MENU ITEM NUTRITIONAL INFORMATION

***Menu items may need to be revised or substitutions need to be made.**

Nutritional information may vary when these situations occur

Menu Items	Cal.'s	Fat grms	Sodium grms	% Cal. Fat	total Carbs	Fiber	Trans Fats	Sugar grms
Breakfast Items:								
Egg Sandwich w/Cheese	235	11.5	380	44%	22	5	0	
Egg Sandwich w/Cheese & Sausage	350	23	585	59%	70	9	0	
Egg Sandwich w/Cheese & Turk.bacon	295	15.5	680	47%	22	5	0	
Egg Sandwich w/Cheese & Ham	271	12.4	746	41%	22	5	0	
Egg Sandwich (no cheese or meat)	180	7	240	35%	20	5	0	
Lenders' whole wheat bagel	140	1	180	0%				
Kelloggs Granola Cereal - Low Fat 2/3	220	2.5	95	10%	48	4	0	
Honey Bunches O's Cereal	220	3	150	12%	46	4	0	12
Frosted Mini Wheats Cereal	190	1	0	4%	46	6	0	11
Frosted Flakes Cereal	110	0	140	27%	27	1	0	11
Hot Chocolate Swiss Miss	60	1	170	0%	10	1		
Hash Brown	130	7	240	48%	16	2	0	
Egg Cheese Bacon Turkey Bagel	335	15.5	690	41%	56	2	0	
Egg Cheese Sausage Bagel	390	23	595	34%	104	6	0	
Egg Cheese Ham Bagel	311.6	12.4	756	35%	56	2	0	
Egg Cheese Bagel	275	11.5	390	37%	56	2	0	
Egg Cheese Turkey Bacon Wrap	370	16	930	38%	36	3	0	
Egg Cheese Ham Wrap	346.6	12.9	996	33%	36	3	0	
Egg Cheese Sausage Wrap	425	23.5	835	49%	84	7	0	
1 oz Cream Cheese	70	6	120	77%	0	0	0	
Vegetable Cream Cheese	80	7	160	79%	2	0	0	
Poptart 1 per pkg (50g)	180	2.5	180					
Nutri-Grain (37g)	120	3	125		24	3	0	11
Nature Valley (21g)	90	3	80		15	1	0	6
Stoneyfield greek yogurt	120	0	110	0%				
Yo Crunch (170G)	180	2	85		35	1	0	25
Yoplait Light (170g)	90		80		16		0	10
Chocolate Milk (10oz)	140		220		25		0	23
White Milk 1% (295g)	130	3	160		16		0	15
White Milk Skim	110		160		16		0	15

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Grill:								
Chicken Patty Sandwich on roll	380	15	517	35%	40	4	0	
Cheese Quesadilla	330	12	830	32%	41	3	0.5	*
Chicken Quesadilla	320	11	770	30%	35	1	1	*
Chicken Tenders only	160	7	250	39%	16	1	0	
Grilled Ham & Cheese sandwich	363.2	14.83	1272	37%	35.66	4	0	
Grilled Cheese sandwich	400	22	820	50%	34	4	0	
Cheeseburger on roll BBQ,Bleu chs.	541.5	30	363	49%	32.23	3.9	0	
PB & J Sandwich	628	34	493	48%	55	8.5	0	
PB & Fluff Sandwich	618	34	488	49%	53	8.5	0	
Black Bean Burger on roll w/chs.	352.5	14	462	35%	43.25	7	0	
BBQ Pork Riblett on roll	307.5	12	457	35%	38.11	4	0	
Domino's Pizza Cheese only	250	7	530	25%	28	1	0	
Gluten Free Pizza								
Pesto mayo Chicken on roll	279	10.62	212	34%	30.75	4	0	
Veg Chicken Patty on roll	300	8	457	24%	45	5	0	
Veg Pork Riblett on roll	297.5	7	917	21%	40	7	0	
Sunbutter & Jelly Sandwich	525	15.19	424	26%	54.19	6.7	0	
Sunbutter & Fluff Sandwich	515.5	15.19	419	26%	52.19	6.7	0	
Jumbo Soft Pretzel (without salt) ww	140	0.5	150	0%	38	1	0	
Items served with some Entrees								
Potato Wedges 1/2 cup	150	6	290	36%	19.38	1.6	0	
Coleslaw 1/4 cup no mayo	136	10.6	75		7	2	0	
Diced Sweet Potatoes	144	5	276	31%	20.59	1.6	0	
Pickle			370				0	
Lettuce-Tomato	11	0.12	9	0.1			0	
Tater Tot's 8 pc	140	7	310	45%			0	
Mashed Potatoes 2/3 cup	150	8	510	0%	20		0	
Grilled Cheese -tomato Sandwich	304	13.16	544	0.39%				

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Burrito Bar:								
Taco meat 2oz.	100	6	150	0.54%	3	1		
Black Beans 2oz.	144	0.46	140	0.03%	20.3	7.5		
Vegitarian crumbles 2oz.	80	2.5	230	0.28%	5	3		
Seasoned Chicken 2oz.	86	2.32	26	0.24%				
Rstd. Sweet Potato	144	5	276	0.31%				
Sauted Red Pepper	35	3.38	6					
Caramelized Onion	29	2.35	3					
Lime infused Brown Rice	108	0.88	5					
Blue Cheese Crumbles 1oz.	50	6	180					
Mozzarella shredded 1oz.	85	6	158					
Cheddar shredded 1oz.	85	6	210					
diced tomato	6	0	2					
Salsa	31	0	619					
Cole Slaw mayo based	184	12.6	248					
Chipolte Glaze 1 Tbsp.	32.5	0	12.5					
BBQ sauce 1 Tbsp.	7.5	0	40					
Buffalo Sauce 1 Tbsp.	2.5	0	52.5					
Teriyaki sauce 1 Tbsp.	22.5	0	465					
Ranch Dressing 1 Tbsp.	40.65	4.07	115.8					
Guacamole (yogurt) sauce	23	2	0					
GF Teriyaki sauce	20	0	390					
Whole Wheat Wrap	175	1.5	420					
Corn Taco Shell 2	100	2	0					

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Salad Bar: 1/4 cup								
Garbonzo Beans	52	0.94	81	16%	8.69	2.4	0	
Baby Corn	12	0	80	0%	2	1	0	
Baked Beans	67	0.98	262	13%	12.64	3.5	0	
4-Bean Salad	55	0	125	0%	11	2	0	
Kidney Beans	48	0.37	82	6%	8.22	3	0	
Hot Peppers Jalapeno 1 oz=14pcs	0	0	460	0%	1	0	0	
Banana Peppers 1 oz=12 pcs	0	0	460	0%	0	0	0	
Diced Beets	12	0.05	76	4%	2.83	0.7	0	
Maple Balsalmic Viniagrette	72.05	8.15	4.18					
Ranch Dressing 2 tblsp	81.12	8.14	231.6	90%	0.74	0	0	
Caesar Dressing 2 tblsp	70	6	550	77%	3	0	0	
Black Beans	15	0	180	0%	8	2.5	0	
Homemade Rolls not on bar								
Croutons								
Dried Bananas 1 tblsp	21	0.11	0	5%	5.47	0.06	0	
Dried Apricots 1 tblsp	65	0	0	0%	16.6	0.15	0	
Walnuts 1 oz not on bar	185	18.49	1	89%	3.89	1.9	0	
Raisins 1 oz	85	0.13	3	1%	22.45	1	0	
Dried Cranberries 1 tabl	23.5	0.105	0	4%	6.24	0.45	0	
Black Olives 2 tabl	15	1.2	60	72%	1	0	0	
Special Salads: **no dressing added**								
Ceasar Salad	82	3.22	177.5	35%	4.13	1.9	0	
Chef Salad	188.9	5.13	871	24%	10.52	0	0	
Greek Salad	132	7.57	365	51%	6.82	3	0	
Turkey Harvest Salad	340	22.69	501	60%	17.14	5.05	0	
Vegan-lious Salad	125	1.54	67	0%				

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Panini:								
Chicken Tender Panini	395	16	718	36%	0	0	0	
Turkey Panini	428	16.1	1228	33%	0	0	0	
Vegetable Hummus(avacado) Panini	318	14.5	650	41%	0	0	0	
Sandwich Bar:								
Tuna Salad (Just Salad)	135	8.05	317.5	53%	0	0	0	
Chicken Salad (Just salad)	162	10.01	99.5	55%	0.22	0.1	0	
Hummus 2oz (Just hummus)	120	7	260	52%	8	2	0	
Ham & Cheese on roll	268.2	8.33	1162	27%	0	0	0	
Ham & Cheese on wrap	303.2	7.83	1292	23%	0	0	0	
Hummus & Veggie on roll	260	9	550	31%	0	0	0	
Hummus & Veggie on wrap	295	8.5	680	25%	0	0	0	
Turkey & Cheese on roll	307	8.1	1102	23%	0	0	0	
Turkey & Cheese on wrap	342	7.6	1232	20%	0	0	0	
Pesto 1 tblsp	77.5	8	30	92%	0.75	0	0	
Ranch 1 tblsp	40.56	4.07	115.8	90%	0.37	0	0	
Chipole Mayo 1 tblsp	36.5	2	23.1	49%	0	0	0	
Honey Mustard Aioli 1 tblsp	36.9	3	76	73%	0	0	0	
Wrap by itself	175	1.5	420	7%	0	0	0	
Panini Bread by itself	150	3	310	18%	26	3	0	
Kaiser Roll by itself	140	2	290	59%	0	0	0	
Avacado Hummus 2oz.	83	5.5	130	59%				

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CVU Oatmeal Choc Chip Cookie	153.26	5.71	91.7	0.33	0	0		
FF Frozen Yogurt Creemee:								
In A Dish 1/2 cup	100	0	95	0	220	1	0	
In A Cone 1/2 cup	150	0	115	0	34	1	0	
In A Gluten Free Cone	113	0	99	0	24	1	0	
Turkey 2 oz	112	1.6	672	0.13	0.16	0		
Ham 2 oz	73.2	1.83	732	0.22	3.66	0	0	
2 pc Chicken Tender 2 oz	160	7	250	39	0	1	0	
American Cheese 1 oz	55	4.5	140	0.73	1	0	0	
Cheddar Cheese 1 oz	110	9	180	0.73	0.5	0	0	
Mozzarella Cheese 1 oz	85	6	158	0.63	0.75	0.13	0	
Provolone Cheese 1 oz	50	6	180	1.08	0	0	0	
Swiss Cheese 1 oz	80	6	45	0.68	0	0	0	
Smoothies:								
Jumping Monkey	331	11.39	171	30%				
Orange Dreamsicle	404	12.75	155	28%				
Blue-Tofusion	241.5	2.64	17	9%				
Mango Mania	323.5	11.38	87	31%				
Breakfast round	153.26	5.71	91.7	33%				