

Food Item - Soups	Serving size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C % DV	Calcium %DV	Iron % DV
Barley Lentil	1/2 c	60	15	2	0	0	0	230	10	2	3	2	55	25	0	4
Boston Clam Chowder	1/2 c	100	40	4.5	1.5	0	10	540	11	0	3	5	4	8	10	8
Broccoli Cheese	1/2 c	70	20	2	1.5	0	0	340	9	<1	3	2	2	8	6	0
Carribbean Jerk Chicken	1/2 c	90	40	4.5	1.5	0	15	340	10	<1	1	2	10	0	2	0
Chicken & Dumpling	1/2 c	60	10	1	0	0	15	440	8	na	<1	4	4	0	4	4
Chicken Cheese Tortilla	1/2 c	110	45	5	2	0	15	380	14	2	10	4	6	8	6	4
Chicken Enchilada Baja	1/2 c	130	80	9	4	0	30	620	8	1	2	6	10	8	30	4
Chicken Noodle	1/2 c	50	10	1	0	0	10	410	8	0	1	3	10	0	2	0
Chicken Spinach Tortellini	1/2 c	80	30	3	1.5	0	10	390	9	0	na	4	20	0	6	4
Chicken Vegetable	1/2 c	30	0	0	0	0	15	220	2	0	<1	5	6	0	0	0
Curried Lentil	1/2 c	110	35	3.5	0.5	0	0	290	15	5	2	5	20	4	4	10
French Onion	1/2 c	40	25	2.5	1	0	0	290	4	0	1	<1	0	2	0	0
Gingered Carrot	1/2 c	45	20	2	0	0	0	95	6	2	3	<1	155	4	4	2
Golden Split Pea	1/2 c	60	20	2	0	0	0	220	8	2	1	2	10	0	0	2
Manhattan Clam Chowder	1/2 c	45	10	1	0	0	0	460	8	<1	3	1	10	1	2	3
Meat Chili	1/2 c	140	45	5	2	0	25	350	14	4	4	10	10	15	2	10
Mediterranean Lentil	1/2 c	30	0	0.5	0	0	0	210	5	<1	0	2	4	0	0	4
Minestrone	1/2 c	30	0	0	0	0	0	470	6	<1	1	1	10	0	0	2
Mulligatawny	1/2 c	60	40	4	2.5	0	0	150	5	1	1	<1	30	15	2	4
Navy bean & ham	1/2 c	110	30	3	1.5	0	10	150	15	5	2	7	20	6	4	10
Portobello Mushroom & Barley	1/2 c	70	25	3	0	0	<5	560	11	1	1	2	8	6	0	8
Pilgrim Corn Chowder w/ bacon	1/2 c	70	30	3	1	0	0	360	11	1	2	1	6	6	0	0
Red Potato & Cheddar Cheese	1/2 c	80	40	4.5	2.5	0	10	410	8	1	1	2	4	0	6	2
Southwestern Black Bean	1/2 c	80	10	1	0	0	0	230	13	5	1	4	4	6	4	10
Steak Chili	1/2 c	80	25	2.5	0.5	0	15	230	7	2	2	7	8	6	2	6
Ten Vegetable Hot & Sour	1/2 c	35	15	1.5	0	0	0	410	4	<1	1	1	10	6	0	0
Texas Chain Gang Chili	1/2 c	350	190	21	7	0	70	570	17	3	6	22	15	35	6	20
Thai Chicken	1/2 c	110	70	8	7	0	10	230	4	0	1	6	8	20	2	8
Tomato	1/2 c	40	0	0	0	0	0	330	9	<1	6	<1	0	8	0	6
Tomato Masala Lentil	1/2 c	60	5	0.5	0	0.5	0	330	10	4	2	3	8	6	4	8

\*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible.

For allergen concerns please contact Dining Services at 641-269-3661.

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Tomato Red Pepper Bisque	1/2 c	120	80	9	6	0	30	410	8	1	3	2	30	45	4	2
Vegan Vegetable	1/2 c	50	10	1	0	0	0	390	9	2	2	2	190	2	2	4
Vegetable Beef	1/2 c	45	5	0.5	0	0	0	530	8	<1	2	2	15	0	0	4
vegetarian 7 Bean	1/2 c	50	0	0	0	0	0	430	10	3	1	3	6	0	2	4
Vegetarian Chili	1/2 c	50	5	0.5	0	0	0	90	9	3	2	2	20	10	4	6
Vegetarian Miso	1/2 c	20	5	0.5	0	0	0	340	3	<1	<1	1	0	2	0	0
Vegetarian Vegetable	1/2 c	45	20	2.5	0	0	0	390	8	1	<1	2	20	10	2	4
White Chicken Chili	1/2 c	190	100	12	7	0	45	190	10	3	<1	11	10	8	10	8
Wisconsin Cheese w/ Bacon	1/2 c	130	70	8	3.5	0	15	500	11	0	3	4	0	0	8	0

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