

Vegetable Offerings

Menu Item Name	Menu Item Serving Size	Calorie s (Kcal)	Carb (g)	Fat (g)	SFat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugar (g)	Pro (g)	Allergens
Beans Kidney, Edamame, Carrot, Corn	1 c.	231.2	41.572	0.948	0.033	0	597.31	17.268	6.103	14.961	Contains Soy.
Beans Kidney, Edamame, Carrot, Corn	3/4 c.	173.4	31.179	0.711	0.025	0	447.98	12.951	4.577	11.221	Contains Soy.
Beans Black Chili Citrus & Corn	1 c.	208.62	59.545	1.832	0.18	0	48.369	32.457	3.545	20.341	
Beans Black Chili Citrus & Corn	3/4 c.	156.47	44.659	1.374	0.135	0	36.277	24.343	2.659	15.256	
Beans Black Chili Citrus & Corn (PSN)	1/4 c.	52.244	14.912	0.459	0.045	0	12.113	8.128	0.888	5.094	
Beans Black, Edamame, Carrot, Corn	1 c.	139.35	39.218	0.822	0.029	0	292.69	22.711	2.707	14.954	Contains Soy.
Beans Black, Edamame, Carrot, Corn	1 1/4 c.	174.19	49.023	1.028	0.036	0	365.87	28.389	3.384	18.693	Contains Soy.
Broccoli & Carrot Salad	1 1/8 c.	62.282	12.807	0.787	0.138	0	57.769	4.14	5.486	2.833	
Broccoli & Carrot Salad	7/8 c.	48.442	9.961	0.612	0.107	0	44.931	3.22	4.267	2.203	
Broccoli & Carrot Salad	3/8 c.	20.761	4.269	0.262	0.046	0	19.256	1.38	1.829	0.944	
Asian Broccoli Salad	3/4 c.	53.189	5.106	3.245	0.47	0	58.295	1.656	2.044	1.683	Contains Soy.
Asian Broccoli Salad	3/8 c.	26.595	2.553	1.623	0.235	0	29.148	0.828	1.022	0.842	Contains Soy.
Brilliant Broccoli	1 c.	31.514	6.517	0.352	0.069	0	34.821	2.861	1.201	2.071	
Brilliant Broccoli	1/4 c.	7.878	1.629	0.088	0.017	0	8.705	0.715	0.3	0.518	
Brilliant Broccoli	3/4 c.	23.636	4.888	0.264	0.052	0	26.116	2.146	0.901	1.553	
Zesty Broccoli Florets	1/4 c.	7.931	1.64	0.089	0.017	0	8.764	0.72	0.302	0.521	
Broccoli Florets Seasoned COMMODITY	1 c.	41.675	7.842	0.46	0.07	0	23.126	4.104	1.998	4.155	
Broccoli Florets Seasoned COMMODITY	3/4 c.	31.256	5.882	0.345	0.053	0	17.345	3.078	1.498	3.116	
Broccoli Florets Seasoned COMMODITY (PSN)	1/4 c.	10.485	1.973	0.116	0.017	0	5.819	1.033	0.503	1.045	
Brilliant Broccoli	1/2 c.	15.862	3.28	0.178	0.034	0	17.528	1.44	0.604	1.042	
Carrot, Corn, & Peas Seasoned	7/8 c.	86.165	18.075	0.653	0.097	0	66.848	3.881	4.559	4.036	
Seasoned Carrot, Corn, & Peas	3/8 c.	36.928	7.746	0.28	0.042	0	28.649	1.663	1.954	1.73	
Carrot Corn Peas Steamed	1 c.	96.289	20.142	0.742	0.111	0	76.296	4.343	5.197	4.543	
Carrot Corn Peas Steamed	3/4 c.	72.217	15.107	0.557	0.083	0	57.222	3.257	3.898	3.407	
Steamed Carrot, Corn, & Peas	1/4 c.	24.072	5.036	0.186	0.028	0	19.074	1.086	1.299	1.136	
Baby Carrots	1 1/4 c.	37.011	8.713	0.137	0.024	0	82.481	3.067	5.033	0.677	
Baby Carrots	3/4 c.	22.207	5.228	0.082	0.014	0	49.489	1.84	3.02	0.406	
Baby Carrots	1/2 c.	24.806	5.84	0.092	0.016	0	55.282	2.056	3.374	0.454	
Baby Carrots	1/4 c.	12.403	2.92	0.046	0.008	0	27.641	1.028	1.687	0.227	
Diced Carrots	1/2 c.	32.518	6.794	0.598	0.106	0	51.852	2.9	3.586	0.51	
Diced Carrots	1/4 c.	16.259	3.397	0.299	0.053	0	25.926	1.45	1.793	0.255	
Diced Carrots	1/4 c.	16.259	3.397	0.299	0.053	0	25.926	1.45	1.793	0.255	
Sweet Glazed Carrots	1 3/8 c.	199.28	43.298	3.264	0.265	0	191.99	7.625	35.049	1.835	
Sweet Glazed Carrots	7/8 c.	126.81	27.553	2.077	0.169	0	122.18	4.852	22.304	1.168	
Sweet Glazed Carrots	3/8 c.	42.323	9.197	0.695	0.057	0	40.242	1.59	7.471	0.382	
Island Glazed Carrots	1 3/8 c.	131.2	28.608	1.934	0.182	0	170.27	7.885	20.081	1.978	
Island Glazed Carrots	3/4 c.	71.563	15.604	1.055	0.099	0	92.873	4.301	10.953	1.079	
Island Glazed Carrots	3/8 c.	34.183	7.453	0.504	0.047	0	44.362	2.054	5.232	0.515	
Carrots Orangy	1 1/4 c.	101.7	23.865	0.26	0.045	0	155.34	5.783	16.65	1.29	
Carrots Orangy	3/4 c.	61.022	14.319	0.156	0.027	0	93.204	3.47	9.99	0.774	
Simply Steamed Carrots	1 1/4 c.	80.77	16.87	1.48	0.26	0	128.79	7.2	8.91	1.27	
Simply Steamed Carrots	1/8 c.	8.077	1.687	0.148	0.026	0	12.879	0.72	0.891	0.127	
Simply Steamed Carrots	3/4 c.	48.462	10.122	0.888	0.156	0	77.274	4.32	5.346	0.762	

Menu Item Name	Menu Item Serving Size	Calorie s (Kcal)	Carb (g)	Fat (g)	SFat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugar (g)	Pro (g)	Allergens
Simply Steamed Carrots	1/4 c.	16.259	3.397	0.299	0.053	0	25.926	1.45	1.793	0.255	
Crunchy Celery Sticks	1 c.	20.775	3.856	0.221	0.055	0	103.87	2.077	1.74	0.896	
Crunchy Celery Sticks	3/4 c.	15.581	2.892	0.166	0.041	0	77.905	1.558	1.305	0.672	
Coleslaw	1 c.	156.75	11.249	12.078	1.856	7.34	123.93	3.541	6.994	1.878	Contains Egg.
Coleslaw	3/4 c.	117.56	8.437	9.058	1.392	5.505	92.948	2.656	5.245	1.408	Contains Egg.
Coleslaw	1/4 c.	39.402	2.828	3.036	0.466	1.845	31.152	0.89	1.758	0.472	Contains Egg.
Corn & Jicama Salad	1 c.	177.93	33.667	5.24	0.469	0	97.672	4.353	4.218	4.803	
Corn & Jicama Salad	3/4 c.	133.44	25.25	3.93	0.352	0	73.254	3.265	3.163	3.602	
Corn & Jicama Salad	1/4 c.	44.55	8.43	1.312	0.118	0	24.456	1.09	1.056	1.203	
Corn & Tomato Salad	1 c.	158.52	37.16	1.405	0.221	0	7.46	4.2	4.969	5.578	
Corn & Tomato Salad	3/4 c.	118.89	27.87	1.054	0.166	0	5.595	3.15	3.727	4.184	
Corn & Tomato Salad	1/4 c.	39.629	9.29	0.351	0.055	0	1.865	1.05	1.242	1.394	
Corn Chili Citrus	1 c.	136.22	31.963	1.264	0.194	0	5.133	3.352	3.847	4.681	
Corn Chili Citrus	3/4 c.	102.16	23.972	0.948	0.146	0	3.85	2.514	2.885	3.511	
Corn Chili Citrus (PSN)	1/4 c.	34.181	8.02	0.317	0.049	0	1.288	0.841	0.965	1.175	
Savory Steamed Corn	1 c.	145.2	34.171	1.287	0.196	0	4.95	3.465	4.125	4.983	
Savory Steamed Corn	1/4 c.	36.299	8.543	0.322	0.049	0	1.238	0.866	1.031	1.246	
Savory Steamed Corn	3/4 c.	108.9	25.628	0.965	0.147	0	3.713	2.599	3.094	3.737	
Savory Steamed Corn	1/4 c.	36.424	8.572	0.323	0.049	0	1.242	0.869	1.035	1.25	
Corn Steamed	1/2 c.	72.848	17.144	0.646	0.098	0	2.484	1.738	2.07	2.5	
Corn Steamed	1/4 c.	36.424	8.572	0.323	0.049	0	1.242	0.869	1.035	1.25	
Corn Steamed (PSN)	1/4 c.	36.424	8.572	0.323	0.049	0	1.242	0.869	1.035	1.25	
Cucumber & Tomato Salad	1 c.	30.251	7.006	0.183	0.051	0	4.826	1.011	3.424	0.97	
Cucumber & Tomato Salad	1 1/4 c.	37.814	8.757	0.229	0.064	0	6.033	1.264	4.28	1.213	
Fresh Cucumber Slices	1 c.	22	5.324	0.161	0.055	0	2.933	0.733	2.449	0.953	
Fresh Cucumber Slices	3/4 c.	16.5	3.993	0.121	0.041	0	2.2	0.55	1.837	0.715	
Fresh Cucumber Slices	1/4 c.	5.528	1.338	0.041	0.014	0	0.737	0.184	0.615	0.24	
Beans Garbanzo, Edamame, Carrot	1 1/8 c.	259.79	39.956	4.194	0.027	0	401.91	10.39	3.198	12.563	Contains Soy.
Beans Garbanzo, Edamame, Carrot	7/8 c.	202.06	31.077	3.262	0.021	0	312.59	8.081	2.487	9.771	Contains Soy.
Green Beans Seasoned	1 c.	63.217	12.32	0.336	0.072	0	23.502	4.147	3.471	2.871	
Green Beans Seasoned	3/4 c.	47.413	9.24	0.252	0.054	0	17.627	3.11	2.603	2.153	
Green Beans (PSN)	1/4 c.	15.977	3.114	0.085	0.018	0	5.939	1.048	0.877	0.726	
seasoned green beans	1/2 c.	31.954	6.228	0.17	0.036	0	11.878	2.096	1.754	1.452	
seasoned green beans	1/4 c.	15.977	3.114	0.085	0.018	0	5.939	1.048	0.877	0.726	
Braised Greens	1 1/2 c.	124.48	17.376	5.221	0.609	0	88.752	5.364	1.004	5.752	
Braised Greens	1 1/8 c.	93.359	13.032	3.916	0.457	0	66.564	4.023	0.753	4.314	
Braised Greens	3/8 c.	31.259	4.364	1.311	0.153	0	22.287	1.347	0.252	1.445	
Jicama with Lime	1 c.	40.915	9.588	0.096	0.023	0	4.285	5.176	1.955	0.772	
Jicama with Lime	3/4 c.	30.686	7.191	0.072	0.017	0	3.214	3.882	1.466	0.579	
Zesty Black Beans	1/2 c.	100.97	30.619	0.782	0.054	0	28.94	19.797	1.386	11.881	
Zesty Black Beans	1/4 c.	50.618	15.349	0.392	0.027	0	14.508	9.924	0.695	5.956	
Smoky Black Eyed Peas	1/2 c.	97.928	24.913	0.036	0.007	0	19.942	10.711	1.112	9.61	
Smoky Black Eyed Peas	1/4 c.	49.1	12.491	0.018	0.004	0	9.998	5.37	0.557	4.818	
Charro Beans	1/2 c.	155.44	28.016	0.63	0.106	0	158.64	6.959	1.009	9.454	
Charro Beans	1/4 c.	77.889	14.038	0.316	0.053	0	79.492	3.487	0.506	4.737	

Menu Item Name	Menu Item Serving Size	Calorie s (Kcal)	Carb (g)	Fat (g)	SFat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugar (g)	Pro (g)	Allergens
Chilled Edamame	1/2 c.	113.4	9.072	3.969	0	0	5.67	4.536	1.134	10.206	Contains Soy.
Beans Edamame	1 c.	226.42	18.114	7.925	0	0	11.321	9.057	2.264	20.378	Contains Soy.
Beans Edamame	3/4 c.	169.82	13.585	5.944	0	0	8.491	6.793	1.698	15.284	Contains Soy.
Garden Style Garbanzos	1/2 c.	107.89	16.225	0.848	0.007	0	71.756	3.38	0.892	4.136	
Kickin' Kidney Beans	1/2 c.	89.786	16.536	0.047	0.003	0	101.82	7.341	2.211	5.892	
Kickin' Kidney Beans	1/4 c.	44.893	8.268	0.023	0.002	0	50.908	3.671	1.106	2.946	
Beans Pinto	1/2 c.	155.44	28.016	0.63	0.106	0	158.64	6.959	1.009	9.454	
Poppin' Pintos	1/4 c.	77.889	14.038	0.316	0.053	0	79.492	3.487	0.506	4.737	
Beans Pinto	1 c.	311.11	56.072	1.26	0.213	0	317.51	13.928	2.02	18.923	
Beans Pinto	3/4 c.	233.33	42.054	0.945	0.16	0	238.14	10.446	1.515	14.192	
Salad Three Bean	5/8 c.	170.7	26.366	2.947	0.197	0	190.3	9.447	2.977	8.627	
Crispy Leafy Greens	1/4 c.	2.084	0.399	0.021	0.003	0	3.89	0.181	0.108	0.189	
Crispy Leafy Greens	1 c.	8.334	1.594	0.084	0.012	0	15.558	0.722	0.434	0.756	
Crispy Leafy Greens	1/2 c.	4.167	0.797	0.042	0.006	0	7.779	0.361	0.217	0.378	
Chopped Romaine	1 c.	6.314	1.222	0.111	0.014	0	2.971	0.78	0.442	0.457	
Chopped Romaine	1/4 c.	1.59	0.308	0.028	0.004	0	0.748	0.196	0.111	0.115	
Chopped Romaine	1/2 c.	3.181	0.616	0.056	0.007	0	1.497	0.393	0.223	0.23	
Green Peas	1 c.	142.98	25.291	0.743	0.123	0	200.55	8.356	9.285	9.693	
Green Peas	3/4 c.	107.24	18.968	0.557	0.092	0	150.41	6.267	6.964	7.27	
Green Peas	1/4 c.	35.8	6.332	0.186	0.031	0	50.214	2.092	2.325	2.427	
Potato Salad	1 1/8 c.	332.71	38.793	17.465	2.899	61.53	152.44	3.312	4.797	5.324	Contains Egg.
Potato Salad	7/8 c.	258.77	30.172	13.584	2.255	47.86	118.57	2.576	3.731	4.141	Contains Egg.
Potato Salad	3/8 c.	110.9	12.931	5.822	0.966	20.51	50.814	1.104	1.599	1.775	Contains Egg.
Classic Mashed Potatoes	1 c.	214.54	45.337	2.314	0.641	0	191.1	4.085	2.056	4.245	Contains Soy.
Classic Mashed Potatoes	3/4 c.	160.9	34.003	1.736	0.481	0	143.33	3.064	1.542	3.184	Contains Soy.
Classic Mashed Potatoes	1/4 c.	53.754	11.36	0.58	0.161	0	47.883	1.024	0.515	1.064	Contains Soy.
Veg. Salad Bar BLUE (6-8)	1 ea.	78.743	7.725	4.715	0.63	1.063	158.07	1.639	3.762	1.787	Contains Egg, Gluten, Milk, Soy, Wheat.
Veg. Salad Bar BLUE (9-12)	1 ea.	84.413	8.931	4.766	0.644	1.063	173.18	2.024	4.312	2.032	Contains Egg, Gluten, Milk, Soy, Wheat.
Veg. Salad Bar BLUE (K-5)	1 ea.	78.743	7.725	4.715	0.63	1.063	158.07	1.639	3.762	1.787	Contains Egg, Gluten, Milk, Soy, Wheat.
Veg. Salad Bar GREEN (6-8)	1 ea.	136.48	7.908	11.454	1.154	1.063	199.94	2.125	3.305	2.343	Contains Egg, Gluten, Milk, Wheat.
Veg. Salad Bar GREEN (9-12)	1 ea.	139.88	8.731	11.478	1.162	1.063	200.4	2.238	3.684	2.49	Contains Egg, Gluten, Milk, Wheat.
Veg. Salad Bar GREEN (K-5)	1 ea.	136.48	7.908	11.454	1.154	1.063	199.94	2.125	3.305	2.343	Contains Egg, Gluten, Milk, Wheat.
Veg. Salad Bar PURPLE (K-12)	1 ea.	203.06	19.843	11.376	1.144	1.063	205.1	8.775	3.279	7.595	Contains Egg, Gluten, Milk, Wheat.
Veg. Salad Bar RED (6-8)	1 ea.	117.61	11.9	7.426	0.878	1.063	147.6	2.576	5.144	2.249	Contains Egg, Gluten, Milk, Wheat.
Veg. Salad Bar RED (9-12)	1 ea.	134.88	15.876	7.545	0.896	1.063	171.99	3.75	7.241	2.728	Contains Egg, Gluten, Milk, Wheat.
Veg. Salad Bar RED (K-5)	1 ea.	117.61	11.9	7.426	0.878	1.063	147.6	2.576	5.144	2.249	Contains Egg, Gluten, Milk, Wheat.
Veg. Salad Bar YELLOW (6-8)	1 ea.	198.67	20.962	11.823	1.218	1.063	240.52	3.984	5.947	5.05	Contains Egg, Gluten, Milk, Wheat.
Veg. Salad Bar YELLOW (9-12)	1 ea.	239.08	30.473	12.182	1.273	1.063	241.9	4.948	7.095	6.437	Contains Egg, Gluten, Milk, Wheat.
Veg. Salad Bar YELLOW (K-5)	1 ea.	198.67	20.962	11.823	1.218	1.063	240.52	3.984	5.947	5.05	Contains Egg, Gluten, Milk, Wheat.
Fresh Grape Tomatoes	1/2 c.	13.37	2.889	0.149	0.021	0	3.714	0.891	1.953	0.654	
Fresh Grape Tomatoes	1/4 c.	6.685	1.444	0.075	0.011	0	1.857	0.446	0.977	0.327	
Fresh Tomatoes	1/2 c.	16.228	3.506	0.18	0.026	0	4.508	1.082	2.372	0.794	
Sliced Tomatoes	1/4 c.	8.114	1.753	0.09	0.012	0	2.254	0.541	1.186	0.397	
Fresh Tomato Wedges	1/4 c.	7.706	1.665	0.086	0.012	0	2.14	0.514	1.126	0.377	
Sweet Smashed Yams	1 3/8 c.	394.41	68.343	13.437	1.088	0	252.63	10.809	21.516	3.138	

Menu Item Name	Menu Item Serving Size	Calories (Kcal)	Carb (g)	Fat (g)	SFat (g)	Chol (mg)	Na (mg)	TDF (g)	Sugar (g)	Pro (g)	Allergens
Sweet Smashed Yams	7/8 c.	250.99	43.491	8.551	0.692	0	160.76	6.878	13.692	1.997	
Sweet Smashed Yams	3/8 c.	107.57	18.639	3.665	0.297	0	68.898	2.948	5.868	0.856	