

# CHOICE GREENS

fresh chopped salads • sandwiches • panini

## SOUPS

<b>Vegetable (Vegan)</b> Serving 6 oz 12 oz Calories 63 126 Calories From Fat 7 14 Total Fat .75g 1.5g Saturated Fat .08g .17g Trans Fat 0g 0g Cholesterol 0.03mg .9mg Sodium 646mg 1292mg Total Carbohydrates 12g 24g Dietary Fiber 2.4g 4.8 Sugars 2g 4g Protein 2.3g 4.6g			<b>Southwest Corn w/ Chicken</b> Serving 6 oz 12 oz Calories 152 305 Calories From Fat 67.5 135 Total Fat 7g 15g Saturated Fat 2.5g 5g Trans Fat 0g 0g Cholesterol 27.5mg 55mg Sodium 27.5mg 55mg Total Carbohydrates 14.5g 29g Dietary Fiber 2.5g 5g Sugars 3g 6g Protein 6g 12g		
<b>Chicken Noodle</b> Serving 6oz 12oz Calories 75 150 Calories From Fat 15 30 Total Fat 1.87g 3.74g Saturated Fat 0.37g 0.74g Trans Fat 0g 0g Cholesterol 18.75mg 37.5mg Sodium 637.5mg 1275mg Total Carbohydrates 7.5g 15g Dietary Fiber 0.75g 1.5g Sugars 0.75g 1.5g Protein 7.5g 15g			<b>Broccoli Cheddar</b> Serving 6oz 12oz Calories 180 360 Calories From Fat 115 230 Total Fat 13g 26g Saturated Fat 7g 14g Trans Fat 0g 0g Cholesterol 43mg 86mg Sodium 743mg 1468mg Total Carbohydrates 10g 20g Dietary Fiber .75g 1.5g Sugars 3g 6g Protein 3g 6g		
<b>Roasted Garlic Tomato</b> Serving 6 oz 12 oz Calories 195 390 Calories From Fat 135 270 Total Fat 15g 30g Saturated Fat 10g 19.5g Trans Fat .5g 1g Cholesterol 56mg 112.5mg Sodium 705mg 1,410mg Total Carbohydrates 12g 24g Dietary Fiber 1.5g 3g Sugars 7.5g 15g Protein 3g 6g					