

<p>FRESH LOCAL</p> <h1>REBECCA'S</h1> <p>EST. 1989</p> <h2>ENTRÉES</h2>		1 Serving / Package	kCal										grams						mg		mg		mg		mg		µg (mcg)		mg					
Serving Size	Serving Unit	Calories	Protein	Carbohydrate	Sugar	Fiber	Total Fat	Saturated Fat	Monounsaturated Fat	Polysaturated Fat	Trans Fat	Cholesterol	Sodium	Calcium	Iron	Vitamin D	Potassium	Vegetarian	Vegan	Gluten Friendly	Dairy Friendly													
Entree - BCHS - American Chop Suey	6 oz	311	23	34	4	2	8	2	3	0	0	24	192	25	3	0	328					♦												
Entree - BChS - Beef & Broccoli, Asian	6 oz	321	30	16	10	2	15	4	4	1	0	82	656	45	2	0	522					♦												
Entree - BChS - Beef Fajita (w/ 2 tortillas)	12 oz	902	54	99	9	5	30	9	13	6	0	109	1563	235	9	0	819					♦												
Entree - BChS - Beef Stroganoff (w/out noodle)	4 oz	108	13	5	2	1	4	2	1	0	0	38	280	24	2	0	304				♦													
Entree - BChS - Beef Taco	2 tacos	598	56	11	1	2	34	17	12	2	1	109	508	437	5	1	812				♦													
Entree - BChS - Chicken Broccoli Ziti	6 oz	330	17	21	2	2	20	12	4	1	0	90	249	170	1	0	214																	
Entree - BChS - Chicken LoMein	6 oz	413	19	48	13	1	16	2	3	5	0	44	882	14	2	0	282					♦												
Entree - BChS - Chicken Parm	6 oz	375	26	23	4	1	19	5	4	1	1	80	943	137	2	0	135																	
Entree - BChS - Chicken Picatta	6.5 oz	312	33	29	1	1	6	2	2	1	0	97	1461	22	2	0	534				♦													
Entree - BChS - Chicken, Asian	5 oz	238	32	9	7	0	8	1	2	1	0	99	346	8	1	0	515				♦	♦												
Entree - BChS - Chicken, Grilled, Apricot	5 oz	225	29	19	13	0	4	1	2	1	0	90	166	13	1	0	495				♦	♦												
Entree - BChS - Chicken, Grilled, Balsamic	5 oz	252	30	3	2	0	13	2	2	1	0	94	337	9	1	0	498				♦	♦												
Entree - BChS - Chicken, Grilled, BBQ	5 oz	209	30	12	10	0	4	1	2	1	0	94	341	11	1	0	545				♦	♦												
Entree - BChS - Chicken, Grilled, Bone-in BBQ	6.55 oz	275	39	16	14	0	5	1	3	1	0	122	458	14	1	0	711				♦	♦												
Entree - BChS - Chicken, Grilled, Honey Mustard	5 oz	281	29	5	5	0	16	3	5	2	0	100	363	12	5	0	473				♦	♦												
Entree - BChS - Chicken, Grilled, Italian	5 oz	167	30	3	2	0	7	1	3	3	0	94	363	10	1	0	506				♦	♦												
Entree - BChS - Chicken, Grilled, Mango Chutney	5 oz	222	29	18	15	0	4	1	2	1	0	90	218	8	1	0	473				♦	♦												
Entree - BChS - Chicken, Orange	5 oz	333	15	25	6	1	19	5	0	0	0	51	960	25	0	0	6				♦	♦												
Entree - BChS - Chicken, Sweet & Sour	5.5 oz	211	33	8	7	0	4	1	2	1	0	104	226	8	1	0	538					♦												
Entree - BChS - Chicken, Teriyaki w/ Veg	5.5 oz	176	18	19	14	1	2	0	1	1	0	54	1247	70	2	0	367					♦												
Entree - BChS - Eggplant Parm	7 oz	434	23	30	5	3	26	12	9	2	2	103	2160	553	3	1	226	♦																
Entree - BChS - Enchilada, Chicken	1 enchilada	552	37	44	5	3	25	8	9	6	0	183	888	270	4	1	610																	
Entree - BChS - Flank Steak w/ Chimichurri	5.5 oz	371	36	5	1	1	22	5	12	4	0	100	352	60	3	0	538				♦	♦												
Entree - BChS - Fried Haddock	5.5 oz	542	21	31	1	1	37	6	18	11	6	56	1023	49	5	0	341																	
Entree - BChS - Italian Sausage w/ Peppers & Onion, Sub	1 sandwich	1122	80	36	5	2	76	32	22	18	0	245	2669	146	4	5	1199					♦												
Entree - BChS - Lasagna, Cheese	5.5 oz	284	18	12	2	1	18	11	5	1	0	85	549	427	1	0	118	♦																
Entree - BChS - Lasagna, Meat	1 serving	630	47	21	4	1	39	24	12	1	0	178	1098	842	4	1	384																	
Entree - BChS - Mac n' Cheese	6 oz	393	12	25	2	1	28	16	5	1	0	95	252	233	1	0	36				♦													
Entree - BChS - Meatball(1oz) in Marinara	6 oz	366	16	14	7	2	28	10	7	4	1	51	909	99	2	0	520					♦												
Entree - BChS - Pork Loin	6 oz	336	45	0	0	0	17	6	8	3	0	128	684	20	2	1	740				♦	♦												
Entree - BChS - Quesadilla, Chicken	1 quesadilla	477	30	42	5	2	21	9	7	3	0	83	899	332	3	0	426																	
Entree - BChS - Ravioli, Cheese	6 oz	364	15	33	5	3	10	5	0	0	0	1	630	168	2	0	227	♦																
Entree - BChS - Steak & Cheese, Sub	1 sandwich	463	41	51	2	2	23	10	9	1	0	113	1208	292	5	0	405																	
Entree - BChS - Stuffed Shells	6 oz	280	11	35	6	2	11	6	0	0	0	55	692	130	1	0	109	♦																
Entree - BChS - Tortellini Primavera	6 oz	309	11	30	4	2	17	9	5	1	0	56	380	183	1	0	288	♦																
Entree - BChS - Turkey Breast, Roasted	4 oz	214	33	0	0	0	8	2	3	2	0	84	71	24	2	0	327				♦	♦												
Entree - BChS - Vegetable LoMein	6 oz	349	6	58	23	2	10	1	3	6	0	0	1684	48	4	0	123	♦				♦												

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		Serving Size	Serving Unit	Calories	Protein	Carbohydrate	Sugar	Fiber	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Trans Fat	Cholesterol	Sodium	Calcium	Iron	Vitamin D	Potassium	Vegetarian	Vegan	Gluten Friendly	Dairy Friendly
Starch																							
Entree - BCHS - Side - Mashed Potato, Red Bliss	4.5 oz	147	3	14	3	1	9	6	3	0	0	0	27	183	59	1	0	406	♦				
Entree - BCHS - Side - Pasta, Penne	5 oz	273	10	57	3	3	1	0	0	0	0	0	0	3	2	2	0	0	♦	♦		♦	
Entree - BCHS - Side - Pasta, Penne w/ Marinara	5 oz	195	7	41	4	2	1	0	0	0	0	0	0	162	20	2	0	13	♦	♦		♦	
Entree - BCHS - Side - Pasta, Spaghetti	5 oz	273	10	57	3	3	1	0	0	0	0	0	0	3	2	2	0	0	♦	♦		♦	
Entree - BCHS - Side - Pasta, Spaghetti w/ Marinara	5 oz	195	7	41	4	2	1	0	0	0	0	0	0	162	20	2	0	13	♦	♦		♦	
Entree - BCHS - Side - French Fries	6 oz	564	5	53	0	5	37	7	17	3	5	0	64	2	2	0	827	♦		♦	♦		
Entree - BCHS - Side - Cous Cous, Israeli	4 oz	230	8	47	0	3	0	0	0	0	0	0	0	8	16	1	0	101	♦			♦	
Entree - BCHS - Side - Potato, Roasted Red	4 oz	145	3	22	2	2	5	0	3	2	0	0	191	11	1	0	595	♦	♦	♦	♦		
Entree - BCHS - Side - Potato, Steak Fry	4 oz	172	3	23	1	2	8	1	6	1	2	0	190	19	1	0	578	♦	♦	♦	♦		
Entree - BCHS - Side - Rice, Basmati	4 oz	63	1	14	0	0	0	0	0	0	0	0	1712	7	1	0	17	♦	♦	♦	♦		
Entree - BCHS - Side - Rice, Jasmine	4 oz	63	1	14	0	0	0	0	0	0	0	0	1712	7	1	0	17	♦	♦	♦	♦		
Entree - BCHS - Side - Rice, Mexican	4 oz	221	4	39	0	2	5	1	3	1	0	0	1040	50	3	0	165	♦	♦	♦	♦		
Entree - BCHS - Side - Rice, Par Boiled	4 oz	181	4	39	0	1	0	0	0	0	0	0	1528	36	2	0	84	♦	♦	♦	♦		
Entree - BCHS - Side - Rice, Pilaf	4 oz	206	4	37	0	1	4	2	1	0	0	9	1356	32	2	0	98	♦					
Entree - BCHS - Side - Roll	1 roll	196	6	36	0	2	3	1	1	1	0	0	407	64	2	0	81	♦	♦		♦		
Entree - BCHS - Side - Stuffing	4 oz	201	4	25	2	3	10	2	4	3	0	0	543	36	1	0	84	♦					
Entree - BCHS - Side - Black Beans & Rice	4 oz	148	6	29	1	5	1	0	0	0	0	0	558	54	2	0	222	♦	♦	♦	♦		
Vegetable		Size	Unit	kCal	Pro	Carb	Sug	Fib	Fat	Sat.F.	Mono.F.	Poly.F.	Trans.F.	Chol	Sod	Ca	Fa	Vit D	K	Veg.	Vegan	GF	DF
Entree - BCHS - Side - Balsamic Brussel Sprout	3 oz	101	2	11	1	2	6	0	4	2	0	0	402	36	1	0	231	♦	♦	♦	♦		
Entree - BCHS - Side - Broccoli and Peppers	3 oz	67	2	5	2	2	5	1	1	2	0	4	441	25	0	0	207	♦	♦	♦	♦		
Entree - BCHS - Side - Broccoli, Garlic	3 oz	76	2	8	1	3	5	0	3	1	0	0	445	43	1	0	243	♦	♦	♦	♦		
Entree - BCHS - Side - Carrots w/ EVOO	3 oz	121	1	7	4	2	10	1	7	1	0	0	247	27	0	0	243	♦	♦	♦	♦		
Entree - BCHS - Side - Carrots w/ Honey	3 oz	60	1	15	11	2	0	0	0	0	0	0	250	27	0	0	251	♦	♦	♦	♦		
Entree - BCHS - Side - Corn and Peppers	3 oz	102	2	10	2	1	7	3	2	2	0	11	230	5	0	0	126	♦	♦	♦	♦		
Entree - BCHS - Side - Corn on the Cob (plain)	3 oz	80	3	19	3	2	1	0	0	0	0	0	3	3	1	0	213	♦	♦	♦	♦		
Entree - BCHS - Side - Eggplant and Tomato	3 oz	24	1	6	3	2	0	0	0	0	0	0	578	6	0	0	129	♦	♦	♦	♦		
Entree - BCHS - Side - Garden Ratatouie	3 oz	58	2	7	4	2	3	0	1	1	0	0	378	32	1	1	197	♦	♦	♦	♦		
Entree - BCHS - Side - Green Bean, Garlic	3 oz	109	2	8	1	2	9	1	5	2	0	0	407	44	1	0	130	♦	♦	♦	♦		
Entree - BCHS - Side - Green Bean, Sesame	3 oz	132	3	9	1	3	10	1	5	4	0	0	470	91	1	0	156	♦	♦	♦	♦		
Entree - BCHS - Side - Peas & Mushroom	3 oz	48	3	5	0	2	2	0	1	1	0	0	131	25	1	0	231	♦		♦			
Entree - BCHS - Side - Peas & Onion	3 oz	45	2	6	1	2	2	0	1	0	0	0	174	32	1	0	140	♦		♦			
Entree - BCHS - Side - Roasted Mixed Veggies	3 oz	100	2	9	4	3	7	1	3	3	0	0	503	31	1	3	426	♦	♦	♦	♦		