

*Share-Worthy  
Goodness*

## ORDER FORM & NUTRITIONAL INFORMATION

Customer Name:

Phone #:

Date for Pick Up:

Time for Pick Up:

Special Instructions:



foodlion.com



QTY	Item Description	Price	Serves
	<b>Fresh Cut Fruits</b>	<b>\$20</b>	<b>10</b>
	<b>Fresh Cut Veggies</b>	<b>\$20</b>	<b>10</b>
	<b>Fresh Baked Pastries</b>	<b>\$30</b>	<b>10</b>
	<b>Select 5 Pastry Varieties (Qty must total 25):</b>		
<input type="checkbox"/>	Plain Croissant		
<input type="checkbox"/>	Chocolate Croissant		
<input type="checkbox"/>	Cheese Danish		
<input type="checkbox"/>	Strawberry Danish		
<input type="checkbox"/>	Apple Braid Strudel		
	<b>Select 1 Muffin Variety</b>		
<input type="checkbox"/>	Blueberry Muffin (4ct)		
<input type="checkbox"/>	Banana Nut Muffin (4ct)		
<input type="checkbox"/>	Bran Muffin (4ct)		
<input type="checkbox"/>	Plain Cream Cheese Muffin (4ct)		
<input type="checkbox"/>	Strawberry Cream Cheese Muffin (4ct)		
<input type="checkbox"/>	Cinnamon Swirl Muffin (4ct)		
<input type="checkbox"/>	Blueberry Cream Cheese Muffin (4ct)		
	<b>Fresh Baked Bagels with Cream Cheese</b>	<b>\$30</b>	<b>10</b>
	<b>Select 5 Bagel Varieties: **ask about seasonal bagel varieties</b>		
<input type="checkbox"/>	Plain (5ct)		
<input type="checkbox"/>	Sesame (5ct)		
<input type="checkbox"/>	Everything (5ct)		
<input type="checkbox"/>	Blueberry (5ct)		
<input type="checkbox"/>	Seasonal (5ct) - when available		
	<b>Select 3 Cream Cheese Varieties:</b>		
<input type="checkbox"/>	Plain		
<input type="checkbox"/>	Garden Vegetable		
<input type="checkbox"/>	Strawberry		
<input type="checkbox"/>	Chive & Onion		
<input type="checkbox"/>	Honey Pecan		
	<b>Chef Salad with Dressing</b>	<b>\$30</b>	<b>10</b>
	<b>Select 2 Dressing Varieties:</b>		
<input type="checkbox"/>	Ranch		
<input type="checkbox"/>	Thousand Island		
<input type="checkbox"/>	Italian		

QTY	Item Description	Price	Serves
<input type="checkbox"/>	Italian		
<input type="checkbox"/>	Blue Cheese		
<input type="checkbox"/>	Balsamic Vinaigrette		
	<b>Cobb Salad with Dressing</b>	<b>\$30</b>	<b>10</b>
	<b>Select 2 Dressing Varieties:</b>		
<input type="checkbox"/>	Ranch		
<input type="checkbox"/>	Thousand Island		
<input type="checkbox"/>	Italian		
<input type="checkbox"/>	French		
<input type="checkbox"/>	Blue Cheese		
<input type="checkbox"/>	Balsamic Vinaigrette		
	<b>TOI Turkey, Roast Beef, &amp; Cheese with Rolls</b>	<b>\$40</b>	<b>10</b>
	<b>TOI Meat, Cheese, &amp; Crackers</b>	<b>\$40</b>	<b>10</b>
	<b>TOI Italian Meats &amp; Cheese</b>	<b>\$40</b>	<b>10</b>
	<b>TOI Hummus with Pita &amp; Veggies</b>	<b>\$20</b>	<b>10</b>
	<b>Croissant Sandwich Meal</b>	<b>\$40</b>	<b>10</b>
	<b>Select 2 Sandwich Varieties:</b>		
<input type="checkbox"/>	Ham & Swiss (5ct)		
<input type="checkbox"/>	Turkey & Swiss (5ct)		
<input type="checkbox"/>	Roast Beef & Cheddar (5ct)		
<input type="checkbox"/>	Rotisserie Chicken Salad (5ct) <i>Made In-store</i>		
	<b>Select 3 Side Salad Varieties:</b>		
<input type="checkbox"/>	American Potato Salad (16oz)		
<input type="checkbox"/>	Mustard Potato Salad (16oz)		
<input type="checkbox"/>	Cole Slaw (16oz)		
<input type="checkbox"/>	Macaroni Salad (16oz)		
	<b>Kaiser Roll Sandwich Meal</b>	<b>\$40</b>	<b>10</b>
	<b>Select 2 Sandwich Varieties:</b>		
<input type="checkbox"/>	Ham & Swiss (5ct)		
<input type="checkbox"/>	Turkey & Swiss (5ct)		
<input type="checkbox"/>	Roast Beef & Cheddar (5ct)		
	<b>Select 3 Side Salad Varieties:</b>		
<input type="checkbox"/>	American Potato Salad (16oz)		
<input type="checkbox"/>	Mustard Potato Salad (16oz)		
<input type="checkbox"/>	Cole Slaw (16oz)		
<input type="checkbox"/>	Macaroni Salad (16oz)		

QTY	Item Description	Price	Serves
	<b>Fried Chicken 48pc (dark/white meat mix)</b>	<b>\$45</b>	<b>20</b>
	<b>Bone-In Wings</b>	<b>\$30</b>	<b>10</b>
	<b>Select:</b>		
	<input type="checkbox"/> Ready to Serve (Pick Up Hot)		
	<input type="checkbox"/> Reheat (Pick Up Cold)		
	<b>Select 1 Wing Flavor:</b>		
	<input type="checkbox"/> Spicy		
	<input type="checkbox"/> Mild		
	<input type="checkbox"/> Spicy/Mild Mixed		
	<b>Select 2 Dressing Varieties:</b>		
	<input type="checkbox"/> Blue Cheese		
	<input type="checkbox"/> Ranch		
	<b>Chicken Tenders with Dipping Sauce</b>	<b>\$30</b>	<b>10</b>
	<b>Select 1 Dipping Sauce:</b>		
	<input type="checkbox"/> General Tso		
	<input type="checkbox"/> BBQ		
	<input type="checkbox"/> Seasonal - when available		
	<b>Wings &amp; Tenders Combo</b> (16 wings & 12 Tenders)	<b>\$30</b>	<b>10</b>
	<b>Select 1 Wing Temp:</b>		
	<input type="checkbox"/> Spicy		
	<input type="checkbox"/> Mild		
	<input type="checkbox"/> Spicy/Mild Mixed		
	<b>Select 2 Dressing Varieties:</b>		
	<input type="checkbox"/> Ranch		
	<input type="checkbox"/> Blue Cheese		
	<b>Mini Chicken Sandwiches</b>	<b>\$20</b>	<b>10</b>
	<b>Sliced Crème Cake</b>	<b>\$20</b>	<b>10</b>
	<b>Gourmet Cookies</b>	<b>\$20</b>	<b>10</b>
	<b>Gourmet Cookies &amp; Brownies</b>	<b>\$20</b>	<b>10</b>

Substitutions are available upon request

## Nutritional Information

Item	Calories/serving	Servings/order
<b>Cut Fruit</b>		
Watermelon	15 cal/2 oz.	16 oz.
Pineapple	30 cal/2 oz.	16 oz.
Strawberries	20 cal/2 oz.	16 oz.
Cantaloupe	20 cal/2 oz.	16 oz.
Dip	70 cal/2 oz.	12 oz.
<b>Cut Veggies</b>		
Carrots	25 cal/2 oz.	16 oz.
Tomatoes	10 cal/2 oz.	10.5 oz.
Celery	10 cal/2 oz.	12 oz.
Broccoli	15 cal/2 oz.	16 oz.
Cauliflower	15 cal/2 oz.	16 oz.
Ranch Dip	60 cal/2 tbsp.	12 oz.
<b>TOI Hummus with Pita &amp; Veggies</b>		
Original Hummus	60 cal/2 tbsp.	10 oz.
Roasted Red Pepper Hummus	50 cal/2 tbsp.	10 oz.
White Pita Bread	90 cal/ pita half	2-3 whole pitas
Celery	10 cal/2 oz.	8 oz.
Carrots	25 cal/2 oz.	12 oz.
<b>TOI Turkey, Roast Beef &amp; Cheese</b>		
Turkey	70 cal/2 oz.	16 oz.
Roast Beef	60 cal/2 oz.	16 oz.
Swiss Cheese	110 cal/1 oz.	12 oz.
Munster Cheese	100 cal/1 oz.	12 oz.
Olives Jubilee	30 cal/4 olives	8 oz.
Bulkie Rolls	210 cal/roll	12 rolls
<b>TOI Meat, Cheese &amp; Crackers</b>		
Pepperoni	130 cal/1 oz.	8 oz.
Salami	100 cal/1 oz.	8 oz.
Extra Sharp Cheddar Cheese	110 cal/1 oz.	16 oz.
Munster Cheese	100 cal/1 oz.	16 oz.
Pepper Jack Cheese	100 cal/1 oz.	16 oz.
Sea Salt Crisps	80 cal/3 crackers	6.5 oz
<b>TOI Italian Meats &amp; Cheese</b>		
Pepperoni	130 cal/1 oz.	8 oz.
Salami	120 cal/1 oz.	8 oz.
Gouda	110 cal/1 oz.	8 oz.
Olives Jubilee	30 cal/4 olives	8 oz.

## Nutritional Information

Item	Calories/serving	Servings/order
<b>Salads</b>		
Chef Salad	70-80 cal/3 oz.	32-39 oz.
Cobb Salad	80-90 cal/3 oz.	33-35.25 oz.
<b>Salad Dressing</b>		
Ranch	60 cal/2 tbsp.	16 oz.
Thousand Island	60 cal/2 tbsp.	16 oz.
Italian	80 cal/2 tbsp.	16 oz.
French	110 cal/2 tbsp.	16 oz.
Blue Cheese	45 cal/2 tbsp	16 oz.
Balsamic Vinaigrette	70 cal/2 tbsp.	16 oz.
<b>Fresh Baked Pastries</b>		
Cream Cheese Danish Crown	310 cal/1 danish	0-25
Strawberry Cheese Danish Crown	310 cal/1 danish	0-25
Apple Braid Strudel	370 cal/1 strudel	0-25
Chocolate Croissant	350 cal/1 croissant	0-25
Plain Croissant	260-340 cal/1 croissant	0-25
Blueberry Muffin	420 cal/1 muffin	0-25
Banana Nut Muffin	420 cal/1 muffin	0-25
Bran Muffin	460 cal/1 muffin	0-25
Cinnamon Swirl Muffin	500 cal/1 muffin	0-25
Blueberry Cream Cheese Muffin	420 cal/1 muffin	0-25
Cream Cheese Muffin	460 cal/1 muffin	0-25
Strawberry Cream Cheese Muffin	460 cal/1 muffin	0-25
<b>Fresh Baked Bagels</b>		
Plain	300 cal/1 bagel	0-25
Blueberry	280 cal/1 bagel	0-25
Everything	320 cal/1 bagel	0-25
Sesame	320 cal/1 bagel	0-25
Plain Cream Cheese	80 cal/2 tbsp.	8 oz.
Strawberry Cream Cheese	90 cal/2 tbsp.	8 oz.
Honey Pecan Cream Cheese	100 cal/2 tbsp.	8 oz.
Chive and Onion Cream Cheese	80 cal/2 tbsp.	8 oz.
Garden Vegetable Cream Cheese	80 cal/2 tbsp.	8 oz.
<b>Fried Chicken</b>	190-230 cal/3 oz.	48 total pieces
<b>Bone In Wings</b>		
Mild	160-170 cal/3 oz.	32 total pieces
Spicy	170-180 cal/3 oz.	32 total pieces

## Nutritional Information

Item	Calories/serving	Servings/order
<b>Wings &amp; Tenders Combo</b>		
Mild Wings	160-170 cal/3 oz.	16 wings total
Spicy Wings	170-180 cal/3 oz.	
Chicken Tenders	140-180 cal/3 oz.	12 Tenders
Blue Cheese	45 cal/2 tbsp.	16 oz.
Ranch	60 cal/2 tbsp.	16 oz.
<b>Chicken Tenders</b>	140-180 cal/3 oz.	28 tenders
General Tso Sauce	60 cal/2 tbsp.	12 oz.
BBQ Sauce	60 cal/2 tbsp.	12 oz.
Buffalo Sauce	10 cal/2 tbsp.	12 oz.
<b>Mini Chicken Sandwich</b>	170-180 cal/sandwich	12 mini sandwiches
Pickles	0 cal/1 oz.	16 oz.
<b>Sliced Cakes</b>		
Lemon Crème	160 cal/1 slice	7 slices
Marble Crème	160 cal/1 slice	7 slices
<b>Gourmet Cookies</b>		
Chocolate Chunk Cookie	240 cal/1 cookie	18 cookies
<b>Gourmet Cookies &amp; Brownies</b>		
Chocolate Chunk Cookie	240 cal/1 cookie	7 cookies
Brownie Slices	290 cal/1 slice	7 slices
<b>Strawberries</b>	20 cal/2 oz.	12 oz.
<b>Sandwich Meals</b>		
Turkey Croissant Sandwich	420-550 cal/1 sandwich	0-10
Ham Croissant Sandwich	420-550 cal/1 sandwich	0-10
Roast Beef Croissant Sandwich	410-550 cal/1 sandwich	0-10
Chicken Salad Croissant Sandwich	510-640 cal/1 sandwich	0-10
Turkey Kaiser Sandwich	420 cal/1 sandwich	0-10
Ham Kaiser Sandwich	420 cal/1 sandwich	0-10
Roast Beef Kaiser Sandwich	420 cal/1 sandwich	0-10
Pickle Chips	0 cal/1 oz.	16 oz.
Banana Peppers	10 cal/1 oz.	16 oz.
Chocolate Chunk Cookies	240 cal/1 cookie	5 cookies
Brownie Slices	290 cal/1 slice	5 slices
American Potato Salad	230 cal/ 1/2 cup	16 oz.
Mustard Potato Salad	210 cal/ 1/2 cup	16 oz.
Macaroni Salad	280 cal/ 3/4 cup	16 oz.
Cole Slaw	160 cal/ 1/2 cup	15 oz.