



Nutritional Analysis

Information for analysis was collected from the internet, 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 is a guide to the approximate nutrient content of foods. Persons on special diets may require more specific nutrient information.

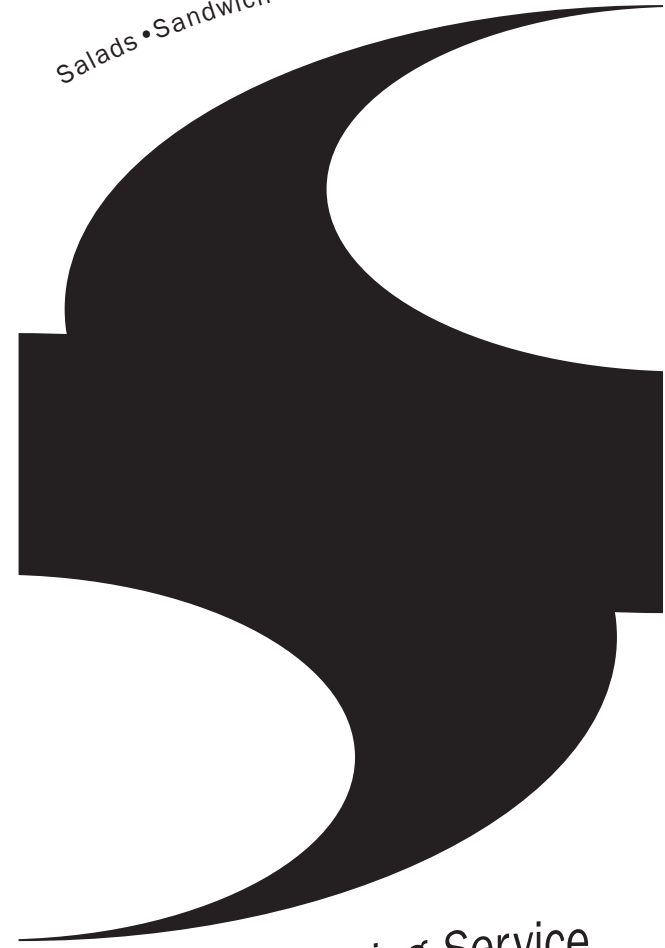


University Dining Services would like to help you make healthy food choices and provides this brochure to assist you in selecting nutritious food choices. Please call 232-1094 if you have questions regarding menu items served by University Dining Services in the Memorial Student Center.

Grab & Go

Nutrition Guide

Salads • Sandwiches • Fruit • Veggies • Chips



University Dining Service



	Serving	Calories	Carbohydrate (in grams)	Protein (in grams)	Total Fat (in grams)	Fiber (in grams)		Serving	Calories	Carbohydrate (in grams)	Protein (in grams)	Total Fat (in grams)	Fiber (in grams)	
SALADS														
Chicken Caesar Salad (no dressing)	1	197	10	24	7	0	Grecian, Veggie Pita	1 pita	237	39	23	6	1	
							Ham & Cheese on bun	1 sandwich	251	22	17	11	0	
Chef's Salad, Chicken (no dressing)	1	235	11	25	10	3	Ham & Cheese Croissant	1 sandwich	456	36	20	26	1	
Chef's Salad, Traditional (no dressing)	1	346	13	27	21	2	Parmesan Peppercorn Chicken Sub	1 sandwich	338	26	31	12	.5	
Chef's Salad, Turkey (no dressing)	1	234	12	23	11	3	Peanut Butter and Jelly Submarine Sandwich	1 sandwich	390	53	12	16	2	
								1 sandwich	267	42	10	6	2	
Cottage Cheese, 2%	0.4lb	153	6	23	3	0	Super Submarine	1 sandwich	-----	----	----	----	----	
Egg, hard boiled	1	78	0.5	6	5	0	Turkey Submarine	1 sandwich	436	42	28	17	1	
Side Salad (no dressing)	1	12	3	1	0	1	Turkey & Cheese on bun Turkey & Cheese	1 sandwich	250	21	17	10	0	
								1 sandwich	446	36	22	24	1	
Balsamic Pasta, 6oz	0.375lb	438	82	17	4	3	Croissant							
Chicken Pasta, 6oz	0.375lb	329	28	9	20	1	Turkey Hoagie	1 sandwich	269	39	18	5	1	
Creamy Italian Pasta, 6oz	0.375lb	228	31	5	10	1	Tuna Salad Veggie Plus Sandwich	1 sandwich	281	34	14	10	0	
								1 sandwich	442	37	18	24	1	
Pepper Pasta, 6oz	0.375lb	267	27	8	20	2	Wrap, Club	1 wrap	546	54	29	24	1	
Ranch Pasta, 6oz	0.375lb	244	35	6	8	1.5	Wrap, Italian	1 wrap	652	57	23	36	2	
Salsa Pasta 5.5oz	0.37lb	305	49	11	6	3	Wrap, Spinach	1 wrap	388	51	19	12	1	
Tuna Pasta 6oz	0.375lb	294	32	9	14	2	Wrap, Tomato Basil Wrap, Veggie Plus	1 wrap	339	50	20	6	2	
								1 wrap	604	58	21	33	1	
SANDWICHES								FRUIT/VEGGIE/DIPS						
A-1 Mission Cheese Steak Wrap	1/2 wrap	266	30	16	9	1	Apple	1 apple	81	21	0	0	4	
A-1 Mission Cheese Steak Wrap	1 wrap	532	60	32	17	2	Apple and Dip Tray Banana	1 tray	330	43	4	17	4	
								1 banana	109	28	1	0	3	
Baguette, Chicken Caesar	1 sandwich	508	48	31	21	4	Grapes Melon (fresh fruit)	0.4 lb.	116	30	1.5	1	2	
								0.5 lb.	75	18	1	0.5	1.5	
Baguette, Chipotle Chicken	1 sandwich	395	49	31	8	4	Orange Pineapple	1 orange	62	15	1	0	3	
								0.25 lb.	55	14	0	0.5	1	
Baguette, Italian	1 sandwich	673	53	30	39	4	Strawberries	0.30 lb	43	10	1	0.5	3	
Club Sandwich Bagels	1 sandwich	491	64	31	12	3	Veggie and Dip Tray, Deluxe	1 tray	206	16	4	15	2.5	
Egg Salad	1 sandwich	260	31	11	9	0								
Grecian, Ham and Swiss Pita	1 pita	360	39	37	13	1	Carrots and Dip Tray Carrots, Celery and Dip	1 tray	255	31	4	15	7	
								1 tray	204	19	3	14	3	
Grecian, Turkey Bacon Cheddar Pita	1 pita	443	41	42	19	1								