

DINING HALL CARBON FOOTPRINTS

FEBRUARY 22-26, 2021

WHAT IS CO₂E?

CO₂e stands for “carbon dioxide equivalent” and is used to quantify the global warming potential (a.k.a., the impact on climate change) of different greenhouse gases (GHGs) using one shared unit.

How do you interpret CO₂e in relation to food?

The CO₂e value listed by each menu item represents the climate impact of your food choice, conveyed in carbon dioxide equivalent units. It tells you the amount of GHG emissions associated with and produced across that food’s “life cycle,” from production to processing, transportation, and cooking.

For example, a chocolate chip cookie’s carbon footprint is:

21.56 G CO₂E 

That means 21.56 grams of CO₂e were emitted throughout the process of growing, processing, transporting, and baking the cookie and/or the ingredients used to make it.

For comparison, driving one mile in an average car emits about 404 grams CO₂e.

Considering all the food you eat in a day, week, or month, your diet’s carbon footprint can really add up!

HOW IS CO₂E CALCULATED?

First, we look at the dish's recipe and break it down into its components by percent: grain, egg, oil, beef, fruit, spice, etc. Some dishes—like diced cantaloupe—fall entirely under one component (100% fruit). Other dishes with numerous ingredients—such as huevos rancheros or a chicken and broccoli grilled cheese—break down into multiple component categories.

The following component categories are used in calculating food carbon footprints: Beans, Beef, Cheese, Chicken, Coffee and Tea, Eggs, Fish, Fruits, Grains, Liquids, Milk, Nuts, Oils, Pork, Potatoes, Spices, Sugars, and Vegetables.

Each category has an average carbon footprint per unit that has been calculated using data from life cycle analyses of ingredients. For example, the carbon footprint for pineapple is calculated by summing the emissions from each “life stage”—from production, to processing, to transport, to cooking and disposal—to identify a final footprint value for each unit (gram, pound, etc.) of pineapple.

Footprints for multi-ingredient dishes are calculated similarly.

CARBON FOOTPRINT KEY



NOT GREAT FOR THE PLANET
CARBON FOOTPRINT ≥ 200 G CO₂E
PER SERVING



OKAY FOR THE PLANET
CARBON FOOTPRINT **BETWEEN 60**
AND 200 G CO₂E PER SERVING



BETTER FOR THE PLANET
CARBON FOOTPRINT ≤ 60 G CO₂E
PER SERVING

SCHILLETTER

G CO₂E PER SERVING

Old Fashioned Oatmeal	141.89
Scrambled Eggs	388.02
Grits	141.89
Turkey Sausage Link	137.16
Buttermilk Pancakes	93.09
Hash Brown Potatoes	17.31
Bacon, Egg & Cheese Muffin	484.05
Biscuits & Sausage Gravy	353.03
Turkey Bacon	68.58
Pork Sausage Patty	186.59
O'Brien Potatoes	29.71
Bananas Foster Mini Muffin	18.10
Cinnamon Streusel Coffee Cake	75.04
Vanilla Yogurt	93.59
Strawberry Yogurt	93.59
Cantaloupe	13.97
Honeydew	14.84
Honey Granola	109.34
Raisins	12.66
Hard-cooked Egg	170.36
Whipped Cream Cheese	208.71

MCALISTER

G CO₂E PER SERVING

Scrambled Eggs	388.02
Lyonnais Potatoes	23.33
Bacon	93.29
Turkey Sausage Link	137.16
Scrambled Eggs	388.02
Hash Brown Potato Patty	12.99
Pork Sausage Patty	186.59
Turkey Bacon	68.58
Cheddar Buttermilk Biscuit	111.36
Belgian Waffle	97.55
Ham, Egg & Cheese Bagel	652.94
Bananas Foster Mini Muffin	18.10
Cinnamon Streusel Coffee Cake	75.04
Strawberry Yogurt	93.59
Greek Yogurt	93.59
Cantaloupe	13.97
Honeydew	14.84
Pineapple	14.84
Red Grapes	8.49
Honey Granola	109.34

SCHILLETTER

G CO₂E PER SERVING

Santa Fe Chicken	407.08
Roasted Red Potatoes	15.89
Stir-Fried Broccoli Florets	57.54
Buffalo Chicken Wrap	498.56
Ranch Potato Chips	5.77
Cheeseburger on White Roll	2,062.06
Crispy French Fries	25.99
Classic Cheese Pizza	239.56
Pepperoni Pizza	341.07
Onion, Jalapeno & Sausage Pizza	402.54
Caprese Breakfast Sandwich	468.75
Hash Browns	17.32
Veggie Burrito	224.53
Bacon, Chickpea & Tomato Penne	320.94
Grilled Green Beans	45.17
Broccoli Cheddar Soup	282.96
Chicken & Rice Soup Florentine	210.53
Oatmeal Raisin Cookie	17.24
Oreo Thimble Cake	28.00
Citrus Cake with Vanilla Icing	88.20

MCALISTER

G CO₂E PER SERVING

Tomato Dijon Pot Roast	1,850.04
Steakhouse Potatoes	19.49
Steamed Fresh Broccoli	40.36
Garlic Potato Salad	77.44
Cheddar Cauliflower Soup	292.00
Puerco Comino	337.58
Mexi-Rice	78.02
Southwest Green Beans	60.22
Three Cheese Bruschetta Flatbread	409.46
Pepperoni Pizza	500.49
Cheese Pizza	427.69
Stingin' Honey Chicken Rice Bowl	758.56
Southwest Grilled Chicken Sandwich	699.31
Crispy Shoestring French Fries	17.32
Beyond Burger	85.80
Scrambled Eggs	388.02
Hash Brown Potato Patty	12.99
Pork Sausage Links	239.90
Asparagus Mushroom Risotto	208.81
Fresh Whole Green Beans	60.22
Vegan Peach-Banana Cake	146.33
Spicy Surimi Roll	134.90
Asian Chopped Salad	196.39
Oatmeal Raisin Cookie	17.24
Red Velvet Whoopie Pie	87.48

SCHILLETTER	<i>G CO₂E PER SERVING</i>	MCALISTER	<i>G CO₂E PER SERVING</i>
Baked Pit Ham	566.76	Butter Chicken	389.28
Glazed Sweet Potatoes	36.33	Coconut Jasmine Rice	75.29
Seasoned Peas and Carrots	65.04	Roasted Brussels Sprouts with Garlic	45.17
Tortellini Alfredo	966.34	Meatballs Stroganoff	1,833.92
Cheeseburger on White Roll	2,062.06	Buttery Egg Noodles	53.39
Crispy French Fries	25.99	Vegetable Medley	62.82
Classic Cheese Pizza	239.56	Pepperoni Pizza	500.49
Pepperoni Pizza	341.07	Cheese Pizza	427.69
Chinese Sesame Noodle with Chicken	497.49	Cheddar Turkey Burger	686.54
Potato & Kale Enchiladas	187.17	Crispy Shoestring French Fries	17.32
Chicken & Veggie Stir-Fry	124.28	Beyond Burger	85.80
Seasoned Rice	81.18	Mediterranean Stir-Fry	181.63
Baby Bok Choy	45.17	Vegan Peach-Banana Cake	146.33
Broccoli Cheddar Soup	282.96	Oatmeal Raisin Cookie	17.24
Chicken & Rice Soup Florentine	210.53	Devil's Food Cupcake	38.57
Oatmeal Raisin Cookie	17.24		
Devil's Food Cupcake	38.57		
Mini Chocolate Sriracha Cake	31.69		

SCHILLETTER

G CO₂E PER SERVING

Old Fashioned Oatmeal	141.89
Scrambled Eggs	388.02
Bacon	93.29
Grits	141.89
French Toast Sticks	223.79
Home Fries	11.55
Sausage, Egg & Cheese Croissant	647.49
Cheddar Buttermilk Biscuit	111.36
Bacon	93.29
Turkey Sausage Link	137.16
Lyonnaise Potatoes	23.33
Double Chocolate Mini Muffin	29.41
Sugared Bacon Donut Bites	50.73
Vanilla Yogurt	93.59
Strawberry Yogurt	93.59
Cantaloupe	13.97
Honeydew	14.84
Honey Granola	109.34
Raisins	12.66
Hard-cooked Egg	170.36
Whipped Cream Cheese	208.71

MCALISTER

G CO₂E PER SERVING

Scrambled Eggs	388.02
Hash Brown Potatoes	17.31
Pork Sausage Patty	186.59
Turkey Bacon	68.58
Scrambled Eggs	388.02
O'Brien Potatoes	29.71
Bacon	93.29
Turkey Sausage Link	137.16
Biscuits & Sausage Gravy	353.03
Country Omelet	728.65
Egg & Cheese Biscuit	356.31
Double Chocolate Chip Mini Muffin	29.41
Blueberry Scone	46.32
Strawberry Yogurt	93.59
Greek Yogurt	93.59
Cantaloupe	13.97
Honeydew	14.84
Pineapple	14.84
Red Grapes	8.49
Honey Granola	109.34

SCHILLETTER

G CO₂E PER SERVING

Homestyle Spaghetti & Meatballs	1,518.55
Squash & Kale Stir-Fry	25.09
Garlic Toast	45.58
Soft Ancho-Lime Shrimp Tacos	541.68
Arroz Rojo	87.75
Crispy Chicken Tenders	729.07
Crispy Waffle Fries	17.32
Classic Cheese Pizza	239.56
Pepperoni Pizza	341.07
BBQ Chicken Pizza	365.64
Blueberry Pancake	84.62
Scrambled Eggs	388.02
Turkey Sausage Link	137.16
Thai Curry Coconut Vegetable Sauté	181.79
BBQ Roast Turkey Breast	410.97
Baked Sweet Potato	24.04
Brussels Sprouts & Carrots	60.22
Broccoli Cheddar Soup	282.96
Curried Tomato Lentil Soup	158.41
Peanut Butter Cookie	20.91
Peanut Butter Pretzel Cereal Bar	67.66
Oreo Cookie Crumb Cupcake	52.92

MCALISTER

G CO₂E PER SERVING

Thai Red Curry Chicken	285.26
Jasmine Rice	70.91
Garlic Roasted Vegetables	61.33
Cucumber & Onion Salad	86.12
French Onion Soup	310.44
Country Shepherd's Pie	2,288.28
Ginger Honey Glazed Carrots	69.82
Kale with Caramelized Onions	65.24
Deluxe Pizza	420.10
Pepperoni Pizza	500.49
Cheese Pizza	427.69
Szechuan Pork	220.20
Lo Mein Noodles	59.23
Stir-Fry Vegetables	57.04
Nachos con Queso	784.61
Gardenburger Black Bean Burger	110.74
Scrambled Eggs	388.02
Hash Brown Potato Patty	12.99
Pork Sausage Patty	186.59
Vegan Kung Pao Chicken & Kale	166.39
Steamed Fresh Broccoli	107.29
Vegan Lemon Rice Pudding	40.36
Spicy Shrimp Salad Roll	140.36
Asian Soba Noodle Salad	69.69
Chocolate Chip Cookie	21.56
Oreo Cookie Crumb Cupcake	52.92

SCHILLETTER	<i>G CO₂E PER SERVING</i>	MCALISTER	<i>G CO₂E PER SERVING</i>
Crispy Chicken Tenders	729.07	Brazilian Black Bean Roasted Pork	584.89
Roasted Red Potatoes	15.89	Parslied Potatoes	25.55
Southern Corn Medley	61.51	Seasoned Carrots	70.10
Penne with Chicken & Kale	254.16	Flaked Grilled Garlic Herb Salmon	277.84
Crispy Chicken Tenders	729.07	Yellow Rice	82.77
Crispy Waffle Fries	17.32	Fresh Asparagus	60.22
Classic Cheese Pizza	239.56	Pepperoni Pizza	500.49
Pepperoni Pizza	341.07	Cheese Pizza	427.69
Frito Pie	941.67	Mushroom & Swiss Burger	2,305.11
Beyond Burger Patty	85.80	Crispy Tater Tots	11.55
 		Gardenburger Black Bean Burger	110.74
Grilled BBQ Pork Chops	543.00	 	
Yellow Basmati Rice	70.95	Asian Tofu Noodle Bowl	264.21
Steamed Fresh Broccoli	40.36	Vegan Lemon Rice Pudding	107.29
Broccoli Cheddar Soup	282.96	Chocolate Chip Cookie	21.56
Curried Tomato Lentil Soup	158.41	Chocolate Chip Cookie Brownie	87.39
Peanut Butter Cookie	20.91		
Chocolate Chip Cookie Brownie	87.39		
Cranberry-Pear Cobbler	66.29		

SCHILLETTER

G CO₂E PER SERVING

Old Fashioned Oatmeal	141.89
Scrambled Eggs	388.02
Grits	141.89
Turkey Sausage Patty	171.45
Buttermilk Pancakes	93.09
O'Brien Potatoes	29.71
Egg, Ham & Cheese Burrito	1,153.87
Biscuits & Sausage Gravy	353.03
Turkey Bacon	68.58
Pork Sausage Links	239.90
Hash Brown Potatoes	17.31
Whole Grain Lemon Poppy Mini Muffin	25.26
Cinnamon Sugar Donut	47.73
Vanilla Yogurt	93.59
Strawberry Yogurt	93.59
Cantaloupe	13.97
Honeydew	14.84
Honey Granola	109.34
Raisins	12.66
Hard-cooked Egg	170.36
Whipped Cream Cheese	208.71

MCALISTER

G CO₂E PER SERVING

Scrambled Eggs	388.02
Roasted Red Potatoes	14.44
Turkey Sausage Patty	171.45
Bacon	93.29
Scrambled Eggs	388.02
Hash Browns	17.32
Pork Sausage Links	239.90
Turkey Bacon	68.58
Cheddar Buttermilk Biscuit	111.36
Seasoned Corn	72.67
Bacon, Egg & Cheese Muffin	458.58
Cranberry-Peach Mini Muffin	18.10
Cinnamon Sugar Donut	47.73
Strawberry Yogurt	93.59
Greek Yogurt	93.59
Cantaloupe	13.97
Honeydew	14.84
Pineapple	14.84
Red Grapes	8.49
Honey Granola	109.34

SCHILLETTER

G CO₂E PER SERVING

Potato Crusted Cod Tail	239.16
Confetti Rice	104.00
Roasted Carrots	60.22
Thai Chicken Lettuce Wraps	169.45
Jasmine Rice	70.91
Philly Cheesesteak	1,002.52
Twister Fries	17.32
Classic Cheese Pizza	239.56
Pepperoni Pizza	341.07
Chicken Cordon Blue Stromboli	518.51
Southwest Chorizo Breakfast Bowl	359.71
Vegan Chicken Caesar Wrap	236.24
Roast Pork Adobo	503.97
Baked Potato Wedges	12.99
Spicy Garlic Spinach	65.15
Zucchini & Tomatoes	84.97
Broccoli Cheddar Soup	282.96
Vegetable Soup	140.93
Sugar Cookie	22.81
Chocolate Crinkle Whoopie Pie	55.45
Chocolate Pudding Parfait	208.43

MCALISTER

G CO₂E PER SERVING

Rotisserie-Style Chicken	878.48
Grilled Red Potatoes	17.31
Green Beans & Carrots	60.22
Penne Pasta Salad	77.52
Chili Con Carne	951.79
Shrimp and Grits	653.73
Steamed Fresh Broccoli	40.36
Bacon & Grilled Potato Flatbread	634.96
Pepperoni Pizza	500.49
Cheese Pizza	427.69
Pumpkin-Curry Vegetable Sauté	216.54
BBQ Pork Sandwich	647.30
Fresh-cut French Fries	24.54
Beyond Burger Patty	85.80
Scrambled Eggs	388.02
Hash Brown Potato Patty	12.99
Pork Sausage Links	239.90
Zucchini Bolognese	184.67
Roasted Cauliflower	45.17
Vanilla Éclair Parfait	152.98
Ahi Tuna Umami Poke Bowl	561.73
Portobello Salad	256.40
Sugar Cookie	22.81
Chocolate Pudding Parfait	208.43

SCHILLETTER

G CO₂E PER SERVING

Chicken Parmesan	605.90
Buttery Penne	59.23
Italian Roasted Vegetables	70.10
Cheesy Bacon Cavatappi	741.83
Philly Cheesesteak	1,002.52
Twister Fries	17.32
Classic Cheese Pizza	239.56
Pepperoni Pizza	341.07
Loaded Fish Tacos	239.59
Harvest Sauté with Bulgur	184.68
Beef Lasagna	1,004.64
Spicy Spinach	65.15
Broccoli Cheddar Soup	282.96
Vegetable Soup	140.93
Sugar Cookie	22.81
Maple Apple Cobbler	81.48
Red Velvet Thimble Cake	25.47

MCALISTER

G CO₂E PER SERVING

Tomato Dijon Pot Roast	1,850.04
Cilantro Lime Rice	78.49
Roasted Mushrooms	67.20
Chicken & Veggie Stir-Fry	124.28
Basmati Rice with Peas	64.63
Szechuan Green Beans	80.92
Meatball Pizza	720.06
Cheese Pizza	427.69
BBQ Chicken Wings	1,180.33
Dilled Potato Salad	54.30
Beyond Burger Patty	85.80
Vegan Jambalaya	210.69
GF Vanilla Éclair Parfait	157.31
Sugar Cookie	22.81
Red Velvet Thimble Cake	25.47

SCHILLETTER

G CO₂E PER SERVING

Old Fashioned Oatmeal	141.89
Scrambled Eggs	388.02
Bacon	93.29
Grits	141.89
Crispy Tater Tots	11.55
Bacon, Cheddar & Egg Stromboli	623.53
Cheddar Buttermilk Biscuit	111.36
Bacon	93.29
Turkey Sausage Link	137.16
Hash Browns	17.32
Whole Grain Blueberry Mini Muffin	19.73
Moist Apple Crumb Cake	77.25
Vanilla Yogurt	93.59
Strawberry Yogurt	93.59
Cantaloupe	13.97
Honeydew	14.84
Honey Granola	109.34
Raisins	12.66
Hard-cooked Egg	170.36
Whipped Cream Cheese	208.71

MCALISTER

G CO₂E PER SERVING

Scrambled Eggs	388.02
O'Brien Potatoes	29.71
Turkey Bacon	68.58
Pork Sausage Links	239.90
Scrambled Eggs	388.02
Hash Brown Potato Patty	12.99
Bacon	93.29
Turkey Sausage Patty	171.45
Biscuits & Sausage Gravy	353.03
French Toast	193.67
Egg, Sausage & Cheese Bagel	646.78
Cherry Crumb Cupcake	33.83
Donut Bites	41.76
Strawberry Yogurt	93.59
Greek Yogurt	93.59
Cantaloupe	13.97
Honeydew	14.84
Pineapple	14.84
Red Grapes	8.49
Honey Granola	109.34

SCHILLETTER

G CO₂E PER SERVING

Turkey with Lemon Sage Gravy	452.92
Cornbread Stuffing	99.64
Homestyle Mashed Potatoes	38.90
Seasoned Flank Steak	2,182.06
Parmesan Farro	162.92
Buffalo Chicken Wings	781.31
Crispy French Fries	25.99
Classic Cheese Pizza	239.56
Pepperoni Pizza	341.07
Sweet Potato & Corn Flatbread	341.05
Monte Cristo Sandwich	667.07
Hash Browns	17.32
Marinara Eggplant Meatballs	110.20
Penne	59.23
Ancho Beef Chili	1,600.54
Confetti Rice	104.00
Blanched Cauliflower	353.41
Broccoli Cheddar Soup	282.96
Beef Vegetable Noodle Soup	1,021.90
Chocolate Chip Cookie	21.56
Chocolate Pudding Parfait	208.43
Brownie Cupcake	24.90

MCALISTER

G CO₂E PER SERVING

Hearty Meat Sauce	589.06
Gluten Free Penne Pasta	59.12
Steamed Fresh Broccoli	40.36
Jerk Chicken	879.17
Spanish Rice	89.03
Spicy Collard Greens	93.31
Buffalo Chicken Pizza	349.18
Pepperoni Pizza	500.49
Cheese Pizza	427.69
Shrimp & Broccoli Stir Fry	176.68
Lo Mein Noodles	59.23
Chicken Cheesesteak	878.10
Crispy Tater Tots	11.55
Gardenburger Black Bean Burger	110.74
Scrambled Eggs	388.02
Hash Brown Potato Patty	12.99
Pork Sausage Patty	186.59
Asian Teriyaki Noodles	201.93
Seasoned Fresh Zucchini	60.19
Szechuan Green Beans	80.92
Vegan Oatmeal Cranberry Cookie	37.91
California Roll	133.64
Sesame Noodle Salad	91.47
Chocolate Chip Cookie	21.56
Citrus Cake with Vanilla Icing	88.20

SCHILLETTER

G CO₂E PER SERVING

Braised Apple Pork Chop	463.57
Homestyle Mashed Potatoes	38.90
Southwestern Succotash	74.02
Cauliflower Penne	142.59
Buffalo Chicken Wings	781.31
Crispy French Fries	25.99
Classic Cheese Pizza	239.56
Pepperoni Pizza	341.07
Gyro	1,644.79
Vegan Beef Burrito	174.54
Montreal Chicken Tenders	205.93
Black Beans & Rice with Bacon	102.52
Sauteed Kale & Brussels Sprouts	46.80
Broccoli Cheddar Soup	282.96
Beef Vegetable Noodle Soup	1,021.90
Chocolate Chip Cookie	21.56
Peanut Butter Devil's Food Parfait	94.52
M&M Brown Butter Blondie	67.30

MCALISTER

G CO₂E PER SERVING

BBQ Roast Turkey Breast	410.97
Mashed Red Skin Potatoes	47.07
Southwest Green Beans	60.22
Sausage and Mushroom Cavatappi	399.14
Roasted Cauliflower	45.17
White Dinner Roll	35.87
Pepperoni Pizza	500.49
Cheese Pizza	427.69
Cheeseburger on White Roll	2,062.06
Old Bay Potato Chips	5.77
Gardenburger Black Bean Burger	110.74
Vegan Sloppy Joe Sandwich	137.10
Vegan Rice Pudding	102.68
Chocolate Chip Cookie	21.56
Blueberry Blondie	59.40

SCHILLETTER

G CO₂E PER SERVING

Old Fashioned Oatmeal	141.89
Scrambled Eggs	388.02
Pork Sausage Patty	186.59
Grits	141.89
French Toast	193.67
Lyonnais Potatoes	23.33
Egg & Cheese Biscuit	356.31
Biscuits & Sausage Gravy	353.03
Turkey Bacon	68.58
Pork Sausage Patty	186.59
Home Fries	11.55
Banana Nut Mini Muffin	17.07
Chocolate Donut Bites	41.88
Vanilla Yogurt	93.59
Strawberry Yogurt	93.59
Cantaloupe	13.97
Honeydew	14.84
Honey Granola	109.34
Raisins	12.66
Hard-cooked Egg	170.36
Whipped Cream Cheese	208.71

MCALISTER

G CO₂E PER SERVING

Scrambled Eggs	388.02
Lyonnais Potatoes	23.33
Bacon	93.29
Turkey Sausage Link	137.16
Scrambled Eggs	388.02
Home Fries	11.55
Turkey Bacon	68.58
Pork Sausage Patty	186.59
Cheddar Buttermilk Biscuit	111.36
Bacon, Egg & Cheese Bagel	632.86
Egg & Cheese Biscuit	356.31
Banana Bread	54.97
Chocolate Donut Bites	41.88
Strawberry Yogurt	93.59
Greek Yogurt	93.59
Cantaloupe	13.97
Honeydew	14.84
Pineapple	14.84
Red Grapes	8.49
Honey Granola	109.34

SCHILLETTER

G CO₂E PER SERVING

Pulled Pork	373.57
Mac & Cheese	371.30
Vegetarian Baked Beans	86.46
California Sushi Rice Bowl	573.85
Chili Cheddar Dog	1,486.09
Tater Tots	23.02
Battered Cod	275.04
Classic Cheese Pizza	239.56
Pepperoni Pizza	341.07
Taco Pizza	842.83
Cinnamon French Toast	239.98
Scrambled Eggs	388.02
Pork Sausage Patty	186.59
Vegan Chicken Paella	121.73
Chicken with Cacciatore Sauce	469.64
Gluten Free Penne	59.23
Grilled Eggplant	60.22
Broccoli Cheddar Soup	282.96
Italian Wedding Soup	617.05
Oatmeal Raisin Cookie	17.24
Blueberry Crumb Cupcake	36.70
Salted Caramel Blondie	81.63

MCALISTER

G CO₂E PER SERVING

Flaked Grilled Garlic Herb Salmon	277.84
Red Beans & Rice	85.58
Spicy Garlic Spinach	65.15
Jalapeno Slaw	43.42
Vegetable Bean Soup	156.12
Mediterranean Pot Roast	1,932.99
Herb Roasted Red Potatoes	17.54
Roasted Brussels Sprouts	40.15
White Pizza	333.29
Sausage & Pepperoni Flatbread	717.87
Pepperoni Pizza	500.49
Cheese Pizza	427.69
Sweet & Sour Pork	332.92
Seasoned Rice	81.18
Hot Dog on Roll	412.40
Fresh-Cut French Fries	24.54
Scrambled Eggs	388.02
Hash Brown Potato Patty	12.99
Pork Sausage Links	239.90
Vegan Chicken Paella	121.73
Kale with Caramelized Onions	65.24
Apple Samosa	29.43
Avocado, Cucumber & Pickled Daikon Roll	65.14
Seaweed Salad	83.71
Oatmeal Raisin Cookie	17.24
Blueberry Crumb Cupcake	36.70

SCHILLETTER

G CO₂E PER SERVING

Swedish Meatballs	1,273.93
Roasted Garlic Rice	80.78
Ginger Garlic Broccoli	40.36
Crispy Chicken Nuggets	416.37
Crispy French Fries	25.99
Classic Cheese Pizza	239.56
Pepperoni Pizza	341.07
Rigatoni Marinara	102.79
Spinach Lentil Fritters	111.45
Hamburger	1,906.30
Baked Potato Wedges	12.99
Balsamic Glazed Roasted Carrots	68.86
Broccoli Cheddar Soup	282.96
Italian Wedding Soup	617.05
Oatmeal Raisin Cookie	17.24
Blueberry Crumb Cupcake	36.70
Salted Caramel Mini Cupcake	48.22

MCALISTER

G CO₂E PER SERVING

Chipotle Lime Chicken Drumstick	674.50
Papas Rancheras	40.28
Green Chili Calabacitas	81.29
Spice-Rubbed Pork Loin	546.86
Red Beans & Rice	85.58
Spicy Garlic Spinach	65.15
Pepperoni Pizza	500.49
Cheese Pizza	427.69
Battered Cod	275.04
Signature Chips	5.77
Beyond Burger Patty	85.80
Vegan Shepherd's Pie	232.54
Apple Samosa	29.43
Oatmeal Raisin Cookie	17.24
Oreo Cookie Blondie	58.72