



Nutrition Information

Menu Item	Serving Size	Calories	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)*	Cholesterol (mg)	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	Sodium (mg)
Salads											
Chef	1 Salad	248	16.5	148	7	0	155	20.5	9.5	3.5	877
Mandarin Chicken	1 Salad	218	12	110	1.5	0	11.5	9	20	3.5	335
Greek	1 Salad	148	10	88	4.5	0	25	6.5	11	4.5	554
Field Greens	1 Salad	162	10.5	94	4.5	0	25	7.5	11	2.5	442
Caesar	1 Salad	94	4	36	2	0	7	6	9.5	3	279
Side Caesar	1 Salad	58	2.5	22	1	0	3.5	3	6.5	1	187
Chicken Caesar	1 Salad	203	7.5	68	2.5	0	61	24	9.5	3	376
Tossed Garden	1 Salad	50	1	8	0	0	0	2	10	3	266
Yogurt Parfaits											
Tropical	1 Parfait	386	12	111	9.5	0	7	8.5	64	5.5	148.5
Strawberry	1 Parfait	333	3.5	31	1.5	0	7	8	71	5	144
Blueberry	1 Parfait	307	3.5	32	1.5	0	7	7.5	64	4.5	143.5
Peach	1 Parfait	373	6.5	59	4.5	0	7	7.5	74	3	150.5
Raspberry	1 Parfait	331	5.5	50	2.5	0	7.5	8	65	6	143.5
Key Lime	1 Parfait	312	6.5	58	4.5	0	7	7	58	2.5	145.5
Cherry	1 Parfait	310	3	28	1.5	0	7	8	65	3.5	145
Cranberry	1 Parfait	451	7	65	4.5	0	11.5	9	91.5	3.5	209
Golden Graham S'more	1 Parfait	349	5.5	50	3	0	11.5	8	11.5	1.5	231
Maple Banana	1 Parfait	304	3.5	31	1.5	0	11	8	62	2	199
Strawberry Cocoa Puff	1 Parfait	270	3	25	1	0	11	7.5	55	2.5	176
Miscellaneous											
Apples and Caramel Dip	4 Wedges	250	0	2	0	0	1	1.5	65.5	2.5	287
Fresh Fruit Cup	1 Cup	108	0.5	4	0	0	0	2	27	3.5	25.5
Pepperoni and Cheese	1.5 oz.	300	25	224	14	0	74.5	17	1.5	0	639.5
Hummus and Pita	1 Plate	253	10	89	1.5	0	0	8.5	35	3	538.5
Vegetable Crudite Platter	4 oz.	120	9.5	84	1.5	0	3.5	2	7	2	216.5
Grapes and Cheese	1 pkg.	590	38	340	22	0	105	31	34	1	580
Hard Boiled Eggs	1 egg	60	4	37	1.5	0	162	5.5	0.5	0	130
Butter Cup	1 item	40	4	36	2.5	0	10	0	0	0	30
Cream Cheese (Light)	.75 oz	45	4	36	2.5	0	15	2	1	0	95
Cream Cheese	1 oz.	80	8	72	5	0	30	1	1	0	115
Margarine (Country Crock)	1 item	25	2.5	23	0	0	0	0	0	0	40

Mayonnaise	1 Tbsp.	99	11	99	2	0	8	0	0	0	78
Ketchup	1 Tbsp.	16	0	0	0	0	0	0	4	1	178
Mustard	1 tsp.	5	0	0	0	0	0	0	0	0	65
Whipped Topping	2 T.	26	2	17	2	0	0	0	2	0	0

pudding Trifle Cup

Chocolate											
Large	14 oz.	637	24.5	221	15.5	0	1	5	100.5	3.5	633.5
Small	9.5 oz.	416	15.5	139	7.5	0	0.5	3.5	66.5	2.5	423
Vanilla											
Large	14 oz.	662	25	226	16	0	0.5	4	107	2	692.5
Small	9.5 oz.	429	16	141	7.5	0	0.5	3	70	1.5	452

Sandwiches

Croissant Chicken Salad	1 Sandwich	474	26.5	238	12	0	95	20.5	39.5	2.5	572
Croissant Ham & Cheese	1 Sandwich	488	25	224	14	0	119	25.5	41.5	2	1002
Croissant Egg Salad	1 Sandwich	350	20.5	184	8	0	261.5	12.5	28	2	420.5
Peanut Butter & Jelly											
white bread	1 Sandwich	501	21.5	194	3	0	0	15	66.5	3.5	550.5
wheat bread	1 Sandwich	464	21.5	195	3	0.5	0	16	56.5	6	435.5
Tuna Salad											
white bread	1 Sandwich	279	7.5	66	1	0	12.5	17	34.5	2	686
wheat bread	1 Sandwich	271	7	65	1	0	12.5	17	33	2	636.5
white bread	1 Sandwich	247	7.5	66	1	0	12.5	16.5	28.5	3	601.5
Turkey & Cheese											
white bread	1 Sandwich	280	12	108	3.5	0	41	22.5	31.5	1	1085.5
wheat bread	1 Sandwich	258	12	110	3.5	0	41	22	27.5	2	1050.5
Chicken Salad											
white bread	1 Sandwich	303	9	83	2	0	35.5	19	34.5	2	610
wheat bread	1 Sandwich	273	9.5	84	2	0	35.5	18.5	28.5	3	525.5

Grill Items

Cheeseburger	1 Sandwich	388	23	207	10	0	61.5	18.5	25.5	1	1211
Cheesesteak Sandwich	1 Sandwich	537	16.5	150	8.5	0	66	28.5	68.5	3.5	1416
Chicken Cheese Steak	1 Sandwich	552	25.5	230	6.5	0	72	33.5	46.5	4	615
Chicken Fingers	3 Tenders	624	43.5	392	6	0	56.5	16.5	41.5	5.5	1604
Chicken Nuggets	6 oz.	449	28.5	257	4.5	0	61.5	23	24	1	861.5
Garden Burger	1 Sandwich	369	9.5	84	3.5	0	10.5	16.5	58	7	1002
Grilled Cheese	1 Sandwich	302	18.5	165	9.5	0.5	26	12	22	3.5	831
Grilled Chicken Breast	1 piece	115	1	9	0	0	53	22	2	0	330
Grilled Chicken Sandwich	1 Sandwich	257	7	66	1	0	53	21.5	26.5	1	840.5
Grilled Ham and Cheese Sandwich	1 Sandwich	388	16.5	148	7.5	0	51.5	19	39.5	1	1664
Hamburger	1 Sandwich	333	18.5	168	7	0	48.5	16	24.5	1	472.5
Hot Dog	1 Sandwich	309	18.5	167	7	0	31.5	10	24.5	1	840
Turkey Burger	1 Sandwich	250	7	62	2	0	48.5	21	26	2.5	441

Brisk	9 oz.	91	0	0	0	0	0	0	23	0	55
Brisk, Raspberry	9 oz.	104	0	0	0	0	0	0	26	0	58
Tropicana Fruit Punch	9 oz.	126	0	0	0	0	0	0	35	0	29
Mug Root Beer	9 oz.	123	0	0	0	0	0	0	33	0	50
Diet Pepsi	9 oz.	0	0	0	0	0	0	0	0	0	25
Crush	9 oz.	207	0	0	0	0	0	0	58	0	52
Mountain Dew	9 oz.	130	0	0	0	0	0	0	35	0	50
Unsweetened Brisk	9 oz.	0	0	0	0	0	0	0	0	0	58
Coffee, Black											
Regular	12 oz	4	0	0	0	0	0	0	0	0	7
Decaf		0	0	0	0	0	0	0	0	0	7
Regular	16 oz	5	0	0	0	0	0	0	0	0	9
Decaf		0	0	0	0	0	0	0	0	0	9
Half & Half	2 T.	40	3	27	2	0	15	1	1	0	30
Non-Dairy Creamer (all flavors)	1 item	30	1.5	14	1.5	0	0	0	4	0	0

Disclaimer

Analysis is based on a standard recipe which may include condiments and side dishes

Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation. We have attempted to provide as complete a nutrition analysis as possible. The analysis is comprised of data from our suppliers, the US Dept. of Agriculture, and NutritionistPro nutrient analysis software program from Axxya Systems in Stafford, Texas.

Information is not meant to be a substitute for laboratory analysis.

Our vendors reserve the right to change products. We will attempt to keep nutritional information as current as possible.

***trans fats found in beef, lamb, pork, butter, cream and milk are naturally occurring*