
Sweet & Low	1 packet	0	0	0	1	0	0			
Tartar Sauce	1 Tbsp	40	3	100	3	0	0			

ENTREES	Serving Size	Calories	Total Fat (gm)	Sodium (mg)	Total Carbs (gm)	Dietary Fiber (gm)	Protein (gm)	Cal Smart	Heart Healthy	Gluten Aware
BEEF										
Pepper Steak	5 oz	200	5	360	8	2	29	C	H	
Sliced Beef w/ Peppers and Onions	5 oz	200	5	360	8	2	29	C	H	
Roast Beef au Jus	4 oz	230	7	220	2	0	38	C	H	G
Horseradish Crusted Roast Beef	4 oz	210	5	390	4	0	33	C	H	G
Meatloaf	4 oz	230	10	280	16	1	21	C		
Southwest Stuffed Pepper	1 each	330	9	270	44	8	21	C	H	G
Gingered Beef and Broccoli	5 oz	140	6	210	5	1	17	C	H	
Pot Roast	6 oz	240	6	320	11	3	34	C	H	G
Spaghetti w/ Meat Sauce	7 oz	340	8	430	52	2	20	C	H	
Beef Stroganoff	10 oz	340	8	380	30	2	36	C	H	
Thai Pepper Steak	4 oz	180	8	310	4	1	20	C		
Braised Beef Tips	5 oz	200	6	330	6	1	32	C	H	
BBQ Beef Tips	5 oz	280	6	270	21	1	35	C	H	G
CHICKEN										
Mushroom Chicken Breast	4 oz	210	4	260	6	2	25	C	H	G
Mushroom Artichoke Chicken	4 oz	230	6	350	8	2	25	C	H	G
Orange Glazed Chicken Breast	5 oz	300	4	350	30	2	25	C	H	
Sesame Chicken Stirfry	5 oz	240	3	370	30	2	22	C	H	
Sesame Chicken Breast	4 oz	280	5	290	26	<1	25	C	H	
Hoisin Chicken Breast	4 oz	210	4	340	5	0	24	C	H	
Greek Chicken Breast	4 oz	250	9	240	4	1	26	C		G
Creole Chicken	4 oz	210	4	390	7	2	25	C	H	G
Sundried Tomato & Spinach Chicken Breast	5 oz	270	8	230	9	1	28	C	H	
Chicken and Dumplings	6 oz	280	8	460	32	2	20	C	H	
Garlic Chicken Breast	4 oz	210	5	280	5	1	25	C	H	G
Herb Roasted Chicken Breast	4 oz	180	4	230	1	0	24	C	H	G
Chicken Fajitas	2 each	310	6	330	32	5	32	C	H	
Rosemary Chicken Breast	4 oz	180	4	40	1	0	24	C	H	G
Sweet and Sour Chicken	6 oz	210	3	350	26	1	19	C	H	
Oven Fried Chicken	4 oz	260	4	290	19	1	26	C	H	G
Santa Fe Chicken	4 oz	210	4	400	8	1	25	C	H	G
Chicken Parmesan	5 oz	260	5	420	15	2	27	C	H	
Chipotle Honey Chicken Breast	4 oz	240	4	250	15	1	24	C	H	G
Southwest Chicken Potato	10 oz	340	7	360	43	5	26	C	H	G
Honey Mustard Chicken Breast	4 oz	270	4	290	23	0	24	C	H	
TURKEY										
Sage Roasted Turkey Breast	4 oz	160	4	160	1	0	27	C	H	G
Honey Roasted Turkey Breast	4 oz	180	4.5	390	16	0	32	C	H	G

Turkey Meatloaf w/ Spiced Tomato Sauce	4 oz	200	7	310	17	1	19	C	H	
Roasted Turkey w/ Vegetables	4 oz	210	4.5	100	9	2	31	C	H	G
Turkey and Quinoa Stuffed Pepper	1 each	260	10	390	25	5	21	C		G
Roasted Turkey Breast	4 oz	170	4	80	0	0	30	C	H	G
Turkey Florentine	6 oz	320	10	440	21	3	37	C	H	
Turkey Tetrazzini	10 oz	270	5	280	28	2	27	C	H	
Herb Roasted Turkey Breast	4 oz	160	8	50	2	1	32	C	H	G
PORK										
Thyme Pork	4 oz	180	6	320	1	0	30	C	H	G
Ginger Thyme Pork	4 oz	190	6	320	2	1	31	C	H	G
Chipotle Pork Loin	4 oz	220	7	110	9	1	30	C	H	G
Smothered Pork Loin w/ Peppers & Onion	5 oz	190	6	150	9	1	25	C	H	G
Dijon Rosemary Pork Loin	4 oz	210	8	290	1	0	30	C		G
Tangy Pulled Pork	4 oz	190	7	230	2	0	29	C		G
Cajun Pork Roast	4 oz	210	8	60	4	0	30	C		G
BBQ Pork Loin	4 oz	260	9	130	9	1	36	C	H	G
Thai BBQ Pork	4 oz	200	6	340	8	0	27	C	H	
FISH/SEAFOOD										
Parmesan Crusted Tilapia	4 oz	200	4	200	18	1	22	C	H	
Cajun Catfish	4 oz	210	10	330	6	1	24	C		
Broiled Salmon	3 oz	130	5	80	4	0	20	C		
Sundried Tomato Cod	4 oz	120	1	190	2	1	23	C	H	G
Piccata Tilapia	5 oz	180	4	380	10	<1	28	C	H	
Fish Tacos	2 each	270	4	160	32	6	27	C	H	G
Fish Tostados	1 each	210	7	350	14	2	24	C	H	G
Honey Mustard Glazed Salmon w/ Caramelized Onions	3-1/2 oz	220	4	120	28	<1	20	C	H	G
Honey Glazed Salmon w/ Caramelized Onions	3-1/2 oz	240	4	160	33	1	20	C	H	
Honey Soy Glazed Salmon w/ Caramelized Onions	3-1/2 oz	240	4	160	33	1	20	C	H	
Crunchy Baked Fish	4 oz	180	2.5	290	9	0	29	C	H	
Citrus Cod	4 oz	140	2	140	4	<1	26	C	H	G
Pan Seared Tilapia w/ Tomatoes & Basil	4 oz	210	6	160	12	1	28	C	H	
Tilapia w/ Lemon Pepper	4 oz	150	3	80	0	0	30	C	H	G
Parmesan Baked Cod	4 oz	220	4	170	14	<1	30	C	H	
Panko Crusted Pollock	4 oz	260	5	410	17	1	34	C	H	
Parmesan Pollock	4 oz	240	4	270	18	<1	30	C	H	
Rosemary Crusted Salmon	3 oz	190	5	130	15	1	22	C	H	
Hoisin Sesame Tilapia	4 oz	150	3.5	330	3	0	25	C	H	
Blackened Salmon	3 oz	130	4.5	270	4	<1	20	C		G
Fried Catfish	4 oz	370	19	930	20	1	29			
VEGETARIAN										
Florentine Tortellini	7 oz	240	4.5	430	36	3	14	C	H	
Baked Ziti w/ Vegetables	8 oz	280	9	220	38	7	17	C	H	

PASTA/RICE/STARCHES/BEANS	Serving Size	Calories	Total Fat (gm)	Sodium (mg)	Total Carbs (gm)	Dietary Fiber (gm)	Protein (gm)	Cal Smart	Heart Healthy	Gluten Aware
WW Lemon Pepper Penne	4 oz	230	7	150	41	6	7	C	H	
Liniguine w/ Green Onion	4 oz	220	2.5	100	42	2	7	C	H	
Macaroni and Cheese	4 oz	190	8	400	20	1	9	C		
Red Pepper Pasta	4 oz	170	1.5	120	39	6	5	C	H	
WW Buttered Penne	4 oz	150	1.5	20	34	5	5	C	H	
WW Parmesan Penne	4 oz	200	4	160	41	6	8	C	H	
WW Penne w/ Tomato & Zucchini	4 oz	140	2.5	70	29	4	5	C	H	
Alfredo Pasta	4 oz	310	11	230	45	6	13			
Lemon Garlic WW Penne	4 oz	250	6	260	43	6	10	C		
Creamy WW Pasta	4 oz	190	1.5	60	38	6	9	C	H	
Orzo w/ Spinach and Tomatoes	4 oz	130	0.5	70	30	2	2	C	H	
Spaghetti Noodles	4 oz	130	1.5	50	23	1	4	C	H	
Wheat Spaghetti	4 oz	120	1.5	50	24	6	5	C	H	
Parslied Egg Noodle	4 oz	110	2	20	20	1	4	C	H	
WW Pasta w/ Vegetables	4 oz	150	2	160	34	5	5	C	H	
Garlic Yakisoba Noodles	4 oz	150	2	150	29	3	5	C	H	
Yakisoba Noodles in Beef Broth	4 oz	150	2	210	29	3	6	C	H	
Sesame Yakisoba Noodles	4 oz	170	3.5	150	29	3	6	C	H	
Yakisoba w/ Roasted Broccoli	4 oz	130	2	140	24	3	5	C	H	
Ginger Yakisoba Noodles	4 oz	160	2	390	31	4	6	C		
Garlic Mushroom Yakisoba Noodles	4 oz	150	2	140	28	3	7	C	H	
Barley Risotto	1/2 cup	130	1.5	120	25	5	5	C	H	
Barley Stuffing	1/2 cup	150	2.5	210	30	6	5	C	H	
Barley w/ Asparagus & Mushroom	1/2 cup	130	0.5	100	27	6	4	C	H	
Emerald Rice	1/2 cup	130	1	200	27	2	5	C	H	G
Rice Pilaf	1/2 cup	110	3.5	40	18	1	2	C	H	G
Brown Rice	1/2 cup	120	1	30	25	1	3	C	H	G
Italian Brown Rice	1/2 cup	180	1.5	50	36	2	4	C	H	G
Wild Rice Pilaf	1/2 cup	90	0.5	150	19	1	3	C	H	G
Parslied Brown Rice	1/2 cup	120	1	30	25	1	3	C	H	G
White Rice	1/2 cup	100	0.5	140	22	<1	2	C	H	G
Yellow Rice	1/2 cup	120	1	130	25	<1	2	C	H	G
Spanish Brown Rice	1/2 cup	160	6	690	20	2	7	C		G
Fiesta Rice	1/2 cup	110	1	120	22	1	2	C	H	G
Brown Rice Pilaf	1/2 cup	100	3	40	17	1	3	C	H	G
Cilantro Brown Rice	1/2 cup	180	1.5	60	37	2	4	C	H	G
Cilantro Rice	1/2 cup	120	0.5	70	26	1	3	C	H	G
Brown Rice w/ Vegetables	1/2 cup	100	3	130	18	2	2	C	H	G
Jasmine Rice	1/2 cup	130	0	200	29	<1	3	C	H	G
Jasmine Rice w/ Green Onions	1/2 cup	120	1.5	220	25	1	2	C	H	G
Basil Rice	1/2 cup	130	1	90	27	2	3	C	H	G
Curried Brown Rice	1/2 cup	110	1	20	23	1	2	C	H	G

VEGETABLES	Serving Size	Calories	Total Fat (gm)	Sodium (mg)	Total Carbs (gm)	Dietary Fiber (gm)	Protein (gm)	Cal Smart	Heart Healthy	Gluten Aware
Baby Carrots	1/2 cup	40	0.5	80	8	4	1	C	H	G
Baby Carrots & Sugar Snap Peas	1/2 cup	50	1	140	10	4	3	C	H	G
Baked Tomatoes	1 each	70	3	250	6	2	5	C		G
Balsamic Brussel Sprouts	1/2 cup	50	1.5	20	9	3	3	C	H	G
Broccoli	1/2 cup	30	0	60	6	3	3	C	H	G
Broccoli au Gratin	4 oz	90	5	340	7	2	5	C		G
Broccoli w/ Red Peppers	1/2 cup	30	0.5	160	6	2	2	C	H	G
Brown Sugar Glazed Beets	1/2 cup	60	0.5	200	14	2	1	C	H	G
Brussel Sprouts	1/2 cup	50	1	120	9	5	4	C	H	G
Brussel Sprouts w/ Peppers	1/2 cup	40	2	200	6	2	2	C		G
Buttered Beets	1/2 cup	60	0.5	240	14	2	1	C	H	G
Buttered Corn	1/2 cup	80	1	100	19	2	3	C	H	G
Cabbage w/ Baby Carrots	1/2 cup	30	0.5	190	7	3	1	C	H	G
California Blend	1/2 cup	30	0	30	5	2	2	C	H	G
Capri Vegetables	1/2 cup	30	0	20	5	1	1	C	H	G
Carrot Coins	1/2 cup	40	0.5	80	9	4	1	C	H	G
Cauliflower au Gratin	4 oz	120	6	410	12	3	5	C		
Collard Greens	1/2 cup	60	2.5	210	9	4	4	C		G
Corn O'Brien	1/2 cup	100	1	50	23	3	3	C	H	G
Corn on the Cob	1 each	120	1	150	30	4	4	C	H	G
Creamed Spinach	1/2 cup	80	3	310	8	3	7	C		
Curried California Blend	1/2 cup	40	0.5	120	6	2	2	C	H	G
Curried Chickpeas	1/2 cup	130	3	360	20	6	7	C	H	G
French Green Beans	1/2 cup	40	0.5	10	8	3	2	C	H	G
Garlic Summer Squash	1/2 cup	40	0.5	150	7	2	2	C	H	G
Glazed Beets	1/2 cup	60	0.5	220	14	2	1	C	H	G
Glazed Carrots	1/2 cup	60	0.5	220	15	3	1	C	H	G
Greek Spinach	1/2 cup	100	2.5	80	16	3	3	C	H	G
Green Bean Almandine	1/2 cup	70	3	150	9	3	3	C		G
Green Bean w/ Caramelized Onions	1/2 cup	50	0.5	10	11	3	2	C	H	G
Italian Green Beans	1/2 cup	40	1	60	7	2	2	C	H	G
Lemon Asparagus	3 oz	20	0	150	4	2	2	C	H	G
Lemon Brussel Sprouts	1/2 cup	50	0.5	130	11	5	4	C	H	G
Lemon Pepper Cauliflower	1/2 cup	30	0.5	30	5	4	2	C	H	G
Maple Glazed Carrots	1/2 cup	80	1.5	90	17	3	1	C	H	G
Mustard Greens	1/2 cup	50	3	240	4	3	2	C		G
Okra w/ Tomatoes	1/2 cup	50	0.5	100	10	3	2	C	H	G
Orange Zested Asparagus	1/2 cup	30	0.5	100	4	2	4	C	H	G
Oriental Vegetables	1/2 cup	40	0	20	8	2	2	C	H	G
Parmesan Broccoli	1/2 cup	45	2	110	4	1	4	C		G
Parslied Carrots	1/2 cup	35	0.5	170	7	3	1	C	H	G
Peas & Carrots	1/2 cup	50	0.5	120	10	3	3	C	H	G

Peas w/ Mushrooms	1/2 cup	80	0.5	100	15	5	6	C	H	G
Peas w/ Onions	1/2 cup	100	2.5	10	16	5	5	C	H	G
Red & Green Cabbage	1/2 cup	30	0.5	70	6	2	1	C	H	G
Roasted Asparagus	4 oz	30	1	210	3	2	4	C		G
Roasted Beets w/ Feta	1/2 cup	40	1.5	200	7	2	1	C	H	G
Roasted Broccoli	1/2 cup	30	0.5	120	6	2	2	C	H	G
VEGETABLES	Serving Size	Calories	Total Fat (gm)	Sodium (mg)	Total Carbs (gm)	Dietary Fiber (gm)	Protein (gm)	Cal Smart	Heart Healthy	Gluten Aware
Roasted Carrots	1/2 cup	45	1.5	150	8	2	1	C	H	G
Sauteed Kale	1/2 cup	45	1	240	10	2	3	C	H	G
Sauteed Spinach	1/2 cup	30	1	150	4	2	2	C	H	G
Sauteed Squash	1/2 cup	35	0.5	160	7	2	1	C	H	G
Sauteed Zucchini	1/2 cup	45	3.5	110	4	1	1	C		G
Scalloped Tomatoes	4 oz	70	1	270	13	2	2	C		
Seasoned Broccoli & Cauliflower	1/2 cup	30	0.5	20	5	3	3	C	H	G
Seasoned Cabbage	4 oz	35	1.5	110	6	2	1	C		G
Seasoned Carrots	1/2 cup	35	0.5	60	7	3	1	C	H	G
Roasted Eggplant	1/2 cup	35	2	190	4	2	1	C		G
Seasoned Kale	1/2 cup	45	1.5	120	7	1	2	C		G
Sesame Asparagus	3 oz	60	2.5	160	8	3	4	C		
Sesame Broccoli	1/2 cup	60	2.5	230	8	3	3	C		
Spiced Applesauce	1/2 cup	100	0.5	10	25	1	0	C	H	G
Spicy Edamame	1/2 cup	160	6	200	18	4	12	C		
Spinach	1/2 cup	30	1	90	4	3	4	C	H	G
Steamed Asparagus	1/2 cup	20	0.5	0	2	2	3	C	H	G
Steamed Broccoli	1/2 cup	30	0.5	10	6	3	3	C	H	G
Steamed Brussel Sprouts	1/2 cup	50	0.5	20	9	5	4	C	H	G
Steamed Cauliflower	1/2 cup	30	0.5	40	7	3	3	C	H	G
Steamed Edamame	1/2 cup	130	6	110	10	4	11	C		G
Stewed Tomatoes	1/2 cup	60	2.5	290	10	2	1	C		G
Sweet and Sour Cabbage	1/2 cup	140	0.5	30	33	3	2	C	H	G
Whole Green Beans	1/2 cup	40	0.5	150	7	2	2	C	H	G
Yellow Squash	1/2 cup	20	0.5	100	5	1	1	C	H	G
Yellow Squash and Peppers	1/2 cup	40	2	10	5	2	1	C		G
Zucchini and Tomatoes	1/2 cup	35	1	100	6	2	1	C		G
Zucchini and Yellow Squash	1/2 cup	30	0.5	200	5	2	1	C	H	G