

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