



Nutritional Information

All food service nutritional information based on a 1 cup (8oz) serving

Variety	Veg	Dairy Free	Gluten Free	Contains Pork	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Chol. (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Angus Steak Chili with Beans		X		X	230	60	7	2.5	50	640	23	7	7	20
Asian Chicken Soup with Noodles		X			100	15	1.5	0.5	35	710	9	1	2	13
Beef Barley & Vegetable Soup					110	25	3	1.5	20	810	12	3	3	9
Beef Stew		X			210	60	6	2	45	720	20	3	4	17
Black Bean Soup	X	X			220	60	7	1	0	540	31	10	3	10
Buffalo Chicken Soup					260	150	16	11	70	780	15	2	3	15
Butternut Squash and Apple Soup					180	90	10	7	35	480	21	3	11	3
Carrot Ginger Soup	X	X			120	40	4.5	0.5	0	340	18	4	7	2
Chicken & Dumpling Soup					240	100	12	3.5	65	750	19	2	2	14
Chicken Noodle Soup		X			130	20	2.5	0.5	35	790	16	2	2	11
Chicken Stew		X			240	110	12	3.5	55	620	16	2	2	17
Chicken Tortellini Soup					150	40	4.5	2	30	750	17	1	2	12
Chicken Tortilla Soup		X			130	35	4	0.5	20	830	16	3	4	10
Chicken Vegetable Soup with Rice		X	X		100	15	2	0.5	20	740	12	2	2	9
Chipotle Sweet Potato Soup	X	X			150	60	7	1	0	610	21	3	8	2
Coconut Curry Chicken Soup		X			260	120	13	10	30	480	24	2	5	13
Corn Chowder				X	250	100	11	4	20	670	34	2	8	6
Cream of Broccoli with Monterey Jack					250	170	19	9	40	750	14	2	3	7
Cream of Chicken with Wild Rice					230	120	13	4.5	35	680	19	1	1	10
Fish Chowder made with Haddock					300	170	19	12	110	580	14	1	4	18
French Onion Soup					170	70	8	6	25	710	18	2	8	5
Grilled Chicken & Corn Chowder				X	270	120	13	4	45	710	27	2	7	13
Hungarian Mushroom Soup					190	120	13	5	30	760	12	2	3	6
Italian Wedding Soup with Meatballs					180	60	7	3	20	810	17	1	2	12
Kale Soup with Linguica Sausage				X	200	80	10	2	10	610	19	4	1	10
Lentil Soup	X	X			290	110	13	1.5	0	650	37	9	4	11
Loaded Potato Soup				X	280	140	16	10	50	710	22	2	2	14
Lobster Bisque					270	150	17	11	105	1020	19	0	6	8
Manhattan Clam Chowder		X			130	25	3	0	20	680	17	2	4	10
Maryland Vegetable Crab		X			140	40	4.5	0.5	30	920	16	2	3	9
Mediterranean Grilled Eggplant & Zucchini	X	X			90	40	4.5	0.5	0	600	11	3	6	2
Minestrone	X	X			150	30	3.5	0.5	0	650	25	5	5	7
New England Clam Chowder				X	350	220	24	13	90	700	21	1	5	11
Organic Carrot & Coriander Soup	X	X	X		90	25	2.5	0	0	370	13	4	8	1
Organic Chick Pea & Spinach with Cream	X		X		220	70	8	3	15	500	32	6	4	7
Organic Cream of Mushroom & Potato	X		X		130	60	7	3	15	600	13	4	2	4
Organic Roasted Eggplant Soup	X	X	X		140	70	8	1	0	510	15	3	6	2
Pasta e Fagioli (Pasta and Beans)				X	180	40	4.5	1	5	740	24	5	3	11
Potato & Leek Soup	X	X			230	140	16	2.5	0	600	21	2	2	2
Reuben Soup					200	100	11	6	45	1040	15	2	5	12
Roasted Vegetable Soup	X	X	X		190	100	11	1.5	0	750	22	4	3	3
Seafood Chowder					310	170	20	9	80	660	18	1	3	15
Shrimp & Roasted Corn Chowder					230	110	12	8	90	530	21	2	4	10
Shrimp & Sausage Gumbo		X		X	140	45	5	1.5	30	700	17	2	3	8
Spicy Crab & Sweet Corn Chowder					260	140	15	10	65	770	22	1	8	10
Split Pea with Ham Soup		X		X	220	40	4.5	1.5	10	740	31	11	6	15
Thai Chicken Soup with Red Curry		X			240	100	11	7	20	840	25	2	4	11
Three Bean Chili	X	X	X		190	30	3	0.5	0	380	31	11	10	9
Tomato and Basil		X	X		100	35	4	0.5	0	820	11	2	7	5
Tomato Soup with Garden Vegetables	X	X	X		90	30	3.5	1	0	660	13	4	7	3
Tomato Bisque					210	110	12	7	35	830	19	4	10	6
Tomato Soup with Rice					120	25	3	2	10	730	17	2	6	5
Turkey Chili with Beans		X			200	35	4	1	60	620	23	7	7	20
Turkey Gumbo		X			150	35	4	1.5	30	730	16	2	3	11
Vegetarian Vegetable Soup	X	X			45	5	0	0	0	790	10	3	4	2
White Bean and Escarole Soup	X	X			230	60	7	1	0	730	32	8	2	12
White Chicken Chili with Cilantro			X		310	130	14	5	70	710	25	5	3	22

* Data subject to change. Please refer to website for most up-to-date information.

Nutritional Benefits

All food service nutritional information based on a 1 cup (8oz) serving

VARIETY	Fiber		Iron		Vitamin A		Vitamin C		Calcium		Cholesterol		Fat		Veg. Servings
	High	Good Source	High	Good Source	High	Good Source	High	Good Source	High	Good Source	Free	Low	Free	Low	
Angus Steak Chili with Beans	X		X		X			X							1
Asian Chicken Soup with Noodles						X								X	
Beef Barley & Vegetable Soup		X				X								X	
Beef Stew		X		X	X										1
Black Bean Soup	X			X	X						X				
Buffalo Chicken Soup					X				X						
Butternut Squash and Apple Soup		X			X										1
Carrot Ginger Soup		X			X						X				1
Chicken & Dumpling Soup					X										
Chicken Noodle Soup					X									X	
Chicken Stew					X										
Chicken Tortellini Soup						X									
Chicken Tortilla Soup		X				X									1
Chicken Vegetable Soup with Rice						X								X	
Chipotle Sweet Potato Soup		X			X			X			X				1
Coconut Curry Chicken Soup				X		X									
Corn Chowder															1
Cream of Broccoli with Monterey Jack									X						
Cream of Chicken with Wild Rice															
Fish Chowder made with Haddock						X			X						
French Onion Soup															1
Grilled Chicken & Corn Chowder					X										1
Hungarian Mushroom Soup					X										
Italian Wedding Soup with Meatballs						X									
Kale Soup with Linguica Sausage		X		X	X		X				X				
Lentil Soup	X		X		X						X				
Loaded Potato Soup						X			X						1
Lobster Bisque						X									
Manhattan Clam Chowder			X			X		X						X	1
Maryland Vegetable Crab						X									1
Mediterranean Grilled Eggplant & Zucchini		X									X				2
Minestrone	X		X		X						X				1
New England Clam Chowder			X		X			X		X					
Organic Carrot & Coriander Soup		X			X						X			X	1
Organic Chick Pea & Spinach with Cream	X			X											1
Organic Cream of Mushroom & Potato		X													1
Organic Roasted Eggplant Soup		X									X				2
Pasta e Fagioli (Pasta and Beans)	X			X		X				X		X			
Potato & Leek Soup											X				1
Reuben Soup					X					X					
Roasted Vegetable Soup		X			X						X				2
Seafood Chowder				X		X				X					
Shrimp & Roasted Corn Chowder						X									1
Shrimp & Sausage Gumbo						X									1
Spicy Crab & Sweet Corn Chowder				X	X					X					1
Split Pea with Ham Soup	X			X		X						X			
Thai Chicken Soup with Red Curry						X									
Three Bean Chili	X			X		X					X			X	1
Tomato and Basil					X						X				
Tomato Bisque		X			X					X					1
Tomato Soup with Garden Vegetables		X			X					X	X				1
Tomato Soup with Rice						X						X		X	1
Turkey Chili with Beans	X		X		X			X							1
Turkey Gumbo						X									1
Vegetarian Vegetable Soup		X				X		X			X		X		1
White Bean and Escarole Soup	X		X							X	X				
White Chicken Chili with Cilantro	X			X						X					

* All nutrient content claims meet FDA 21 Code of Federal Regulations 101 standards. Vegetable servings are based on USDA's MyPyramid Guidelines.