

# Smart Meals Nutritional Info

\*estimate and results may vary

| Item   | Calories | Fat (gm) | Carb (gm) | Pro (gm) | % of Fat | Current Menu |
|--|----------|----------|-----------|----------|----------|--------------|
| *If highlighted then this item was analyzed by AFL Food Labs |          |          |           |          |          |              |

## BREAKFAST & SNACK ITEMS

|                                    |     |    |      |      |       |     |
|------------------------------------|-----|----|------|------|-------|-----|
| Breakfast Hash                     | 230 | 3  | 23   | 28   | 11.7% | Yes |
| Traditional Breakfast Burrito      | 340 | 7  | 32   | 36   | 18.5% | Yes |
| Beef & Egg White Burrito           | 320 | 6  | 33   | 33   | 16.8% | Yes |
| Blueberry Egg White Pancake        | 180 | 3  | 26   | 12   | 15.0% | Yes |
| Cherry Chocolate Egg White Pancake | 258 | 5  | 39   | 15   | 17.4% | Yes |
| Blueberry Steel Cut Oatmeal        | 243 | 3  | 39   | 15   | 11.1% | Yes |
| Pumpkin Protein Muffin (ea)        | 305 | 6  | 48   | 14   | 17.6% | Yes |
| Peanut Butter Protein Muffin (ea)  | 250 | 7  | 35   | 12   | 25.2% | Yes |
| Toffee Banana Protein Muffin (ea)  | 241 | 8  | 34   | 15   | 29.8% | No  |
| Apple Bran Protein Muffin (ea)     | 307 | 6  | 47   | 16   | 17.6% | Yes |
| Key Lime Pie                       | 230 | 6  | 31   | 13   | 23.5% | No  |
| Chocolate Chip Protein Muffin (ea) | 237 | 7  | 30   | 13   | 26.9% | Yes |
| Strawberry Cheesecake              | 212 | 4  | 36   | 8    | 16.7% | Yes |
| Mom's Peanut Butter Bar (ea)       | 116 | 5  | 18   | 5    | 38.8% | Yes |
| Carrot Cake Cupcakes               | 172 | 4  | 31   | 4    | 21.0% | No  |
| Cookies & Cream Pudding            | 280 | 8  | 35.4 | 17.1 | 25.0% | Yes |
| Lemon Pound Cake                   | 398 | 12 | 62   | 10   | 27.1% | Yes |
| Chocolate Pound Cake               | 376 | 11 | 58   | 12   | 26.0% | Yes |

## COMBO MEALS

### Chicken

|   |     |   |    |    |       |     |
|---|-----|---|----|----|-------|-----|
| Small Corn Flake Baked Chicken w/Potatoes | 365 | 4 | 52 | 30 | 9.9%  | No  |
| Large Corn Flake Baked Chicken w/Potatoes | 495 | 6 | 62 | 48 | 10.9% | No  |
| Small Body Builder Chicken w/Yams         | 310 | 3 | 34 | 36 | 8.7%  | Yes |
| Large Body Builder Chicken w/Yams         | 445 | 6 | 45 | 52 | 12.1% | Yes |
| Small Rodeo Special BBQ Chicken w/Yams    | 335 | 3 | 41 | 36 | 8.1%  | Yes |
| Large Rodeo Special BBQ Chicken w/Yams    | 475 | 6 | 53 | 52 | 11.4% | Yes |
| Small Cuban Chicken w/Rice                | 330 | 3 | 46 | 29 | 8.2%  | No  |
| Large Cuban Chicken w/Rice                | 465 | 5 | 55 | 50 | 9.7%  | No  |
| Small Chicken Piccata w/Rice              | 325 | 5 | 41 | 29 | 13.8% | No  |
| Large Chicken Piccata w/Rice              | 497 | 9 | 58 | 46 | 16.3% | No  |
| Small Buffalo Chicken w/Rice              | 340 | 4 | 40 | 36 | 10.6% | Yes |
| Large Buffalo Chicken w/Rice              | 499 | 7 | 58 | 52 | 12.6% | Yes |
| Small Dijon & Sage Chicken w/Rice         | 320 | 3 | 44 | 30 | 8.4%  | Yes |
| Large Dijon & Sage Chicken w/Rice         | 460 | 5 | 54 | 50 | 9.8%  | Yes |
| Small Chicken Cannelloni's                | 365 | 6 | 45 | 32 | 14.8% | Yes |
| Large Chicken Cannelloni's                | 520 | 8 | 65 | 47 | 13.8% | Yes |

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|   |     |    |    |    |       |         |
|---|-----|----|----|----|-------|---------|
| Small Pan Seared Chicken w/Mushroom Rissoto         | 345 | 5  | 40 | 35 | 13.0% | Yes     |
| Large Pan Seared Chicken w/Mushroom Rissoto         | 515 | 7  | 60 | 53 | 12.2% | Yes     |
| Lorena's Frijoles                                   | 495 | 6  | 61 | 49 | 10.1% | Yes     |
| Chicken Enchiladas                                  | 460 | 10 | 56 | 36 | 19.6% | Yes     |
| King Ranch Casserole                                | 360 | 9  | 11 | 58 | 22.5% | Yes     |
| Chicken Un-Fried Rice                               | 430 | 7  | 51 | 40 | 14.7% | Yes     |
| Thai Basil Chicken                                  | 365 | 4  | 47 | 35 | 9.8%  | Yes     |
| Chicken Parmesan Lg- <i>protein only analyzed</i>   | 365 | 5  | 26 | 55 | 12.3% | Special |
| Small Chicken Parmesan w/ Pasta                     | 390 | 6  | 55 | 29 | 13.8% | Yes     |
| Large Chicken Parmesan w/Pasta                      | 620 | 8  | 80 | 57 | 11.6% | Yes     |
| Large Chicken Fettuccine                            | 410 | 7  | 46 | 40 | 15.4% | No      |
| Small Stuffed Chicken w/Brown Rice & Barley Risotto | 350 | 4  | 43 | 36 | 10.3% | No      |
| Large Stuffed Chicken w/Brown Rice & Barley Risotto | 466 | 5  | 58 | 48 | 9.7%  | No      |
| Jalapeno Pasta w/Chicken and Sausage                | 490 | 10 | 56 | 44 | 18.4% | Yes     |

### Turkey

|   |     |    |    |    |       |     |
|---|-----|----|----|----|-------|-----|
| Small Lean Turkey Spaghetti                 | 415 | 8  | 47 | 39 | 17.3% | Yes |
| Large Lean Turkey Spaghetti                 | 530 | 11 | 55 | 52 | 19.0% | Yes |
| Small Sizzling Turkey Bowl                  | 298 | 3  | 31 | 39 | 9.1%  | Yes |
| Large Sizzling Turkey Bowl                  | 430 | 3  | 45 | 56 | 6.3%  | Yes |
| Small Sweet and Tangy Grilled Turkey w/Rice | 290 | 3  | 40 | 26 | 8.9%  | Yes |
| Large Sweet and Tangy Grilled Turkey w/Rice | 445 | 4  | 52 | 53 | 8.0%  | Yes |
| Small Lean Turkey Meatloaf w/Couscous       | 385 | 5  | 51 | 34 | 11.7% | No  |
| Large Lean Turkey Meatloaf w/Couscous       | 495 | 7  | 63 | 45 | 12.7% | No  |
| Burkey w/Yams                               | 375 | 4  | 42 | 43 | 10.0% | Yes |
| Turkey Shepherd's Pie                       | 375 | 4  | 37 | 48 | 9.6%  | Yes |
| Turkey Chili                                | 275 | 5  | 10 | 47 | 16.4% | Yes |
| Turkey Lasagana Single                      | 440 | 5  | 61 | 28 | 10.2% | Yes |

### Seafood

|  |     |    |    |    |       |     |
|--|-----|----|----|----|-------|-----|
| Small Shimp Brochette w/Brown Rice & Quinoa  | 390 | 7  | 45 | 36 | 16.0% | No  |
| Shimp Brochette w/Green Beans                | 320 | 8  | 7  | 48 | 22.0% | Yes |
| Shrimp & Chicken Sausage Paella              | 380 | 8  | 48 | 30 | 18.9% | No  |
| Shrimp Scampi Lg                             | 450 | 8  | 54 | 40 | 16.0% | No  |
| Shrimp Scampi Sm                             | 315 | 6  | 37 | 28 | 17.1% | No  |
| Blackened Salmon w/Wild Rice Pilaf & Veggies | 485 | 15 | 52 | 35 | 27.8% | Yes |
| Blackened Salmon w/Veggies                   | 370 | 16 | 8  | 49 | 38.9% | Yes |
| Lemon Dill Salmon                            | 390 | 17 | 10 | 49 | 39.0% | Yes |
| Shrimp Fettuccine                            | 430 | 8  | 52 | 37 | 16.7% | Yes |
| Shrimp Unfried Rice                          | 435 | 7  | 51 | 42 | 14.5% | Yes |

### Beef

|            |     |   |   |    |       |     |
|------------|-----|---|---|----|-------|-----|
| Beef Chili | 285 | 6 | 9 | 49 | 18.9% | Yes |
|------------|-----|---|---|----|-------|-----|

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|  |     |    |    |    |       |     |
|--|-----|----|----|----|-------|-----|
| Beef Lasagna (ONLY)  | 446 | 5  | 61 | 39 | 10.1% | Yes |
| Small Meatballs w/Pasta                                    | 360 | 7  | 45 | 29 | 17.5% | Yes |
| Large Meatballs w/Pasta                                    | 545 | 10 | 63 | 48 | 18.2% | Yes |
| Meatballs w/Brussel Sprouts                                | 280 | 7  | 18 | 37 | 22.5% | Yes |
| Small Sizzling Sirloin                                     | 332 | 4  | 45 | 29 | 10.8% | Yes |
| Large Sizzling Sirloin                                     | 485 | 8  | 54 | 49 | 14.8% | Yes |
| Small Chipotle & Garlic Crusted Beef Tenderloin w/Potatoes | 365 | 6  | 51 | 27 | 14.8% | No  |
| Large Chipotle & Garlic Crusted Beef Tenderloin w/Potatoes | 525 | 11 | 52 | 54 | 18.9% | Yes |

### SMART PIZZAS

|                             |     |   |    |    |       |     |
|-----------------------------|-----|---|----|----|-------|-----|
| Cheese Pizza                | 360 | 6 | 57 | 19 | 15.0% | Yes |
| Turkey Bacon Jalapeno Pizza | 352 | 8 | 50 | 20 | 20.5% | Yes |
| Turkey Pepperoni Pizza      | 319 | 6 | 49 | 17 | 17.0% | Yes |
| Sausage & Onion Pizza       | 350 | 8 | 50 | 19 | 20.6% | No  |
| Spinach & Feta Pizza        | 398 | 8 | 58 | 23 | 18.1% | Yes |

### SMART WRAPS

|  |     |   |    |    |       |     |
|--|-----|---|----|----|-------|-----|
| Blackened Turkey Smart Burrito           | 355 | 6 | 38 | 38 | 15.2% | No  |
| Herb Chicken Smart Burrito               | 340 | 6 | 35 | 37 | 15.9% | No  |
| Snack Chicken Smart Burrito              | 200 | 4 | 22 | 19 | 18.0% | Yes |
| Spicy BBQ Chicken Smart Burrito          | 370 | 6 | 42 | 37 | 14.5% | No  |
| Spicy Frijoles Smart Burrito             | 330 | 7 | 30 | 36 | 19.0% | No  |
| Classic Chicken Smart Burrito            | 350 | 6 | 37 | 37 | 15.4% | Yes |
| Traditional Burrito                      | 340 | 7 | 32 | 36 | 18.5% | Yes |
| Beef & Egg white Breakfast Smart Burrito | 320 | 6 | 33 | 33 | 16.8% | Yes |
| Breakfast Turkey Smart Burrito           | 310 | 5 | 43 | 24 | 14.5% | Yes |
| Red Bean & Cheddar Smart Wrap            | 329 | 5 | 49 | 22 | 13.7% | Yes |
| Classic Steak Burrito                    | 315 | 9 | 35 | 25 | 25.0% | Yes |

### Low Carb Meals

|                                  |     |   |    |    |     |     |
|----------------------------------|-----|---|----|----|-----|-----|
| Rodeo BBQ Chicken + Veggie       | 265 | 3 | 12 | 48 | 10% | Yes |
| Dijon Crusted Chicken + Veggie   | 260 | 4 | 8  | 48 | 14% | Yes |
| Buffalo Style Chicken + Veggie   | 265 | 3 | 12 | 48 | 10% | Yes |
| Chicken Parmesan + Veggie        | 325 | 4 | 25 | 47 | 11% | Yes |
| Pan Seared Chicken + Veggie      | 268 | 3 | 12 | 48 | 10% | Yes |
| Sweet and Tangy Turkey + Veggie  | 245 | 3 | 13 | 42 | 11% | Yes |
| Jalapeno Chicken Burger + Veggie | 300 | 5 | 9  | 52 | 15% | Yes |
| Burkey Burger + Veggie           | 222 | 3 | 5  | 43 | 12% | Yes |
| Meatballs + Brussel              | 280 | 7 | 18 | 37 | 23% | Yes |
| Chipotle Steak + Veggie          | 250 | 7 | 5  | 42 | 25% | Yes |
| Meatballs Only (4 + sauce)       | 345 | 9 | 18 | 47 | 23% | Yes |