

.....

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.



STOUT
UNIVERSITY OF WISCONSIN
WISCONSIN'S POLYTECHNIC UNIVERSITY

Not produced at taxpayer expense. This was designed by Jessica Frank, a junior majoring in graphic design, from Fond du Lac, WI. Revised 10/08

Grill Items

Nutrition Guide

Entrees • Panini & Sandwich Specials • On the Border



University Dining Service

	Serving	Calories	Carbs (in grams)	Protein (in grams)	Total Fat (in grams)	Fiber (in grams)		Serving	Calories	Carbs (in grams)	Protein (in grams)	Total Fat (in grams)	Fiber (in grams)		Serving	Calories	Carbs (in grams)	Protein (in grams)	Total Fat (in grams)	Fiber (in grams)
• SANDWICHES •														(continued)						
(from the grill)							Cheese Sauce	2 oz.	65	3	1	5	0	Margarine/Butter	1 oz.	200	0	0	23	0
Bacon Cheesburger	1 sandwich	475	30	27	27	1	Nachos/Cheese Sauce		451	38	6	21	1	Gravy	2 oz.	72	5	1	5	0
BBQ Pork Riblet	1 sandwich	561	62	20	26	5	Spanish Rice	4 oz.	116	20	2	4	2	Broccoli	2 oz.	18	4	2	0	1
BBQ Sandwich	1 sandwich	283	32	12	12	2	Quesadilla, cheese		625	46	28	42	2	Ham, diced	1 oz.	30	0	5	1.5	0
Blue Devil Burger	1 sandwich	648	52	29	36	1	Quesadilla, chicken		672	47	44	39	2	Bacon bits	0.25 oz.	21	0	3	1	0
California Cheeseburger	1 sandwich	467	33	28	25	2	Soft Shell Taco	1 taco	243	20	13	15	1	Green Onions	0.25 oz.	5	1	0	0	0
Cheddarwurst (Pawn)	1 sandwich	392	23	15	26	0	(Beef & Bean)							Black Olives	0.5 oz.	18	1	0	1	0
Chicken Fillet, breaded	1 sandwich	419	35	19	23	0								Cheddar Cheese	1 oz.	114	0	7	9	0
Chicken Parmesan	1 sandwich	439	25	15	33	2	• ENTREES •							Sour Cream	1 oz.	52	1	1	5	0
Chicken Tender Melt	1 sandwich	1078	40	30	91	0	(includes full meal)							Salsa	1.5 oz.	12	3	1	0	1
Chipotle Chicken Sandwich	1 sandwich	433	33	22	24	1	Beef and Bean Burrito		538	54	18	29	1	• PANINI SANDWICHES •						
Corn Dog (Pawn)	1 sandwich	212	19	7	9	1	(rice, refried beans)							Beef Pesto	1 sandwich	509	37	27	28	3
Crisp Fried Chicken Breast	1 sandwich	419	35	19	23	0	Beef Lasagna		786	88	35	34	5	Chicken and Mozzarella	1 sandwich	432	29	31	21	2
Double Cheeseburger	1 sandwich	415	25	31	21	0	(veg., breadstick)							Chicken Gyro	1 sandwich	470	41	49	19	1
Double Hamburger	1 sandwich	345	25	27	15	0	Beer Batter Pollock		674	46	6	53	8	Italian Pizza	1 sandwich	-----	-----	-----	-----	-----
Fish Sandwich, deluxe	1 sandwich	455	37	20	26	1	(chips, coleslaw)							Pepperoni, Ham & Salami	1 sandwich	530	28	26	36	1
Five Alarm Burger	1 sandwich	432	31	25	27	1	Cheese Lasagna		575	78	22	20	4	Pepperoni & Veg. Cream Cheese	1 sandwich	442	32	20	26	3
Garden Burger	1 sandwich	279	31	22	7	5	(potato, gravy, carrot sticks)		592	48	39	27	2	Philly Style Roast Beef & Cheese	1 sandwich	688	52	32	39	1
Grilled Cheese	1 sandwich	397	29	14	25	0	Chicken Fried Chicken		652	56	35	32	3	Roast Beef & Swiss	1 sandwich	409	32	27	19	2
Grilled Ham & Cheese	1 sandwich	386	29	18	22	0	(potato, gravy, veg, NO roll)							Roasted Pepper & Turkey	1 sandwich	437	45	24	20	1
Grilled Turkey & Cheese	1 sandwich	376	29	21	20	0	Chicken Parmesan		802	88	35	35	2	Turkey Pepper Jack	1 sandwich	470	28	23	30	1
Hot Dog/Fixings (Pawn)	1 sandwich	258	22	9	15	1	(pasta, sauce, bread stick)							• SANDWICH OF THE DAY •						
Jr. Cheeseburger, single	1 sandwich	311	25	20	15	0	Chicken Pot Pie		733	64	24	43	4	BBQ Pork Riblet	1 sandwich	358	32	17	17	2
Jr. Cheeseburger, double	1 sandwich	415	25	31	21	0	Chicken Strip Basket		612	55	22	35	6	Beer Batter Pollock	1 sandwich	460	26	9	36	-----
Jr. Hamburger, single	1 sandwich	240	25	15	9	0	(fries, coleslaw)							Buffalo Chicken Sandwich	1 sandwich	458	36	22	25	0
Jr. Hamburger, double	1 sandwich	345	25	27	15	0	Hot Beef Sandwich		354	29	19	18	3	Chicken Cordon Bleu	1 sandwich	503	39	27	27	0
Parmesan Peppercorn Chicken	1 sandwich	439	25	15	33	2	(bread, potato, gravy, veg.)							Chipotle Chicken Tender	1 sandwich	433	33	22	24	-----
Pawn Melt	1 sandwich	598	29	31	39	0	Hot Turkey Sandwich		437	53	36	10	6	Grilled Chicken Tender Melt	1 sandwich	962	41	31	78	-----
Pepper Jack Burger	1 sandwich	616	31	31	42	2	(bread, potato, gravy, veg.)							Grilled Pepperoni & Cheese	1 sandwich	514	48	24	25	-----
• SIDES •							(veg., breadstick)		850	100	39	33	4	Grilled Turkey and Ham	1 sandwich	503	49	33	21	0
(from the grill)							Meatloaf Dinner		630	51	35	33	4	Grilled Turkey Pastrami & Provollo	1 sandwich	434	42	12	26	1
Cheese Curds	1 serving	355	32	18	21	0	(potato, gravy, veg, roll/NO butter)							Gyro	1 sandwich	523	50	47	29	1
Chicken Strips	1 serving	314	38	6	32	1	Shrimp Basket		776	86	33	34	-----	Monster Grilled Cheese	1 sandwich	621	59	25	32	0
Fries, french	1 serving	327	35	4	20	0	(fries, coleslaw, cocktail sce.)							Pepperjack Pawn Melt	1 sandwich	578	31	29	37	0
Fries, seasoned	1 serving	274	29	2	16	3	Super Crisp Pork Loin		-----	-----	-----	-----	-----	Ranch Turkey Submarine	1 sandwich	430	42	28	17	1
Onion Rings	1 serving	462	43	6	60	2	(potato, gravy, veg, roll)							Reuben Sandwich	1 sandwich	536	34	15	39	1
• SAN PABLO •							Veal Parmesan		666	74	30	27	2	Sandwich						
Soft Pretzel, large		417	90	15	0	4	(pasta, sauce, breadstick)							Stout Melt	1 sandwich	385	41	28	12	2
2 Breadsticks (W/Pizza Sauce)		302	50	10	8	2	• Mashed Potato Bar •													
Pizza Sauce	2 oz.	24	6	1	0	1	Plain Mashed Potatoes	2 scoops	200	40	6	3	4							
							4 Cheese Mashed	2 scoops	200	38	4	5	4							