



Nutrition Guide

Tractor Everyday Healthy Foods

Fall 2025

LUNCH + DINNER MENU

	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber, dietary	Sugars, total	Protein
Market Sides	g	kcal	g	g	g	mg	mg	g	g	g	g
Miso Asian Slaw	100	92	5.8	0.5	0	0	150	8.7	3	3.7	3
Lemon Kale	100	138	10.3	2	0	5.7	201	7.7	3.6	0.9	6.5
Mushroom Ditalini	100	169	9.3	0.8	0	0.5	175	17.1	2.7	1.5	5
Sweet Potato Kale Caesar	100	204	15.2	2.7	0	8.4	288	13	3	1	5
Brussels Sprouts + Apricot	100	70	3.7	0.3	0	0	164	9	3	2	2
Curried Cauliflower	100	97	6.6	0.9	0	2.5	269	9	2	1.8	2
Beet & Pear	100	62	3.4	0.4	0	77.3	214	7.5	2.2	5.1	1.3
Southwest Quinoa	100	153	7.2	0.8	0	0	251	16	4.8	3.7	5.6
Base - Power Greens	50	77	6.6	0.6	0	0	208	4.6	1	2	1.3
Base - Brown Rice	100	112	0.8	0.2	0	0	40	24	1.3	0	2.3
Base - Half Greens / Half Rice	125	151	4.1	0.5	0	0	144	26	1.8	1	2.9

Proteins / Grill	g	kcal	g	g	g	mg	mg	g	g	g	g
Chicken Breast	85	167	4.8	1.1	0	95	784	0.1	0	0	31
Chicken Breast - half	43	83.5	2.4	0.55	0	47.5	392	0.05	0	0	15.5
Harissa Chicken	85	255	17.1	4.5	0	97	389	2.4	0.1	1.9	24.4
Albacore Tuna w/ Ponzu	60	172	8	1.8	0	22	140	0	0	0	14
Grilled Avocado	80	179	17	2	0	0	140	8	6	0.5	2
Chili Lime Tofu	60	211	14	2	0	2	413	4	1	2	16
Classic Meatballs	144	261	17.1	6.5	0	56.9	231	10.7	1.5	2.6	15.8

Soups / Stews	g	kcal	g	g	g	mg	mg	g	g	g	g
Red Lentil + Greens	325	178	9.9	1.6	0	0	823	19.9	6.6	4.1	4.6
Chili Tomato	325	223	17.6	8.2	0	0	614	16.5	3.8	7.2	3.5
Butternut Squash Soup	325	106	4.1	0.5	0	0	263	18	3	4.1	2.2
Thai Veggie Stew	325	446	34	20.4	0	0	705	30	9.6	10.6	12.1
Moroccan Chickpea Stew	325	239	9.2	1.1	0	0	798	35.9	7.4	12	6.8
Turkey Chili	325	343	15.5	2.4	0	37.4	956	32.9	10.8	5.6	21.1
Beef Stew	325	273	14.7	4.8	0	65	642	13.9	2.3	3	20.8

Snacks / Baking		kcal	g	g	g	mg	mg	g	g	g	g
Chocolate Pistachio Cookie	1 ea.	175	13.3	6	0	23.5	103	16.3	2.9	10.3	4.5
Apricot Power Cookie	1 ea.	422	19	10.8	0	0	338	60	4.6	35.1	6.1
Dark Chocolate Banana Bread	1 ea.	366	15.9	9.4	0	62.2	287	55.7	3.5	29.3	6.3



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Sandwiches		kcal	g	g	g	mg	mg	g	g	g	g
Original Chicken Sandwich - whole	1 ea.	592	23	7	0	64	1454	60	3	7	38.7
Original Chicken Sandwich - half	1 ea.	296	11.5	3.5	0	32	727	30	1.5	3.5	19.4
Avo Chicken Sandwich - whole	1 ea.	473	25.1	4.2	0	100	789	28.4	5.1	0.9	36.5
Avo Chicken Sandwich - half	1 ea.	237	12.6	2.1	0	50	395	14.2	2.55	0.45	18.3
Harissa Chicken Sandwich - whole	1 ea.	568	32.9	9.3	0	112	828	36.2	2	11.3	35.2
Harissa Chicken Sandwich - half	1 ea.	284	16.5	4.65	0	56	414	18.1	1	5.65	17.6
Albacore Tuna Sandwich - whole	1 ea.	484	28.5	4.1	0	36.3	574	33.9	7	3.4	25.8
Albacore Tuna Sandwich - half	1 ea.	242	14.3	2.05	0	18.2	287	17	3.5	1.7	12.9
Quinoa Tofu Wrap	1 ea.	626	27.3	5.1	0	0	890	72	11.7	9.2	23.8

Drinks	g	kcal	g	g	g	mg	mg	g	g	g	g
Classic Lemonade (320 mL)	320	109	0	0	0	0	0	28	0.3	28.1	0.2
Strawberry Lemonade (320 mL)	320	96	0	0	0	0	0	25	0.4	25.3	0.2
Blueberry Lemonade (320 mL)	320	100	0	0	0	0	0	26	0.6	25.1	0.2
Electrolyte Lemonade (320mL)	320	9.6	0	0	0	0	27.2	1	0	0	0
Kombucha (400 mL)	400	124	5	0	0	0	0	13	7	7	3.3
Loop Juice - Undercover	355	150	0.1	0.2	0	0	65	27	1	21	2
Loop Juice - Beach Bum	355	200	0.1	0	0	0	10	35	1	26	2
Loop Juice - Morning Glory	355	210	0.1	0	0	0	4	39	1	32	2

BREAKFAST MENU

Yogurt Parfaits / Oats	g	kcal	g	g	g	mg	mg	g	g	g	g
Vegan Parfait	240	453	25.7	14.5	0	0	77.9	55.7	7.33	25.6	8.88
Power Parfait	270	423	21.4	10.6	0	10.7	114	53.3	6.37	24	11.2
Peanut Butter Parfait	257	619	37.8	11.6	0	0.5	265	57.2	8.9	19.7	18.7

Breakfast Sands/Wraps/Toast	g	kcal	g	g	g	mg	mg	g	g	g	g
Bacon Breakfast Sandwich	248	566	28.5	10	0	304	1660	49.9	1.2	12.9	29.7
Sausage Breakfast Sandwich	260	513	23.5	8.1	0	299	1448	51.5	1.2	14.4	26.7
Avocado Breakfast Sandwich	255	487	23.1	7.7	0	282	1328	51	2.4	13	22.1
Southwest Breakfast Wrap	220	555	27.3	9.3	0	114	661	58.9	5.8	6.2	18.2
Bacon Egg Wrap	220	429	21.4	4.8	0	161	720	39.2	3	1.4	19.7
Avocado Toast	175	288	12.4	1.6	0	0	263	38.7	6.6	7	7.8
Truffle Mushroom Toast	175	287	10.5	5.1	0	27.2	375	32.5	0.8	1	13.7

Breakfast Bowls	g	kcal	g	g	g	mg	mg	g	g	g	g
Mexi Breakfast Bowl	350	509	27.2	7.7	0	455	940	43	9.8	15.2	25.4
Farmhouse Breakfast Bowl	350	461	24.6	7.2	0	377	986	36.2	6.1	14.5	25.5
Vegan Breakfast Bowl	350	467	23.9	3	0	0	627	41.3	11.2	14.7	31.2

Daily Calories and Sodium Requirements:

Healthy adults should aim for 1500 to 2300 mg of sodium per day. Children and seniors need less.

Healthy adults should aim for 2000 to 2400 calories per day. Individual needs vary depending on age, activity, and gender.

Source of Information: Cook Keep Book