



FOOD DIRECTIONS LLC.

Item	Serving Size	Servings Per Container	Calories (Cal)	Calories From Fat (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BENTOS													
Menu Item	1	1	623	225	25	8	0	461	861	67	1	1	30
Menu Item	1	1	1036	405	45	11	0	659	1493	98	5	1	57
Menu Item	1	1	676	180	20	5	0	54	313	90	2	0	29
Menu Item	1	1	587	270	30	8	0	659	997	46	1	1	32
Menu Item	1	1	941	585	65	21	0	742	2202	43	1	34	45
Menu Item	1	1	556	270	30	10	0	367	1113	5	1	1	23
Menu Item	1	1	452	45	5	0	0	17	427	83	3	4	14
Menu Item	1	1	896	315	35	11	0	103	1129	111	3	7	32
Menu Item	1	1	900	387	43	12	0	216	1441	91	0	1	36
Menu Item	1	1	550	90	10	3	0	38	909	89	9	5	23
Menu Item	1	1	811	225	25	8	0	58	1339	112	9	6	31
Menu Item	1	1	881	297	33	10	0	144	1291	97	11	6	46
Menu Item	1	1	973	423	47	14	0	573	1745	91	4	2	45
Menu Item	1	1	914	405	45	11	0	153	210	66	1	0	55
Menu Item	1	1	536	162	18	6	0	443	491	67	1	1	24
Menu Item	1	1	937	234	26	7	0	82	2355	116	1	43	59
Menu Item	1	1	659	261	29	10	0	467	1044	69	1	2	28
Menu Item	1	1	885	315	35	11	0	696	1050	92	1	1	47



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SANDWICHES AND OTHER ITEMS													
Menu Item	1	1	180	81	9	3	0	15	480	19	2	3	7
Menu Item	1	1	190	81	9	2	0	25	480	22	1	7	6
MENU ITEM CATEGORY													
Menu Item	1	1	314	135	15	5	0	20	434	34	1	1	9
Menu Item	1	1	242	72	8	2	0	22	199	33	1	0	8
Menu Item	1	1	275	99	11	4	0	26	357	34	1	1	8
Menu Item	1	1	274	63	7	0	0	15	224	41	1	1	10
Menu Item	1	1	316	117	13	5	0	231	546	35	1	0	14
Menu Item	1	1	315	135	15	3	0	20	399	36	1	0	8
Menu Item	1	1	284	117	13	3	0	20	399	34	1	0	7
Menu Item	1	1	310	63	7	1	0	0	1011	42	4	3	19
Menu Item	1	1	312	117	13	3	0	20	1621	39	1	4	9

Nutrition Disclaimer: Customer modification or selection of alternative ingredients may increase or decrease the nutrient values listed. These values are estimates derived using data from the USDA Nutrient database, My Fitness Pal, and manufactures information. Actual nutrient values may vary based on product freshness, preparation, origin, manufacturers' formulations, etc., and are by nature based on statistical averages. Although we provide nutritional information for our recipes, the information provided is for informational purposes only. No information offered by or through us shall be construed as or understood to be medical advice or care. None of the information provided by our Company shall be used to diagnose or treat any health problem or disease. Please discuss any concerns with your physician or registered dietitian.