

THANKSGIVING MEAL 2020 NUTRITION INFORMATION

ITEM	SERVING SIZE	CALORIES	TOTAL FAT (grams)	SODIUM (mg)	CARBOHYDRATES (grams)	FIBER (grams)	SUGAR (grams)	PROTEIN (grams)
TURKEY	3.0 oz. (by wt.)	80	1	470	1	0	0	17
GRAVY (TURKEY)	1 fl. oz. (2 tbsp.)	5	0	180	1.5	0	0	0
STUFFING	¼ cup	96	2	416	16	<1	2	3
MASHED POTATOES	½ cup	70	1	340	14	1	0	2
GREEN BEANS	¼ cup	8	0	70	1.5	1	0.5	0.5
DINNER ROLL	1 roll	160	3.5	260	27	2	5	5
CRANBERRY SAUCE	¼ cup	100	0	10	28	1	24	0
PUMPKIN PIE	1 serving							
WITH WHIPPED TOPPING (1 tablespoon)		167	5.5	209	24	0	20	5
WITHOUT WHIPPED TOPPING		155	4.5	209	23	0	19	5

Thanksgiving Meal 2020 Allergens

ITEM	ALLERGENS
TURKEY	Corn. Gluten Free.
GRAVY (TURKEY)	Corn, Egg, Wheat, Gluten, Milk, Soy, May contain Egg or egg derivatives.
STUFFING	Wheat, Gluten, Soy, Milk. Packaged in a facility that also packages tree nuts.
MASHED POTATOES	Milk, Sulfite ingredients. Gluten Free.
GREEN BEANS	Gluten Free.
DINNER ROLL	Wheat, Gluten, Milk, May contain Egg & Soy.
CRANBERRY SAUCE	Corn. Gluten Free.
PUMPKIN PIE	Wheat, Gluten, Milk, Soy, Egg, Corn.

The allergen information provided is accurate and up to date to the best of our knowledge. It is based entirely on the information provided by our ingredient manufacturers and suppliers. No allergen or information on our menu should ever be considered a guarantee, but simply a best faith effort to serve our customers and students. This institution is an equal opportunity provider and employer.