

## Expressway Cart

	Calories	Carbs (grams)	Protein (grams)	Total fat (grams)	Fiber (grams)
<b>Bagels and Doughnuts</b>					
Bagels, all flavors (4 oz.)	312	61	12	2	3
Cream Cheese, plain (1 packet)	100	2	2	9	0
Cream Cheese, strawberry (1 packet)	75	2	2	7	0
Cake Doughnut, plain, frosted	359	45	4	19	0
Cake Doughnut, chocolate, frosted	359	43	4	19	1
Cake Doughnut, blueberry, frosted	369	46	4	19	0
Raised Doughnut, glazed	279	35	4	14	0
Apple Fritter, glazed	329	40	4	18	1
Cinnamon Roll with Icing	192	38	4	3	1
Cinnamon Roll with Apple Filling	220	45	4	3	1
Cinn. Roll w/Cream Cheese Filling	265	46	5	7	1
Cinnamon Roll with Strusel	251	49	4	5	1
Pershing (cinnamon), glazed	309	38	4	16	1
Jelly-filled Doughnut, frosted	328	48	4	14	1
Long John, filled, frosted	399	50	4	21	0
<b>Muffins (4.5 ounces)</b>					
Blueberry	430	53	5	22	2
Checkerboard	272	49	2	7	0
Cinnamon Chip	430	58	5	23	1
Filled Blueberry	577	79	7	26	7
Filled Pumpkin	405	69	4	13	1
Lemon Poppy Seed	460	54	6	25	1
<b>Cookies, Jumbo (3.5 ounces) (#10)</b>					
Chocolate Chip	460	69	6	20	1
Chocolate Chocolate Chip	454	54	5	27	0
M & M	462	71	5	18	1
Oatmeal Raisin	452	72	7	16	1
Peanut Butter	507	63	10	25	3
Sugar	472	69	5	20	1
<b>Fruit/Vegetable Trays</b>					
Apple tray with Dip (1 tray)	384	57	4	17	4
Vegetable and Dip tray (1 tray)	206	16	4	15	3
Fruit Dip only (2 ounce cup)	194	22	2	11	0
Apple (1)	80	21	0	0	4
Banana (1)	105	27	1	0	3
Orange (1)	62	15	1	0	3

### Nutritional Analysis

Revised 12/2008

Information for analysis was collected from the U.S. Department of Agriculture, UW-Stout's food suppliers and Bowes and Church's Food Values of Portions Commonly Used, 18th edition.

The information provided is a guide to the **approximate** nutrient content of foods. Persons on special diets may require more specific nutrient information.

University Dining Services would like to help you make healthy food choices and provides this brochure to assist you in selecting nutritious food choices. Please call 232-3599 if you have nutrition questions regarding items served by Dining Services.

# EXPRESSWAY Nutrition Guide

**Carts**

Coffee • Sandwiches • Soups • Fruit • Cookies



University Dining Service

Expressway Cart

	Calories	Carbohydrates (grams)	Protein (grams)	Total fat (grams)	Fiber (grams)
<b>Sandwiches (1 Full Sandwich)</b>					
Focaccia with Beef & Cheddar	546	56	29	22	1
Focaccia with Beef & Provolone	530	56	29	20	1
Focaccia with Beef & Swiss	541	57	30	21	1
Focaccia with Three Cheeses	500	57	19	21	1
Focaccia with Chicken Salad	502	61	22	18	2
Focaccia with Egg Salad	479	60	15	19	2
Focaccia with Ham & Cheddar	486	56	22	19	1
Focaccia with Ham & Provolone	470	56	22	17	1
Focaccia with Ham & Swiss	481	57	23	18	1
Focaccia with Seafood Salad	516	68	13	21	2
Focaccia with Tuna Salad	466	63	17	16	2
Focaccia with Turkey & Cheddar	477	56	24	17	1
Focaccia with Turkey & Provolone	460	56	24	15	1
Focaccia with Turkey & Swiss	472	56	25	16	1
Focaccia Hawaiian Hammer	527	64	25	20	2
Focaccia Hero	685	61	31	35	2
Focaccia PB & J w/ B & G	864	122	22	35	9
Focaccia Ranch House Beef	569	62	31	21	2
Focaccia Turkey Cobb Salad	677	61	35	28	2
Focaccia Turkey Garden Club	610	70	25	26	3
Focaccia Zesty Turkey Pesto	660	67	26	32	2
French Bread Italian	572	48	22	32	2
Italian with Beef & Cheddar	429	26	31	22	1
Italian with Beef & Provolone	406	26	32	19	1
Italian with Beef & Swiss	419	28	32	19	1
Italian with Chicken Salad	304	31	19	11	2
Italian with Egg Salad	281	30	12	12	2
Italian with Ham & Cheddar	369	26	24	19	1
Italian with Ham & Provolone	347	26	24	16	1
Italian with Ham & Swiss	359	28	25	17	1
Italian with Tuna Salad	268	33	13	9	2
Italian with Turkey & Cheddar	360	26	26	16	1
Italian with Turkey & Provolone	337	26	27	14	1
Italian with Turkey & Swiss	350	28	27	14	1
Italian with Seafood Salad	319	38	10	14	1
Tailgater Club	425	43	27	16	1
Wheat with Beef & Cheddar	454	28	36	23	0
Wheat with Beef & Provolone	408	28	33	19	0
Wheat with Beef & Swiss	418	29	34	19	0
Wheat with Chicken Salad	302	32	20	11	2
Wheat with Egg Salad	281	32	14	12	0
Wheat with Ham & Cheddar	370	28	26	19	0
Wheat with Ham & Provolone	348	28	26	16	0
Wheat with Ham & Swiss	358	29	27	16	0
Wheat with Tuna Salad	269	34	15	9	0
Wheat with Turkey & Cheddar	361	28	28	16	0
Wheat with Turkey & Provolone	338	28	28	14	0
Wheat with Turkey & Swiss	361	28	28	16	0
Wheat with Seafood Salad	317	39	11	14	0
Veggie plus on Wheat Bun	458	28	23	30	1

Expressway Cart

	Calories	Carbohydrates (grams)	Protein (grams)	Total fat (grams)	Fiber (grams)
<b>Soups (12 ounce bowl)</b>					
Bean with Bacon	262	34	12	10	12
Beef Barley and Vegetable	132	16	8	4	2
Beef Rice	144	20	8	4	1
Canadian Cheese	472	24	18	34	2
Chicken Dumpling	134	16	10	4	1
Chicken Noodle	150	10	12	8	1
Chicken Rice Soup	150	18	14	4	1
Chili	422	30	23	25	7
Cream of Potato	310	38	8	14	2
Grandma's Hamburger	216	14	12	12	4
Italian Wedding	356	22	22	20	0
Pepper Pot	164	14	10	8	2
Potato Patch	312	32	8	18	2
Potato with Bacon	276	26	8	16	2
Spicy Chicken Chowder	204	24	16	4	1
Tomato	224	26	6	12	2
Wild Rice & Potato	241	18	10	22	1
Wisconsin Cheese	496	28	20	34	2
<b>Wraps and Salads (1 full wrap or 1 full salad)</b>					
Chicken Caesar Wrap	735	55	32	43	0
Farmers Market Wrap	518	62	20	21	3
Spinach Spinnar Wrap	498	59	18	22	2
Turkey Chipotle Wrap	499	54	27	18	2
Expressway Salad (NO dressing)	24	6	2	0	2
Garden Salad (NO dressing)	35	8	2	0	3
Ham Chef Salad (NO dressing)	273	8	21	18	3
Turkey Chef Salad (NO dressing)	277	8	23	17	3
<b>Salads, Prepared (8 ounces)</b>					
Antipasta (without meat)	374	32	4	26	3
BLT	472	40	12	30	2
Broccoli Cauliflower	236	22	6	18	2
Coleslaw	256	16	4	20	2
Creamy Coconut Fruit	340	50	4	16	2
Creamy Fruit	146	28	2	4	2
Cucumber and Sour Cream	218	28	2	12	1
Deviled Eggs	224	6	12	16	0
Greek Pasta	392	33	7	25	2
Macaroni with Chicken	342	36	22	12	2
Macaroni with Shrimp	268	40	10	6	2
Macaroni with Tuna	316	38	14	12	2
Mandarin Orange Jello	126	30	3	0	0
Mediterranean Couscous	242	28	6	14	2
Mexican Seafood	244	24	10	12	4
Pepper Pasta (Creamy Italian)	356	36	8	20	2
Potato, tangy	280	46	6	10	4
Raspberry Applesauce Gelatin	152	39	2	0	2
Seven Layer	338	20	4	22	4
Snickers Salad	280	43	4	11	3
Strawberry Jello w/Bananas	186	44	4	0	0
Summery Pasta	250	47	5	4	2
Veggie Pasta Toss	358	44	8	18	1
<b>Hot Beverages</b>					
Coffee, plain (small) 12 oz.	8	1	0	0	0
Coffee, plain (large) 20 oz.	13	2	1	0	0
Hot Chocolate (Swiss Miss, plain)	120	22	1	2.5	1