

Soups

<i>Item</i>	<i>Serving Size</i>	<i>Calories (kcal)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>	<i>Vegetarian</i>
Alfredo Bianco Chicken	12oz	505	36	20	16	30	642	1	
Beef Noodle	12oz	187	4	1	31	7	1262	1	
Black Bean Soup	12oz	333	4	1	61	15	2001	12	✓
Chicken & Wild Rice Bisque	12oz	404	23	12	16	26	1233	1	
Chicken Noodle Soup	12oz	318	10	3	21	35	1698	1	
Corn Chowder	12oz	398	21	6	44	10	1363	3	✓
Cream of Broccoli	12oz	229	18	11	14	6	679	0	✓
Cream of Chicken Vegetable	12 oz	225	10	3	22	8	1365	6	
Cream of Mushroom	12oz	222	14	9	20	6	599	2	✓
Cream of Potato	12oz	353	19	12	37	9	78?	0	✓
Garden Vegetable	12oz	110	3	0	21	3	587	3	✓

Soups

<i>Item</i>	<i>Serving Size</i>	<i>Calories (kcal)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbs (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>	<i>Vegetarian</i>
Italian Wedding Soup	12oz	385	19	7	26	25	903	1	
Minestrone	12oz	299	11	4	28	15	1077	7	✓
Minnesota Wild Rice Soup	12oz	252	15	9	17	4	844	1	✓
New England Clam Chowder	12oz	237	12	6	17	14	1518	1	
Pasta Fagiole	12oz	291	8	4	36	19	1611	7	✓
Roasted Vegetable & Radiatore	12oz	135	3	0	26	4	1140	4	✓
Rustic Potato Leek & Corn	12oz	254	12	7	21	4	612	2	✓
Sausage & Pasta	12oz	343	17	6	31	19	987	5	
Seven Bean	12oz	180	1	0	33	9	1290	10	✓
Thai Chicken	12oz	255	16	6	20	6	975	2	
Tomato Bisque	12oz	336	15	7	49	6	1550	4	✓
Tortilla & Chicken	12oz	195	6	1	20	16	643	3	
Vermont Cauliflower Soup	12oz	447	30	14	25	20	923	3	✓
Vegetable Beef & Barley	12 oz	150	4	2	21	8	1395	6	