



Nutrition information Fall 2006

| <u>Grandwiches</u> | Portion Size | Calories | Carbohydrates (grams) | Protein | Fat | Fiber |
|---|--------------|----------|-----------------------|---------|-------|-------|
| Asiago Beef | 1 serving | ---* | ---- | --- | --- | --- |
| BLT | 1 serving | ---* | --- | --- | --- | --- |
| Buffalo Chicken Panini | ½ Sandwich | 451 | 21 | 35 | 25 | 0.5 |
| Caesar Wrap | ½ Sandwich | 368 | 30 | 15 | 21 | 0.5 |
| Chicken Bruschetta | ½ Sandwich | 321 | 30 | 28 | 9 | 1.5 |
| Chicken Fajita Panini | ½ sandwich | 482 | 40 | 4 | 20 | 1.5 |
| Chicken Salatinboca | ½ sandwich | 482 | 37 | 32 | 19 | 1 |
| Chipotle Turkey Sandwich | ½ Sandwich | 268 | 34 | 19 | 7 | 1 |
| Cranberry Smoked Turkey Sandwich | ½ Sandwich | 389 | 53 | 19 | 12 | 1 |
| Garden Veggie Sandwich | ½ Sandwich | 224 | 37 | 8 | 6 | 2 |
| Grilled Veggie Sandwich | ½ Sandwich | 394 | 43 | 19 | 18 | 4 |
| Italian Club | ½ Sandwich | 287 | 33 | 15 | 11 | 0.5 |
| Italian Panini | ½ Sandwich | 420 | 32 | 20 | 24 | 1.5 |
| Muffuletta | ½ Sandwich | 366 | 35 | 17 | 19 | 1 |
| Reuben Panini | ½ Sandwich | 1012 | 130 | 34 | 39 | 0.5 |
| Sweet and Sassy Ham and Cheese | ½ Sandwich | 510 | 39 | 28 | 28 | 0.5 |
| Turkey Artichoke Focaccia | ½ Sandwich | 330 | 34 | 23 | 11 | 1 |
| Tuscan Chicken | ½ Sandwich | 340 | 30 | 35 | 8 | 0.5 |
| Potato Chips, homemade | One serving | -----* | ----- | ----- | ----- | ----- |

| <u>Chef's Corner</u> <u>(Hot Entrees)</u> | Portion Size | Calories | Carbohy- drates (grams) | Protein | Fat | Fiber |
|---|-------------------------------------|-----------------|--|----------------|------------|--------------|
| Asiago Mushroom Pasta | One serving | 515 | 67 | 24 | 16 | 3 |
| Blackened Chicken Taco (No sour cream) | One serving | 414 | 62 | 30 | 10 | 2 |
| Grilled Chicken Caesar Salad | One serving w/Caesar Dressing | 500 | 16 | 27 | 37 | 1 |
| Chicken Feta Penne | One serving | 689 | 62 | 49 | 26 | 3 |
| Chicken Florentine with Rice Pilaf | One serving | 305 | 31 | 28 | 7 | 1.5 |
| Chicken Polo With Pasta | One serving | 469 | 59 | 35 | 7 | 3 |
| Chicken Taco Salad with Sour Cream and Salsa | One serving | 555 | 68 | 36 | 15 | 5 |
| Coconut Chicken | One serving | 420 | 50 | 32 | 11 | 5 |
| Creamy Chicken and Veggie Bowl w/Rice | One serving | 739 | 121 | 41 | 13 | 4 |
| Creole Chicken Pasta | One serving | 498 | 65 | 40 | 8 | 8 |
| Dijon Chicken and | One serving | 416 | 49 | 39 | 6 | 7 |
| Greek Pasta | One serving | 1238 | 54 | 53 | 88 | 3 |
| Pesto Chicken Bowl | One serving | 753 | 104 | 44 | 21 | 1 |
| Shrimp and Garlic Pasta | One serving | 577 | 55 | 38 | 22 | 3 |
| Sun Dried Tomato Pasta (No Dressing) | One serving | 59 | 11 | 2 | 0.5 | 1 |
| Thai Chicken Wrap | One serving | 462 | 74 | 24 | 12 | 3 |

| <u>On The Greener Side</u> | Portion Size | Calories | Carbohy- drates (grams) | Protein | Fat | Fiber |
|--|---------------------|-----------------|--|----------------|------------|--------------|
| Balsamic Pasta | One serving | 146 | 27 | 6 | 1 | 1 |
| BLT Salad | One serving | 329 | 13 | 28 | 19 | 1 |
| Blackened Chicken Salad (w/Salsa and Bread) | One serving | 554 | 28 | 38 | 32 | 2 |
| Caesar Pasta | One serving | -----* | ----- | ----- | ----- | ----- |
| Cashew Chicken Salad (w/Bread, No Dressing) | One serving | 554 | 25 | 38 | 35 | 3 |

| | | | | | | |
|---|------------------------------|--------|-------|-------|-------|-------|
| Chicken Gargonzola Salad | One serving | 366 | 50 | 25 | 3 | 3 |
| Cobb Salad (w/Bread, No Dressing) | One serving | 371 | 16 | 29 | 21 | 3.5 |
| Creamy Italian Salad | One serving | 190 | 26 | 4 | 8 | 1 |
| Curried Chicken Salad | One Serving | -----* | ----- | ----- | ----- | ----- |
| Fruit Salad Plate (w/Bread, No Dressing) | One serving | 260 | 45 | 5 | 9 | 4 |
| Poppy Seed Dressing adds an additional: | 2 oz. Poppy Seed Dressing | 404 | 20 | 0 | 37 | 0 |
| Greek Salad | One serving | 227 | 17 | 3 | 15 | 1 |
| Mandarin Chicken Salad (w/Bread, No Dressing) | One serving | 422 | 40 | 39 | 12 | 4 |
| Sesame Dressing adds an additional: | 2 oz. Sesame Dressing | 336 | 22 | 0 | 28 | 0 |
| Mediterranean Chicken Salad (w/Bread, No Dressing) | One serving | 378 | 19 | 31 | 20 | 2 |
| Ranch Salad | One serving | 163 | 24 | 4 | 6 | 1 |
| Salsa Salad | One serving | -----* | ----- | ----- | ----- | ----- |
| Sesame Salad | One serving | 364 | 39 | 4 | 22 | 1 |
| Spinach Salad (w/Bread and Hot Bacon Dressing) | One serving | 525 | 38 | 24 | 32 | 3 |

| <u>Soups</u> | Portion Size | Calories | Carbohy- drates (grams) | Protein | Fat | Fiber |
|--|-----------------|----------|-------------------------------|---------|-----|-------|
| (per 6 ounce "cup" of soup serving. Double nutrition information for a "bowl" of soup) | | | | | | |
| Beef Dumpling | 6 ounce cup | 54 | 4 | 5 | 2 | 0.5 |
| Cheesy Cream of Cauliflower | 6 ounce cup | 270 | 15 | 11 | 19 | 1 |
| Chicken Dumpling | 6 ounce cup | 91 | 11 | 7 | 2 | 1 |
| Chicken Noodle | 6 ounce cup | 54 | 6 | 5 | 1 | 1 |
| Chicken Rice | 6 ounce cup | 104 | 16 | 7 | 1 | 1.5 |
| Chicken Vegetable | 6 ounce cup | 67 | 5 | 7 | 2 | 1 |
| Chicken Wild Rice | 6 ounce cup | 168 | 13 | 7 | 10 | 0 |
| Cream of Broccoli | 6 ounce cup | 135 | 11 | 5 | 8 | 1 |
| Cream of Potato | 6 ounce cup | 154 | 22 | 6 | 5 | 1 |
| Grandma's Hamburger | 6 ounce cup | 103 | 7 | 6 | 6 | 1.5 |

| | | | | | | |
|-------------------------|-------------|-----|----|----|----|-----|
| Potato Patch | 6 ounce cup | 191 | 19 | 7 | 11 | 1.5 |
| Tomato | 6 ounce cup | 115 | 18 | 4 | 4 | 1 |
| Tomato Basil | 6 ounce cup | 81 | 18 | 2 | 1 | 2 |
| Wisconsin Cheese | 6 ounce cup | 243 | 13 | 10 | 17 | 1 |

| <u>Bakery and Desserts</u> | Portion Size | Calories | Carbohy- drates (grams) | Protein | Fat | Fiber |
|---|----------------------------|-----------------|--|----------------|------------|--------------|
| Apple Pie | 1 slice (1/8 pie) | 296 | 43 | 2 | 14 | 2 |
| Banana Bar | 1 whole bar (1/24 pan) | 665 | 111 | 7 | 23 | 2 |
| Boston Cream Pie | 1 slice (1/8 pie) | 172 | 29 | 2 | 6 | 1 |
| Brownie | 1 whole bar (1/ 24 pan) | 841 | 128 | 8 | 36 | 0.5 |
| Caramel Apple Cheesecake | 1 slice (1/12) | 702 | 71 | 13 | 43 | 0 |
| Cherry Pie | 1 slice (1/8) | 325 | 50 | 3 | 14 | 1 |
| Chocolate Chip Bar | 1 whole bar (1/24) | 709 | 106 | 9 | 31 | 1 |
| Chocolate Chip Cheesecake | 1 slice (1/12) | 667 | 57 | 13 | 45 | 0 |
| Oreo Cheesecake | 1 slice (1/12) | 653 | 56 | 13 | 43 | 0 |
| Lemon Bar | 1 whole bar | 348 | 53 | 4 | 14 | 1 |
| Peach Pie | 1 slice (1/8) | 261 | 39 | 2 | 12 | 1 |
| Pumpkin Bar | 1 whole bar (1/24) | 506 | 106 | 6 | 8 | 3 |
| White Chocolate-Raspberry Cheesecake | 1 slice (1/12) | 720 | 63 | 14 | 48 | 0 |

Revised September 2006

* “-----“ indicates no nutritional information is available for that item