

| Food Item | 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 | Allergens | | | | | | | | | |
|----------------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|----------------|-------------|-----------|-----------|------|-----|-----|--------|---------|-------|------|-----------|--|
| | | | | | | | | | | | | | | | | | None | milk | egg | soy | peanut | treenut | wheat | fish | shellfish | |
| Baked beans w/ beef brisket | 4 oz | 140 | 15 | 1.5 | 0 | 0 | 10 | 100 | 26 | 4 | 15 | 7 | 2 | 6 | 6 | 4 | | | | x | | | x | x | | |
| Baked chicken nuggets | 6 | 260 | 140 | 16 | 3 | 0 | 45 | 590 | 14 | 1 | 0 | 15 | 0 | 0 | 4 | 8 | | | x | x | | | x | | | |
| Baked ziti casserole | 9 oz | 520 | 270 | 30 | 18 | 0 | 65 | 810 | 37 | 2 | 6 | 27 | 30 | 20 | 65 | 10 | | x | | | | | x | | | |
| BBQ beef brisket sandwich | 1 | 340 | 100 | 11 | 3.5 | 0 | 80 | 510 | 28 | 0 | 6 | 29 | 0 | 0 | 6 | 15 | | | | x | | | x | | | |
| BBQ pork sandwich | 1 | 290 | 90 | 10 | 3 | 0 | 45 | 840 | 32 | 0 | 8 | 18 | 0 | 2 | 6 | 8 | | | | x | | | x | | | |
| Beef & pork lasagna | 1 pc | 280 | 100 | 11 | 5 | 0 | 50 | 410 | 25 | <1 | 5 | 17 | 20 | 10 | 30 | 8 | | x | x | | | | x | | | |
| Beef brisket | 4 oz | 260 | 100 | 11 | 4 | 0 | 105 | 140 | 3 | 0 | 2 | 34 | 0 | 0 | 0 | 20 | | | | | | | x | | | |
| Beef burrito | 1 | 280 | 110 | 12 | 5 | 0 | 40 | 540 | 28 | 2 | 1 | 16 | 8 | 10 | 20 | 15 | | x | | x | | | x | | | |
| Beef ole | 6.5 oz | 380 | 200 | 23 | 7 | 0 | 65 | 340 | 22 | 4 | 2 | 23 | 15 | 10 | 15 | 20 | | x | | | | | | | | |
| Beef pot roast | 6 oz | 490 | 340 | 37 | 15 | 0 | 140 | 220 | 0 | 0 | 0 | 35 | 0 | 0 | 2 | 25 | x | | | | | | | | | |
| Beef Samosas | 1 | 430 | 260 | 29 | 6 | 0 | 45 | 690 | 31 | 2 | 1 | 12 | 10 | 8 | 4 | 20 | | x | x | | | | x | | | |
| Beef taco meat | 3 oz | 180 | 90 | 10 | 3.5 | 0 | 55 | 180 | 3 | <1 | <1 | 17 | 6 | 2 | 2 | 15 | x | | | | | | | | | |
| Belgian waffle | 1 | 165 | 45 | 5 | 1.5 | 0 | 25 | 400 | 26 | 1 | 5 | 4 | 0 | 0 | 1 | 8 | | x | x | x | | | | x | | |
| Bkd Chick w/ garlic/pepper sauce | 1 | 180 | 50 | 5 | 2.5 | 0 | 95 | 140 | 3 | 0 | 0 | 32 | 6 | 8 | 6 | 0 | | x | | | | | | x | | |
| Broccoli quiche | 1 pc | 310 | 180 | 20 | 9 | 0 | 95 | 290 | 20 | 0 | 2 | 13 | 20 | 35 | 30 | 8 | | x | x | x | | | | x | | |
| Buffalo chicken casserole | 1 pc | 320 | 190 | 21 | 9 | 0 | 60 | 500 | 20 | <1 | <1 | 13 | 10 | 10 | 10 | 6 | | x | x | x | | | | x | | |
| Buttermilk pancakes | 1 | 200 | 45 | 5 | 1 | 0 | 40 | 490 | 33 | <1 | 6 | 6 | 0 | 0 | 15 | 10 | | x | x | | | | | x | | |
| Chicken fried steak | 1 | 320 | 190 | 21 | 7 | 0 | 80 | 330 | 7 | 0 | 2 | 24 | 0 | 0 | 2 | 15 | | x | | | | | | x | | |
| Chicken lo mein | 8 oz | 330 | 70 | 7.5 | 2 | 0 | 30 | 1045 | 48 | 4 | 3 | 20 | 98 | 13 | 5 | 17 | | | | x | | | | x | | |
| Chicken patty parmesan | 1 | 420 | 220 | 24 | 8 | 0 | 105 | 970 | 21 | <1 | 4 | 29 | 15 | 20 | 20 | 10 | | x | x | x | | | | x | | |
| Chicken/garlic & pepper sauce | 1 | 150 | 40 | 4.5 | 1.5 | 0 | 65 | 150 | 2 | 0 | 0 | 24 | 4 | 8 | 6 | 6 | | x | | | | | | | | |
| Chipotle & lime roast chicken | 1 | 300 | 150 | 17 | 4.5 | 0 | 105 | 690 | 1 | 0 | 1 | 33 | 4 | 2 | 2 | 10 | x | | | | | | | | | |
| Chipotle catfish | 6 oz | 390 | 140 | 15 | 3 | 0 | 105 | 1050 | 27 | 2 | <1 | 34 | 4 | 20 | 4 | 20 | | | | x | | | | | x | |
| Corn dog | 1 | 320 | 190 | 21 | 8 | 0 | 50 | 880 | 24 | 1 | 5 | 10 | 2 | 0 | 10 | 10 | | | | x | x | | | x | | |
| Cornbread crusted pork loin | 4oz | 280 | 130 | 14 | 4.5 | 0 | 80 | 1540 | 14 | 1 | 4 | 25 | 4 | 2 | 2 | 10 | | x | x | x | | | | x | | |
| Enchilada casserole | 1 pc | 520 | 300 | 34 | 13 | 0.5 | 80 | 1340 | 30 | 3 | 2 | 27 | 25 | 10 | 40 | 25 | | x | | x | | | | x | | |
| Fish tacos | 1 | 410 | 230 | 26 | 4 | 0 | 25 | 300 | 32 | 1 | <1 | 14 | 10 | 15 | 10 | 10 | | | | x | x | | | x | x | |

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|------------------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|----------------|-------------|-----------|-----------|------|-----|-----|--------|---------|-------|------|-----------|---|
| | | | | | | | | | | | | | | | | | None | milk | egg | soy | peanut | treenut | wheat | fish | shellfish | |
| Five-way Cincinnati chili | 6 oz | 230 | 80 | 9 | 3 | 0 | 35 | 590 | 23 | 4 | 3 | 15 | 15 | 10 | 10 | 15 | | x | | | | | | x | x | |
| French toast | 1 | 150 | 25 | 2.5 | 0.5 | 0 | 55 | 220 | 26 | 1 | 4 | 6 | 0 | 0 | 10 | 8 | | x | x | x | | | | x | | |
| Garlic roast Beef w/ veg. | 4 oz | 230 | 70 | 8 | 2.5 | 0 | 75 | 670 | <1 | 0 | 0 | 37 | 0 | 0 | 2 | 20 | | | | x | | | | | | |
| Green curry chicken | 8 oz | 330 | 210 | 24 | 14 | 0 | 75 | 300 | 6 | <1 | 2 | 23 | 4 | 30 | 4 | 20 | | | | x | | x | | x | x | |
| Grilled chic w/ watermelon salsa | 1 pc | 340 | 20 | 2 | 0.5 | 0 | 90 | 220 | 54 | 1 | 51 | 32 | 15 | 8 | 4 | 10 | | | | x | | x | x | | | |
| Grilled ham steak | 3 oz | 90 | 15 | 1.5 | 1 | 0 | 30 | 1155 | 3 | 0 | 3 | 14 | 0 | 0 | 3 | 6 | x | | | | | | | | | |
| Grilled top sirloin steak | 1 | 310 | 160 | 18 | 7 | 0 | 95 | 1170 | <1 | 0 | 0 | 35 | 0 | 0 | 4 | 15 | x | | | | | | | | | |
| Herbed baked chicken | 2 pc | 760 | 370 | 41 | 15 | 0 | 220 | 180 | 29 | 1 | <1 | 64 | 15 | 4 | 6 | 25 | | x | | | | | x | | | |
| Herbed farfalle | 4 oz | 140 | 40 | 4.5 | 2 | 0 | 10 | 750 | 19 | 1 | 2 | 5 | 8 | 8 | 8 | 6 | | x | | | | | x | | | |
| Kentucky bourbon chicken | 1 pc | 310 | 160 | 17 | 3.5 | 0 | 55 | 1070 | 12 | <1 | 0 | 21 | 30 | 10 | 4 | 10 | | x | | x | | | x | | | |
| Lemon oregano chicken | 2 pc | 580 | 300 | 34 | 9 | 0 | 195 | 200 | 6 | 1 | 2 | 62 | 10 | 30 | 6 | 20 | | x | | x | | | | | | |
| Macaroni & cheese | 1 pc | 390 | 150 | 17 | 10 | 0 | 45 | 860 | 40 | 2 | <1 | 19 | 10 | 2 | 45 | 10 | | x | | x | | | x | | | |
| Maple/peach glazed ham | 4 oz | 190 | 60 | 6 | 2 | 0 | 60 | 1510 | 4 | 0 | 3 | 29 | 0 | 10 | 0 | 6 | x | | | | | | | | | |
| Meat loaf | 1 pc | 290 | 140 | 15 | 5 | 0 | 100 | 650 | 13 | <1 | 5 | 25 | 4 | 6 | 6 | 20 | | x | x | | | | x | | | |
| Mixed sausage grill | 3 pc | 250 | 200 | 22 | 8 | 0 | 55 | 750 | 2 | 0 | 0 | 11 | 0 | 0 | 4 | 4 | x | | | | | | | | | |
| Monterey sausage pie | 1 pc | 340 | 210 | 24 | 10 | 0 | 75 | 620 | 19 | <1 | 3 | 13 | 20 | 45 | 20 | 6 | | x | x | x | | | x | | | |
| Moroccan skillet chic w/ pine nuts | 1 pc | 220 | 130 | 14 | 2 | 0 | 45 | 960 | 6 | 2 | 1 | 19 | 20 | 35 | 6 | 15 | | x | | | x | x | | | | |
| Pad Thai | 8 oz | 340 | 170 | 19 | 3 | 0 | 150 | 460 | 21 | 2 | 12 | 21 | 10 | 10 | 4 | 10 | | | | x | x | x | | | x | x |
| Peruvian roasted chicken | 1 pc | 710 | 400 | 45 | 11 | 0 | 215 | 2040 | 9 | 2 | 4 | 68 | 25 | 10 | 10 | 35 | | | | x | | | | | | |
| Pork fried rice | 1/2 c | 110 | 20 | 2.5 | 0.5 | 0 | 15 | 105 | 16 | <1 | <1 | 4 | 4 | 0 | 2 | 2 | | | | x | x | | | x | | |
| Pork potstickers | 2 | 140 | 70 | 8 | 3 | 0 | 10 | 170 | 12 | <1 | 0 | 5 | 0 | 4 | 0 | 8 | | | | x | | | x | | | |
| Pork vindaloo | 6 oz | 330 | 200 | 22 | 8 | 0 | 75 | 870 | 5 | <1 | <1 | 27 | 4 | 4 | 4 | 15 | | | | | | | x | | | |
| Red beans & rice | 8 oz | 180 | 20 | 2 | 0 | 0 | 0 | 470 | 34 | 6 | 1 | 7 | 2 | 10 | 4 | 8 | | | | | x | | | | | |
| Roasted chicken (1/4 chic) | 1/4 | 700 | 410 | 45 | 17 | 0 | 245 | 1530 | 4 | 0 | 1 | 68 | 15 | 8 | 6 | 20 | | x | | | | | | | | |
| Roasted turkey | 4 oz | 200 | 70 | 8 | 2 | 0 | 75 | 65 | 0 | 0 | 0 | 30 | 0 | 0 | 2 | 8 | x | | | | | | | | | |
| Rotisserie garlic beef | 4 oz | 230 | 70 | 8 | 2.5 | 0 | 75 | 670 | <1 | 0 | 0 | 37 | 0 | 0 | 2 | 20 | | | | | x | | | | | |
| Rotisserie pork loin | 3 oz | 170 | 50 | 6 | 2 | 0 | 80 | 310 | 4 | 0 | 3 | 26 | 10 | 4 | 0 | 8 | x | | | | | | | | | |

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The Marketplace Nutrition Information

Plat Du Jour - Entrees

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|--------------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|---------------|----------------|-------------|-----------|-----------|------|-----|-----|--------|---------|-------|------|-----------|---|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | | | | | | | | | None | milk | egg | soy | peanut | treenut | wheat | fish | shellfish | | | | | | | | | | | | | | |
| Sausage gravy | 4 oz | 120 | 80 | 9 | 2.5 | 0 | 25 | 290 | >1 | 0 | 0 | 6 | 0 | 0 | 2 | 2 | x | | x | | | | | | | | | | | | | | | | | | | | |
| Scrambled eggs | 1 egg | 70 | 45 | 5 | 2 | 0 | 211 | 70 | 0 | 0 | 0 | 6 | 5 | 0 | 3 | 5 | | | x | | | | | | | | | | | | | | | | | | | | |
| Shiitake & sweet pea risotto | 4 oz | 90 | 25 | 2.5 | 1 | 0 | 0 | 190 | 14 | <1 | 1 | 3 | 2 | 4 | 6 | 2 | x | | | | | | | | | | | | | | | | | | | | | | |
| Sirloin tips & mushrooms | 8 oz | 380 | 210 | 23 | 6 | 0 | 90 | 460 | 7 | 2 | 4 | 32 | 4 | 10 | 4 | 15 | | | | x | | | | | | | | | | | | | | | | | | | |
| Sloppy Fred on a bun | 1 | 210 | 90 | 11 | 2 | 0 | 55 | 310 | 12 | 2 | 8 | 16 | 15 | 15 | 4 | 10 | | | | x | | | | x | | x | | | | | | | | | | | | | |
| Sloppy Joe on a bun | 1 | 380 | 120 | 13 | 4 | 0 | 60 | 1710 | 40 | 6 | 12 | 23 | 15 | 25 | 4 | 15 | | | | x | | | | x | | | | | | | | | | | | | | | |
| Southern oven-fried chic | 1 pc | 210 | 70 | 7 | 2 | 0 | 95 | 230 | 5 | 0 | 0 | 29 | 0 | 0 | 2 | 8 | | | x | | | | | x | | | | | | | | | | | | | | | |
| Spanish mac & cheese | 6 oz | 380 | 150 | 17 | 8 | 0 | 40 | 460 | 40 | 3 | 1 | 17 | 8 | 25 | 25 | 10 | | x | | | | | | x | | | | | | | | | | | | | | | |
| Spicy chic w/ watermelon salsa | 1 pc | 330 | 30 | 3 | 1 | 0 | 60 | 85 | 54 | 1 | 52 | 23 | 20 | 10 | 4 | 15 | | | | | | | | | x | | | | | | | | | | | | | | |
| Sweet & sour pork | 3/4 c | 220 | 60 | 7 | 2.5 | 0 | 55 | 570 | 22 | <1 | 17 | 18 | 30 | 40 | 4 | 8 | | | | x | | | | x | | | | | | | | | | | | | | | |
| Tandoori chicken | 4 oz | 180 | 35 | 4 | 1 | 0 | 85 | 160 | 3 | <1 | <1 | 32 | 10 | 4 | 4 | 10 | | x | | | | | | | | | | | | | | | | | | | | | |
| Tuna casserole | 1 pc | 240 | 110 | 12 | 6 | 0 | 50 | 480 | 19 | 1 | 1 | 15 | 15 | 25 | 15 | 10 | | x | x | x | | | | x | | x | | | | | | | | | | | | | |
| Turkey tetrazzini | 1 pc | 340 | 120 | 14 | 7 | 0 | 55 | 1270 | 31 | 2 | 1 | 23 | 10 | 8 | 25 | 15 | | x | | x | | | | x | | | | | | | | | | | | | | | |
| Vegetable lasagna | 1 pc | 320 | 110 | 13 | 7 | 0 | 60 | 550 | 31 | 2 | 9 | 18 | 25 | 30 | 35 | 8 | | x | x | | | | | x | | | | | | | | | | | | | | | |
| Vegetarian eggroll | 1 | 140 | 40 | 4.5 | 0 | 0 | 0 | 480 | 22 | 2 | 2 | 4 | 25 | 20 | 2 | 6 | | | x | x | | | | x | | | | | | | | | | | | | | | |
| Western pork ribs | 8 oz | 660 | 190 | 22 | 8 | 0 | 130 | 670 | 79 | <1 | 70 | 39 | 15 | 10 | 15 | 25 | | | | x | | | | x | | x | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | None | milk | egg | soy | peanut | tree nut | wheat | fish | shellfish | | | | | | | | | | | | | | | |
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