



**2005-2006
NUTRITIONAL INFORMATION FOR
FOODS SERVED IN THE COMMONS AND
TAINTER DINING OPERATIONS**

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STOUT

UNIVERSITY OF WISCONSIN
University Dining Service

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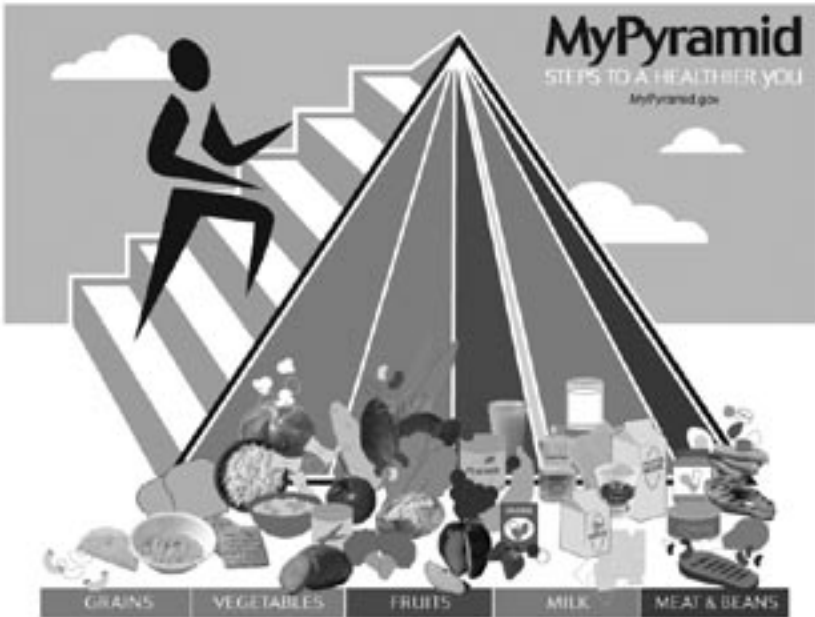
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Start Making Healthy Decisions Today!

Your body needs many different nutrients from a variety of foods everyday and regular exercise to stay healthy. The Food Guide Pyramid can be an important tool to help you plan a balanced diet. The Pyramid also helps you plan a balanced diet by showing the number of servings from each food group you need each day. University Dining Services at the Commons and Tainter wants to help you make healthy decisions by providing a wide variety of foods from all of the food groups on the Food Guide Pyramid. Visit the government website www.mypyramid.gov to calculate your personal dietary needs.



Making Healthy Decisions With Dining Services

Many students are concerned about the amount of fat they consume. Health professionals recommend limiting the fat in your diet to no more than 30 percent of your total calories.

The table below lists various calorie levels and the number of fat grams per day a person could consume to equal 30% of the day's calories.

<u>Calorie Level</u>	<u>Total Fat Grams to Equal 30% of Day's Calories</u>
1,200	40
1,600	53
1,800	60
2,000	66
2,500	83

*1,600-2,000 calories per day is the "average" caloric need for most people.

Helping you watch your fat intake...

Did you know that the following low-fat food choices are available every day at Commons and Tainter?

- Cold and hot cereal
- Vegetables prepared without margarine or butter
- Non fat frozen yogurt
- Fresh salad bar items
- Low fat and fat free salad dressings
- Low fat and skim milk
- Lean Turkey and Ham served on the Sandwich bar
- Refried beans available on the Taco bar
- Low fat yogurt (made with 1% milk)
- Rice
- Wok Bar can be stir fried in water instead of oil
- Baked potato
- Whole wheat and multi-grain breads and rolls
- Bagels
- Reduced fat cottage cheese & sour cream

The Following Nutrition Services are Available to You from UDS:

Personal Nutrition Counseling

Whether you want information on gaining weight, losing weight, or other nutrition concerns call 232-3599 to make an appointment for personal nutrition counseling with a Registered Dietitian. You may also email your nutrition questions to Susan Block, RD at <blocks@uwstout.edu>

Food Allergy Information

If you have a medically diagnosed food allergy, Dining Services can help identify foods to avoid.

Nutritional Information

Making healthy food choices can sometimes be difficult. This Making Healthy Decisions booklet provides nutrition information about all foods served at Tainter and the Commons. Nutritional analysis of food items can also be found at UDS website <www.uwstout.edu/dining>

Table Tents

A new table tent will be placed on the dining room tables monthly. They provide you with nutrition information on a variety of topics that interest you most.

The Decision is Yours...

Use all of the Making Healthy Decisions resources to make good food choices. You will find many healthy foods available at the Residence Dining halls, you will also find foods that should be limited in a healthy diet. Choose wisely...the decision is yours.

Making Healthy Decisions

Taking care of yourself is important to be your best and University Dining Services (UDS) would like to help you make healthy lifestyle decisions. We would like to do our part by providing healthy food options, as well as nutrition and health information. Below is a key to help you in understanding the nutrition tables found in the booklet.

Calories	
Carb.	Carbohydrates (grams)
Pro.	Protein (grams)
Total Fat	Total Fat (grams)
Fiber	Dietary Fiber (grams)

This booklet is designed as a resource to provide you with information to make healthy food decisions. If you are interested in further information, please contact Susan Block, Registered Dietitian, at 232-3599.

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
BREAKFAST CEREALS						
Apple Jacks (Kelloggs)	1 cup	130.0	30.0	1.0	0.5	1.0
Captain Crunch, plain(Quaker)	1 cup	145.0	30.0	1.5	2.0	1.0
Cheerios (plain)(GM)	1 cup	110.0	22.0	3.0	2.0	3.0
Cinnamon Toast Crunch(GM)	1 cup	170.0	31.0	1.0	4.5	1.0
Cocoa Puffs (GM)	1 cup	120.0	26.0	1.0	1.5	1.0
Fruit Loops (Kelloggs)	1 cup	120.0	28.0	1.0	1.0	1.0
Frosted Flakes(Kelloggs)	1 cup	155.0	36.0	1.0	0.0	1.0
Frosted Mini Wheats (Kelloggs)	1 cup	200.0	48.0	6.0	1.0	6.0
Granola (Almond-Coconut)	1/2 cup	220.0	29.0	6.0	10.0	4.0
Golden Grahams(GM)	1 cup	155.0	33.0	1.0	1.0	1.0
Honey Nut Cheerios (GM)	1 cup	120.0	23.0	3.0	1.5	2.0
Kix (GM)	1 cup	90.0	19.0	1.5	0.8	0.8
Lucky Charms(GM)	1 cup	120.0	25.0	2.0	1.0	1.0
Raisin Bran Crunch (Kelloggs)	1 cup	190.0	45.0	3.0	1.0	4.0
Rice Chex	1 cup	95.0	21.0	1.5	0.5	0.5
Rice Krispies (Kelloggs)	1 cup	95.0	22.0	1.5	0.0	0.0
Oatmeal (plain)(Sysco)	1 packet	100.0	19.0	4.0	2.0	0.0
Oatmeal, Apples & Cinnamon	1 packet	130.0	26.0	3.0	1.5	0.0
Oatmeal, Cinnamon & Spice	1 packet	170.0	34.0	4.0	2.0	0.5
Oatmeal, Maple & Brown Sugar	1 packet	160.0	32.0	4.0	2.0	0.5
Oatmeal, Raisins & Spice	1 packet	150.0	32.0	3.0	2.0	0.5

EGGSTRAORDINARY OMELETS

Eggs	3 ounces	128.0	1.0	11.0	9.0	0.0
Egg Substitute	3 ounces	70.0	3.5	12.0	0.0	0.0

Fillings (may use up to a total of 3 oz):

Bacon	1 ounce	145.0	0.0	8.0	12.0	0.0
Cheese, American	1 ounce	106.0	0.0	6.0	10.0	0.0
Cheese, Mozzarella	1 ounce	90.0	0.0	8.0	5.0	0.0
Ham	1 ounce	30.0	0.0	4.0	2.0	0.0
Mushrooms	1 ounce	4.0	2.0	0.0	0.0	0.0
Onions	1 ounce	10.0	2.5	0.0	0.0	0.0
Peppers, green	1 ounce	6.0	2.0	0.0	0.0	0.5
Tomatoes	1 ounce	5.0	1.0	0.0	0.0	0.0

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
WAFFLE WORKS						
Belgium Waffle (Carbon's)	1 each	394.0	40.0	10.0	22.0	1.4

Toppings:

Apple	3 ounces	56.0	20.0	0.0	0.0	0.8
Blueberry	3 ounces	64.0	16.0	0.0	0.0	0.4
Strawberry	3 ounces	88.0	23.0	0.0	0.0	0.4
Chocolate Chips, mini	1 tablespoon	80.0	10.0	1.0	4.0	0.0
Powdered Sugar	1 teaspoon	10.0	3.0	0.0	0.0	0.0
Whipped topping (non-dairy)	2 tablespoons	25.0	2.0	0.0	2.0	0.0

Syrups:

Maple flavored	2 ounces (1/4 cup)	220.0	57.0	0.0	0.0	0.0
Maple, Sugar Free	2 ounces (1/4 cup)	35.0	11	0.0	0.0	0.0

Breakfast (Miscellaneous)

Caramel Roll	1 each	594.0	26.0	5.0	23.0	0.5
Cinnamon Sweet Roll	1 each	473.0	22.0	3.0	15.0	0.5
Cream Cheese Pocket	1 each	391.0	61.0	8.0	14.0	0.5

Donuts:

Cake, frosted (average)	1 donut	330.0	36.0	4.0	17.0	0.5
Cake, plain, blueberry	1 donut	300.0	35.0	4.0	16.0	0.0
Cake, plain, chocolate	1 donut	290.0	32.0	4.0	16.0	1.0
Cake, plain	1 donut	210.0	24.0	4.0	11.0	0.5

Muffins:

Almond Poppy Seed	1 each	386.0	57.0	6.0	16.0	1.3
Banana Chocolate Chip	1 each	250.0	28.0	4.0	10.0	2.0
Banana Nut	1 each	248.0	32.0	5.0	10.0	2.0
Blueberry	1 each	211.0	20.0	2.0	5.0	2.0
Honey Bran Muffin	1 each	320.0	53.0	6.0	11.0	2.0
Morning Glory	1 each	309.0	50.0	5.0	11.0	2.4
Orange Blossom	1 each	218.0	21.0	2.0	11.0	1.5

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Peaches & Cream	1 each	194.0	35.0	3.0	5.0	1.5
Peanut Butter Chocolate Chip	1 each	260.0	32.0	6.0	10.0	1.3
Pumpkin Nut	1 each	229.0	35.0	3.0	9.0	2.0
Raspberry Cream	1 each	246.0	43.0	2.0	10.0	1.5

BREAKFAST ENTREES

Biscuit & Sausage Gravy	1 each	323.0	28.0	7.0	20.0	1.0
Breakfast Pizza	1 slice	314.0	23.0	11.0	20.0	2.0
Egg Plate w/ Bacon	1 each	376.0	5.0	17.0	26.0	0.0
Egg Plate w/ Sausage	4 oz. egg/3 links	256.0	6.9	22.0	16.0	0.0
Eggs, scrambled	6 ounces	235.0	6.0	18.0	14.0	0.0
Eggs, scrambled w/ cheese	6 ounces	337.0	8.0	27.0	23.0	0.0
Eggs, scrambled w/ bacon	6 ounces	300.0	6.0	21.0	20.0	0.0
Eggs, scrambled w/ bcn & chs	6 ounces	309.0	4.0	23.0	22.0	0.0
Eggs, scrambled w/ ham	6 ounces	312.0	6.0	21.0	20.0	0.0
Eggs, scrambled w/ ham & chs	6 ounces	340.0	8.0	27.0	22.0	0.0
French Toast	2 slices	309.0	32.0	15.0	12.0	1.0
French Toast w/cinnamon	2 slices	308.0	34.0	15.4	11.8	1.0
French Toast, Texas Cinnamon	2 slices	416.0	54.0	19.0	13.0	1.0
Ham and Cheese Muffin	1 muffin	345.0	32.0	20.5	15.0	1.0
Quiche Lorraine	1/6 pie piece	470.0	20.0	24.0	32.0	0.5
Strata, Ham and Cheese	1 piece	435.0	22.0	29.0	25.0	0.0

Pancakes:

Apple Cinnamon	2 each	203.0	38.0	6.0	3.0	0.5
Blueberry	2 each	176.0	33.0	5.0	2.0	0.5
Buttermilk	2 each	194.0	36.0	6.0	3.0	0.5
Whole Wheat	2 each	305.0	38.0	7.0	3.0	1.0

BEEF ENTREES

Beef Stew	6 ounces	247.0	15.0	16.0	13.0	2.0
Beef & Tomato Macaroni	9 ounces	243.0	33.0	11.0	8.0	1.0
Burrito, smothered	1 each	259.0	29.0	12.0	11.0	1.0
Chimichanga, beef	1 each	268.0	28.0	10.0	13.0	1.0

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Italian Meat Sauce (for spaghetti)	6 ounces	178.0	12.0	11.0	10.0	0.0
It Mt Sauce & Spgti	6 oz.pasta/sauce	458.0	60.0	19.0	16.0	1.0
Lasagna	1 piece (1/20 pan)	429.0	50.0	24.0	15.0	5.0
Meatloaf (tomato)	1 slice (4 oz.)	325.0	10.0	20.0	22.0	0.0
Pizza Hotdish	12 ounces	368.0	40.0	19.0	15.0	4.0
Roast Beef	4 ounces	130.0	2.0	22.0	2.0	0.0
Spasagna	10 ounces	596.0	54.0	33.0	28.0	4.0
Swedish Meatballs/Gravy	4 ounces	240.0	6.0	33.0	9.0	0.0
Tator Tot Casserole	8 ounces	389.0	34.0	11.0	24.0	0.5
Veal Parmesan	1 each	420.0	20.0	23.0	28.0	2.0
Vidalia Onion Burger	1 sandwich	725.0	40.0	38.0	46.0	2.0

PORK ENTREES

Ham, baked	4 ounce slice	200.0	0.0	18.0	14.0	0.0
Pork Fritters	1 each	350.0	0.0	29.5	25.0	0.0
Pork Loin w/Spiced Applesauce	4 ounces	129.0	10.0	10.0	5.0	0.0
Smoked Sausage/Sauerkraut	1 ounce	293.0	22.0	11.0	18.5	0.0
Sweet & Sour Pork	6 ounces	241.0	23.0	17.5	8.5	0.5

POULTRY ENTREES

BBQ Chicken	8 ounces	594.0	8.0	60.0	34.0	—
BBQ Chicken Salad	1 serving	672.0	55.0	42.0	33.0	—
Chicken & Biscuit	6oz meat/biscuit	383.0	34.0	25.0	16.0	—
Chicken & Rice Fiesta Cass.	8 ounces	468.0	67.0	25.0	10.0	—
Chicken Black Bean Stir Fry	6 ounces	114.0	6.0	13.0	4.0	—
Chicken Ceasar Casserole	8 ounces	760.0	74.0	33.0	36.0	—
Chicken Enchilada Casserole	1 pc (1/24)	342.0	28.0	26.0	15.0	—
Chicken Fettuccini Alfredo	8 ounces	603.0	63.0	31.0	26.0	—
Chicken Pasta Bake	10 ounces	380.0	33.0	24.0	17.0	—
Chicken Pastie	1 each	673.0	55.0	23.0	41.0	—
Chicken Quesadilla	1 each	380.0	39.0	15.0	18.0	—
Chicken Ranch Steak	1 each	350.0	3.0	43.0	17.0	—

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Chicken Rice Au gratin Cass	9 ounces	382.0	31.0	22.0	18.0	—
Chicken Sticks	5 ounces	420.0	20.0	24.0	27.0	—
Chicken Szechwan	7 ounces	215.0	13.0	20.0	9.0	—
Chicken Tenders	4 pieces (5 oz.)	545.0	3.0	53.0	33.0	0.0
Chicken Teriyaki	6 ounces	240.0	26.0	20.0	7.0	—
Chicketti Casserole	6 ounces	439.0	53.0	22.0	15.0	—
Country Chicken Cass	8 ounces	497.0	41.0	26.0	26.0	4.0
Crispy Oven Fried Chicken	8 ounces	789.0	18.0	60.0	51.0	—
Dijon Chicken Breast	4 ounce piece	202.0	23.0	22.0	3.0	0.0
Honey Sesame Chicken Terikayi	4 ounces	306.0	43.0	23.0	5.0	—
Kung Pao Chicken	1 serving	335.0	26.0	19.0	18.0	—
Oven Fried Chicken	8 ounces	789.0	18.0	60.0	51.0	—
Szechwan Chicken (see chicken szechwan)						
Southwestern Glazed Chicken	8 ounces	685.0	29.0	62.0	32.0	1.0
Turkey roasted	4 ounces	163.0	0.0	36.0	1.0	—

SEAFOOD ENTREES

Baja Fish Tacos	1 taco	284.0	36.0	16.0	13.0	—
Baked Ranch Cod	4 oz. portion	193.0	3.0	17.0	12.0	0.0
Cod, breaded (lunch)	3 ounces	179.0	13.0	11.0	10.0	—
Cod, breaded (supper)	4 ounces	202.0	15.0	13.0	11.0	—
Cod, country fried	1 piece (5 oz)	360.0	21.0	18.0	24.0	—
Cod, lemon pepper, baked	1 each	136.0	3.0	15.0	7.0	—
Fish Fingers, breaded	5 pieces (4.5 oz)	275.0	20.0	17.0	15.0	—
Fish Triangles, battered	2 each	300.0	14.0	13.0	22.0	—
Healthy Bake Pollock	4 oz portion	110.0	6.0	16.0	2.0	—
Salmon Sandwich/Dill Sauce	1 sandwich	394.0	35.0	30.0	14.0	—
Seafood Fettucini Supreme	8 ounces	328.0	29.0	16.0	16.0	—
Shrimp, breaded	4 ounces	279.0	13.0	24.0	14.0	—
Tuna Noodle Casserole	9 ounces	373.0	39.0	19.0	12.0	—

MEATLESS ENTREES

Burrito, vegetarian, smothered	1 each	336.0	45.0	14.0	12.0	—
Black Bean Enchilada Casserole	1 piece	315.0	39.0	16.0	11.0	—
Bowl a Day Potatoes	4 ounces	266.0	22.0	7.0	17.0	1.4

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Cheese Pizza Bread (see pizza bread, cheese)						
Cheese Pizza, Lil' Charlie's (see Pizza, cheese)						
Chili, vegetarian	8 ounces	203.0	35.0	8.0	5.0	—
Chimichanga, vegetarian	1 each	386.0	44.0	12.0	18.5	—
Deep Fried Ravioli (see Ravioli, deep fried)						
Fettucini Alfredo	8 ounces	696.0	90.0	18.0	30.0	—
Garden Parmesan Patty	1 each	377.0	42.0	23.0	13.0	—
Gourmet Grilled Cheese	1 sandwich	272.0	18.0	14.0	16.0	—
Grilled Cheese on Sourdough	1 sandwich	402.0	33.0	21.0	20.0	—
Grilled Veggie Club (see Veggie club, grilled)						
Kung Pao Tofu	1 serving	336.0	28.0	12.0	20.0	—
Lasagna, Florentine	1 piece (1/20)	635.0	73.0	34.0	25.0	—
Macaroni and Cheese	8 ounces	442.0	41.0	19.0	22.0	—
Mama's Veg Meatball	1 sandwich	446.0	17.0	43.0	23.0	3.0
Manicotti (chs)/Marinara Sauce	2 each	357.0	44.0	17.0	15.0	—
Mushroom Stroganoff Casserole	9 ounces	472.0	67.0	16.0	15.0	—
Pizza Bread, cheese	1 each	541.0	47.0	28.0	27.0	—
Pizza, cheese (Lil' Charlie's round)	1 pizza	450.0	46.0	15.0	24.0	—
Pizza, vegetarian	1 slice	450.0	46.0	15.0	24.0	—
Pizza, vegetari, d-dish	1 slice (1/10 pie)	329.0	21.0	18.0	20.0	—
Potato Lasagna	1 piece(1/24 pan)	349.0	33.0	15.0	18.0	3.0
Quesadilla, Cheese	1 each	350.0	36.0	15.0	16.0	—
Ravioli, cheese/ Marinara Sauce	(Lunch) 8 pieces	397.0	48.0	21.0	10.0	—
Ravioli, cheese/ Marinara Sauce	(Supper) 10 pieces	478.0	56.0	25.0	12.0	—
Ravioli, deep fried w/ dipping sauce	10 pieces/4 oz.sce.	526.0	40.0	23.0	25.0	—
Sloppy Joe (meatless)	1 sandwich	259.0	47.0	9.0	5.0	—
Spaghetti Sauce, meatless	6 ounces	125.0	18.0	3.0	6.0	—
Spaghetti/Vegi Sauce	6 oz. Spaghetti	362.0	66.0	11.0	7.0	—
Stuffed Shells Forentine	2 each	500.0	56.0	27.0	13.0	—
Vegetarian Fettuccini	8 ounces	416.0	33.0	9.0	29.0	—
Vegetarian Black Bean Stir Fry	6 ounces	85.0	10.0	2.0	5.0	—
Veggie Club, grilled	1 each	252.0	27.0	13.0	11.0	—

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Veggie Devonshire	1 each	394.0	52.0	19.0	12.0	—
Vegetarian Pasties	1 each	553.0	54.0	6.0	36.0	—
Vegetarian Sweet and Sour	6 ounces	134.0	34.0	1.0	0.0	—
Vegetarian Szechwan	7 ounces	177.0	16.0	2.0	12.0	—
Veggie Teriyaki	6 ounces	109.0	14.0	3.0	5.5	—

MISCELLANEOUS ENTREES

Grilled Cheese with Chili	1 serving	604.0	44.0	27.0	36.0	—
Grilled Cheese with Vegetarian Chili	1 serving	563.0	50.0	23.0	30.0	—
Pizza Bread, cheese	1 each	541.0	47.0	28.0	27.0	—
Pizza bread, sausage	1 each	659.0	47.0	35.0	36.0	—
Pizza Cheese (Lil Charlie's round)	1 pizza	450.0	46.0	15.0	24.0	—
Pizza Deluxe (Lil Charlies round)	1 pizza	530.0	47.0	16.0	31.0	—
Pizza, stuffed crust, cheese (Gilardi)	1 slice	419.0	51.0	19.0	16.0	—
Pizza, stuffed crust, pepperoni (Gilardi)	1 slice	423.0	51.0	19.0	16.0	—
Pizza, deep-dish, sausage	1 slice	475.0	16.0	29.0	33.0	—

SANDWICH ENTREES

BBQ Chicken/Sesame Bun	1 sandwich	414.0	58.0	19.0	12.0	—
BBQ Pork	1 sandwich	483.0	44.0	35.0	15.0	—
BLT	1 sandwich	223.0	30.0	9.0	7.0	—
Chicken Breast Italian	1 sandwich	270.0	18.0	8.0	19.0	—
Chicken Cordon Bleu	1 sandwich	347.0	31.0	29.0	15.0	—
Chicken Devonshire	1 sandwich	468.0	33.0	24.0	26.0	—
Corn Dog	1 each	280.0	18.0	7.0	17.0	—
Grilled Cheese on Sourdough	1 sandwich	402.0	33.0	21.0	20.0	—
Grilled Club Sandwich	1 sandwich	334.0	32.0	23.0	14.0	—
Grilled Veggie Club	1 sandwich	394.0	28.0	22.0	23.0	—
Garden Parmesan Patty	1 sandwich	377.0	42.0	23.0	13.0	—
Gourmet Grilled Cheese	1 sandwich	369.0	35.0	17.0	18.0	2.0
Grilled Cheese on Sourdough	1 sandwich	402.0	33.0	21.0	20.0	—

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Grilled Chicken	1 sandwich	256.0	20.0	30.0	5.0	—
Grilled Ham and Cheese on Sourdough	1 sandwich	376.0	33.0	23.0	17.0	—
Gyro (without sauce)	1 each	475.0	48.0	42.0	25.0	—
Ham and Cheese Hoagie	1 sandwich	374.0	30.0	25.0	17.0	—
Hot Pork Sandwich/Gravy	1 sandwich	391.0	23.0	25.0	22.0	—
Hot Turkey Sandwich/Gravy	1 sandwich	210.0	17.0	18.0	7.0	—
Italian French Bread	1/5 loaf	697.0	58.0	27.0	40.0	—
Little Sicily Grilled Cheese	1 sandwich	579.0	41.0	23.0	36.0	—
Mama's Meatball Sandwich	1 sandwich	511.0	38.0	32.0	27.0	—
Mama's Vegetarian Meatball	1 sandwich	446.0	17.0	43.0	23.0	3.0
Pattie Melt	1 sandwich	434.0	27.0	28.0	24.0	—
Pork Rib Sandwich (mock)	1 sandwich	437.0	35.0	17.0	25.0	—
Polish Sausage/Kraut	1 sandwich	422.0	29.0	16.0	27.0	—
Rueben Sandwich	1 sandwich	570.0	44.0	31.0	31.0	—
Roast Beef and Cheese	1 sandwich	342.0	28.0	27.0	12.0	—
Roast Beef Sndwch (no gravy)	1 sandwich	197.0	14.0	19.0	7.0	—
Roast Beef Melt on Wheat	1 sandwich	474.0	30.0	31.0	27.0	—
Sourdough Chicken Sandwich	1 sandwich	400.0	30.0	34.0	16.0	—
Sourdough Tuna Salad(Tainter)	1 sandwich	307.0	41.0	16.0	10.0	—
Sloppy Joe	1 sandwich	314.0	34.0	14.0	14.0	—
Smoked Turkey on Onion Roll	1 sandwich	384.0	45.0	24.0	14.0	—
Steakumm with Cheese	1 sandwich	550.0	30.0	31.0	33.0	—
Submariner Sandwich	1 sandwich	391.0	38.0	22.0	18.0	—
Texas Grld Ham and Cheese	1 sandwich	718.0	60.0	32.0	29.0	—
Texas Grilled Cheese	1 sandwich	603.0	50.0	21.0	35.0	—
Turkey Burger with Pepperjack	1 sandwich	392.0	27.0	28.0	19.0	—
Turkey Melt	1 sandwich	328.0	28.0	24.0	15.0	—
Veggie Devonshire	1 sandwich	394.0	52.0	19.0	12.0	—
Veggie Italian Sandwich	1 sandwich	358.0	50.0	18.0	9.0	—
Vidalia Onion Burger	1 sandwich	670.0	43.0	34.0	41.0	2.0

BROADWAY AND LAKESIDE GRILL (burgers, fries, etc.)

French Fries (Cavendish)	4 oz.	346.0	44.0	4.5	17.0	5.0
American cheese slice	1 slice	80.0	0.0	5.0	7.0	0.0
Bacon Cheeseburger (supper)	1 sandwich	581.0	45.0	32.0	30.0	1.0

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Cheeseburger (lunch)	1 sandwich	357.0	22.0	22.0	20.0	1.0
Cheeseburger (supper)	1 sandwich	527.0	45.0	29.0	25.0	1.0
Chicken Cutlet Sandwich, breaded	1 sandwich	425.0	32.0	19.0	26.0	1.0
Chicken Breast Sandwich, grilled	1 sandwich	208.0	21.0	22.0	4.0	1.0
Fish Square (lunch)	1 sandwich	301.0	34.0	15.0	12.0	1.0
Boca Burger	1 sandwich/2.5 oz	233.0	28.0	16.0	8.0	5.0
Garden Burger, original (plain)	1 sandwich/3.4 oz	279.0	45.0	12.0	6.0	5.0
Garden Burger, Flame grilled	1 sandwich/3.4 oz	279.0	31.0	22.0	7.0	5.0
Hamburger (lunch)	1 sandwich	280.0	21.0	17.0	13.0	1.0
Hamburger (supper)	1 sandwich	450.0	44.0	24.0	19.0	1.0
Hot Dog (8/1#)	2 sandwiches	574.0	44.0	19.0	34.0	1.0
Mushroom Burger (lunch)	1 sandwich	312.0	23.0	18.0	16.0	1.0
Mushroom Burger (supper)	1 sandwich	482.0	46.0	25.0	21.0	1.0
Onion Burger (lunch)	1 sandwich	324.0	24.0	18.0	17.0	1.0
Onion Burger (supper)	1 sandwich	495.0	48.0	25.0	22.0	1.0
Onion Cheeseburger (lunch)	1 sandwich	400.0	24.0	22.0	23.0	1.0
Onion Cheeseburger (supper)	1 sandwich	570.0	47.0	29.0	29.0	1.0
Pattie Melt	1 sandwich	400.0	32.0	22.0	21.0	1.0
Pepperjack Cheeseburger	1 sandwich	527.0	45.0	29.0	25.0	1.0
Swiss American Burger (L)	1 sandwich	360.0	22.0	22.0	20.0	1.0
Swiss American Burger (S)	1 sandwich	530.0	45.0	29.0	25.0	1.0
Swiss Burger (lunch)	1 sandwich	366.0	22.0	24.0	20.0	9.0
Swiss Burger (supper)	1 sandwich	536.0	45.0	30.0	25.0	1.0
Vegetarian Chicken Patty	1 sandwich	270.0	35.0	13.0	8.5	4.0

PASTA STOP

Noodles:

Penne Rigatta	6 ounces	236.0	48.0	8.0	1.0	2.0
Rotini	6 ounces	236.0	48.0	8.0	1.0	2.0
Shells	6 ounces	236.0	48.0	8.0	1.0	2.0

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Sauces:						
Alfredo	6 ounces	393.0	16.0	7.0	36.0	—
Italian Meat Sauce	6 ounces	333.0	30.0	12.0	20.0	0.0
Red Veggie Sauce (no meat)	6 ounces	89.0	20.0	3.0	1.0	3.0
Bread Stick, garlic	1 stick	110.0	17.0	3.0	4.0	0.0
Parmesan Cheese	1 tablespoon	23.0	0	2.0	1.5	0.0

BLUE DEVIL PIZZERIA

Deep Dish:(may choose up to 2 pieces of pizza)

Cheese	2 slices (1/6 pan)	598.0	24.0	35.0	41.0	2.0
Deluxe	2 slices (1/6 pan)	505.0	30.0	26.0	4.0	—
Hamburger	2 slices (1/6 pan)	671.0	27.0	41.0	45.0	3.0
Pepperoni	2 slices (1/6 pan)	646.0	25.0	36.0	45.0	2.0
Sausage	2 slices (1/6 pan)	790.0	26.0	48.0	55.0	28.0
Taco	2 slices (1/6 pan)	436.0	22.0	24.0	28.0	3.0
Veggie	2 slices (1/6 pan)	546.0	35.0	31.0	33.0	5.0
Bread Stick, garlic	1 stick	110.0	17.0	3.0	4.0	0.5

STOUTATO STUFFERS

Baked Potato	1 each (11 oz.)	330.0	77.0	7.0	0.0	7.0
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Toppings: (up to 4 oz.)

Broccoli	1 ounce	9.0	2.0	1.0	0.0	0.8
Cheese Sauce	1 ounce	32.0	2.0	2.0	2.0	0.0
Chili Beans	1 ounce	25.0	5.0	2.0	0.0	1.3
Ham	1 ounce	30.0	0.0	5.0	1.5	0.0

At Condiment/Salad Bar:

Bacon Crumbles	1 ounce	84.0	1.0	10.0	4.0	0.0
Sour Cream, red fat	2 tablespoons	40.0	1.0	1.0	4.0	0.0

TACOS & MORE

Fillings:

Beef taco filling	1 scoop (1.75 oz)	123.0	2.0	8.0	9.0	0.0
Refried Beans (vegetarian)	1 scoop (2 oz.)	53.0	9.0	3.0	0.7	3.0

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Turkey taco filling	1 scoop (1.75 oz)	59.0	1.5	8.0	3.5	0.0
Vegetarian taco filling	1 scoop (1.75 oz)	66.0	10.0	3.0	1.6	2.1
Shells & Chips:						
Soft Shell (flour tortilla, 8 inch)	1 tortilla	87.0	17.0	3.0	1.0	2.0
Tortilla Chips	2 ounces	284.0	36.0	4.0	14.0	1.0
Taco Salad Shell, fried	1 shell (10 inch)	204.0	37.0	5.0	9.0	1.2
Taco Salad Shell, baked	1 shell (10 inch)	164.0	37.0	5.0	5.0	1.2
Sides:						
Refried Beans (vegetarian)	4 ounces	106.0	17.0	6.0	1.4	6.0
Toppings:						
Cheese, Shredded Cheddar	1 tablespoon	57.0	0.2	3.6	4.7	0.0
Lettuce	1 ounce	3.0	0.5	0.0	0.0	0.8
Olives, Black	1 tablespoon	18.0	1.0	0.0	1.0	0.0
Sour Cream, reduced fat	1 tablespoon	20.0	0.5	0.5	2.0	0.0
Tomatoes	1 ounce	5.0	1.0	0.0	0.0	0.8

SOUTHWEST SIZZLE

Tortilla, 8 inch	1 tortilla	87.0	17.0	3.0	1.0	1.0
Fillings:						
Beef	3 ounces	123.0	0.0	10.0	9.0	0.0
Black Bean	3 ounces	111.0	20.0	8.0	0.5	7.5
Chicken (thighs)	3 ounces	186.0	0.0	24.0	9.0	0.0
Toppings:						
Cilantro	0.2 ounce	1.0	0.0	0.0	0.0	0.0
Mushrooms	1 ounce	7.0	1.0	0.5	0.0	0.0
Onions	1 ounce	10.0	2.0	0.0	0.0	0.5
Peppers, green and red	1 ounce	7.0	1.5	0.0	0.0	0.5
Summer Squash	1 ounce	5.0	1.0	0.0	0.0	0.5
Zucchini	1 ounce	4.0	1.0	0.0	0.0	0.5
Miscellaneous:						
Guacamole	2 ounces	91.0	8.5	2.0	17.4	5.0
Pico de Gallo Sauce	2 ounces	12.0	2.6	0.0	0.0	0.5
Spanish Rice	4 ounces	185.0	36.0	3.0	2.0	0.5

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
STIR N' WOK						
Protein:						
Beef for stir fry	3 ounces	165.0	3.0	13.0	11.0	3.0
Cashews	1 ounce (w/meat)	163.0	8.0	5.0	14.0	3.0
Cashews	2 ounces (alone)	326.0	16.0	10.0	28.0	6.0
Chicken for stir fry	3 ounces	204.0	3.0	10.0	16.0	4.0
Tofu	3 ounces	138.0	2.0	8.0	10.0	2.0
Side Dishes:						
Fried Rice	4 ounces	166.0	28.0	3.0	4.0	1.0
Lo Mein Noodles	4 ounces	279.0	32.0	2.5	17.0	3.0
White Rice	4 ounces	132.0	29.0	2.5	0.0	0.5
Sauces:						
Classic Stir Fry Oil (Tsang)	1 tablespoon	130.0	0.0	0.0	14.0	0.0
Stir Fry Sauce	1 ounce (2 T.)	41.0	7.0	0.0	2.0	0.0
Sweet and Sour Sauce	1 ounce (2 T.)	37.0	9.0	0.0	0.0	0.0
Szechuan Sauce	1 ounce (2 T.)	33.0	7.0	0.0	0.0	0.0
Teriyaki Sauce	1 ounce (2 T.)	50.0	10.0	0.0	0.0	0.0
Vegetables:						
Bamboo Shoots	1 ounce	4.0	1.0	0.0	0.0	0.0
Broccoli	1 ounce	8.0	1.5	1.0	0.0	0.5
Carrots	1 ounce	12.0	3.0	0.0	0.0	0.5
Celery	1 ounce	2.0	0.5	0.0	0.0	0.5
Green Onion	1 ounce	7.0	2.0	0.0	0.0	0.0
Mushrooms	1 ounce	5.0	1.0	0.0	0.0	0.0
Peppers, green or red	1 ounce	7.0	2.0	0.0	0.0	0.5
Summer Squash	1 ounce	5.0	1.0	0.0	0.0	0.5
Water Chestnuts	1 ounce	9.0	2.0	0.0	0.0	0.0
Zucchini	1 ounce	4.0	1.0	0.0	0.0	0.5
Fortune Cookie	1 cookie	29.0	6.0	0.0	0.0	0.0

BROADWAY & LAKESIDE DELI (sandwiches)

Meat & Cheese serving size is: 6 portions for lunch, 8 portions for dinner

Breads:

Bagel (plain, onion)	1 bagel	195	38	7.5	1	0
French Bread (Tainter only)	1 slice (1 oz.)	80	14	2	1	1
Light Wheat Bread	1 slice	45	9	3	0	2

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
100% Multi-Grain w honey	1 slice	110	19	5	1.5	5
Light Italian Bread	1 slice	40	9	2	0	2
7 Grain Healthy Choice Bread	1 slice	80	18	4	1	3
Sourdough bread	1 slice	90	17	3	0	1
Tomato Basil Wrap(Tainter)	1 12' Wrap	280	48	8	6	1
Sub Bun, white, 8 inch	1 roll	187	35	7	2	2
Wheat Bread	1 slice	70	13	2	1	1
White Bread	1 slice	60	12	2	1	1
White 8' Wrap	1 wrap	145	25	4	3	—

Cheese:

Cheese, American	1 slice (2/3 oz)	74	0	4	6	0
Cheese, Cheddar	1 slice (3/4 oz)	86	0	5	7	0
Cheese, Provolone	1 slice (3/4 oz)	75	0	5	6	0
Cheese, Swiss (natural)	1 slice (3/4 oz)	80	1	6	6	0
Cheese, Swiss American (processed)	1 slice (2/3 oz)	71	0.5	4	6	0
Soy Cheese	1 slice (3/4 oz)	60	1	6	3	0

Meat:

Roast Beef	1 slice (2/3 oz)	18	0	4	0.5	0
Ham	1 slice (1/2 oz)	19	0	3	0.5	0
Pepperoni	7 pieces (2/3 oz)	100	0	4	9	0
Salami, genoa	4 slices(2/3 oz.)	79	5	5	6	0
Tuna, plain, water	1 ounce/1 scoop	30	0	7	0	0
Turkey	1 slice (2/3 oz)	21	0	5	0.5	0

Sandwich Fillings: (customer may request a max of 6 scps at lunch or 8 scps at supper)

Chicken Salad(Commons)	1 scoop (1 oz)	52	2	5	3	0
Egg Salad	1 scoop (1 oz)	45	1	3	3	0
Seafood Salad	1 scoop (1 oz)	61	4	2	4	0
Tuna Salad	1 scoop (1 oz)	39	2	3	3	0

Other Fillings, Vegetables and Chips:

Herbed Cream Cheese spread	0.5 ounce (1 T.)	50	1	5	0	3
Hummus spread	2 tablespoons	51	5	1	3	1
Lettuce	1 leaf	2	0.4	0	0	0
Tomato	1.5 ounces	8	2	0.7	0	1

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Potato Chips	1 ounce	175	11	2	14	1
Tortilla Chips	1 ounce	142	18	2	7	2

Speciality Sandwiches: (Commons only)

Chicken Ranch Wrap	1 sandwich	497	52	32	17	1.5
Focaccia Turkey Club	1 sandwich	363	29	24	17	0
4 Cheese & Veggie Focaccia	1 sandwich	497	33	23	31	0.5
French Bread Ham & Turkey	1 sandwich	480	56	29	17	2
French Bread Italian	1 sandwich	684	57	27	40	2
Mexican Club Sandwich	1 sandwich	395	32	26	18	1.5
Roast Beef w/Lemon Basil Mayo	1 sandwich	356	33	22	15	0.5
Roast Beef with Blue Cheese	1 sandwich	556	39	30	28	0.5
Smoked Turkey w/Onion Kaiser	1 sandwich	384	45	24	14	2
Turkey Ceasar Wrap	1 sandwich	638	52	32	34	0.5
Turkey Guacamole	1 sandwich	302	48	14	7	14
Veggie Sandwich w/Dill Sauce	1 sandwich	461	42	20	21	1

GRAVIES

Beef Au Jus	2 ounce(1/4 cup)	10	1.5	0.7	0	0
Beef Gravy	2 ounce(1/4 cup)	75	6	1	5	0
Chicken Gravy	2 ounce(1/4 cup)	72	5	1	5	0
Country Gravy	2 ounce(1/4 cup)	55	3	2	4	0
Mushroom Gravy	2 ounce(1/4 cup)	78	6	1	5	0
Pork Gravy	2 ounce(1/4 cup)	59	5	1	4	0
Vegetarian Gravy	2 ounce(1/4 cup)	58	5	1	4	0

POTATOES, PASTA, RICE & SIDES, "CARB CORNER"

Bowl a Day Potatoes	4 ounces	266	22	7	17	1.4
Bread Dressing	4 ounces	143	16	4	7	3
Cheesy Potato Bake	4 ounces	230	17	6	16	—
Chicken Pilaf with Orzo	4 ounces	134	27	3	1	—
Cuban Black Beans and Rice	4 ounces	284	59	8	1.5	—
French Fries	4 ounces	346	44	4.5	17	3
Fries, American	4 ounces	137	22	2	5	3
Fries, Cross trax	4 ounces	232	30	2	11	3

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Fries, Gusto Garlic	4 ounces	347	31	3	22	3
Fries, Seasoned	4 ounces	279	35	4	15	3
Hash Browns	4 ounces	128	22	2	3.5	1.5
Linguine Parmesan	4 ounces	204	—	—	10	1
Noodles, Buttered	3 ounces	164	28	5	3	1
Noodles, Chow Mein	2 tablespoons	38	4	1	2	—
Onion Rings	4 ounces	369	42	5	21	—
Potatoes, Au gratin	4 ounces	161	14	6	9	1
Potatoes, Baked	1 each (7 oz.)	220	51	5	0	4
Potatoes, Diced, Fried	4 ounces	137	23	2	5	2
Potatoes, Home Fried	4 ounces	167	26	3	6	2
Potatoes, Jo-Jo's	4 ounces	281	25	3	18	2
Potatoes, Mashed	4 ounces	100	20	3	1.5	2
Potatoes, Mashed, 4 Cheese	1/2 Cup	100	19	2	2.5	2
Potatoes, Parmesan Roasted	4 ounces	224	21	6	13	3
Potatoes, Parsley-buttered	4 ounces	204	29	3	9	3
Potatoes, Rstd Rosemary Red	4 ounces	219	30	3	10	3
Potatoes, Tator Bites	4 ounces	346	44	4	18	—
Potatoes, Tator Tots	3.5 ounces	234	29	3	12	—
Potatoes, Yukon Gold	4 ounces	172	21	3	9	3
Rice, Au Gratin	4 ounces	178	15	5	11	—
Rice, Brown	4 ounces	130	27	3	1	1.7
Rice Pilaf	4 ounces	139	24	3	3	—
Rice, Spanish	4 ounces	110	18	2	3.5	—
Rice, White	4 ounces	120	26	2	0	0
Spaghetti	6 ounces	236	48	8	1	2
Spudsters	4 ounces	227	29	3	11	—
Tri Tators	4 ounces/2 each	340	43	4	18	—

VEGETABLES (4 oz equals 1/2 cup)

Apples, escaloped	4 ounces	202	40	1	5	1.5
Baked Beans	4 ounces	168	24	6	6	6
Broccoli	4 ounces	31	5	3	0	2.5
Broccoli Normandy	4 ounces	33	7	2	0	2

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
California Blend	4 ounces	35	8	2	0	2
Carrots (regular and baby)	4 ounces	39	9	1	0	1.5
Carrots, Herbed	4 ounces	54	13	1	0	2
Carrots, Honey	4 ounces	84	21	1	0	2
Cauliflower	4 ounces	20	4	2	0	1.5
Cauliflower au Gratin	4 ounces	62	6	2	3	1.5
Corn (regular & bi-color)	4 ounces	92	22	3	1	2
French Cut Green Beans	4 ounces	35	8	1	0	2
Garden Stir Fry	4 ounces	78	11	1	4	2
Green Beans	4 ounces	24	5	1	0	2
Green Bean Casserole	4 ounces	132	12	4	8	1
Mixed Vegetables	4 ounces	65	14	3	0	4
Oven Roasted Vegetables	4 ounces	72	11	1	3	2
Peas	4 ounces	87	16	6	0	4
Peas and Cauliflower	4 ounces	54	10	4	0	3
Squash, Acorn	4 ounces	91	18	1	2	4
Winter Blend	4 ounces	25	5	2	0	2

SOUPS

Bean with Bacon	6 ounces	131	17	6	5	6
Beef and Barley Vegetable	6 ounces	66	8	4	2	1
Beef Dumpling	6 ounces	74	9	5	2	0.5
Beef Rice	6 ounces	72	10	4	2	0.5
Canadian Cheese	6 ounces	236	12	9	17	1
Cheesy Cream of Cauliflower	6 ounces	253	16	11	16	1
Cheesy Cream of Broccoli	6 ounces	228	12	9	16	1
Chicken Dumpling	6 ounces	67	8	5	2	0.5
Chicken Noodle	6 ounces	75	5	6	4	0
Chicken Rice	6 ounces	75	9	7	2	0.5
Chicken and Wild Rice	6 ounces	198	16	6	11	0.5
Clam Chowder, New England	6 ounces	194	16	16	7	1
Cream of Corn	6 ounces	205	23	6	11	1
Cream of Potato	6 ounces	155	19	4	7	1
Grandma's Hamburger Soup	6 ounces	108	7	6	6	2
Italian Wedding Soup	6 ounces	178	11	11	10	0

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Mexican Fiesta	6 ounces	162	19	7	7	5
Pepper Pot	6 ounces	82	7	5	4	1
Potato Patch	6 ounces	156	16	4	9	1
Potato Soup with Bacon	6 ounces	138	13	4	8	1
Spicy Chicken Chowder	6 ounces	102	12	8	2	0.5
Tomato	6 ounces	112	13	3	6	1
Vegetable	6 ounces	32	7	1	0	1
Wild Rice, Cream of	6 ounces	179	17	3	11	0.5
Wisconsin Cheese	6 ounces	248	14	10	17	1

SALAD BAR

Alfalfa Sprouts	2 tablespoons	1	0	0	0	0
Bacon Bits	1 tablespoon	20	1	2	1	0
Broccoli	2 tablespoons	3	0.5	0	0	0
Carrots, shredded	2 tablespoons	6	1	0	0	0
Cauliflower	2 tablespoons	3	1	0	0	0
Cheese, Cheddar	2 tablespoons	56	0	4	5	0
Cheese, Mozzarella	2 tablespoons	48	1	5	3	0
Cheese, Parmesan	1 tablespoon	23	0	2	1.5	0
Chow Mein Noodles	2 tablespoons	30	3	1	2	0
Cottage Cheese, 2%	1/2 cup	100	4	16	2	0
Croutons	2 tablespoons	30	5	1	1	0
Cucumbers	2 tablespoons	7	1	0	0	0
Eggs, chopped	2 tablespoons	27	0	2	2	0
Green Pepper, chopped	2 tablespoons	4	1	0	0	0
Ham, cubed	2 tablespoons	33	0	2	1	0
Kidney Beans	2 tablespoons	26	5	2	0	1
Lettuce	1 cup	10	2	1	0	1
Mushrooms	2 tablespoons	2	0	0	0	0
Olives, black	1 ounce	24	2	0	2	0
Olives, green	5 each	15	1	0	1	0
Onion, chopped	2 tablespoons	8	2	0	0	0
Peas, Green	2 tablespoons	15	2	1	0	0
Pickles	1 spear	5	0	0	0	0
Radishes	2 tablespoons	2	1	0	0	0

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Raisins	2 tablespoons	57	15	1	0	1
Soy nuts, roasted	2 tablespoons	101	7	7.5	5	1.5
Spinach, fresh	1 cup	12	2	2	0	1
Sunflower Seeds	2 tablespoons	170	4	6	16	0
Tomato Wedge	1 wedge	4	1	0	0	0
Turkey, cubed	2 tablespoons	33	0	2	1	0
Yogurt, Flavored, 1%	1/2 cup	125	24	4	1	0

SALAD DRESSINGS

Caesar	2 tablespoons	130	2	1	13	0
French, fat free	2 tablespoons	45	12	0	0	0
French	2 tablespoons	120	4	0	12	0
Italian, fat free	2 tablespoons	10	2	0	0	0
Pepper Parmesan	2 tablespoons	151	---	---	14.5	0
Ranch	2 tablespoons	170	2	0	18	0
Ranch, reduced fat	2 tablespoons	110	2	0	11	0
Thousand Island	2 tablespoons	110	5	0	10	0

SAVORY SALADS

Antipasta	4 ounces	258	14	11	18	1
Antipasta without Meat	4 ounces	187	16	2	13	1.5
Bow Thai Noodle Salad	4 ounces	201	30	9	5	3
Broccoli-Cauliflower Salad	4 ounces	118	11	3	9	1
Broccoli Cheddar Salad	4 ounces	205	50	8	11	0
Coleslaw (2003)	4 ounces	128	8	2	10	1
Deviled Eggs	2 halves	112	3	6	8	0
Garbanzo & Mixed Veggie Salad	4 ounces	98	15	3	4	3
Macaroni Salad	4 ounces	135	22	3	4	1
Macaroni with Chicken	4 ounces	171	18	11	6	1
Macaroni with Shrimp	4 ounces	134	20	5	3	1
Macaroni with Tuna	4 ounces	158	19	7	6	1
Mediterranean Cous Cous Salad	4 ounces	121	14	3	7	—
Mexican Rice Salad	3 ounces	116	10	6	6	1
Mexican Seafood Salad	4 ounces	122	12	5	6	2
Pasta Pepper Salad	4 ounces	178	18	4	10	1

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Potato Salad	4 ounces	140	23	3	5	2
Seven-Layer Salad	4 ounces	169	10	7	11	2
Vegetable Pasta Toss	4 ounces	308	38	7	16	1

FRUIT SALADS & GELATIN

Cherry Jello Whip	4 ounces	90	20	2	0.5	0
Creamy Coconut Fruit	4 ounces	170	25	2	8	1
Creamy Fruit Salad	4 ounces	73	14	1	2	1
Pistachio Fruit Salad	4 ounces	124	29	0.6	1	0.5
Snicker Salad	4 ounces	146	21	2	7	2
Strawberry Whip	4 ounces	90	20	2	0	0
Two Minute Salad (orange)	4 ounces	125	14	5	6	0

GELATIN SALADS:

Mandarin Orange	4 ounces	63	15	1.5	0	0
Strawberry Cubes	4 ounces	72	17	2	0	0
Strawberry with Bananas	4 ounces	93	22	2	0	0

BREADS

Bagels (all flavors)	1 bagel	195	38	7.5	1	2
Baking Powder Biscuit	1 each	159	21	3	7	0.5
Bread Sticks	1 each	110	17	3	4	0.5
Cornbread Muffin	1 muffin	190	32	3	6	3
Dinner Roll, White	1 each	85	14	2	2	0.5
Dinner Roll, Whole Wheat	1 roll	98	17	3	2.5	1
English Muffin, wheat	1 whole	150	28	5	2	2.5
English, Muffin, white	1 whole	150	28	5	2	1.5
French Bread (Tainter only)	1 ounce sl.	80	14	2	1	1
100% Multigrain w/Honey	1 slice	110	19	5	1.5	5
Sub Bun, white, 6.5 inch	1 roll	187	35	7	2	1
Garlic French Bread	1 slice	94	12	2	4	0.5
Light Italian Bread	1 slice	40	9	2	0	2
Light Wheat Bread	1 slice	45	9	3	0	2
Seven Grain Healthy Choice	1 slice	80	18	4	1	3
Sourdough	1 slice	90	17	3	0	1
Tomato Basil Wrap (Tainter)	1 wrap	280	48	8	6	1

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
White Bread	1 slice	60	12	2	1	1
Wheat Bread	1 slice	70	13	2	1	1
White Wrap, 8"	1 wrap	145	25	4	3	1.5

FRUIT

Fresh:

Apple	1 medium	81	21	0	0.5	3.7
Banana	1 medium	105	27	1	0.5	2.8
Cantaloupe	1 cup	56	15	1.5	0.5	1.4
Grapefruit	1 half	39	9	0.5	0	1.3
Grapes	1 cup	60	16	0.5	0	1
Honeydew	1 cup	60	16	1	0	1.4
Kiwi	1/2 fruit	23	6	0	0	1.3
Orange	1 each	60	15	1	0	3.1
Pineapple	1 cup	76	19	0.6	0.7	1.9
Strawberries	1 cup	45	10	1	0.5	4.8
Watermelon	1 cup	51	11	1	0.5	1

CANNED:

Apples, Escalloped	4 ounces	202	40	1	5	1.5
Applesauce, sweetened	1/2 cup	90	22	0	0	2
Fruit Salad Mix, light syrup	1/2 cup	50	15	0	0	3
Fruit Cocktail, light syrup	1/2 cup	60	14	0	0	1
Mandarin Oranges, light syrup	1/2 cup	80	19	1	0	0.5
Peaches, light syrup	1/2 cup	70	17	1	0	1
Peach and Pear Chunks	1/2 cup	75	18	0	0	1
Pears, light syrup	1/2 cup	80	20	0	0	2
Pears and Mandarin Oranges	1/2 cup	70	18	0	0	1
Pineapple	1/2 cup	80	21	1	0	2
Pineapple, natural juice	1/2 cup	80	21	1	0	0

SWEET ENDINGS (Desserts)

ICE CREAM/FROZEN YOGURT:

Custard, soft serve, vanilla/choc	1/2 cup	160	23.5	4.5	5	0
Ice Cream, Chocolate (hard)	1/2 cup	145	19	2.5	7	0
Ice Cream, Vanilla (hard)	1/2 cup	135	16	2	7	0
Sherbet (average)	1/2 cup	132	28	1	1.5	0

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Soft Serve, chocolate (5%)	1/2 cup	130	20	2	4.5	0
Soft serve, vanilla (5%)	1/2 cup	130	20	2	4.5	0
Yogurt, Frozen, non-fat (average)	1/2 cup	110	22.5	3.5	0	0

Toppings:

Butterscotch	2 tablespoons	130	28	0	1.5	0
Caramel	2 tablespoons	120	28	0	0	0
Chocolate	2 tablespoons	83	22	1	0	0
Strawberry	2 tablespoons	107	28	0	0	0
Peanuts, chopped	1 ounce	160	7	6	14	0

Pudding:

Chocolate	4 ounces	155	30	4	3	0
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Cookies:

Angel Food	1 cookie	173	27	2	7	0
Banana Chocolate Chip	1 cookie	150	21	2	8	0
Chocolate Chip	1 cookie	172	25	2	8	0
Cinnamon Pecan	1 cookie	114	16	1	5	0
Crispie Cookie	1 cookie	149	23	2	6	0
Danish Butter	1 cookie	109	15	1	5	0
Funfetti	1 cookie	176	29	1	6	0
Gingersnap	1 cookie	154	20	1	8	0
M & M	1 cookie	161	23	2	7	0
Oatmeal	1 cookie	202	31	3	7	0.5
Oatmeal Raisin	1 cookie	146	23	3	5	0.5
Oatmeal Scotchies	1 cookie	180	60	2	6	0.5
Peanut Butter	1 cookie	161	19	3	9	0
Ranger	1 cookie	167	28	2.5	5.5	0
Snickers Doodle	1 cookie	160	26	2	5	0
Sugar	1 cookie	157	22	2	7	0

CAKES, PIES & BARS

Angel Food Delight	1 piece (1/40)	429	71	6	15	0
Apple Crisp	1 piece	342	59	2	12	1
Apple Pie	1 slice (1/8 pie)	461	72	3.5	19	2
Banana Cream Pie	1 slice (1/8 pie)	377	55	6	16	0.5

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Blueberry Cheesecake	1 piece	232	37	6	7	0
Blueberry Cobbler	1 piece (1/40)	296	49	2	11	1
Blueberry Muffin	1 piece	211	20	2	5	1
Blue Raspberry Poke n' Pour Cake	1 piece	137	23	1	5	0
Boston Crème Pie	1 slice	161	26	1	6	0
Brownie, Choc Peanut Butter	1 piece	288	42	4	14	0
Brownie, Double Decker	1 piece	385	51	4	21	0
Brownie, Reg & Montana w Nuts	1 piece	268	40	3	12	0
Brownie, Reg & Montana,NO Nuts	1 piece	256	43	3	9	0
Butterfinger Cheesecake	1 piece (1/40)	253	35	8	9	0
Cappuccino Pudding Cake	1 piece (1/40)	122	26	2	2	0
(low fat)						
Caramel Layer Bars	1 piece (1/70)	425	59	5	21	0
Caramel Pecan Cheesecake	1 piece	257	33	7	12	0
Carrot Cake/Cream Cheese Icing	1 piece	320	41	3	17	1.5
Cherry Cake/Cherry Frosting	1 piece	221	42	2	6	0
Cherry Crisp	1 piece	355	65	3	10	0.5
Cherry Pie	1 slice (1/8 pie)	495	81	4	19	2
Chocolate Cake/Frosting	1 piece	210	38	2	7	0
Chocolate Chip Bar	1 piece	188	28	3	9	0
Chocolate Chip Muffin	1 muffin	307	40	4.5	105	0
Chocolate Chip Cheesecake Bar	1 piece	385	40	7	25	0
Chocolate Cream Pie	1 slice (1/8 pie)	340	48	7	14	0
Chocolate Éclair Torte	1 piece(1/40)	21	3	8	4	0
Chocolate Mousse	4 ounces	65	7	2	3	0
Chocolate Peanut Butter Bar	1 piece	288	42	4	14	0
Coconut Pecan Bars	1 piece	272	36	3	14	1
Cocoa Rice Krispie Bar	1 piece	106	17	0.6	5	0
Cookies & Cream Pie	1 slice (1/8)	350	46	5	17	0
Cream Cheese Fudge Bar	1 piece	396	58	4	19	0
Éclair	1 each	116	16	1	6	0
French Silk Bars	1 piece	166	20	3	9	0
Hip Patter Bar	1 piece	241	35	4	11	0
Lemon Bars	1 piece	239	36	3	9	0
Lemon Pie	1 slice (1/8 pie)	327	53	2	13	0.5

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Magic Cookie Bars	1 piece	215	25	4	13	0.5
Marble Cake/Chocolate Frosting	1 piece	210	37	2	7	0
Mint Brownie/Frosting	1 piece	300	55	2	10	0
Oreo Cheesecake	1 piece	171	23	5	7	0
Peach Cake	1 piece	194	34	2	6	0
Peanut Butter Cake/ Chocolate Frosting	1 piece	239	38	4	9	0
Peanut Butter Rice Krispie Bar	1 piece	229	39	4	8	0.5
Peanutty Bars	1 piece	441	44	8	29	0.5
Pumpkin Cake/ Cream Cheese Frosting	1 piece	257	43	3	9	0
Pumpkin Pie Bars	1 piece	316	40	6	16	0.5
Pumpkin Pie	1 slice (1/8 pie)	221	30	4	10	0.5
Raspberry Streusel Bars	1 bar	164	24	2	7	0.5
Rice Krispie Bar	1 piece	91	17	1	2	0.5
Rice Krispie Bars with Chocolate Chips	1 piece	100	17	1	3	0
Rice Krispie Bar w/Choc	1 piece	123	22	1	4	0
Rocky Road Rice Krispie Bar	1 piece	124	22	1	4	0
S'more Bar	1 piece	135	24	1	4	0
Snickers Cheesecake	1 piece	253	35	7	10	0
Strawberry Poke n' Pour Cake	1 piece	155	27	2	5	0
Strawberry Short Cake	1 piece	193	32	1	7	0.5
White Cake/Frosting	1 piece	210	37	2	7	0
Wisconsin Fudge Bar	1 piece	192	24	3	10	0

BEVERAGES

JUICES/DRINKS (Juice Tyme brand):*tall ,clear glasses filled to the top contain 12 ounces

Apple Juice(100%)	12 ounces*	210	53	0	0	0
Cranberry Drink	12 ounces	165	39	0	0	0
Fruit Punch	12 ounces	150	36	0	0	0
Grape Drink(30%)	12 ounces	165	42	0	0	0
Kiwi Strawberry Drink(10%)	12 ounces	150	38	0	0	0
Orange Juice(100% juices)	12 ounces	135	35	2	0	0.5

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Orange, premium (100% orange juice)	12 ounces	165	42	0	0	0.5
Passion Orange Mango (20%)	12 ounces	165	41	0	0	0
Pink Lemonade (10%)	12 ounces	165	42	0	0	0
Raspberry Tea	12 ounces	120	30	0	0	0

MILK:*tall, clear glasses filled to the top contain 12 ounces

White, Skim	12 ounces*	130	18	12	0.6	0
White, 1%	12 ounces	150	18	12	4	0
White, 2%	12 ounces	180	18	12	7	0
Chocolate, Skim	12 ounces	225	43	12	0	0
Lactose-free, 2%, white	12 ounces	180	17	12	7.5	0
Soy milk	12 ounces	150	12	11	6	3

SODA:*tall, clear glasses filled to the top contain 12 ounces

Diet Dr. Pepper	12 ounces	0	0	0	0	0
Dr. Pepper	12 ounces	150	40	0	0	0
Mountain Dew	12 ounces	170	46	0	0	0
Orange Slice	12 ounces	179	45	0	0	0
Pepsi	12 ounces	150	41	0	0	0
Pepsi, Diet	12 ounces	0	0	0	0	0
Root Beer	12 ounces	152	39	0	0	0
Sierra Mist (no caffeine)	12 ounces	147	38	0	0	0
Crystal Light, Sunrise Orange	12 ounces	8	0	0	0	0
Crystal Light, Raspberry Ice Punch	12 ounces	8	0	0	0	0

MISCELLANEOUS BEVERAGES

Cappucino	6 ounces	112	17	2	4	0
Coffee, Black	6 ounces	4	1	0	0	0
French Vanilla Cappucino	6 ounces	112	17	2	4	0
Hot Chocolate	6 ounces	90	21	1	0	0
Tea, Hot	6 ounces	2	0	0	0	0

MISCELLANEOUS CONDIMENTS

Banana Peppers	1 ounce	7	2	0	0	0
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	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Barbeque Sauce	1 tablespoon	12	2	0	0	0
Butter	1 tablespoon	120	0	0	12	0
Catsup	1 tablespoon	16	4	0	0	0
Chow Mein Noodles	1/4 cup	74	8	1	4	0
Cinnamon Sugar	1 tablespoon	15	4	0	0	0
Dijon Mustard	1 tablespoon	9	1.5	0.5	0.5	0
Dill Dip	2 tablespoons	50	2	1	4	0
French Onion Dip	2 tablespoons	50	2	1	4	0
Honey	2 tablespoons	64	17	0	0	0
Honey Mustard dressing	1 tablespoon	30	3	0	0	0
Horseradish, prepared	2 tablespoons	12	2	0	0	0
Hot Sauce	1 teaspoon	4	0	0	0	0
Jam, Strawberry	1 tablespoon	48	13	0	0	0
Jelly, Grape	1 tablespoon	51	13	0	0	0
Lemon Juice	1 tablespoon	3	1	0	0	0
Margarine	1 tablespoon	99	0	0	11	0
Mayonnaise	1 tablespoon	100	0	0	11	0
Mustard	1 tablespoon	12	1	0.5	0.5	0
Olive Oil	1 tablespoon	119	0	0	14	0
Pancake Syrup	1/4 cup	210	51	0	0	0
Peanut Butter	2 tablespoons	190	6	8	16	0
Picante Sauce	2 tablespoons	10	2	0	0	0
Pickle Relish	1 tablespoon	19	5	0	0	0
Pickle Slices	5 slices	2	0	0	0	0
Ranch Dip	2 tablespoons	83	4	0.5	7	0
Salad Dressing	1 tablespoon	50	3	0	5	0
Salad Dressing, Low Calorie	1 tablespoon	30	3	0	2	0
Salsa	2 tablespoons	10	2	0	0	0
Saltine Crackers	2 squares	26	4	0.5	1	0
Sour Cream reduce fat(9%)	1 tablespoon	20	0.5	0.5	2	0
Soy Sauce	1 tablespoon	11	1	1.5	0	0
Steak Sauce	1 tablespoon	15	3	0	0	0
Sweet and Sour Sauce	1 tablespoon	20	4	0	0	0
Tabasco Sauce	1 tablespoon	3	0	0	0	0
Taco Sauce	1 tablespoon	5	1	0	0	0

	Serving Size	Calories	Carb.	Pro.	Total Fat	Fiber
Tarter Sauce	1 tablespoon	50	2	0	5	0
Vinegar, Tarragon	1 tablespoon	2	1	0	0	0