

Minestrone w Meat

	8 ounces	12 ounces
Calories	110	165
Total Fat	2	3
Sodium	1,215	1,820
Total Carbohydrate	15	23
Dietary Fiber	4.5	6.5
Protein	6	9

Allergens: Wheat, Soy

Roasted Garden Vegetable

	8 ounces	12 ounces
Calories	105	158
Total Fat	4.5	7
Sodium	1,240	1,860
Total Carbohydrate	14	21
Dietary Fiber	2.5	3.5
Protein	2	3

Allergens: None

Cream of Chicken Wild Rice

	8 ounces	12 ounces
Calories	211	317
Total Fat	10	14
Sodium	1,315	1,980
Total Carbohydrate	19	28
Dietary Fiber	2	3
Protein	12	17

Allergens: Milk, Wheat, Soy

Chicken Tortellini Soup

	8 ounces	12 ounces
Calories	135	205
Total Fat	3	5
Sodium	1,175	1,760
Total Carbohydrate	16	23
Dietary Fiber	2	2.5
Protein	9	14

Allergens: Egg, Milk, Wheat, Soy

Cheesy Broccoli Soup

	8 ounces	12 ounces
Calories	155	230
Total Fat	7	11
Sodium	785	1,175
Total Carbohydrate	18	28
Dietary Fiber	3	4
Protein	5.5	8

Allergens: Milk, Wheat Soy

Chicken Rice Soup

	8 ounces	12 ounces
Calories	82	123
Total Fat	1.5	2
Sodium	145	220
Total Carbohydrate	12	17
Dietary Fiber	1.5	2.5
Protein	6	9

Allergens: Milk, Wheat, Soy

Cheesy Cauliflower Soup

	8 ounces	12 ounces
Calories	109	165
Total Fat	5	7.5
Sodium	770	1,150
Total Carbohydrate	13	19
Dietary Fiber	2.5	3.5
Protein	4	6

Allergens: Milk, Wheat, Soy

Vegetable Beef Soup

	8 ounces	12 ounces
Calories	100	150
Total Fat	2	3
Sodium	1,375	2,060
Total Carbohydrate	11	16
Dietary Fiber	2.5	3.5
Protein	7	11

Allergens: Wheat, Soy

Tomato Basil Creamy Bisque

	8 ounces	12 ounces
Calories	250	375
Total Fat	19.5	29
Sodium	850	1,270
Total Carbohydrate	18	27
Dietary Fiber	1.5	2.5
Protein	3	5

Allergens: Milk, Wheat

Meatless Minestrone

	8 ounces	12 ounces
Calories	75	115
Total Fat	0.5	0.75
Sodium	845	1,270
Total Carbohydrate	16	24
Dietary Fiber	3.5	5
Protein	3	4.5

Allergens: Wheat

Mediterranean Bean & Sausage

	8 ounces	12 ounces
Calories	220	325
Total Fat	7	11
Sodium	1,670	2,500
Total Carbohydrate	26	39
Dietary Fiber	7.5	11
Protein	11	16

Allergens: Milk, Wheat, Soy

Butternut Squash Soup

	8 ounces	12 ounces
Calories	225	340
Total Fat	10	15
Sodium	450	680
Total Carbohydrate	34	51
Dietary Fiber	6	8
Protein	3	4

Allergens: Milk, Wheat

Cheesy Vegetable Soup

	8 ounces	12 ounces
Calories	150	220
Total Fat	7	10
Sodium	780	1200
Total Carbohydrate	18	26
Dietary Fiber	2	3.5
Protein	4	7

Allergens: Milk, Wheat, Soy

Sour Cream & Chive Potato Soup

	8 ounces	12 ounces
Calories	335	500
Total Fat	23	34
Sodium	1400	2000
Total Carbohydrate	27	41
Dietary Fiber	2	3
Protein	5	7

Allergens: Milk, Wheat

Chicken Noodle Soup

	8 ounces	12 ounces
Calories	125	190
Total Fat	3	5
Sodium	1100	1700
Total Carbohydrate	12	18
Dietary Fiber	1.5	2
Protein	11	17

Allergens: Milk, Wheat, Egg, Soy

Beef Chili

	8 ounces	12 ounces
Calories	260	390
Total Fat	8	12
Sodium	975	1450
Total Carbohydrate	34	51
Dietary Fiber	8	12
Protein	14	20

Allergens: Wheat, Soy

Chicken Chili

	8 ounces	12 ounces
Calories	390	580
Total Fat	16	24
Sodium	1900	2900
Total Carbohydrate	34	51
Dietary Fiber	6	9
Protein	19	28

Allergens: Milk, Wheat, Soy

Ham, Potato & Cheese Soup

	8 ounces	12 ounces
Calories	230	340
Total Fat	11	16
Sodium	1070	1600
Total Carbohydrate	24	36
Dietary Fiber	2	3
Protein	9	13

Allergens: Milk, Wheat, Soy

Church Supper Soup

	8 ounces	12 ounces
Calories	100	150
Total Fat	2	3
Sodium	1400	2100
Total Carbohydrate	11	16
Dietary Fiber	2	3
Protein	7	11

Allergens: Wheat, Soy

Creamy Garden Vegetable Soup

	8 ounces	12 ounces
Calories	175	270
Total Fat	13	19
Sodium	700	1050
Total Carbohydrate	14	21
Dietary Fiber	3	4
Protein	3	5

Allergens: Milk, Wheat

Southwest Black Bean

	8 ounces	12 ounces
Calories	115	175
Total Fat	0.5	1
Sodium	820	1200
Total Carbohydrate	23	34
Dietary Fiber	6	10
Protein	6	8

Allergens: None

Beef, Mushroom & Wild Rice Soup

	8 ounces	12 ounces
Calories	75	110
Total Fat	1.5	2
Sodium	900	1350
Total Carbohydrate	7	11
Dietary Fiber	1	1
Protein	6	9

Allergens: Wheat, Soy

New England Clam Chowder

	8 ounces	12 ounces
Calories	185	280
Total Fat	8	11
Sodium	900	1350
Total Carbohydrate	16	24
Dietary Fiber	1.5	2
Protein	11	17

Allergens: Milk, Wheat, Soy, Fish, Shellfish

Name

	8 ounces	12 ounces
Calories		
Total Fat		
Sodium		
Total Carbohydrate		
Dietary Fiber		
Protein		

Allergens:

Corn Chowder

	8 ounces	12 ounces
Calories	280	415
Total Fat	14	21
Sodium	985	1500
Total Carbohydrate	35	53
Dietary Fiber	4	6
Protein	5	8

Allergens: Milk, Wheat

Chicken Dumpling Soup

	8 ounces	12 ounces
Calories	240	360
Total Fat	11	17
Sodium	1300	1900
Total Carbohydrate	23	35
Dietary Fiber	2	3
Protein	9	14

Allergens: Milk, Wheat, Egg, Soy

Chicken Cheese Tortilla

	8 ounces	12 ounces
Calories	175	260
Total Fat	7	11
Sodium	1070	1600
Total Carbohydrate	16	24
Dietary Fiber	1	2
Protein	11	17

Allergens: Milk, Wheat, Soy

Chicken Gumbo Soup

	8 ounces	12 ounces
Calories	95	140
Total Fat	2	2
Sodium	220	330
Total Carbohydrate	12	17
Dietary Fiber	2	2
Protein	7	10

Allergens: Milk, Wheat, Soy

Beef Burgundy Soup

8 ounces 12 ounces

Calories	460	690
Total Fat	29	43
Sodium	1000	1600
Total Carbohydrate	7	11
Dietary Fiber	1	1
Protein	39	59

Allergens: Milk, Wheat, Soy

Beef Barley Soup

8 ounces 12 ounces

Calories	125	190
Total Fat	3	5
Sodium	1500	2215
Total Carbohydrate	11	16
Dietary Fiber	2	4
Protein	11	17

Allergens: Wheat, Soy

8 ounces 12 ounces

Calories		
Total Fat		
Sodium		
Total Carbohydrate		
Dietary Fiber		
Protein		

Allergens:

8 ounces 12 ounces

Calories		
Total Fat		
Sodium		
Total Carbohydrate		
Dietary Fiber		
Protein		

Allergens: