

2017 Higher Education Fall Semester - Greens To Go Nutritional Report



Category	M#	Prima Marketing Name	Marketing Descriptor	Recipe Serving Size	Portion Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
GREENS TO GO	M11411	Grilled Montreal Salmon	Salmon fillet seasoned with Montreal steak seasoning	1 each	1 each	160	60	7	1	0	50	300	0	0	0	22
GREENS TO GO	M13514	Southwest Chicken Salad	Grilled chicken, romaine, roasted corn, tomatoes, black beans &	1 each	1 each	400	150	16	3	0	65	470	38	10	5	29
GREENS TO GO	M15176	Grilled Sesame Tofu	Extra firm tofu marinated in a sesame marinade	1 each	1 each	100	45	5	1	0	0	105	3	1	2	10
GREENS TO GO	M19935	Chicken Caesar Salad	Grilled chicken on romaine tossed with Parmesan, seasoned croutons	1 each	1 each	310	190	21	4	0	35	550	14	2	2	15
GREENS TO GO	M19941	Buffalo Chicken Salad	Grilled chicken, crumbled blue cheese, fresh vegetables & romaine	1 each	1 each	330	190	21	6	0	55	860	18	3	4	18
GREENS TO GO	M19942	Buffalo Chicken Salad	Grilled chicken, crumbled blue cheese, fresh vegetables & romaine	1 each	1 each	610	330	37	11	0	100	1510	36	6	9	35
GREENS TO GO	M19945	Asian Chicken Salad	Grilled chicken, fresh vegetables & romaine tossed with spicy sesame	1 each	1 each	270	160	18	2	0	30	280	14	4	6	14
GREENS TO GO	M19946	Southwest Chicken Salad	Grilled chicken, romaine, roasted corn, tomatoes, black beans &	1 each	1 each	220	80	9	1	0	35	290	20	5	3	15
GREENS TO GO	M21493	Chicken Bulgur Butternut Salad	Chicken, blue cheese and pecans on salad of butternut squash,	1 each	1 each	360	180	20	3	0	35	320	34	8	8	17
GREENS TO GO	M21494	Chicken, Pear & Walnut Salad	Grilled chicken on kale greens mix tossed with pear, walnuts, blue	1 each	1 each	360	190	21	4	0	35	340	27	4	12	18
GREENS TO GO	M21742	Flour Tortilla	Soft flour tortilla	1 each	1 each	310	70	8	3	0	0	820	49	1	2	8
GREENS TO GO	M2997	Herbed Orange Chicken	All natural chicken breast marinated in orange juice, garlic, basil and	3 ozw	3 ozw	160	60	7	1	0	65	75	Less Than 1g	0	0	24
GREENS TO GO	M4572	Carne Asada	Grilled beef steak marinated in a blend of red wine vinegar, orange	3 ozw	3 ozw	160	70	7	3	0	60	95	0	0	0	21
GREENS TO GO	M4886	Crispy Chicken Tenders (3)	Three deep-fried chicken breast strips	3 each	3 each	510	310	35	5	0	45	1140	29	Less Than 1g	0	21
GREENS TO GO	M6122	Chicken Bulgur Butternut Salad	Chicken, blue cheese and pecans on salad of butternut squash,	1 each	1 each	670	310	35	7	0	70	520	64	15	14	34
GREENS TO GO	M6244	Chicken, Pear & Walnut Salad	Grilled chicken on kale greens mix tossed with pear, walnuts, blue	1 each	1 each	670	360	40	7	0	70	580	49	8	21	35
GREENS TO GO	M6648	Chicken Caesar Salad	Grilled chicken on romaine tossed with Parmesan, seasoned croutons	1 each	1 each	540	310	35	7	0	70	960	27	4	4	30
GREENS TO GO	M6761	Asian Chicken Salad	Grilled chicken, fresh vegetables & romaine tossed with spicy sesame	1 each	1 each	480	280	31	4	0	55	450	26	8	11	28
GREENS TO GO	M713	Garlic Herb Breadstick	Freshly baked garlic herb breadstick	1 stick	1 stick	180	45	5	1	0	0	300	28	1	Less Than 1g	5
GREENS TO GO - CYO - BASE	M6570	Romaine Lettuce	Chopped romaine lettuce	1 lb	1 Cup	5	0	0	0	0	0	0	1	Less Than 1g	Less Than 1g	Less Than 1g
GREENS TO GO - CYO - BASE	M20114	Baby Spinach	Fresh baby spinach	1 lb	1 Cup	10	0	0	0	0	0	35	2	0	Less Than 1g	1
GREENS TO GO - CYO - BASE	M21644	Kale Greens Mix	Freshly cut kale greens and spring mix	1 lb	1 Cup	5	0	0	0	0	0	5	1	0	0	Less Than 1g
GREENS TO GO - CYO - TOPPING	M14258	Shredded Cheddar Cheese	Shredded Cheddar cheese	1 lb	1/4 Cup	110	9	6	0	80	30	180	0	0	0	7
GREENS TO GO - CYO - TOPPING	M14289	Blue Cheese Crumbles	Crumbled blue cheese	1 lb	1/4 Cup	120	9	6	0	80	30	350	2	0	0	7
GREENS TO GO - CYO - TOPPING	M14292	Shredded Parmesan	Shredded Parmesan	1 lb	1/4 Cup	90	5	3	0	45	20	125	3	0	0	9
GREENS TO GO - CYO - TOPPING	M14290	Feta Cheese Crumbles	Crumbled feta	1 lb	1/4 Cup	90	7	5	0	70	30	390	1	1	0	5
GREENS TO GO - CYO - TOPPING	M14336	Grape Tomatoes	Fresh grape tomatoes	1 lb	1/2 Cup	15	0	0	0	0	0	0	3	2	1	Less Than 1g
GREENS TO GO - CYO - TOPPING	M14531	Black Beans	Black beans	1 lb	1/4 Cup	50	0	0	0	0	0	45	8	0	4	3
GREENS TO GO - CYO - TOPPING	M20117	Roasted Corn	Roasted corn tossed with salt and pepper	1 qt	1/4 Cup	50	1.5	0	0	15	0	35	9	2	1	1
GREENS TO GO - CYO - TOPPING	M21663	Sliced Cucumber	Sliced English cucumber	1 lb	1/4 Cup	5	0	0	0	0	0	0	1	Less Than 1g	0	0
GREENS TO GO - CYO - TOPPING	M6578	Shredded Carrots	Shredded fresh carrots	1 lb	1/4 Cup	15	0	0	0	0	0	25	3	2	Less Than 1g	0
GREENS TO GO - CYO - TOPPING	M14362	Sliced Hard-Cooked Egg	Sliced hard-cooked egg	1 lb	1/4 Cup	70	4.5	1.5	0	45	165	60	0	0	0	6
GREENS TO GO - CYO - TOPPING	M20115	Sliced Avocado	Fresh sliced avocado	1 lb	1/4 Cup	60	5	0.5	0	45	0	0	3	0	2	Less Than 1g
GREENS TO GO - CYO - TOPPING	M6557	Sliced Mushrooms	Sliced fresh mushrooms	1 lb	1/4 Cup	0	0	0	0	0	0	0	Less Than 1g	0	0	Less Than 1g
GREENS TO GO - CYO - TOPPING	M14553	Banana Peppers	Banana pepper rings	1 lb	1/4 Cup	0	0	0	0	0	0	580	Less Than 1g	0	0	0
GREENS TO GO - CYO - TOPPING	M21135	Sliced Kalamata Olives	Sliced Kalamata olives	1 lb	1/4 Cup	110	9	1	0	80	0	590	6	0	1	Less Than 1g
GREENS TO GO - CYO - TOPPING	M14343	Sliced Red Onions	Thinly sliced red onions	1 lb	1/4 Cup	10	0	0	0	0	0	0	2	Less Than 1g	0	0
GREENS TO GO - CYO - TOPPING	M6343	Tortilla Straws	Crispy corn tortilla strips	1 lb	1/4 Cup	45	1	0	0	10	0	15	7	0	1	Less Than 1g
GREENS TO GO - CYO - TOPPING	M6847	Croutons	Homestyle seasoned croutons	1 lb	1/4 Cup	60	2	0	0	20	0	170	9	Less Than 1g	0	1
GREENS TO GO - CYO - PROTEIN	M9519	Bacon	Crispy bacon	1 slice	1 slice	45	30	3	1	0	10	160	0	0	0	2
GREENS TO GO - CYO - PROTEIN	M20125	Grilled Herbed Orange Chicken	Grilled chicken marinated in orange juice, garlic, basil and thyme	1 lb	1/4 Cup	50	2.5	0	0	20	20	25	0	0	0	8
GREENS TO GO - CYO - DRESSING	M20083	Creamy Caesar Dressing	Creamy Caesar salad dressing	1 qt	2 Tablespoons	140	15	2.5	0	140	0	260	1	0	0	Less Than 1g
GREENS TO GO - CYO - DRESSING	M1422	Salsa Ranch Dressing	Homestyle ranch dressing blended with chunky salsa	1 fl oz	2 Tablespoons	50	45	5	1	0	5	220	2	0	0	Less Than 1g
GREENS TO GO - CYO - DRESSING	M19735	Balsamic Vinaigrette	Tangy balsamic vinaigrette dressing	1 qt	2 Tablespoons	60	5	0.5	0	45	0	200	4	4	0	0
GREENS TO GO - CYO - DRESSING	M19242	Lite Italian Dressing	Lite Italian salad dressing	1 qt	2 Tablespoons	40	3.5	0.5	0	30	0	260	2	2	0	0
GREENS TO GO - CYO - DRESSING	M14891	Ranch Dressing	Homestyle creamy ranch salad dressing	1 qt	2 Tablespoons	100	10	1.5	0	90	10	260	1	Less Than 1g	0	Less Than 1g
GREENS TO GO - CYO - DRESSING	M20088	Buffalo Blue Cheese Dressing	Creamy blue cheese dressing blended with Buffalo sauce	1 qt	2 Tablespoons	110	12	2.5	0	100	10	420	Less Than 1g	Less Than 1g	0	1
GREENS TO GO - CYO - DRESSING	M14893	Blue Cheese Dressing	Creamy, chunky blue cheese dressing	1 qt	2 Tablespoons	150	16	3	0	140	15	250	Less Than 1g	Less Than 1g	0	1
GREENS TO GO - CYO - DRESSING	M14887	Olive Oil	Extra virgin olive oil	1 qt	2 Tablespoons	250	28	4	0	250	0	0	0	0	0	0
GREENS TO GO - CYO - DRESSING	M14889	Balsamic Vinegar	Balsamic vinegar	1 qt	2 Tablespoons	15	0	0	0	0	0	0	3	3	0	0
GREENS TO GO - CYO - DRESSING	M19241	Light Ranch Dressing	Light ranch salad dressing	1 qt	2 Tablespoons	100	10	1.5	0	90	5	270	1	0	0	Less Than 1g

2017 Higher Education Fall Semester - Greens To Go Nutritional Report



Category	M#	Prima Marketing Name	Marketing Descriptor	Recipe Serving Size	Portion Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
GREENS TO GO - AP SOUP	M32183	Broccoli Cheddar Soup	Chunks of fresh cut broccoli and seasonings simmered in a velvety	8 fl oz	8 fl oz	250	160	18	10	0	55	1070	14	2	4	9
GREENS TO GO - AP SOUP	M32185	Twice Stuffed Baked Potato Soup	Diced russet potatoes, fresh onions and chives in a velvety cheddar	8 fl oz	8 fl oz	420	230	25	14	0	70	1270	35	2	7	16
GREENS TO GO - AP SOUP	M32187	Chicken Chili with Beans	Diced chicken, tomato and navy beans simmered in a rich veloute	8 fl oz	8 fl oz	200	40	4	1	0	15	750	31	13	2	10
GREENS TO GO - AP SOUP	M32188	Timberline Chili	Tender beef, beans and peppers simmered in a zesty tomato sauce	8 fl oz	8 fl oz	290	120	13	5	1	50	1000	25	6	8	19
GREENS TO GO - AP SOUP	M32189	Italian Wedding Soup	Beef and chicken meatballs, acini di pepe pasta and spinach in a mild	8 fl oz	8 fl oz	120	35	4	1	0	10	470	16	Less Than 1g	Less Than 1g	6
GREENS TO GO - AP SOUP	M32190	Mushroom Soup	Domestic and shiitake mushrooms in a rich garlic scented chicken	8 fl oz	8 fl oz	160	80	9	4	0	20	820	17	2	4	5
GREENS TO GO - AP SOUP	M32192	Cheesy Chicken Tortilla Soup	A rich tomato and cheese broth loaded with chicken and Mexican	8 fl oz	8 fl oz	130	45	5	2	0	25	1250	14	1	3	7
GREENS TO GO - AP SOUP	M32194	Garden Vegetable Soup	Fresh carrot, potato, corn, spinach, peppers and zucchini simmered	8 fl oz	8 fl oz	110	5	1	0	0	0	890	21	4	5	4
GREENS TO GO - AP SOUP	M32195	Boston Clam Chowder	Clams, potato, mild whitefish, celery and onions seasoned with garlic,	8 fl oz	8 fl oz	260	100	11	5	0	35	880	28	1	12	13
GREENS TO GO - AP SOUP	M33017	Chicken & Wild Rice Soup	Sauteed carrots, celery and onion simmered in chicken stock with	8 fl oz	8 fl oz	130	15	1	0	0	10	430	23	1	1	7
GREENS TO GO - AP SOUP	M33018	Southwest Black Bean Soup	Black beans, fresh pack tomatoes and char-grilled onions simmered in	8 fl oz	8 fl oz	220	10	1	0	0	0	430	43	12	8	10
GREENS TO GO - AP SOUP	M33019	Chicken Noodle Soup	Sauteed carrots, celery and onion, with white meat chicken, wide egg	8 fl oz	8 fl oz	110	15	1	0	0	25	430	18	2	2	6
GREENS TO GO - AP SOUP	M33020	Fire-Roasted Vegetable Soup	Sauteed mirepoix, garlic and peppers simmered in fire-roasted	8 fl oz	8 fl oz	80	0	0	0	0	0	430	15	3	5	3
GREENS TO GO - AP SOUP	M33021	Barley & Mushroom Soup	Sauteed field mushrooms, garlic, carrots, celery and onion simmered	8 fl oz	8 fl oz	140	10	1	0	0	Less Than 5r	430	27	5	6	5
GREENS TO GO - AP SOUP	M33022	Tomato Basil Soup	Fresh pack tomatoes, tomato paste and tomato puree with sauteed	8 fl oz	8 fl oz	140	20	2	1	0	10	430	26	3	16	5
GREENS TO GO - AP SOUP	M33023	Vegetarian Chili	Sauteed garlic, bell peppers, onion and carrot simmered in roasted	8 fl oz	8 fl oz	190	15	1	0	0	0	430	36	11	6	8
GREENS TO GO - AP SOUP	M33024	Lemon Chicken Orzo Soup	Sauteed mirepoix, pepper and garlic simmered in chicken broth with	8 fl oz	8 fl oz	90	10	1	0	0	10	430	14	1	1	6
GREENS TO GO - AP SOUP	M33025	Masala Tomato Lentil Soup	Red and brown lentils and white beans simmered in vegetable stock	8 fl oz	8 fl oz	140	10	1	0	0	0	430	25	7	5	8
GREENS TO GO - AP SOUP	M33027	Minestrone Soup	Sauteed mirepoix and garlic simmered in beef stock with tomatoes,	8 fl oz	8 fl oz	140	20	2	1	0	Less Than 5r	430	24	6	3	7