

Menu Item:

Black Bean Soup

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
130	15	1.5g	0g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
0mg	420mg	23g	6g	5g
Protein	Vitamin A	Vitamin C	Calcium	Iron
6g	8%	10%	15%	2%

Menu Item:

Broccoli Cheese Soup

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
200	110	12g	6g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
40mg	1040mg	16g	1g	10g
Protein	Vitamin A	Vitamin C	Calcium	Iron
7g	25%	4%	15%	2%

Menu Item:

Chicken Noodle Soup

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
90	15	2g	0.5g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
25mg	810mg	11g	1g	1g
Protein	Vitamin A	Vitamin C	Calcium	Iron
7g	35%	2%	2%	4%

Menu Item:

Cream of Crab Soup

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
290	240	26g	16g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
85mg	640mg	10g	< 1g	< 1g
Protein	Vitamin A	Vitamin C	Calcium	Iron
4g	20%	2%	10%	2%

Menu Item:

Italian Wedding Soup

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
120	35	3.5g	1.5g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
10mg	440mg	16g	< 1g	< 1g
Protein	Vitamin A	Vitamin C	Calcium	Iron
5g	15%	2%	4%	6%

Menu Item:

Lobster Bisque

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
360	260	29g	18g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
115mg	720mg	16g	0g	3g
Protein	Vitamin A	Vitamin C	Calcium	Iron
8g	20%	4%	15%	4%

Nutritional Value

Menu Item:

Maryland Crab Soup

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
140	40	4.5g	0.5g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
25mg	880mg	16g	2g	3g
Protein	Vitamin A	Vitamin C	Calcium	Iron
6g	10%	8%	10%	4%

Menu Item:

Mushroom Bisque

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
230	140	15g	9g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
50mg	940mg	17g	2g	3g
Protein	Vitamin A	Vitamin C	Calcium	Iron
6g	10%	8%	10%	4%

Menu Item:

New England Clam Chowder

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
390	220	24g	15g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
85mg	990mg	34g	< 1g	< 1g
Protein	Vitamin A	Vitamin C	Calcium	Iron
10g	15%	35%	15%	10%

Nutritional Value

Menu Item:

Texas Chili

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
290	90	10g	4.5g	0.5g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
45mg	1220mg	26g	6g	8g
Protein	Vitamin A	Vitamin C	Calcium	Iron
18g	15%	8%	15%	30%

Menu Item:

Thai Chicken & Rice

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
200	120	13g	7g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
40mg	730mg	15g	< 1g	3g
Protein	Vitamin A	Vitamin C	Calcium	Iron
6g	45%	30%	6%	4%

Menu Item:

Tomato Bisque

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
240	180	20g	6g	0.5g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
35mg	850mg	11g	2g	14g
Protein	Vitamin A	Vitamin C	Calcium	Iron
3g	6%	4%	2%	10%

Nutritional Value

Menu Item:

Veggie Chili

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
190	30	3g	0g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
0mg	380mg	31g	11g	10g
Protein	Vitamin A	Vitamin C	Calcium	Iron
9g	15%	8%	8%	10%