

Soup (8 oz.)	Kcal	Fat Kcal	Ttl. Fat	Sat. Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
Beef Stroganoff	220g	80g	9g	4.5g	30mg	890mg	23g	<1g	8g	10g
Creamy Tomato Gorgonzola w/Basil	140g		8g		10mg	950mg	14g	2g		6g
Southwest Chicken Especial	180g	90g	10g	3.5g	30mg	930mg	17g	2g	2g	7g
Pasta Fagioli with Sausage	150g	40g	4.5g	1.5g	20mg	910mg	22g	4g	2g	7g
Heartland Chicken and Rice	170g	60g	7g	3.5g	20mg	1020mg	19g	<1g	7g	9g
Chicken Noodle	100g	15g	1.5g	1g	10mg	1030mg	14g	1g	4g	5g
Creamy Chicken and Dumpling	140g	50g	5g	2g	40mg	1100g	16g	1g	3g	7g
Vegetarian Chili Special	90g	10g	1g	0g	0mg	840mg	21g	8g	3g	7g
Portobello & Roasted Tomato Bisque	190g	110g	12g	8g	40mg	980mg	15g	2g	4g	5g
Vegetable Beef Barley	120g	25g	3g	1.5g	15mg	820mg	17g	3g	4g	6g
Soup (8 oz.)	Kcal	Fat Kcal	Ttl. Fat	Sat. Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
Ivar's Clam Chowder	330g		10g			1120mg	24g			17g
Baked Potato and Cheddar	290g	150g	17g	11g	50mg	850mg	24g	2g	5g	10g
Split Pea and Black Forrest Ham	170g	5g	1g	0g	5mg	880mg	29g	11g	2g	12g
Italian Wedding Soup with Meatballs	130g	40g	4.5g	1.5g	10mg	940mg	16g	1g	1g	7g
Macaroni and Cheese	400g	170g	19g	12g	55mg	1330mg	40g	2g	6g	16g
Basil Chicken Chili with Beans	240g	50g	6g	1.5g	55mg	810mg	23g	4g	7g	24g
Coconut Curry with Chicken	200g	120g	13g	6g	40mg	730mg	15g	1g	3g	6g
Jambalaya	230g	80g	9g	3g	40mg	830mg	22g	2g	4g	13g
Vegetarian Lentil	90g	10g	1g	0G	0mg	840mg	21g	8g	3g	7g