

## Chicken Salad Chick

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
<b>Chicken/Egg Salad (4 oz - scoop)</b>						
No more than 6 grams saturated fat and 600 mg sodium						
Dill-icious Diva	350	6	530	1	0	14
Dixie Chick	370	6	550	2	0	15
Fancy Nancy	410	6	510	5	1	14
Fruity Fran	340	5	470	7	1	12
Luau Lydia	370	6	450	4	1	12
Egg Salad	250	4.5	410	5	0	12
Cranberry Kelli	460	6	590	12	2	16
Lauryn's Lemon Basil	390	6	580	1	0	15
Nutty Nana	420	6	460	4	1	15
Southwest Seniorita	320	5	580	3	0	17
<b>Signature Sandwiches</b>						
Chicken Salad BLT – Wheatberry Bread	740	9	1310	53	2	29
-OMIT BACON	660	6.5	1090	53	2	24
Turkey Club – Wheatberry Bread	630	7	1640	58	2	42
-OMIT BACON	550	4.5	1440	58	2	37
<b>Gourmet Soups (cup)</b>						
Chicken Tortilla	180	4	650	14	2	10
Tomato Bisque	110	3	420	13	2	2
Chicken & Dumpling	140	1.5	500	16	0	8
<b>Green Salads</b>						
No more than 2 grams saturated fat and 200 mg sodium						
Strawberry Pecan Salad (no dressing)	110	2	140	13	4	5
<b>Fresh Side Items &amp; Chips</b>						
Fresh Fruit	80	0	0	20	2	1
Baked Lays	140	0.5	180	24	2	2

Winter 2024