



# Nutrition Guide



Station Menu Items	Portion Size	Calories	Protein	Total Fat (grams)	Carbohydrates (grams)	Sodium (mg)	Cholesterol (mg)	Total Fiber (grams)
<b>Hot Sandwich Station</b>								
Roast Beef	4 oz	192	34	5.00	0.00	43	70.0	0.0
Turkey Breast	4 oz	172	20	7.00	0.00	520	47.0	0.0
Grilled White Meat Chicken	4 oz	125	28	1.40	0.00	74	66.0	0.0
Fried Boneless Chicken	4 oz	212	38	5.00	0.58	90	103.0	0.0
Ham	4 oz	120	20	4.00	0.24	177	58.0	0.0
<b>Assorted Cheeses</b>								
Mozzarella Cheese Whole Milk	2 oz	180	14	14.00	1.50	351	36.0	0.0
Cheddar Cheese	2 oz	228	14	18.00	0.73	352	50.0	0.0
American Cheese	2 oz	187	10	14.00	4.00	717	45.0	0.0
Munster Cheese	2 oz	209	13	17.00	0.60	356	54.0	0.0
Bacon	.5 oz	77	5	6.00	0.20	327	0.2	0.0
Baked Fried Eggplant	4 oz	275	7	12.00	37.00	313	0.0	6.0
Tomato Sauce	2 oz	33	1	1.00	6.00	308	2.0	1.3
Romaine Lettuce	2 oz	10	0.7	2.00	5.00	0	1.0	1.0
Tomato	2 oz	12	0.5	0.20	2.70	5	0.0	0.6
Roasted Peppers	2 oz	20	0	0.00	6.00	111	0.0	0.0
Carrot Sticks	2 oz	23	0.5	0.10	5.00	39	0.0	1.5
<b>Wraps</b>								
Large Plain Tortilla	1	300	9	8.00	49.00	610	0.0	5.0
Large Whole Wheat Tortilla	1	290	10	8.00	47.00	610	0.0	8.0
French Roll	2 oz	157	5	2.40	28.00	345	0.0	2.0
<b>Dressings</b>								
Fat Free California French	1 oz or 2 Tb	30	0	0.00	9.00	310	0.0	0.0
Fat Free Caesar	1 oz or 2 Tb	20	0	0.00	3.00	590	0.0	0.0
Poppy Seed Dressing	1 oz or 2 Tb	130	0	10.00	8.00	260	15.0	0.0
Fat Free Ranch	1 oz or 2 Tb	50	0	0.00	11.00	330	0.0	0.0
Oriental Sesame	1 oz or 2 Tb	110	0	9.00	7.00	300	0.0	0.0
Lite Bleu Cheese	1 oz or 2 Tb	160	1	10.00	3.00	260	20.0	0.0
Fat Free Italian	1 oz or 2 Tb	20	0	0.00	4.00	380	0.0	0.0
Fat Free Honey Dijon	1 oz or 2 Tb	45	1	0.00	9.00	280	0.0	0.0
Fat Free Thousand Island	1 oz or 2 Tb	25	1	0.00	6.00	190	0.0	0.0
Fat Free Lemon Herb	1 oz or 2 Tb	17	0	0.00	3.00	118	0.0	0.0
Fat Free Raspberry Vinaigrette	1 oz or 2 Tb	35	0	0.00	8.00	80	0.0	0.0
Balsamic Vinaigrette	1 oz or 2 Tb	5	1	0.00	4.00	0	0.0	0.0



Station Menu Items	Portion Size	Calories	Protein	Total Fat (grams)	Carbohydrates (grams)	Sodium (mg)	Cholesterol (mg)	Total Fiber (grams)
<b>Wrap and Sandwich Station</b>								
Roast Beef	4 oz	192	34	5.00	0.00	43	70.0	0.0
Turkey Breast	4 oz	172	20	7.00	0.00	520	47.0	0.0
Grilled White Meat Chicken	4 oz	125	28	1.40	0.00	74	66.0	0.0
Fried Boneless Chicken	4 oz	212	38	5.00	0.58	90	103.0	0.0
Ham	4 oz	120	20	4.00	0.24	177	58.0	0.0
Bologna	4 oz	349	17	6.00	6.00	834	68.0	0.0
Genoa Salami	4 oz	439	23	38.00	1.00	2070	115.0	0.0
Chicken Salad	4 oz	200	28	9.40	0.67	117	66.0	0.0
Tuna Salad	4 oz	193	28	12.00	0.00	663	60.0	0.0
Low Fat Vegetable Tuna Salad	4 oz	175	28	7.00	0.67	43	65.0	0.0
Crab Salad	4 oz	154	14	5.00	14.00	1023	25.0	0.0
Egg Salad	4 oz	193	13	14.00	3.00	194	427.0	0.0
Individual Canned Tuna	3.5	100						
Bacon	.5 oz	77	5	6.00	0.20	327	0.2	0.0
<b>Assorted Cheeses</b>								
Mozzarella Cheese Whole Milk	2 oz	180	14	14.00	1.50	351	36.0	0.0
Cheddar Cheese	2 oz	228	14	18.00	0.73	352	50.0	0.0
American Cheese	2 oz	116	8	10.00	4.00	560	30.0	0.0
Munster Cheese	2 oz	209	13	17.00	0.60	356	54.0	0.0
Provolone Cheese								
Grilled Eggplant	2 oz	54	0.6	4.50	3.00	1.1	0.0	2.0
Grilled Zucchini	2 oz	49	0.7	4.60	2.00	5.7	0.0	0.6
Grilled Yellow Squash	2 oz	48	0.6	4.60	2.00	5.6	0.0	
Sauteed Peppers	1 oz	27	0.28	2.00	1.70	0.57	0.0	0.6
Sauteed Onions	1 oz	32	0.26	2.00	3.00	0.85	0.0	0.4
Romaine Lettuce	2 oz	10	0.7	2.00	5.00	0	1.0	1.0
Tomato	2 oz	12	0.5	0.20	2.70	5	0.0	0.6
Roasted Peppers	2 oz	20	0	0.00	6.00	111	0.0	0.0
Carrot Sticks	2 oz	23	0.5	0.10	5.00	39	0.0	1.5
<b>Breads and Wraps</b>								
Large Plain Tortilla	1	300	9	8.00	49.00	610	0.0	5.0
Large Whole Wheat Tortilla	1	290	10	8.00	47.00	610	0.0	8.0
Tomato Basil Tortilla	1	290	9	8.00	49.00	890	0.0	4.0
Spinach Tortilla	1	300	9	8.00	50.00	680	0.0	3.0
White Sandwich Bread	2 slices	130	4	2.50	23.00	250	0.0	<1
Whole Grain White Sandwich Bread	2 slices	110	4	2.00	22.00	200	0.0	3.0
Italian Bread	1 slice	99	3	1.00	17.00	190	0.0	<1
Deli Swirl Bread	1 slice	80	3	1.00	14.00	180	0.0	1.0
Seedless Rye	1 slice	80	3	1.00	14.00	170.00	0	1.0
Pumpnickel Bread	1 slice	80	3	1.00	15.00	190	0.0	1.0
100% Natural Dark Wheat Bread	1 slice	100	4	1.50	20.00	210	0.0	3.0
Farmhouse Soft 100 % Whole Wheat	1 slice	110	5	2.00	19.00	150	0.0	3.0
Farmhouse Soft Oatmeal	1 slice	120	4	1.50	21.00	200	0.0	1.0
Farmhouse Soft Sourdough	1 slice	120	4	1.50	22.00	220	0.0	1.0
Farmhouse Whole Grain White	1 slice	110	4	2.00	22.00	110	0.0	1.0
Cinnamon Swirl Bread	1 slice	80	2	1.50	15.00	110	0.0	<1
Carb Style 7 Grain	1 slice	60	5	1.50	8.00	150	0.0	3.0
Carb Style Whole Wheat	1 slice	60	5	1.50	8.00	170	0.0	3.0



Station Menu Items	Portion Size	Calories	Protein	Total Fat (grams)	Carbohydrates (grams)	Sodium (mg)	Cholesterol (mg)	Total Fiber (grams)
<b>Charcoal Grill Station</b>								
Hamburger	4 oz	320	28	22.00	0.00	87	107.0	0.0
Turkey Burger	4 oz	193	22	11.00	0.00	88	84.0	0.0
Vegetable Burger	3 oz	151	14	5.00	13.00	485	0.9	5.0
Grilled Chicken Breast	4 oz	125	28	1.40	0.00	74	66.0	0.0
Marinated Steak	6 oz	495	45	34.00	0.00	107	148.0	0.0
Hot Dog	2 oz	164	6	15.00	2.40	618	0.0	0.0
<b>Assorted Cheeses</b>								
American Cheese	1 oz	80	4	5.00	2.00	280	15.0	0.0
Swiss Cheese	1 oz	92	6	8.00	1.50	440	23.0	0.0
Cheddar Cheese	1 oz	114	7	7.50	0.36	176	30.0	0.0
Mozzarella Cheese	1 oz	72	7	7.00	0.75	175	18.0	0.0
<b>Vegetables</b>								
Romaine Lettuce	2 oz	10	0.7	2.00	5.00	0	1.0	1.0
Tomato	2 oz	12	0.5	0.20	2.70	5	0.0	0.6
<b>Breads and Rolls</b>								
Classic 100 % Whole Wheat Hamburger Bun	1 bun	120	6	2.00	18.00	190	0.0	2.0
Hamburger Bun	1 bun	160	?	2.50	29.00	140	20.0	1.0
Hot Dog Bun	1 bun	120	4	2.00	21.00	206	0.0	0.9
Kaiser Roll	1 roll	180	?	2.00	35.00	350	0.0	1.0



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<b>Breakfast Knook Station</b>								
Egg	1	75	6	5.00	1.40	70	212.0	0.0
Omelette	3	221	19	15.00	4.00	210	635.0	0.0
Egg Whites 4 = 2 Eggs	4	69	14	0.22	1.00	219	0.0	0.0
<b>Toppings</b>								
Ham	1 oz	30	5	1.00	0.80	44	15.0	0.0
Canadian Bacon	1 oz	68	9	3.00	0.10	569	27.0	0.0
Pork Sausage	3 oz	321	12	30.00	0.00	640	63.0	0.0
Vegetarian Sausage Link	1 oz	64	5	5.00	3.00	222	0.0	0.7
Vegetarian Breakfast Patty	1 oz	80	10	3.00	4.00	259	0.8	0.0
Bacon	.5 oz	77	5	6.00	0.20	327	0.2	0.0
American Cheese	1 oz	80	4	5.00	2.00	280	15.0	0.0
Swiss Cheese	1 oz	92	6	8.00	1.50	440	23.0	0.0
Cheddar Cheese	1 oz	114	7	7.50	0.36	176	30.0	0.0
Mozzarella Cheese	1 oz	72	7	7.00	0.75	175	18.0	0.0
Spinach	2 oz	13	2	0.22	2.00	45	0.0	1.3
Sauteed Peppers	1 oz	27	0.28	2.00	1.70	0.57	0.0	0.6
Sauteed Onions	1 oz	32	0.26	2.00	3.00	0.85	0.0	0.4
<b>Breads and Rolls</b>								
Large Plain Tortilla	1	300	9	8.00	49.00	610	0.0	5.0
Large Whole Wheat Tortilla	1	290	10	8.00	47.00	610	0.0	8.0
Kaiser Roll	1 roll	180	?	2.00	35.00	350	0.0	1.0
White Sandwich Bread	2 slices	130	4	2.50	23.00	250	0.0	<1
Whole Grain White Sandwich Bread	2 slices	110	4	2.00	22.00	200	0.0	3.0
Italian Bread	1 slice	90	3	1.00	17.00	190	0.0	<1
Deli Swirl Bread	1 slice	80	3	1.00	14.00	180	0.0	1.0
Seedless Rye	1 slice	80	3	1.00	14.00	170.00	0	1.0
Pumpnickel Bread	1 slice	80	3	1.00	15.00	190	0.0	1.0
100% Natural Dark Wheat Bread	1 slice	100	4	1.50	20.00	210	0.0	3.0
Farmhouse Soft 100 % Whole Wheat	1 slice	110	5	2.00	19.00	150	0.0	3.0
Farmhouse Soft Oatmeal	1 slice	120	4	1.50	21.00	200	0.0	1.0
Farmhouse Soft Sourdough	1 slice	120	4	1.50	22.00	220	0.0	1.0
Farmhouse Whole Grain White	1 slice	110	4	2.00	22.00	110	0.0	1.0



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<b>Vegetarian Station</b>								
Whole Wheat Pasta	4 oz	174	7	0.80	37.00	4	0.0	6.0
Breaded Vegetarian Chicken Fried	4 oz	265	24	14.00	10.00	454	0.0	5.0
Vegetarian Chicken	3 oz	190	20	11.00	3.00	603	0.0	3.0
Meatless Meatballs	4 oz	224	24	10.00	9.00	623	0.0	5.0
Vegetable Burger	3 oz	151	14	5.00	13.00	485	0.9	5.0

### Prepackaged Salad Station

Chef Salad	11 oz	270	26	14.00	13.00	835	115.0	8.0
Chicken Caesar	11 oz	292	36	10.00	19.00	1797	63.0	4.0
Caesar Salad	8 oz	193	13	8.00	16.00	466	0.0	2.3
Tossed Salad	6 oz	34	2	0.60	7.00	15	0.0	4.0
Tossed Salad	4 oz	25	1.5	0.40	5.00	10	0.0	2.3
Greek Salad	12 oz	356	17	28.00	20.00	1366	75.0	5.0
Tomato Salad	11 oz	313	17	18.00	14.00	893	60.0	4.3
Pasta with Garlic	11 oz	713	36	35.00	70.00	1282	38.0	6.0
Pasta Salad	11 oz	687	32	30.00	72.00	936	40.0	3.0
Tuna Salad	11 oz	274	29	16.00	8.00	589	257.0	2.2
Cobb Salad	11 oz	433	30	31.00	10.00	1449	270.0	5.0
Spinach Salad	11 oz	277	21	18.00	12.00	842	145.0	5.0