



Nutritional Values: (% based on 2000 calorie diet)

Kids Meals

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Zinc (%)
Kids Meals - does not include side or drink																	
Pasta Marinara	198	296	73	8	5	20	840	65	37	4	6	18	15	8	35	15	n/a
Cheese Quesadilla	180	629	312	35	17	90	1150	150	50	3	2	29	20	0	70	20	n/a
Cheese Quesadilla w/Chicken	265	780	351	39	18	160	1210	360	50	3	2	55	20	0	80	25	n/a
Turkey Dog	105	320	173	19	8	30	810	120	25	1	4	11	0	0	8	15	10
Cheese Pizza	207	591	291	32	16	90	1190	0	45	3	4	29	20	4	70	20	n/a
Pepperoni Pizza	222	661	347	39	18	105	1420	40	45	3	4	32	20	4	70	20	n/a
Mac 'N' Cheese	142	177	64	7	4.5	10	820	0	21	2	n/a	7	10	0	10	4	n/a
P B & B (peanut butter and Banana)	169	497	212	24	4.5	0	660	460	58	5	14	17	2	8	6	15	n/a
P B & J (peanut butter and Jelly)	159	563	211	23	4.5	0	670	300	76	4	30	17	0	2	6	15	n/a
Deli Ham	145	361	116	13	7	50	1210	150	41	<1	6	19	6	0	25	15	n/a
Deli Turkey	145	352	103	11	6	45	1020	30	40	<1	4	21	6	0	25	15	n/a
Grilled Cheese	126	414	179	20	11	55	780	50	39	<1	4	19	10	0	40	15	n/a
Grilled Cheese w/Ham	169	461	193	21	12	75	1350	170	41	<1	7	25	10	0	40	15	n/a
Eat Your Greens (includes Ranch)	164	434	330	37	13	70	1010	150	11	1	3	17	50	15	45	4	n/a
Chicken Tenders (includes Honey Mustard)	170	431	216	24	4	50	1070	0	37	1	n/a	15	0	0	0	20	n/a
Kids Brunch items - Rivergate location only																	
Kids French Toast (includes syrup and powdered sugar)	247	545	86	10	2.5	295	600	170	99	1	n/a	17	10	0	15	20	n/a
Kids Omelet	140	348	239	27	13	415	470	100	2	n	n/a	26	25	0	45	8	n/a
Kids Pancakes (includes butter and syrup)	170	535	225	25	15	70	690	180	76	1	n/a	4	15	0	10	10	2
Kids Blueberry Pancakes (includes butter and syrup)	204	552	227	25	15	70	690	200	80	2	n/a	4	15	2	10	10	2

* All Just Fresh Nutritional values are estimates based on product information availability and suggested recipe portions. All values have been determined using statistical data provided by manufacturers of products and / or e-nutrition information provided by distributors. These values can vary depending on product substitutions, availability of certain products, seasonality of products, altering of menu recipe, changes in prep recipes and scale variations. Just Fresh does not guarantee 100% accuracy of nutritional values based on these reasons. Further, Just Fresh food products may contain or come in contact with several foods known to be allergens such as tree-nuts, peanuts, wheat products, dairy (milk and eggs), and in some facilities fish and shellfish.