



MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS  
Run Date: 10/13/2023  
Eurest Sector (F00000)

| Report Parameters      |  |
|------------------------|--|
| Menus Included:        | *2023 Core - Eurest Culinary Core Standard Menu - FDA (Master)   |
| Days/Dates Included:   | 1 - 7  |
| Meal Periods Included: | Breakfast, Lunch   |
| Stations Included:     | Fish Market - Protein, Salad Bar - Greens, Salad Bar - Vegetables, Salad Bar - Roasted/Pickled Veggies, Salad Bar - Fruit, Salad Bar - Grains & Legumes, Salad Bar - Proteins, Salad Bar - Cheese, Salad Bar - Toppings, Salad Bar - Dressings, Salad Bar - Dressings (Plus 1), Salad Bar - Dressings (scratch), Salad Bar - Composed Grains, Salad Bar - Composed Salads, Salad Bar - Sandwich/Wrap Extension |

Purpose of the Report:

The purpose of the FDA Menu Labeling Additional Information Report is to provide menu nutrition information using FDA guidelines as found on nutrition labels.

2000 calories a day is used for general nutrition advice, but calorie needs vary.  
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| Recipe Name  | Recipe Number | Portion Size | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g)   | Total Sugars (g) | Added sugars (g)  | Cholesterol (mg)       | Protein (g) | Dietary Fiber (g) | Sodium (mg) |
|--|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|------------------|------------------|-------------------|------------------------|-------------|-------------------|-------------|
| Lunch - Fish Market - Protein                            |               |              |             |            |          |               |                   |               |                  |                  |                   |                        |             |                   |             |
| EUR: Grilled Cod   | 16299.5       | 1 each       | 3.29oz      | 93.38g     | 120      | 5             | 0.5               | 0+            | 0                | 0                | -                 | 50                     | 17          | 0                 | 440         |
| EUR: Grilled Halibut                                     | 12989.9       | 1 each       | 4.73oz      | 134.03g    | 160      | 3.5           | 0.5               | 0             | 0                | 0                | -                 | 80                     | 30          | 0                 | 170         |
| EUR: Grilled Mahi  | 12989.13      | 1 serving(s) | 3.17oz      | 89.8g      | 110      | 2             | 0                 | 0+            | 0                | 0+               | -                 | 85                     | 21          | 0                 | 160         |
| EUR: Grilled Rockfish                                    | 12989.10      | 1 each       | 3.05oz      | 86.4g      | 80       | 2.5           | 0                 | 0             | 0                | 0                | 0+                | 40                     | 12          | 0                 | 170         |
| EUR: Grilled Shrimp                                      | 12989.16      | 1 serving(s) | 4.19oz      | 118.81g    | 150      | 5             | 0                 | 0             | 0                | 0+               | -                 | 215                    | 27          | 0+                | 360         |
| EUR: Grilled Tilapia                                     | 18020.8       | 1 each       | 3.3oz       | 93.42g     | 150      | 7             | 1                 | 0+            | 0                | 0                | -                 | 50                     | 23          | 0                 | 160         |
| EUR: Grilled Wild Salmon, 4 oz.                          | 18020.10      | 1 each       | 3.31oz      | 93.78g     | 180      | 9             | 1                 | 0             | 0                | 0+               | -                 | 50                     | 22          | 0                 | 200         |
| EUR: Grilled Yellow Fin Tuna                             | 12989.14      | 1 each       | 3.65oz      | 103.41g    | 140      | 1.5           | 0                 | 0             | 0                | 0                | -                 | 50                     | 30          | 0                 | 115         |
| Lunch - Salad Bar - Dressings (Plus 1)                   |               |              |             |            |          |               |                   |               |                  |                  |                   |                        |             |                   |             |
| archive 12/01/2021 EUR: Maple Apple Vinaigrette (Plus 1) | 102919.1      | 1 floz       | 1.15oz      | 32.5g      | 80       | 6             | 1                 | 0+            | 8                | 4                | 1+                | 0                      | 0           | 0                 | 140         |
| EUR: Avocado Ranch Dressing (Plus 1)                     | 102916.1      | 1 floz       | 1.18oz      | 33.34g     | 130      | 13            | 2                 | 0             | 2                | less than 1 gram | less than 1 gram+ | 10                     | 0           | less than 1 gram  | 150         |
| EUR: Basil Pesto Dressing (Plus 1)                       | 34864.1       | 1 floz       | 1.05oz      | 29.79g     | 110      | 12            | 2                 | 0             | 2                | 2                | 2                 | 0                      | 0           | 0                 | 260         |
| EUR: BBQ Ranch Dressing (Plus 1)                         | 34862.1       | 1 floz       | 1.06oz      | 29.93g     | 130      | 13            | 2                 | 0             | 2                | 2                | less than 1 gram+ | 10                     | 0           | 0                 | 200         |
| EUR: Buffalo Caesar Dressing (Plus 1)                    | 87341         | 1 floz       | 1.01oz      | 28.59g     | 60       | 6             | 1                 | 0             | less than 1 gram | 0                | 0                 | 0                      | 0           | 0                 | 500         |
| EUR: Buffalo Ranch Dressing (Plus 1)                     | 88856         | 1 floz       | 1.02oz      | 28.8g      | 50       | 5             | 0.5               | 0             | less than 1 gram | 0                | 0                 | less than 5 milligrams | 0           | 0                 | 470         |
| EUR: Chinois Dressing (Plus 1)                           | 9189.1        | 1 floz       | 1.07oz      | 30.4g      | 90       | 10            | 1.5               | 0             | 3                | 2                | 2+                | 0                      | 0           | 0                 | 270         |
| EUR: Chipotle Citrus Ranch Dressing (plus 1)             | 34857.4       | 1 floz       | 1.04oz      | 29.44g     | 130      | 14            | 2                 | 0             | 1                | 1+               | less than 1 gram+ | 10                     | 0           | 0                 | 180         |
| EUR: Chipotle Honey Mustard (Plus 1)                     | 71312.1       | 1 floz       | 1.08oz      | 30.58g     | 110      | 10            | 1.5               | 0             | 6                | 5                | 5+                | 15                     | 0           | 0                 | 140         |
| EUR: Cranberry Basil Vinaigrette (Plus 1)                | 102923.1      | 1 floz       | 1.04oz      | 29.55g     | 50       | 3             | 0                 | 0             | 7                | 6                | 2+                | 0                      | 0           | 0                 | 115         |

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Eurest Sector (F00000)

| Recipe Name  | Recipe Number | Portion Size | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g)   | Total Sugars (g)  | Added sugars (g)  | Cholesterol (mg) | Protein (g)      | Dietary Fiber (g) | Sodium (mg) |
|--|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|------------------|-------------------|-------------------|------------------|------------------|-------------------|-------------|
| EUR: Dill Cucumber Ranch Dressing (Plus 1)         | 34863.1       | 1 floz       | 0.98oz      | 27.66g     | 120      | 13            | 2                 | 0             | 1                | less than 1 gram+ | less than 1 gram+ | 10               | 0                | 0                 | 170         |
| EUR: Garlic Parmesan Ranch Sauce (Plus 1)          | 24747.22      | 1 floz       | 0.72oz      | 20.49g     | 70       | 7             | 1.5               | 0+            | less than 1 gram | 0                 | 0+                | 10               | 1                | 0                 | 130         |
| EUR: Green Goddess Ranch (Plus 1)                  | 102917.1      | 1 floz       | 0.98oz      | 27.9g      | 110      | 12            | 1.5               | 0             | 1                | less than 1 gram  | less than 1 gram+ | 10               | 0                | 0                 | 150         |
| EUR: Green Tea Vinaigrette (Plus 1)                | 102920.1      | 1 floz       | 1.03oz      | 29.27g     | 100      | 11            | 2                 | 0+            | 3                | 3                 | 2+                | 0                | 0                | 0                 | 240         |
| EUR: Mandarin Orange Vinaigrette (Plus 1)          | 102921.1      | 1 floz       | 1.01oz      | 28.76g     | 80       | 8             | 1.5               | 0+            | 3                | 3                 | 1+                | 0                | 0                | 0                 | 180         |
| EUR: Orange Miso Dressing (Plus 1)                 | 34859.1       | 1 floz       | 1.06oz      | 30.13g     | 90       | 10            | 1.5               | 0             | 2                | 2                 | 2+                | 0                | 0                | 0                 | 300         |
| EUR: Orange Sesame Dressing (Plus 1)               | 10874.1       | 1 floz       | 0.92oz      | 26.14g     | 90       | 8             | 1                 | 0+            | 4                | 4+                | -                 | 0                | 0                | 0                 | 150         |
| EUR: Peach Vinaigrette (Plus 1)                    | 102924.1      | 1 floz       | 0.98oz      | 27.68g     | 45       | 3             | 0                 | 0+            | 5                | 4                 | 2+                | 0                | 0                | 0                 | 115         |
| EUR: Raspberry Balsamic Basil Vinaigrette (Plus 1) | 102926.1      | 1 floz       | 0.9oz       | 25.61g     | 45       | 3             | 0                 | 0+            | 5                | 4                 | 2+                | 0                | 0                | 0                 | 115         |
| EUR: Southwest Caesar Dressing (Plus 1)            | 34860.1       | 1 floz       | 1.04oz      | 29.59g     | 150      | 15            | 2.5               | 0+            | 1                | 0                 | 0+                | 0                | 1                | 0                 | 280         |
| EUR: Sriracha Caesar Dressing (Plus 1)             | 102918.1      | 1 floz       | 1.02oz      | 28.91g     | 140      | 14            | 2.5               | 0+            | 1                | 0                 | 0+                | 0                | less than 1 gram | 0                 | 300         |
| EUR: Sun-Dried Tomato Vinaigrette (Plus 1)         | 102927.1      | 1 floz       | 1.07oz      | 30.36g     | 110      | 11            | 2                 | 0+            | 4                | 4                 | 2+                | 0                | 0                | 0                 | 260         |
| EUR: Sweet Potato Vinaigrette (Plus 1)             | 102922.1      | 1 floz       | 1.11oz      | 31.6g      | 90       | 8             | 1.5+              | 0             | 3                | 2+                | 1+                | 0                | 0                | 0                 | 180         |
| EUR: Thai Chili Vinaigrette (Plus 1)               | 102925.1      | 1 floz       | 1.11oz      | 31.37g     | 100      | 8             | 1.5               | 0             | 7                | 6                 | 6                 | 0                | 0                | 0                 | 330         |
| Lunch - Salad Bar - Cheese                         |               |              |             |            |          |               |                   |               |                  |                   |                   |                  |                  |                   |             |
| Ingredient: Cheese, Blue, Crumbles                 | 47711.1       | 1 tbsp       | 0.3oz       | 8.44g      | 30       | 2.5           | 1.5               | -             | 0                | 0                 | -                 | 5                | 2                | 0                 | 95          |
| Ingredient: Cheese, Cheddar, Mild, Shredded        | 62344         | 1 tbsp       | 0.25oz      | 7.06g      | 30       | 2.5           | 1.5               | -             | 0                | 0                 | -                 | 5                | 2                | 0                 | 45          |
| Ingredient: Cheese, Feta, Crumbled                 | 62345         | 1 tbsp       | 0.33oz      | 9.37g      | 25       | 2             | 1                 | -             | 0                | 0                 | -                 | 10               | 1                | 0                 | 105         |

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|--|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|----------------|------------------|------------------|------------------------|------------------|-------------------|-------------|
| Ingredient: Cheese, Mozzarella, Part Skim, Shredded                                  | 3664.3        | 1 tbsp       | 0.25oz      | 7.06g      | 20       | 1.5           | 1                 | 0             | 0              | 0                | -                | less than 5 milligrams | 2                | 0                 | 45          |
| Ingredient: Cheese, Parmesan, Shredded   | 63313         | 1 tbsp       | 0.18oz      | 5g         | 20       | 1.5           | 1                 | -             | 0              | 0                | -                | less than 5 milligrams | 2                | 0                 | 85          |
| Lunch - Salad Bar - Composed Grains  |               |              |             |            |          |               |                   |               |                |                  |                  |                        |                  |                   |             |
| Archive 11/01/2023 EUR: Asparagus Caviar Medley with Pinenuts and Lemon Mint Pesto   | 56720         | 1/4 cup      | 0.84oz      | 23.87g     | 40       | 2             | 0                 | 0+            | 4              | 0+               | 0+               | 0                      | less than 1 gram | less than 1 gram  | 35          |
| Archive 11/01/2023 EUR: Creamy Cucumber Radish Caper Caviar Medley Salad             | 56394         | 1/4 cup      | 3.97oz      | 112.58g    | 110      | 2.5           | 0                 | 0+            | 18             | 2+               | 0+               | less than 5 milligrams | 3                | 2                 | 190         |
| Archive 11/01/2023 EUR: Curried Caviar Medley with Green Apple Cranberry Salad       | 56393         | 1/4 cup      | 1.02oz      | 28.88g     | 25       | 0             | 0                 | 0+            | 6              | 2                | 0+               | 0                      | 0                | less than 1 gram  | 25          |
| Archive 11/01/2023 EUR: Golden Jewel Cauliflower Salad with Spicy Peanut Vinaigrette | 43082.3       | 1/4 cup      | 1.32oz      | 37.29g     | 60       | 3             | 0                 | 0+            | 7              | less than 1 gram | 0+               | 0                      | 2                | less than 1 gram  | 35          |
| Archive 11/01/2023 EUR: Southwest Wheat Couscous Salad                               | 42460.1       | 1/4 cup      | 2.25oz      | 63.83g     | 80       | 2.5           | 0                 | 0             | 12             | less than 1 gram | 0+               | 0                      | 2                | 2                 | 30          |
| Archive 11/01/2023 EUR: Sun-Dried Tomato Pesto Couscous Salad                        | 56407         | 1/4 cup      | 2.03oz      | 57.59g     | 80       | 2.5           | 0                 | 0             | 13             | 1                | 0+               | 0                      | 3                | 1                 | 70          |
| Archive 11/01/2023 EUR: Thai Spinach and Pearl Couscous Salad with Pineapple         | 43189.2       | 1/4 cup      | 0.88oz      | 25.07g     | 25       | 0             | 0                 | 0             | 5              | 2                | 1+               | 0                      | less than 1 gram | 0                 | 45          |
| Archive 11/01/2023 EUR: Wheat Couscous Curry Carrot Salad                            | 42457.1       | 1/4 cup      | 1.78oz      | 50.6g      | 70       | 2.5           | 0                 | 0+            | 11             | 3                | 0+               | 0                      | 2                | 1                 | 10          |
| EUR: Black Barley Greek Salad  | 56135         | 1/4 cup      | 1.54oz      | 43.63g     | 60       | 2.5           | 0.5               | 0+            | 8              | 0                | -                | less than 5 milligrams | 2                | 2                 | 65          |
| EUR: Black Barley Thai Salad   | 56392         | 1/4 cup      | 3.16oz      | 89.61g     | 50       | 0             | 0                 | 0+            | 11             | 3                | 2+               | 0                      | 1                | 2                 | 95          |
| EUR: Cabernet Medley Strawberry Waldorf Salad  | 56159         | 1/4 cup      | 2.25oz      | 63.68g     | 90       | 4             | 0.5               | 0+            | 12             | 3                | 0+               | less than 5 milligrams | 1                | 1                 | 65          |
| EUR: Farmstand Quinoa Salad  | 9888.3        | 1/4 cup      | 2.13oz      | 60.25g     | 80       | 3.5           | 1                 | 0+            | 10             | 1+               | 0+               | less than 5 milligrams | 3                | 2                 | 115         |

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|---|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|------------------|-------------------|-------------------|------------------------|-------------|-------------------|-------------|
| EUR: Farro, Black Barley, Edamame Ginger Soy Veggie Salad           | 53494         | 1/4 cup      | 2.3oz       | 65.19g     | 50       | 1             | 0                 | 0+            | 8                | 1                 | 0+                | 0                      | 2           | 2                 | 40          |
| EUR: Greek Farro Salad  | 43066.6       | 1/4 cup      | 2.16oz      | 61.21g     | 60       | 3.5           | 0.5               | 0+            | 7                | less than 1 gram  | 0+                | 0                      | 2           | less than 1 gram  | 75          |
| EUR: Quinoa Honey Mustard Potato Salad                              | 43091.4       | 1/4 cup      | 1.63oz      | 46.22g     | 60       | 2             | 0                 | 0+            | 10               | 2                 | 0+                | 0                      | 1           | less than 1 gram  | 95          |
| EUR: Red Quinoa Tropical Fruit and Pecan Salad                      | 56719         | 1/4 cup      | 1.99oz      | 56.52g     | 80       | 3             | 0                 | 0+            | 12               | 2+                | 0+                | 0                      | 3           | 1                 | 60          |
| EUR: Sweet Potato Honey Pecan Barley Salad                          | 41761.1       | 1/4 cup      | 2.92oz      | 82.67g     | 60       | 1             | 0                 | 0+            | 12               | 4                 | 0+                | 0                      | 2           | 2                 | 110         |
| EUR: Wheat Berry and Black Bean Salad                               | 38800.1       | 1/4 cup      | 3.48oz      | 98.67g     | 100      | 4.5           | 0                 | 0+            | 12               | 0                 | 0+                | 0                      | 3           | 3                 | 150         |
| EUR: Wheat Berry, Cannellini Bean, Tomato Basil Salad               | 41463.2       | 1/4 cup      | 3.39oz      | 96.17g     | 100      | 4.5           | 0                 | 0             | 12               | less than 1 gram  | 0+                | 0                      | 3           | 3                 | 135         |
| Lunch - Salad Bar - Composed Salads                                 |               |              |             |            |          |               |                   |               |                  |                   |                   |                        |             |                   |             |
| EUR: Caprese Pasta Salad WW Penne                                   | 35024.4       | 1/4 cup      | 1.53oz      | 43.38g     | 50       | 2             | 0.5               | 0+            | 7                | 1                 | less than 1 gram+ | less than 5 milligrams | 2           | less than 1 gram  | 95          |
| EUR: Citrus Almond Rice Salad                                       | 35822.2       | 1/4 cup      | 1.89oz      | 53.57g     | 90       | 3             | 0                 | 0+            | 14               | 3                 | 0+                | 0                      | 1           | less than 1 gram  | 25          |
| EUR: Creamy Broccoli Bacon Salad                                    | 35086.18      | 1/4 cup      | 2.42oz      | 68.73g     | 50       | 2             | 0                 | 0+            | 8                | 4                 | 0+                | less than 5 milligrams | 2           | 2                 | 80          |
| EUR: Creamy Cucumber Dill Salad                                     | 35077.1       | 1/4 cup      | 1.28oz      | 36.35g     | 10       | 0.5           | 0                 | 0+            | less than 1 gram | 0+                | -                 | less than 5 milligrams | 0           | 0                 | 35          |
| EUR: Cucumber Peanut Salad  | 34990.3       | 1/4 cup      | 1.18oz      | 33.5g      | 15       | 0.5           | 0                 | 0+            | 2                | 1                 | -                 | 0                      | 0           | 0                 | 100         |
| EUR: Cucumber, Tomato & Pepper Salad                                | 35092.2       | 1/4 cup      | 2.45oz      | 69.33g     | 60       | 5             | 0                 | 0             | 3                | 1                 | -                 | 0+                     | 0           | less than 1 gram  | 30          |
| EUR: Curried Carrot Salad   | 35064.4       | 1/4 cup      | 1.37oz      | 38.87g     | 100      | 8             | 1                 | 0+            | 7                | 5                 | 0+                | less than 5 milligrams | 0           | 1                 | 95          |
| EUR: Dijon Roasted Potato Salad                                     | 34991.11      | 1/4 cup      | 1.72oz      | 48.72g     | 70       | 3.5           | 0                 | 0+            | 7                | less than 1 gram+ | 0+                | 15                     | 1           | less than 1 gram  | 170         |
| EUR: Giant Peruvian Lima, Bacon and Bleu Salad with Candied Walnuts | 53336         | 1/4 cup      | 3.22oz      | 91.25g     | 160      | 10            | 3.5               | 0+            | 13               | 5                 | 0+                | 15                     | 7           | 3                 | 330         |

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|--|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|----------------|-------------------|------------------|------------------------|------------------|-------------------|-------------|
| EUR: Greek Pasta Salad   | 35069.5       | 1/4 cup      | 1.45oz      | 41.06g     | 60       | 3             | 0.5               | 0+            | 7              | 0                 | -                | less than 5 milligrams | 2                | less than 1 gram  | 90          |
| EUR: Jalapeno Spiked Slaw                                      | 35095.7       | 1/4 cup      | 2.55oz      | 72.22g     | 50       | 3.5           | 0.5               | 0             | 4              | 2                 | 0+               | less than 5 milligrams | less than 1 gram | 1                 | 110         |
| EUR: Loaded Potato Salad                                       | 34989.6       | 1/4 cup      | 1.89oz      | 53.59g     | 90       | 5             | 1.5               | 0+            | 8              | less than 1 gram  | 0+               | 10                     | 2                | less than 1 gram  | 210         |
| EUR: Marinated Chickpeas                                       | 62871.2       | 1/4 cup      | 1.66oz      | 46.97g     | 110      | 6             | 0                 | 0             | 11             | 2                 | 0+               | 0                      | 3                | 3                 | 210         |
| EUR: Marinated Mushroom Salad                                  | 96871.1       | 1/4 cup      | 2.07oz      | 58.8g      | 60       | 5             | 0                 | 0             | 3              | 1+                | -                | 0                      | 1                | less than 1 gram  | 10          |
| EUR: Marinated Olive Salad                                     | 96871         | 1/4 cup      | 1.4oz       | 39.57g     | 60       | 6             | 0.5               | 0             | 2              | 0+                | 0+               | 0                      | 0                | less than 1 gram  | 270         |
| EUR: Roasted Curry Cauliflower Salad                           | 35835.1       | 1/4 cup      | 1.15oz      | 32.71g     | 60       | 4.5           | 0                 | 0             | 5              | 3                 | -                | 0                      | less than 1 gram | less than 1 gram  | 45          |
| EUR: Roasted Vegetables  | 8289.2        | 1/4 cup      | 1.92oz      | 54.41g     | 35       | 2.5           | 0                 | 0             | 3              | 2+                | -                | 0                      | less than 1 gram | less than 1 gram  | 30          |
| EUR: Southern Cornbread Salad                                  | 35783.4       | 1/4 cup      | 1.15oz      | 32.73g     | 110      | 10            | 2.5               | 0+            | 4              | 2                 | 0+               | 15                     | less than 1 gram | 0                 | 120         |
| EUR: Southwest Orzo Salad                                      | 35073.2       | 1/4 cup      | 1.68oz      | 47.74g     | 45       | 1             | 0                 | 0+            | 7              | less than 1 gram+ | -                | 5                      | 2                | 1+                | 30          |
| EUR: Stir Fry Style Vegetable Blend                            | 3540.5        | 1/4 cup      | 1.67oz      | 47.43g     | 20       | 0             | 0                 | 0             | 4              | 2+                | 0+               | 0                      | 1                | 1                 | 20          |
| EUR: Sweet and Sour Cucumber Salad                             | 35818.2       | 1/4 cup      | 1.19oz      | 33.64g     | 40       | 4             | 0                 | 0+            | 1              | less than 1 gram  | -                | 0                      | 0                | 0                 | 25          |
| EUR: Sweet Potato and Apple Salad                              | 34993.2       | 1/4 cup      | 1.83oz      | 51.93g     | 80       | 4.5           | 0                 | 0+            | 11             | 5                 | 0+               | 0                      | less than 1 gram | 1                 | 50          |
| Lunch - Salad Bar - Dressings                                  |               |              |             |            |          |               |                   |               |                |                   |                  |                        |                  |                   |             |
| Ingredient: Oil, Olive   | 47805.1       | 1 floz       | 0.95oz      | 27g        | 240      | 27            | 3.5               | -             | 0              | 0                 | -                | 0                      | 0                | 0                 | 0           |
| Ingredient: Salad Dressing, 1000 Island                        | 62351         | 1 floz       | 1.06oz      | 30g        | 110      | 10            | 1.5               | 0             | 5              | 5                 | 5                | less than 5 milligrams | 0                | 0                 | 280         |
| Ingredient: Salad Dressing, 1000 Island, Fat Free, Kraft, Bulk | 16658         | 1 floz       | 1.2oz       | 34.01g     | 40       | 0             | 0                 | 0             | 9              | 5                 | -                | 0                      | 0                | 0                 | 280         |
| Ingredient: Salad Dressing, Balsamic Vinaigrette, Ken's, Bulk  | 16776         | 1 floz       | 1.04oz      | 29.37g     | 60       | 4.5           | 0                 | 0             | 5              | 4                 | 4                | 0                      | 0                | 0                 | 190         |

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

| Recipe Name  | Recipe Number | Portion Size | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g) | Total Sugars (g) | Added sugars (g) | Cholesterol (mg) | Protein (g)      | Dietary Fiber (g) | Sodium (mg) |
|--|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|----------------|------------------|------------------|------------------|------------------|-------------------|-------------|
| Ingredient: Salad Dressing, Blue Cheese                  | 44317.1       | 1 floz       | 1.08oz      | 30.62g     | 160      | 16            | 3.5               | 0             | 1              | 1                | 0                | 15               | 0                | 0                 | 270         |
| Ingredient: Salad Dressing, Blue Cheese, Fat Free        | 16715         | 1 floz       | 1.17oz      | 33.12g     | 40       | 0             | 0                 | 0             | 8              | 2                | -                | 0                | less than 1 gram | less than 1 gram  | 270         |
| Ingredient: Salad Dressing, Blue Cheese, Ken's           | 16714         | 1 floz       | 1.08oz      | 30.62g     | 160      | 16            | 3.5               | 0             | 1              | 1                | 0                | 15               | 0                | 0                 | 270         |
| Ingredient: Salad Dressing, Caesar, Creamy, Ken's, Bulk  | 44327.1       | 1 floz       | 1.04oz      | 29.37g     | 150      | 16            | 2.5               | 0             | 1              | 0                | 0                | 0                | 1                | 0                 | 280         |
| Ingredient: Salad Dressing, French, California, Fat Free | 16712         | 1 floz       | 1.13oz      | 32g        | 40       | 0             | 0                 | 0             | 9              | 7                | 6                | 0                | 0                | less than 1 gram  | 330         |
| Ingredient: Salad Dressing, French, Deluxe, Ken's, Bulk  | 62353         | 1 floz       | 1.06oz      | 30g        | 120      | 11            | 1.5               | 0             | 5              | 5                | 5                | 0                | 0                | 0                 | 250         |
| Ingredient: Salad Dressing, Greek Feta, Ken's, Bulk      | 62357.2       | 1 floz       | 1.13oz      | 32g        | 100      | 10            | 1.5               | 0             | 2              | 1                | 1                | 5                | 0                | 0                 | 280         |
| Ingredient: Salad Dressing, Honey Mustard, Ken's         | 5323          | 1 floz       | 1.06oz      | 30g        | 130      | 12            | 2                 | 0             | 7              | 6                | 6                | 15               | 0                | 0                 | 160         |
| Ingredient: Salad Dressing, Italian, Fat Free            | 16693         | 1 floz       | 1.06oz      | 30g        | 15       | 0             | 0                 | 0             | 3              | 2                | less than 1 gram | 0                | 0                | 0                 | 470         |
| Ingredient: Salad Dressing, Italian, Golden, Ken's, Bulk | 62356         | 1 floz       | 1.06oz      | 30g        | 110      | 12            | 2                 | 0             | 2              | 2                | 2                | 0                | 0                | 0                 | 270         |
| Ingredient: Salad Dressing, Poppyseed, Ken's, Bulk       | 16716         | 1 floz       | 1.06oz      | 30g        | 130      | 11            | 1.5               | 0             | 9              | 8                | 8                | 15               | 0                | 0                 | 220         |
| Ingredient: Salad Dressing, Ranch, Fat Free, Ken's       | 62358         | 1 floz       | 1.05oz      | 29.84g     | 30       | 0             | 0                 | 0             | 7              | 3                | 2                | 0                | 0                | less than 1 gram  | 370         |
| Ingredient: Salad Dressing, Ranch, Ken's, Bulk           | 62357         | 1 floz       | 1.06oz      | 30g        | 140      | 15            | 2                 | 0             | 1              | 1                | 1                | 10               | 0                | 0                 | 190         |
| Ingredient: Salad Dressing, Ranch, Light, Ken's, Bulk    | 62357.1       | 1 floz       | 1.06oz      | 30g        | 80       | 8             | 1                 | 0             | 2              | less than 1 gram | 0                | 10               | less than 1 gram | 0                 | 270         |
| Ingredient: Salad Dressing, Raspberry, Fat Free          | 62359         | 1 floz       | 1.06oz      | 30g        | 30       | 0             | 0                 | 0             | 8              | 7                | 7                | 0                | 0                | 0                 | 75          |
| Ingredient: Salad Dressing, Sesame                       | 16689         | 1 floz       | 1.06oz      | 30g        | 110      | 9             | 1.5               | 0             | 6              | 6                | -                | 0                | 0                | 0                 | 280         |
| Ingredient: Vinegar, Balsamic                            | 47957.11      | 1 floz       | 1.05oz      | 29.87g     | 25       | 0             | 0                 | 0             | 5              | 4                | -                | -                | 0                | -                 | 5           |
| Ingredient: Vinegar, Cider                               | 78645         | 1 floz       | 1.05oz      | 29.87g     | 5        | 0             | 0                 | 0             | 0              | 0                | -                | 0                | 0                | 0                 | 0           |

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS  
Run Date: 10/13/2023  
Eurest Sector (F00000)

| Recipe Name                                       | Recipe Number | Portion Size | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g)   | Total Sugars (g) | Added sugars (g) | Cholesterol (mg)        | Protein (g)      | Dietary Fiber (g) | Sodium (mg) |
|---|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|------------------|------------------|------------------|-------------------------|------------------|-------------------|-------------|
| Ingredient: Vinegar, Red Wine                     | 62369         | 1 floz       | 1.05oz      | 29.87g     | 5        | 0             | 0                 | 0             | 0                | 0                | -                | -                       | 0                | 0                 | 0           |
| Lunch - Salad Bar - Dressings (scratch)           |               |              |             |            |          |               |                   |               |                  |                  |                  |                         |                  |                   |             |
| EUR: 1000 Island Dressing (Scratch)               | 67811.8       | 1 floz       | 1oz         | 28.44g     | 60       | 5             | 1                 | 0+            | 2                | 1                | 0+               | 15+                     | less than 1 gram | 0                 | 180         |
| EUR: Balsamic Dijon Vinaigrette (Scratch)         | 4522.1        | 1 floz       | 1.22oz      | 34.67g     | 190      | 21            | 1.5               | 0             | 2                | 1                | 0+               | 0+                      | 0                | 0+                | 330         |
| EUR: Balsamic Vinaigrette (scratch)               | 12905.4       | 1 floz       | 0.76oz      | 21.65g     | 90       | 9             | 0.5               | 0+            | 3                | 3                | 0+               | 0+                      | 0                | 0+                | 50          |
| EUR: Basic Red Wine Vinaigrette (Scratch)         | 8047.1        | 1 floz       | 1oz         | 28.28g     | 160      | 18            | 1.5               | 0             | 0                | 0                | -                | 0+                      | 0                | 0                 | 65          |
| EUR: Blue Cheese Dressing (scratch)               | 24747.23      | 1 floz       | 0.98oz      | 27.66g     | 120      | 12            | 2.5               | 0+            | less than 1 gram | less than 1 gram | -                | 10+                     | 1                | 0                 | 190         |
| EUR: Blue Cheese Vinaigrette (scratch)            | 28696.23      | 1 floz       | 1.08oz      | 30.49g     | 80       | 9             | 1.5               | 0+            | less than 1 gram | 0                | 0+               | 0                       | 0                | 0                 | 170         |
| EUR: Buttermilk Ranch Dressing (scratch)          | 24747.24      | 1 floz       | 0.96oz      | 27.32g     | 120      | 13            | 2                 | 0+            | less than 1 gram | less than 1 gram | -                | 5                       | less than 1 gram | 0                 | 160         |
| EUR: Caesar Dressing (Scratch)                    | 78326         | 1 floz       | 1oz         | 28.22g     | 180      | 19            | 3                 | 0+            | 0                | 0                | 0+               | less than 5 milligrams+ | less than 1 gram | 0                 | 180         |
| EUR: Chimichurri Vinaigrette (Scratch)            | 41575.3       | 1 floz       | 1.14oz      | 32.45g     | 50       | 5             | 0.5               | 0+            | 2                | 0                | -                | 0+                      | less than 1 gram | less than 1 gram  | 270         |
| EUR: Chipotle Buttermilk Dressing (Scratch)       | 42006         | 1 floz       | 1.06oz      | 30.12g     | 35       | 2.5           | 0                 | 0+            | 3                | 2                | 0+               | less than 5 milligrams  | less than 1 gram | 0                 | 100         |
| EUR: Chipotle Dressing (Scratch)                  | 41673         | 1 floz       | 0.95oz      | 26.95g     | 90       | 9             | 0.5               | 0+            | 2                | less than 1 gram | 0+               | 0+                      | 0                | 0                 | 55          |
| EUR: Cilantro Jalapeno Lime Vinaigrette (Scratch) | 48821         | 1 floz       | 0.9oz       | 25.62g     | 180      | 19            | 1.5               | 0+            | 1                | less than 1 gram | -                | 0                       | 0                | 0                 | 150         |
| EUR: Cilantro Lime Vinaigrette (Scratch)          | 81761         | 1 floz       | 0.99oz      | 27.99g     | 140      | 16            | 1                 | 0+            | less than 1 gram | 0                | -                | 0                       | 0                | 0                 | 10          |
| EUR: Cilantro Orange Vinaigrette (Scratch)        | 81761.1       | 1 floz       | 0.97oz      | 27.5g      | 140      | 16            | 1                 | 0             | less than 1 gram | 0                | -                | 0                       | 0                | 0                 | 15          |
| EUR: Citrus Chipotle Vinaigrette (scratch)        | 21499.1       | 1 floz       | 1.41oz      | 39.9g      | 130      | 12            | 1.5               | 0+            | 5                | 4                | 0+               | 0                       | less than 1 gram | 1                 | 110         |
| EUR: Cranberry Vinaigrette (Scratch)              | 14574.2       | 1 floz       | 0.98oz      | 27.67g     | 35       | 2.5           | 0                 | 0+            | 4                | 3                | -                | 0                       | 0                | 0                 | 230         |

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Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

| Recipe Name                                   | Recipe Number | Portion Size | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g)   | Total Sugars (g) | Added sugars (g) | Cholesterol (mg) | Protein (g)      | Dietary Fiber (g) | Sodium (mg) |
|---|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|------------------|------------------|------------------|------------------|------------------|-------------------|-------------|
| EUR: Creamy Avocado Dressing (Scratch)        | 41573         | 1 floz       | 1.02oz      | 28.91g     | 25       | 1.5           | 0                 | 0             | 2                | less than 1 gram | 0+               | 0                | 2                | less than 1 gram  | 520         |
| EUR: Creamy Garlic Dressing (scratch)         | 71304.2       | 1 floz       | 0.93oz      | 26.33g     | 50       | 4             | 0.5               | 0+            | 3                | less than 1 gram | 0+               | 5                | less than 1 gram | 0                 | 140         |
| EUR: Creamy Honey Jalapeno Dressing (Scratch) | 49319.2       | 1 floz       | 1.13oz      | 31.98g     | 80       | 8             | 3                 | 0+            | 3                | 2+               | 0+               | 20               | 0                | 0                 | 110         |
| EUR: Creamy Poppyseed Dressing (Scratch)      | 45489         | 1 floz       | 1oz         | 28.43g     | 20       | 0             | 0                 | 0+            | 2                | 2                | -                | 0                | 3                | 0                 | 10          |
| EUR: Creamy Southwest Dressing (Scratch)      | 41585         | 1 floz       | 1.12oz      | 31.61g     | 30       | 3             | 1                 | 0+            | 2                | 0                | 0+               | 5                | 0                | 0                 | 180         |
| EUR: Curry Vinaigrette (scratch)              | 42349.1       | 1 floz       | 1.04oz      | 29.61g     | 180      | 20            | 1.5               | 0+            | 2                | 2                | -                | 0                | 0                | 0                 | 20          |
| EUR: Greek Vinaigrette (scratch)              | 9378.2        | 1 floz       | 1.24oz      | 35.29g     | 120      | 13            | 1.5               | 0+            | 2                | 0                | -                | 0+               | 0                | 0                 | 75          |
| EUR: Green Goddess Dressing (scratch)         | 71306.2       | 1 floz       | 0.91oz      | 25.8g      | 35       | 3             | 1                 | 0+            | 1                | 0                | 0+               | 5                | less than 1 gram | 0                 | 125         |
| EUR: Harissa Vinaigrette (Scratch)            | 83037.1       | 1 floz       | 0.97oz      | 27.4g      | 50       | 3.5           | 0                 | 0+            | 3                | 2                | 0+               | 0                | 0                | 1                 | 240         |
| EUR: Honey Mustard Dressing (scratch)         | 27070.1       | 1 floz       | 1.29oz      | 36.44g     | 70       | 0             | 0                 | 0+            | 18               | 18               | 0+               | 0                | 0                | 0                 | 160         |
| EUR: House Vinaigrette (Scratch)              | 8303          | 1 floz       | 1.01oz      | 28.55g     | 170      | 18            | 1.5               | 0             | less than 1 gram | less than 1 gram | -                | 0+               | 0                | 0+                | 40          |
| EUR: Italian Vinaigrette (Scratch)            | 16717.5       | 1 floz       | 1.11oz      | 31.37g     | 90       | 9             | 1.5               | 0+            | less than 1 gram | 0                | -                | 0+               | 0                | 0                 | 170         |
| EUR: Jalapeno Ranch Dressing (scratch)        | 24747.25      | 1 floz       | 1.03oz      | 29.31g     | 130      | 14            | 2                 | 0+            | less than 1 gram | less than 1 gram | -                | 5                | less than 1 gram | 0                 | 170         |
| EUR: Lemon Dill Dijon Vinaigrette (scratch)   | 59037.3       | 1 floz       | 0.96oz      | 27.22g     | 100      | 11            | 1                 | 0+            | 1                | 0+               | 0+               | 0                | 0                | 0                 | 160         |
| EUR: Lemon Oregano Vinaigrette (Scratch)      | 43059.2       | 1 floz       | 0.94oz      | 26.67g     | 170      | 18            | 1.5               | 0+            | 2                | 2                | 0+               | 0                | 0                | 0                 | 45          |
| EUR: Lemon Vinaigrette (Scratch)              | 7860.1        | 1 floz       | 1.02oz      | 28.88g     | 130      | 14            | 2                 | 0+            | less than 1 gram | 0                | -                | 0                | 0                | 0                 | 310         |
| EUR: Ranch Dressing (Scratch)                 | 67811.7       | 1 floz       | 1.11oz      | 31.38g     | 45       | 3.5           | 0.5               | 0+            | 2                | 1+               | 0+               | 5                | 1                | 0                 | 220         |
| EUR: Roasted Shallot Vinaigrette (Scratch)    | 34736.1       | 1 floz       | 1.08oz      | 30.74g     | 170      | 19            | 1.5               | 0             | 1                | 0                | 0+               | 0                | 0                | 0                 | 55          |

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS  
Run Date: 10/13/2023  
Eurest Sector (F00000)

| Recipe Name   | Recipe Number | Portion Size | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g)   | Total Sugars (g) | Added sugars (g)  | Cholesterol (mg)       | Protein (g)      | Dietary Fiber (g) | Sodium (mg) |
|---|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|------------------|------------------|-------------------|------------------------|------------------|-------------------|-------------|
| EUR: Sesame Soy Vinaigrette (Scratch)               | 79435.1       | 1 floz       | 1.07oz      | 30.43g     | 110      | 11            | 1                 | 0+            | 2                | less than 1 gram | 0+                | 0                      | less than 1 gram | 0                 | 490         |
| EUR: Sun-Dried Tomato Ranch Dressing (scratch)      | 24747.26      | 1 floz       | 0.99oz      | 28.13g     | 90       | 9             | 1.5               | 0+            | 2                | 1                | 0+                | less than 5 milligrams | less than 1 gram | 0                 | 140         |
| EUR: Sweet & Spicy Honey Mustard Dressing (Scratch) | 10812.1       | 1 floz       | 1.19oz      | 33.82g     | 80       | 4.5           | 0.5               | 0+            | 9                | 8                | less than 1 gram+ | 5                      | 0                | 0                 | 270         |
| EUR: Sweet & Spicy Soy Chili Dressing (Scratch)     | 10786.1       | 1 floz       | 1.18oz      | 33.36g     | 45       | 0.5           | 0                 | 0+            | 9                | 8                | 4+                | 0                      | 0                | 0                 | 200         |
| EUR: Thai Basil Vinaigrette (Scratch)               | 9426          | 1 floz       | 1.13oz      | 32.15g     | 100      | 10            | 0.5               | 0+            | 3                | 3                | -                 | 0                      | 0                | 0                 | 160         |
| EUR: Watermelon Vinaigrette (Scratch)               | 9756          | 1 floz       | 1.26oz      | 35.68g     | 110      | 11            | 1                 | 0             | 2                | 2                | 0+                | 0+                     | 0                | 0+                | 10          |
| EUR: Yogurt Caesar Dressing (Scratch)               | 9375          | 1 floz       | 1.17oz      | 33.26g     | 50       | 3.5           | 0                 | 0+            | 2                | 1                | 0+                | 0+                     | 2                | 0                 | 150         |
| HC Italian Vinaigrette (Scratch)                    | 16717         | 1 floz       | 1.11oz      | 31.37g     | 90       | 9             | 1.5               | 0+            | less than 1 gram | 0                | -                 | 0+                     | 0                | 0                 | 170         |
| Lunch - Salad Bar - Fruit                           |               |              |             |            |          |               |                   |               |                  |                  |                   |                        |                  |                   |             |
| EUR: Fresh Cut Melon, Strawberry, & Pineapple       | 15799.2       | 1/4 cup      | 1.5oz       | 42.52g     | 20       | 0             | 0                 | 0             | 5                | 4                | -                 | 0                      | 0                | less than 1 gram  | 0           |
| Ingredient: Apple, Diced, Fresh                     | 63583         | 1/4 cup      | 1.1oz       | 31.25g     | 15       | 0             | 0                 | 0             | 4                | 3                | -                 | 0                      | 0                | less than 1 gram  | 0           |
| Ingredient: Blackberries, Fresh                     | 63398         | 1/4 cup      | 1.27oz      | 36g        | 15       | 0             | 0                 | 0             | 3                | 2                | -                 | 0                      | less than 1 gram | 2                 | 0           |
| Ingredient: Blueberries, Fresh                      | 13170         | 1/4 cup      | 1.24oz      | 35.15g     | 20       | 0             | 0                 | 0             | 5                | 4                | -                 | 0                      | 0                | less than 1 gram  | 0           |
| Ingredient: Cantaloupe, Cubed, Fresh                | 1175          | 1/4 cup      | 1.41oz      | 40g        | 15       | 0             | 0                 | 0             | 3                | 3                | -                 | 0                      | 0                | 0                 | 5           |
| Ingredient: Grapes, Green Seedless, Fresh           | 63376.2       | 1/4 cup      | 1.41oz      | 40g        | 30       | 0             | 0                 | 0             | 7                | 6                | -                 | 0                      | 0                | 0                 | 0           |
| Ingredient: Grapes, Red Seedless, Fresh             | 63376         | 1/4 cup      | 1.39oz      | 39.32g     | 25       | 0             | 0                 | 0             | 7                | 6                | -                 | 0                      | 0                | 0                 | 0           |
| Ingredient: Honeydew Melon, Cubed, Fresh            | 1117          | 1/4 cup      | 1.5oz       | 42.5g      | 15       | 0             | 0                 | 0             | 4                | 3                | -                 | 0                      | 0                | 0                 | 10          |

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Run Date: 10/13/2023  
Eurest Sector (F00000)

| Recipe Name   | Recipe Number | Portion Size | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g) | Total Sugars (g) | Added sugars (g) | Cholesterol (mg) | Protein (g) | Dietary Fiber (g) | Sodium (mg) |
|---|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|----------------|------------------|------------------|------------------|-------------|-------------------|-------------|
| Ingredient: Mango, Chunks, Frozen                             | 63580         | 1/4 cup      | 1.46oz      | 41.25g     | 25       | 0             | 0                 | 0             | 6              | 6                | -                | 0                | 0           | less than 1 gram  | 0           |
| Ingredient: Orange, Mandarin Sections, Canned                 | 53890         | 1/4 cup      | 2.11oz      | 59.76g     | 20       | 0             | 0                 | 0             | 6              | 5                | -                | 0                | 0           | 0                 | 0           |
| Ingredient: Pineapple, Cubed, Fresh                           | 31969         | 1/4 cup      | 1.46oz      | 41.25g     | 20       | 0             | 0                 | 0             | 5              | 4                | -                | 0                | 0           | less than 1 gram  | 0           |
| Ingredient: Raspberries, Fresh                                | 29187.6       | 1/4 cup      | 1.08oz      | 30.75g     | 15       | 0             | 0                 | 0             | 4              | 1                | -                | 0                | 0           | 2                 | 0           |
| Ingredient: Strawberries, Sliced, Fresh                       | 3430          | 1/4 cup      | 1.46oz      | 41.5g      | 15       | 0             | 0                 | 0             | 3              | 2                | -                | 0                | 0           | less than 1 gram  | 0           |
| Ingredient: Watermelon, Cubed, Fresh                          | 88            | 1/4 cup      | 1.04oz      | 29.48g     | 10       | 0             | 0                 | 0             | 2              | 2                | -                | 0                | 0           | 0                 | 0           |
| Lunch - Salad Bar - Grains & Legumes                          |               |              |             |            |          |               |                   |               |                |                  |                  |                  |             |                   |             |
| Archive 11/01/2023 EUR: Golden Jewel Blend (cooked)           | 18768.3       | 1/4 cup      | 1.51oz      | 42.77g     | 60       | 0             | 0                 | 0             | 11             | less than 1 gram | 0                | 0                | 2           | less than 1 gram  | 0           |
| Archive 11/01/2023 EUR: Kamut Blend (cooked)                  | 44288.13      | 1/4 cup      | 1.93oz      | 54.62g     | 60       | 0             | 0                 | 0             | 11             | 0                | 0                | 0                | 2           | 3                 | 0           |
| Archive 11/01/2023 EUR: Whole Wheat Israeli Couscous (cooked) | 33293.1       | 1/4 cup      | 2.19oz      | 62.18g     | 80       | 0             | 0                 | 0             | 16             | 0                | 0                | 0                | 3           | 2                 | 0           |
| EUR: Ancient Grains Blend (cooked)                            | 103297        | 1/4 cup      | 1.29oz      | 36.44g     | 45       | 0.5           | 0                 | 0             | 8              | 0                | 0                | 0                | 2           | less than 1 gram  | 0           |
| EUR: Black Barley (cooked)                                    | 55976         | 1/4 cup      | 4.15oz      | 117.65g    | 70       | 0             | 0                 | 0+            | 14             | 0                | 0+               | 0                | 2           | 3                 | 5           |
| EUR: Black Quinoa (cooked)                                    | 55978.1       | 1/4 cup      | 1.77oz      | 50.06g     | 60       | 1             | 0                 | 0             | 10             | 0                | 0                | 0                | 2           | 1                 | 0           |
| EUR: Farro (cooked)   | 55975         | 1/4 cup      | 2.06oz      | 58.4g      | 60       | 0             | 0                 | 0             | 12             | 0                | 0                | 0                | 3           | 1                 | 15          |
| EUR: Freekeh (cooked)   | 113742        | 1/4 cup      | 1.41oz      | 40.1g      | 50       | 0             | 0                 | 0             | 10             | 0                | 0                | 0                | 2           | 2                 | 0           |
| EUR: Hummus (Grecian Delight)                                 | 96523.2       | 2 tbsp       | 0.99oz      | 28g        | 70       | 3.5           | 0                 | 0             | 7              | 1                | 0                | 0                | 3           | 2                 | 140         |
| EUR: Lentils (cooked)   | 12726.9       | 1/4 cup      | 1.77oz      | 50.22g     | 60       | 0             | 0                 | 0             | 10             | less than 1 gram | -                | 0                | 5           | 4                 | 0           |
| EUR: Mediterranean Hummus (Grecian Delight)                   | 96523.1       | 2 tbsp       | 1.06oz      | 30g        | 70       | 4             | 0.5               | 0             | 7              | 1                | -                | 0                | 3           | 2                 | 260         |
| EUR: Red Quinoa (cooked)                                      | 55978         | 1/4 cup      | 1.77oz      | 50.06g     | 60       | 1             | 0                 | 0+            | 10             | 0+               | 0+               | 0                | 2           | 1                 | 0           |
| EUR: Roasted Red Pepper Hummus (Grecian Delight)              | 96523.3       | 2 tbsp       | 1oz         | 28.35g     | 60       | 3             | 0                 | 0             | 7              | less than 1 gram | -                | 0                | 2           | 2                 | 170         |

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MenuWorks FDA Menu Labeling Additional Information

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Run Date: 10/13/2023  
Eurest Sector (F00000)

| Recipe Name   | Recipe Number | Portion Size | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g)   | Total Sugars (g) | Added sugars (g) | Cholesterol (mg) | Protein (g)      | Dietary Fiber (g) | Sodium (mg) |
|---|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|------------------|------------------|------------------|------------------|------------------|-------------------|-------------|
| EUR: Tri-Color Quinoa (cooked)                                | 55978.2       | 1/4 cup      | 1.77oz      | 50.06g     | 60       | 0.5           | 0                 | 0             | 12               | 1                | 0                | 0                | 2                | 1                 | 0           |
| EUR: Wheat Berries (cooked)                                   | 55973         | 1/4 cup      | 3.45oz      | 97.9g      | 60       | 0             | 0                 | 0             | 13               | 0                | 0                | 0                | 3                | 3                 | 0           |
| EUR: Wild Rice (cooked)                                       | 70328.3       | 1/4 cup      | 1.49oz      | 42.27g     | 40       | 0             | 0                 | 0+            | 8                | 0                | 0+               | 0                | 2                | less than 1 gram  | 0           |
| Ingredient: Beans, Black, Low Sodium, Canned, Drained, Rinsed | 64056.1       | 1/4 cup      | 1.52oz      | 43g        | 40       | 0             | 0                 | 0             | 7                | 0                | -                | 0                | 3                | 3                 | 60          |
| Ingredient: Beans, Garbanzo, Chick Peas, Canned, Rinsed       | 64056         | 1/4 cup      | 1.45oz      | 41g        | 70       | 1             | 0                 | 0             | 11               | 2                | -                | 0                | 4                | 3                 | 100         |
| Ingredient: Beans, Kidney, Dark Red, Canned, Drained, Rinsed  | 64056.2       | 1/4 cup      | 1.56oz      | 44.25g     | 35       | 0             | 0                 | 0             | 7                | less than 1 gram | -                | 0                | 2                | 2                 | 50          |
| Ingredient: Soybean, Edamame, Shelled                         | 62337         | 1/4 cup      | 1.04oz      | 29.5g      | 35       | 1.5           | 0                 | 0             | 3                | less than 1 gram | -                | 0                | 4                | 2                 | 0           |
| Lunch - Salad Bar - Greens                                    |               |              |             |            |          |               |                   |               |                  |                  |                  |                  |                  |                   |             |
| EUR: Chopped Salad Lettuce Mix                                | 75124.1       | 1 cup        | 0.93oz      | 26.28g     | 5        | 0             | 0                 | 0             | 1                | 0                | -                | 0                | less than 1 gram | less than 1 gram  | 10          |
| EUR: Signature Lettuce Blend                                  | 34052.3       | 1 cup        | 1.37oz      | 38.88g     | 5        | 0             | 0                 | 0             | 1                | 0                | -                | 0                | 0                | less than 1 gram  | 0           |
| Ingredient: Kale, Chopped, Fresh                              | 63609         | 1 cup        | 2.36oz      | 67g        | 25       | 1             | 0                 | 0             | 3                | less than 1 gram | -                | 0                | 2                | 3                 | 35          |
| Ingredient: Lettuce, Arugula, Baby, Fresh                     | 62323         | 1 cup        | 0.71oz      | 20g        | 0        | 0             | 0                 | 0             | less than 1 gram | 0                | -                | 0                | less than 1 gram | 0                 | 5           |
| Ingredient: Lettuce, Boston Bibb, Head, Chopped, Fresh        | 66248         | 1 cup        | 1.92oz      | 54.33g     | 5        | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | less than 1 gram | less than 1 gram  | 0           |
| Ingredient: Lettuce, Iceberg, Chopped, Fresh                  | 62522         | 1 cup        | 2.01oz      | 57g        | 10       | 0             | 0                 | 0             | 2                | 1                | -                | 0                | less than 1 gram | less than 1 gram  | 5           |
| Ingredient: Lettuce, Romaine Blend, Fresh                     | 57851         | 1 cup        | 1.56oz      | 44.18g     | 10       | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | less than 1 gram | less than 1 gram  | 0           |
| Ingredient: Lettuce, Romaine, Chopped, Fresh                  | 47799.3       | 1 cup        | 1.66oz      | 47g        | 10       | 0             | 0                 | 0             | 2                | less than 1 gram | -                | 0                | less than 1 gram | less than 1 gram  | 0           |
| Ingredient: Lettuce, Salad Mix, Spring (Mesclun)              | 47795.1       | 1 cup        | 1.94oz      | 55g        | 5        | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | less than 1 gram | less than 1 gram  | 0           |
| Ingredient: Spinach, Baby, Fresh                              | 47960.1       | 1 cup        | 1.06oz      | 30g        | 5        | 0             | 0                 | 0             | 1                | 0                | -                | 0                | less than 1 gram | less than 1 gram  | 25          |

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Run Date: 10/13/2023

Eurest Sector (F00000)

| Recipe Name   | Recipe Number | Portion Size | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g)   | Total Sugars (g) | Added sugars (g) | Cholesterol (mg)       | Protein (g)      | Dietary Fiber (g) | Sodium (mg) |
|---|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|------------------|------------------|------------------|------------------------|------------------|-------------------|-------------|
| Lunch - Salad Bar - Proteins  |               |              |             |            |          |               |                   |               |                  |                  |                  |                        |                  |                   |             |
| EUR: Grilled Chicken Breast, 4 oz, Random                           | 18020.6       | 1/4 cup      | 1.55oz      | 43.88g     | 80       | 4             | 0.5               | 0             | 0                | 0                | -                | 40                     | 12               | 0                 | 130         |
| EUR: Marinated Tofu   | 41001.7       | 1/4 cup      | 1.99oz      | 56.32g     | 45       | 3             | 0                 | 0+            | 1                | less than 1 gram | 0+               | 0                      | 4                | 0                 | 70          |
| Ingredient: Bacon, Diced  | 14901         | 2 tbsp       | 0.66oz      | 18.6g      | 90       | 7             | 2                 | 0             | 0                | 0                | -                | 20                     | 6                | 0                 | 310         |
| Ingredient: Cottage Cheese, Fat Free                                | 1746.7        | 1/4 cup      | 1.28oz      | 36.25g     | 25       | 0             | 0                 | -             | 2                | less than 1 gram | -                | less than 5 milligrams | 4                | 0                 | 135         |
| Ingredient: Cottage Cheese, Low Fat, 2% SB6                         | 62324         | 1/4 cup      | 1.99oz      | 56.5g      | 45       | 1.5           | 0.5               | 0             | 3                | 2                | -                | 5                      | 6                | 0                 | 170         |
| Ingredient: Egg, Hard Cooked, Chopped                               | 62326         | 1/4 cup      | 1.2oz       | 34g        | 50       | 3.5           | 1                 | -             | 0                | 0                | -                | 125                    | 4                | 0                 | 40          |
| Ingredient: Fish, Tuna, FAD Free, Chunk Light, Water Packed, Canned | 62328         | 1/4 cup      | 1.36oz      | 38.5g      | 35       | 0             | 0                 | 0             | 0                | 0                | -                | 15                     | 7                | 0                 | 95          |
| Ingredient: Pork, Ham, Black Forest, Diced                          | 48144.29      | 1/4 cup      | 1.5oz       | 42.53g     | 70       | 3.5           | 0                 | -             | 2                | 0                | -                | 25                     | 7                | less than 1 gram  | 350         |
| Ingredient: Pork, Ham, Diced  | 14899         | 1/4 cup      | 1.23oz      | 35g        | 45       | 1.5           | 0.5               | 0             | 2                | less than 1 gram | -                | 20                     | 5                | 0                 | 450         |
| Ingredient: Turkey, Breast, Diced                                   | 63563         | 1/4 cup      | 1.41oz      | 40g        | 50       | 2.5           | 0                 | 0             | less than 1 gram | less than 1 gram | less than 1 gram | 25                     | 6                | 0                 | 320         |
| Lunch - Salad Bar - Roasted/Pickled Veggies                         |               |              |             |            |          |               |                   |               |                  |                  |                  |                        |                  |                   |             |
| EUR: Grilled Corn (Kernels)   | 34041.2       | 1/4 cup      | 2.96oz      | 83.88g     | 90       | 2.5           | 0                 | 0             | 17               | 4                | -                | 0                      | 3                | 2                 | 75          |
| EUR: Pickled Vegetables   | 47198.1       | 1/4 cup      | 1.31oz      | 37g        | 20       | 0             | 0                 | 0+            | 4                | 3                | -                | 0                      | 0                | less than 1 gram  | 110         |
| EUR: Roasted Asparagus  | 33992.75      | 1/4 cup      | 2.21oz      | 62.76g     | 30       | 2             | 0                 | 0             | 2                | 1                | -                | 0                      | 1                | 1                 | 125         |
| EUR: Roasted Beets  | 9029.17       | 1/4 cup      | 1.69oz      | 47.88g     | 25       | 0.5           | 0                 | 0             | 5                | 4+               | -                | 0                      | less than 1 gram | less than 1 gram  | 45          |
| EUR: Roasted Broccoli   | 33992.61      | 1/4 cup      | 1.37oz      | 38.9g      | 20       | 1             | 0                 | 0             | 3                | less than 1 gram | -                | 0                      | 1                | 1                 | 60          |
| EUR: Roasted Brussels Sprouts                                       | 75314.6       | 1/4 cup      | 1.54oz      | 43.78g     | 25       | 1.5           | 0                 | 0             | 3                | less than 1 gram | -                | 0                      | 1                | 1                 | 50          |

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|---|---------------|----------------|-------------|------------|----------|---------------|-------------------|---------------|----------------|------------------|-------------------|------------------|------------------|-------------------|-------------|
| EUR: Roasted Butternut Squash                                 | 14307.1       | 1/4 cup        | 1.3oz       | 36.85g     | 30       | 1.5           | 0                 | 0             | 4              | less than 1 gram | -                 | 0                | 0                | less than 1 gram  | 60          |
| EUR: Roasted Carrots  | 33992.63      | 1/4 cup        | 2.29oz      | 64.78g     | 40       | 1.5           | 0                 | 0             | 6              | 3                | -                 | 0                | less than 1 gram | 2                 | 150         |
| EUR: Roasted Cauliflower                                      | 73729.43      | 1/4 cup        | 0.89oz      | 25.32g     | 10       | 0.5           | 0                 | 0             | 1              | 0                | -                 | 0                | 0                | less than 1 gram  | 20          |
| EUR: Roasted Corn   | 15306.1       | 1/4 cup        | 1.94oz      | 54.97g     | 60       | 2             | 0                 | 0             | 10             | 2                | -                 | 0                | 1                | 1                 | 65          |
| EUR: Roasted Eggplant   | 8117.4        | 1/4 cup        | 1.36oz      | 38.57g     | 25       | 2             | 0                 | 0             | 2              | 1                | -                 | 0                | 0                | 1                 | 0           |
| EUR: Roasted Fennel   | 35016.5       | 1/4 cup        | 0.57oz      | 16.15g     | 10       | 0             | 0                 | 0             | 1              | less than 1 gram | -                 | 0                | 0                | 0                 | 15          |
| EUR: Roasted Gold and Red Beets                               | 9029.1        | 1/4 cup        | 1.26oz      | 35.83g     | 30       | 1.5           | 0                 | 0             | 3              | 3                | -                 | 0                | less than 1 gram | less than 1 gram  | 30          |
| EUR: Roasted Golden Beets                                     | 9029.20       | 1/4 cup        | 1.69oz      | 47.94g     | 25       | 0.5           | 0                 | 0             | 5              | 4                | -                 | 0                | less than 1 gram | less than 1 gram  | 75          |
| EUR: Roasted Mushrooms  | 76476.2       | 1/4 cup        | 5.29oz      | 149.86g    | 90       | 7             | 0.5               | 0             | 5              | 3                | -                 | 0                | 4                | 2                 | 360         |
| EUR: Roasted Onions   | 8118.9        | 1/4 cup        | 1.64oz      | 46.53g     | 30       | 1             | 0                 | 0             | 4              | 2                | 0+                | 0                | less than 1 gram | less than 1 gram  | 10          |
| EUR: Roasted Parsnips   | 33992.42      | 1/4 cup        | 1.65oz      | 46.68g     | 40       | 1             | 0                 | 0             | 8              | 2                | -                 | 0                | less than 1 gram | 2                 | 60          |
| EUR: Roasted Sweet Potatoes                                   | 5633.3        | 1/4 cup        | 2.1oz       | 59.55g     | 70       | 2.5           | 0                 | 0             | 12             | 4                | -                 | 0                | 1                | 2                 | 40          |
| EUR: Roasted Yellow Squash                                    | 8060.3        | 1/4 cup        | 1.61oz      | 45.65g     | 15       | 1             | 0                 | 0             | 2              | 1                | -                 | 0                | 0                | 0                 | 5           |
| Ingredient: Olives, Black, Pitted, Sliced, Drained            | 62339         | 1/4 cup        | 1.24oz      | 35.16g     | 40       | 4             | 1                 | 0             | 2              | 0                | -                 | 0                | 0                | less than 1 gram  | 260         |
| Ingredient: Water Chestnuts, Sliced, Canned                   | 62341.3       | 1/4 cup        | 1.23oz      | 35g        | 15       | 0             | 0                 | 0             | 4              | less than 1 gram | -                 | 0                | 0                | less than 1 gram  | 0           |
| Lunch - Salad Bar - Sandwich/Wrap Extension                   |               |                |             |            |          |               |                   |               |                |                  |                   |                  |                  |                   |             |
| Archive 05/01/23 EUR: The Godfather on Focaccia (by the inch) | 76700.26      | 1 piece        | 4.83oz      | 136.89g    | 330      | 15            | 6                 | 0+            | 28             | 3                | 0+                | 50+              | 19               | 1+                | 1440        |
| EUR: BBQ Carved Pork Loin Sandwich on Focaccia (by the inch)  | 64502.1       | 1 piece        | 4.22oz      | 119.56g    | 220      | 5             | 2                 | 0+            | 31             | 6                | 0+                | 20+              | 12               | 1+                | 550         |
| EUR: BBQ Chicken Wrap   | 85655         | 1/2 serving(s) | 7.28oz      | 206.41g    | 430      | 17            | 7                 | 0+            | 47             | 8                | less than 1 gram+ | 80               | 22               | 3                 | 1170        |

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|---|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|----------------|------------------|-------------------|------------------------|-------------|-------------------|-------------|
| EUR: Blackened Chicken Caesar Wrap  | 9268          | 1/2 each     | 5.79oz      | 164.02g    | 320      | 15            | 6                 | 0+            | 28             | 1                | 0+                | 40                     | 20          | 2                 | 760         |
| EUR: Buffalo Cauliflower Wrap   | 94601         | 1/2 each     | 5.12oz      | 145.03g    | 250      | 10            | 5                 | 0+            | 35             | 5                | 0+                | 15                     | 7           | 4                 | 710         |
| EUR: Buffalo Chicken Focaccia (by the inch)   | 79646.5       | 1 piece      | 7.49oz      | 212.25g    | 400      | 18            | 5                 | 0+            | 38             | 2                | 0+                | 30                     | 19          | 3                 | 1910        |
| EUR: Buffalo Chicken Wrap   | 9282          | 1/2 each     | 7.06oz      | 200.28g    | 370      | 19            | 8                 | 0+            | 35             | 3                | less than 1 gram+ | 35                     | 17          | 2                 | 1370        |
| EUR: Carved Beef on Focaccia with Garlic Aioli Spread (by the inch)                 | 36968.7       | 1 piece      | 5.25oz      | 148.82g    | 330      | 13            | 6                 | 0+            | 26             | 1+               | 0+                | 60                     | 25          | 1                 | 650         |
| EUR: Carved Turkey Breast Focaccia with Provolone and Heirloom Tomato (by the inch) | 35823.2       | 1 piece      | 5.47oz      | 155.09g    | 290      | 13            | 3                 | 0+            | 27             | 2                | 0+                | 35                     | 16          | 2                 | 690         |
| EUR: Chicken, Basil and Pine Nut Pesto on Focaccia (by the inch)                    | 35493.2       | 1 piece      | 4.58oz      | 129.95g    | 310      | 15            | 4                 | 0+            | 27             | 1                | 0+                | 40                     | 17          | 1                 | 580         |
| EUR: Chipotle Chicken and Bacon Sandwich (by the inch)                              | 37471.2       | 1 piece      | 4.11oz      | 116.5g     | 190      | 6             | 2                 | 0+            | 14             | 1                | 0+                | 60                     | 19          | less than 1 gram  | 360         |
| EUR: Churrasco Beef Wrap  | 32535         | 1/2 each     | 7.21oz      | 204.27g    | 370      | 14            | 4.5               | 0+            | 37             | 6                | 0+                | 55                     | 23          | 3                 | 430         |
| EUR: Classic Caesar Carved Turkey Breast Focaccia (by the inch)                     | 35819.1       | 1 piece      | 3.15oz      | 89.41g     | 220      | 7             | 1.5               | 0+            | 27             | 0                | 0+                | 20                     | 13          | 1                 | 590         |
| EUR: Crispy BBQ Ranch Chicken Sandwich (by the inch)                                | 37472.4       | 1 piece      | 5.76oz      | 163.2g     | 410      | 20            | 4.5               | 0+            | 43             | 7                | 0+                | 35                     | 15          | 2                 | 1030        |
| EUR: Fried Egg, Eggplant, Provolone Sandwich on Focaccia (by the inch)              | 60007.1       | 1 piece      | 5.44oz      | 154.13g    | 260      | 11            | 4                 | 0+            | 27             | 2                | 0+                | 175                    | 14          | 3                 | 480         |
| EUR: Garden Chicken Pesto Sandwich (Coffee Bar)                                     | 57754.2       | 1 piece      | 0.39oz      | 11.16g     | 25       | 1             | 0                 | 0             | 2              | 0                | 0+                | less than 5 milligrams | 2           | 0                 | 50          |
| EUR: Garden Veggie Wrap   | 9238          | 1/2 each     | 6.69oz      | 189.54g    | 300      | 18            | 4                 | 0             | 30             | 4                | 1+                | 10                     | 5           | 3                 | 520         |
| EUR: Greek Salad with Chicken Wrap  | 9241          | 1/2 each     | 4.92oz      | 139.52g    | 250      | 9             | 3                 | 0+            | 26             | 1                | 0+                | 45                     | 17          | 2                 | 670         |
| EUR: Grilled Chicken Balsamic Vegetable Wrap with Wild Rice                         | 9247          | 1/2 each     | 6.53oz      | 185.06g    | 300      | 12            | 3.5               | 0+            | 32             | 3                | 0+                | 50                     | 18          | 2                 | 530         |

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MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

| Recipe Name  | Recipe Number | Portion Size   | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g) | Total Sugars (g) | Added sugars (g)  | Cholesterol (mg) | Protein (g)      | Dietary Fiber (g) | Sodium (mg) |
|--|---------------|----------------|-------------|------------|----------|---------------|-------------------|---------------|----------------|------------------|-------------------|------------------|------------------|-------------------|-------------|
| EUR: Italian Chicken Focaccia (by the inch)                                      | 44505.1       | 1 piece        | 4.2oz       | 119.13g    | 290      | 15            | 4                 | 0+            | 27             | 2+               | 1+                | 35               | 13               | 1                 | 660         |
| EUR: Pesto, Fontina, Arugula, Tomato on Focaccia (by the inch)                   | 69600.1       | 1 piece        | 4.14oz      | 117.28g    | 290      | 15            | 6                 | 0+            | 26             | 2                | 0+                | 35               | 12               | 2                 | 700         |
| EUR: Proscuitto, Fontina, Sage and Portobello Mushroom on Focaccia (by the inch) | 64514         | 1 piece        | 6.74oz      | 190.97g    | 470      | 29            | 9                 | 0+            | 29             | 4                | 0+                | 75               | 23               | 2+                | 1480        |
| EUR: Roast Beef & Cheddar Wrap   | 9216          | 1/2 each       | 6.02oz      | 170.54g    | 320      | 15            | 6                 | 0+            | 27             | 1+               | 0+                | 55               | 18               | 2                 | 1050        |
| EUR: Roast Beef and Blue Cheese Wrap   | 9374          | 1/2 each       | 5.96oz      | 168.99g    | 330      | 17            | 7                 | 0+            | 26             | 4                | 0+                | 45               | 15               | 3                 | 790         |
| EUR: Roast Beef and Swiss with Bearnaise Spread (by the inch)                    | 64524.2       | 1 piece        | 4.41oz      | 124.93g    | 310      | 14            | 6                 | 0             | 25             | less than 1 gram | 0+                | 55               | 19               | 1                 | 700         |
| EUR: Roast Beef, Turkey and Cheddar Focaccia (by the inch)                       | 37496.2       | 1 piece        | 4.86oz      | 137.64g    | 290      | 13            | 3.5               | 0+            | 25             | less than 1 gram | 0+                | 45               | 18               | 1                 | 890         |
| EUR: Roasted Vegetable Wrap with Balsamic  | 4520.3        | 1/2 sandwich   | 5.95oz      | 168.66g    | 240      | 11            | 4                 | 0+            | 30             | 4+               | less than 1 gram+ | 5                | 8                | 3                 | 460         |
| EUR: Sicilian Salami Wrap  | 9226          | 1/2 each       | 6.21oz      | 176.08g    | 330      | 16            | 7                 | 0             | 28             | 3                | 0+                | 45+              | 19               | 2+                | 1180        |
| EUR: Southwestern Carved Pork and Pepper Jack on Focaccia (by the inch)          | 64527.1       | 1 piece        | 5.5oz       | 155.87g    | 340      | 17            | 7                 | 0+            | 27             | 2+               | 0+                | 50               | 20               | 1                 | 950         |
| EUR: Southwestern Ham with Pepper Jack on Focaccia (by the inch)                 | 32574.5       | 1 piece        | 7.44oz      | 210.94g    | 310      | 13            | 6                 | 0+            | 29             | 3                | 0+                | 55               | 20               | 2                 | 1200        |
| EUR: Turkey Club Wrap  | 9397          | 1/2 each       | 6.65oz      | 188.4g     | 360      | 19            | 6                 | 0             | 29             | 2+               | 0+                | 50               | 19               | 3                 | 1220        |
| EUR: Turkey with Basil Mayo Wrap   | 8479          | 1/2 serving(s) | 6.27oz      | 177.8g     | 300      | 14            | 6                 | 0+            | 27             | 3                | 0+                | 40               | 15               | 3                 | 910         |
| EUR: Western Ranch Roast Beef Sandwich (by the inch)                             | 37470.2       | 1 piece        | 6.01oz      | 170.41g    | 280      | 11            | 5                 | 0+            | 27             | 2                | 0+                | 40               | 17               | 2                 | 770         |
| Lunch - Salad Bar - Toppings   |               |                |             |            |          |               |                   |               |                |                  |                   |                  |                  |                   |             |
| EUR: Cornbread Croutons  | 11134.2       | 1/4 cup        | 1.01oz      | 28.75g     | 130      | 9             | 4.5               | 0+            | 11             | 5                | 0+                | 35               | 1                | 0                 | 150         |
| EUR: Croutons  | 31698         | 1/4 cup        | 0.32oz      | 9.17g      | 30       | 1             | 0                 | 0             | 4              | 0                | -                 | 0                | less than 1 gram | 0                 | 100         |

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Run Date: 10/13/2023

Eurest Sector (F00000)

| Recipe Name   | Recipe Number | Portion Size | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g)   | Total Sugars (g) | Added sugars (g) | Cholesterol (mg) | Protein (g)      | Dietary Fiber (g) | Sodium (mg) |
|---|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|------------------|------------------|------------------|------------------|------------------|-------------------|-------------|
| EUR: Focaccia Croutons                              | 9191.1        | 1/4 cup      | 0.38oz      | 10.64g     | 60       | 5             | 0                 | 0+            | 2                | 0                | -                | 0                | less than 1 gram | 0                 | 35          |
| EUR: Fried Corn Tortilla Strips                     | 144578        | 1/4 cup      | 1.2oz       | 33.97g     | 120      | 7             | 0.5               | 0+            | 12               | 0                | -                | 0                | 2                | 2                 | 280         |
| EUR: Fried Wonton Strips                            | 10820.8       | 1/4 cup      | 0.32oz      | 9.08g      | 35       | 2             | 0                 | 0+            | 4                | 0+               | -                | 0                | less than 1 gram | 0                 | 160         |
| Ingredient: Bacon Bits, Real, FC, 3/8"              | 63338.7       | 1 tbsp       | 0.25oz      | 7g         | 35       | 2.5           | 1                 | 0             | 0                | 0                | -                | 5                | 2                | 0                 | 120         |
| Ingredient: Cranberries, Dried                      | 62347         | 1 tbsp       | 0.32oz      | 9.06g      | 30       | 0             | 0                 | 0             | 8                | 7                | -                | 0                | 0                | 0                 | 0           |
| Ingredient: Nuts, Almonds, Slivered, Toasted        | 33991         | 1 tbsp       | 0.24oz      | 6.77g      | 40       | 3.5           | 0                 | 0             | 1                | 0                | -                | 0                | 1                | less than 1 gram  | 0           |
| Ingredient: Nuts, Peanuts, Dry Roasted              | 62339.2       | 1 tbsp       | 0.32oz      | 9.12g      | 50       | 4.5           | 0.5               | 0             | 2                | 0                | -                | 0                | 2                | less than 1 gram  | 35          |
| Ingredient: Nuts, Pecans, Pieces, Toasted           | 33991.2       | 1 tbsp       | 0.24oz      | 6.81g      | 45       | 5             | 0                 | -             | less than 1 gram | 0                | -                | 0                | less than 1 gram | less than 1 gram  | 0           |
| Ingredient: Nuts, Walnuts, Halves & Pieces, Toasted | 33991.1       | 1 tbsp       | 0.27oz      | 7.56g      | 50       | 5             | 0                 | -             | 1                | 0                | -                | 0                | 1                | less than 1 gram  | 0           |
| Ingredient: Raisins                                 | 62348         | 1 tbsp       | 0.32oz      | 9.06g      | 25       | 0             | 0                 | 0             | 7                | 6                | -                | 0                | 0                | 0                 | 0           |
| Ingredient: Raisins, Golden                         | 64579         | 1 tbsp       | 0.36oz      | 10.31g     | 30       | 0             | 0                 | 0             | 8                | 7                | -                | 0                | 0                | 0                 | 0           |
| Ingredient: Seeds, Flax, Whole                      | 63624         | 1 tbsp       | 0.37oz      | 10.5g      | 60       | 4.5           | 0                 | -             | 3                | 0                | -                | 0                | 2                | 3                 | 0           |
| Ingredient: Seeds, Pumpkin, Hulled                  | 71070.3       | 1 tbsp       | 0.5oz       | 14.19g     | 80       | 7             | 1                 | 0             | 2                | 0                | -                | 0                | 4                | less than 1 gram  | 0           |
| Ingredient: Seeds, Sunflower, Roasted               | 62349         | 1 tbsp       | 0.28oz      | 8g         | 45       | 4             | 0                 | -             | 2                | 0                | -                | 0                | 2                | less than 1 gram  | 0           |
| Ingredient: Spice, Chia Seeds                       | 63113.1       | 1 tbsp       | 0.53oz      | 15g        | 70       | 4.5           | 0                 | 0             | 6                | -                | -                | 0                | 2                | 5                 | 0           |
| Ingredient: Spice, Sesame Seeds, Toasted            | 81897         | 1 tbsp       | 0.28oz      | 8g         | 45       | 4             | 0.5               | -             | 2                | -                | -                | 0                | 1                | 1                 | 0           |
| Lunch - Salad Bar - Vegetables                      |               |              |             |            |          |               |                   |               |                  |                  |                  |                  |                  |                   |             |
| Ingredient: Asparagus, 1" Pieces, Fresh             | 63361.1       | 1/4 cup      | 0.95oz      | 26.8g      | 5        | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | less than 1 gram | less than 1 gram  | 0           |
| Ingredient: Beans, Wax, Green, Fresh                | 66237.1       | 1/4 cup      | 1.1oz       | 31.25g     | 10       | 0             | 0                 | 0             | 2                | 1                | -                | 0                | less than 1 gram | 1                 | 0           |

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Eurest Sector (F00000)

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|---|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|------------------|------------------|------------------|------------------|------------------|-------------------|-------------|
| Ingredient: Broccoli, Florets, Fresh                | 10959         | 1/4 cup      | 0.63oz      | 17.77g     | 5        | 0             | 0                 | 0             | 1                | 0                | -                | 0                | less than 1 gram | 0                 | 5           |
| Ingredient: Cabbage, Green, Shredded, Fresh         | 68560         | 1/4 cup      | 0.62oz      | 17.5g      | 0        | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | 0                | 0                 | 0           |
| Ingredient: Cabbage, Red, Shredded, Fresh           | 71070.2       | 1/4 cup      | 0.62oz      | 17.5g      | 5        | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | 0                | 0                 | 0           |
| Ingredient: Carrots, Grated, Fresh                  | 57858         | 1/4 cup      | 0.97oz      | 27.5g      | 10       | 0             | 0                 | 0             | 3                | 1                | -                | 0                | 0                | less than 1 gram  | 20          |
| Ingredient: Cauliflower, Florets, Fresh             | 62528         | 1/4 cup      | 1.3oz       | 36.94g     | 10       | 0             | 0                 | 0             | 2                | less than 1 gram | -                | 0                | less than 1 gram | less than 1 gram  | 10          |
| Ingredient: Celery, Chopped, Fresh                  | 63637         | 1/4 cup      | 0.89oz      | 25.25g     | 0        | 0             | 0                 | 0             | less than 1 gram | 0                | -                | 0                | 0                | 0                 | 20          |
| Ingredient: Corn, Whole Kernel, Fresh               | 13404.8       | 1/4 cup      | 1.45oz      | 41g        | 40       | 0.5           | 0                 | 0             | 9                | 2                | -                | 0                | 1                | less than 1 gram  | 0           |
| Ingredient: Cucumbers, Scored, Sliced, Thin, Fresh  | 68562         | 1/4 cup      | 0.92oz      | 26g        | 0        | 0             | 0                 | 0             | less than 1 gram | 0                | -                | 0                | 0                | 0                 | 0           |
| Ingredient: Jicama, Peeled, Julienne Sliced, Fresh  | 10961         | 1/4 cup      | 1.06oz      | 30g        | 10       | 0             | 0                 | 0             | 3                | less than 1 gram | -                | 0                | 0                | 1                 | 0           |
| Ingredient: Mushrooms, Sliced, Fresh                | 62338         | 1/4 cup      | 0.62oz      | 17.5g      | 0        | 0             | 0                 | 0             | less than 1 gram | 0                | -                | 0                | less than 1 gram | 0                 | 0           |
| Ingredient: Onions, Green, Scallion, Chopped, Fresh | 63606         | 1/4 cup      | 0.88oz      | 25g        | 10       | 0             | 0                 | 0             | 2                | less than 1 gram | -                | 0                | 0                | less than 1 gram  | 0           |
| Ingredient: Onions, Red, Slivered, Thin, Fresh      | 46017.23      | 1/4 cup      | 1.01oz      | 28.75g     | 10       | 0             | 0                 | 0             | 3                | 1                | -                | 0                | 0                | 0                 | 0           |
| Ingredient: Peas, Green                             | 62341         | 1/4 cup      | 1.41oz      | 40g        | 30       | 0             | 0                 | 0             | 6                | 2                | -                | 0                | 2                | 2                 | 30          |
| Ingredient: Peas, Sugar Snap, Fresh                 | 57990         | 1/4 cup      | 0.86oz      | 24.5g      | 10       | 0             | 0                 | 0             | 2                | less than 1 gram | -                | 0                | less than 1 gram | less than 1 gram  | 0           |
| Ingredient: Peppers, Bell, Green, Sliced, Fresh     | 62342         | 1/4 cup      | 0.81oz      | 23g        | 0        | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | 0                | 0                 | 0           |
| Ingredient: Peppers, Bell, Red, Sliced, Fresh       | 64055         | 1/4 cup      | 0.81oz      | 23g        | 5        | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | 0                | 0                 | 0           |
| Ingredient: Peppers, Bell, Yellow, Julienne, Fresh  | 81895.1       | 1/4 cup      | 1.31oz      | 37.25g     | 10       | 0             | 0                 | 0             | 2                | -                | -                | 0                | 0                | 0                 | 0           |

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| Recipe Name                                    | Recipe Number | Portion Size | Weight (oz) | Weight (g) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Total Carb (g)   | Total Sugars (g) | Added sugars (g) | Cholesterol (mg) | Protein (g) | Dietary Fiber (g) | Sodium (mg) |
|--|---------------|--------------|-------------|------------|----------|---------------|-------------------|---------------|------------------|------------------|------------------|------------------|-------------|-------------------|-------------|
| Ingredient: Radish, Daikon, Matchsticks, Fresh | 74414.1       | 1/4 cup      | 1.02oz      | 29g        | 5        | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | 0           | 0                 | 5           |
| Ingredient: Radish, Sliced, Fresh              | 74414         | 1/4 cup      | 1.02oz      | 29g        | 0        | 0             | 0                 | 0             | less than 1 gram | less than 1 gram | -                | 0                | 0           | 0                 | 10          |
| Ingredient: Squash, Yellow, Diced, 1/2", Fresh | 71070         | 1/4 cup      | 1.15oz      | 32.5g      | 5        | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | 0           | 0                 | 0           |
| Ingredient: Tomatoes, Cherry, Fresh            | 62343         | 1/4 cup      | 1.31oz      | 37.25g     | 5        | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | 0           | 0                 | 0           |
| Ingredient: Tomatoes, Diced, Fresh             | 14890         | 1/4 cup      | 1.59oz      | 45g        | 10       | 0             | 0                 | 0             | 2                | 1                | -                | 0                | 0           | less than 1 gram  | 0           |
| Ingredient: Tomatoes, Grape, Fresh             | 66240         | 1/4 cup      | 1.31oz      | 37.25g     | 5        | 0             | 0                 | 0             | 1                | less than 1 gram | -                | 0                | 0           | 0                 | 0           |
| Ingredient: Zucchini, Chopped, Fresh           | 71069         | 1/4 cup      | 1.04oz      | 29.45g     | 5        | 0             | 0                 | 0             | less than 1 gram | less than 1 gram | -                | 0                | 0           | 0                 | 0           |

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