
EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY
AEROSOL SOY

Nutrition Facts

Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING

1/23/12

BREAKFAST

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL
PAN COATING SPRAY AEROSOL SOY

Nutrition Facts

Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING

1/23/12

BREAKFAST

GRILLED SLICED BACON

SLICED BACON

Nutrition Facts

Portion Size	2 SLICE
calories	26.60
fat (gm)	1.90
sat fat (gm)	0.60
chol (mg)	5.60
sodium (mg)	50.60
carbs (gm)	0.00
fiber (gm)	
protein (gm)	1.90

REFECTORY MAIN DINING

1/23/12

BREAKFAST

HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

Nutrition Facts

Portion Size	3.600 oz Portion
calories	113.00
fat (gm)	7.90
sat fat (gm)	2.40
chol (mg)	334.30
sodium (mg)	110.60
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	9.90

REFECTORY MAIN DINING

1/23/12

BREAKFAST

OATMEAL

OATMEAL, WATER

Nutrition Facts

Portion Size	6 oz Portion
calories	570.00
fat (gm)	11.40
sat fat (gm)	1.90
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	102.60
fiber (gm)	0.00
protein (gm)	19.00

REFECTORY MAIN DINING

1/23/12

BREAKFAST

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN CHEESE, SHREDDED MOZZARELLA CHEESE, TOMATOES, GREEN PEPPERS, DICED WHITE ONIONS, PORK SAUSAGE, SLICED BACON, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING

1/23/12

BREAKFAST

PANCAKES

WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

Nutrition Facts

Portion Size	4 oz Portion
calories	207.00
fat (gm)	1.20
sat fat (gm)	0.00
chol (mg)	4.00
sodium (mg)	396.80
carbs (gm)	46.30
fiber (gm)	0.00
protein (gm)	4.00

REFECTORY MAIN DINING

1/23/12

BREAKFAST

SCRAMBLED EGGS

EGGS - LIQUID, WHOLE MILK, SALT, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	163.90
fat (gm)	10.70
sat fat (gm)	3.50
chol (mg)	422.80
sodium (mg)	397.10
carbs (gm)	2.30
fiber (gm)	0.00
protein (gm)	13.60

REFECTORY MAIN DINING

1/23/12

BREAKFAST

HOME FRIED RED POTATOES W/ ONION

RED POTATOES, WHITE ONION, MARGARINE 1# SOLIDS (MILK FREE), SALT, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	94.20
fat (gm)	0.60
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	250.80
carbs (gm)	20.80
fiber (gm)	2.10
protein (gm)	1.80

REFECTORY MAIN DINING

1/23/12

BREAKFAST

GRAPEFRUIT HALVES

PINK GRAPEFRUIT

Nutrition Facts

Portion Size	10 oz Portion
calories	95.30
fat (gm)	0.30
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	24.20
fiber (gm)	3.60
protein (gm)	1.70

REFECTORY MAIN DINING

1/23/12

BREAKFAST

HOT CROSS BUNS

UNBLEACHED FLOUR, CONFECTIONARY SUGAR, WATER, MIXED FRUIT CANDIED, EGGS - LIQUID, RAISINS, MARGARINE, GRANULATED CANE SUGAR, YEAST, NULOMOLINE, NON-FAT MILK, VANILLA EXTRACT, LEMON EMULSION, SALT

Nutrition Facts

Portion Size	2.500 oz Portion
calories	201.20
fat (gm)	4.50
sat fat (gm)	1.00
chol (mg)	20.40
sodium (mg)	140.30
carbs (gm)	36.50
fiber (gm)	0.80
protein (gm)	4.00

REFECTORY MAIN DINING

1/23/12

BREAKFAST

SEAFOOD GUMBO W/CLAM JUICE

WATER, TOMATOES, CLAM JUICE, WHITE RICE, OKRA , SHRIMP, DICED WHITE ONIONS, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BAY LEAVES

Nutrition Facts

Portion Size	6 oz Portion
calories	73.40
fat (gm)	0.60
sat fat (gm)	0.10
chol (mg)	20.20
sodium (mg)	427.30
carbs (gm)	12.90
fiber (gm)	0.30
protein (gm)	3.60

REFECTORY MAIN DINING

1/23/12

LUNCH

VEGETARIAN CREAM OF ASPARAGUS SOUP

WHOLE MILK, ASPARAGUS CUTS & TIPS,
WATER, MARGARINE 1# SOLIDS (MILK
FREE), UNBLEACHED FLOUR, SALT,
GROUND WHITE PEPPER, CELERY SALT

Nutrition Facts

Portion Size	6 oz Portion
calories	110.70
fat (gm)	4.80
sat fat (gm)	2.80
chol (mg)	18.30
sodium (mg)	467.00
carbs (gm)	11.40
fiber (gm)	0.60
protein (gm)	5.20

REFECTORY MAIN DINING

1/23/12

LUNCH

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY
AEROSOL SOY

Nutrition Facts

Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING

1/23/12

LUNCH

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL
PAN COATING SPRAY AEROSOL SOY

Nutrition Facts

Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING

1/23/12

LUNCH

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, CARIBBEAN JERK SPICE

<u>Nutrition Facts</u>	
Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING 1/23/12 LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN
CHEESE, SHREDDED MOZZARELLA
CHEESE, TOMATOES, GREEN PEPPERS,
DICED WHITE ONIONS, PORK SAUSAGE ,
SLICED BACON, VEGETABLE SALAD OIL

<u>Nutrition Facts</u>	
Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING 1/23/12 LUNCH

SHAVED STEAK SANDWICH

SHAVED STEAK, TORPEDO ROLL

<u>Nutrition Facts</u>	
Portion Size	6 oz Portion
calories	246.80
fat (gm)	4.10
sat fat (gm)	2.80
chol (mg)	19.40
sodium (mg)	332.50
carbs (gm)	28.30
fiber (gm)	
protein (gm)	22.60

REFECTORY MAIN DINING 1/23/12 LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

<u>Nutrition Facts</u>	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 1/23/12 LUNCH

SLICED TURKEY

TURKEY BREAST

<u>Nutrition Facts</u>	
Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING 1/23/12 LUNCH

SPAGHETTI SAUCE

WATER, TOMATOES, DICED WHITE ONIONS,
VIRGIN OLIVE OIL, GRANULATED CANE
SUGAR, SALT, GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, BASIL LEAVES,
CRUSHED RED PEPPER, OREGANO

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	58.40
fat (gm)	2.10
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	383.90
carbs (gm)	8.30
fiber (gm)	0.10
protein (gm)	1.60

REFECTORY MAIN DINING 1/23/12 LUNCH

VEGETARIAN SUB

TORPEDO ROLL, ZUCCHINI SQUASH, PIZZA BLEND CHEESE, GREEN PEPPERS, TOMATOES, MUSHROOMS, BEANS SPROUTS, VIRGIN OLIVE OIL, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size 8.200 oz Portion
calories 322.30
fat (gm) 10.90
sat fat (gm) 4.40
chol (mg) 20.80
sodium (mg) 612.40
carbs (gm) 42.90
fiber (gm) 1.60
protein (gm) 17.10

REFECTORY MAIN DINING**1/23/12****LUNCH**

PENNE

PASTA PENNE (MOSTACCIOLI), VIRGIN OLIVE OIL

Nutrition Facts

Portion Size 8 oz Portion
calories 342.00
fat (gm) 3.70
sat fat (gm) 0.60
chol (mg) 0.00
sodium (mg) 2.10
carbs (gm) 63.70
fiber (gm) 3.70
protein (gm) 12.00

REFECTORY MAIN DINING**1/23/12****LUNCH**

SWEET & WHITE POTATO AU GRATIN

JUICE APPLE 46 OZ CAN, POTATOES, YAMS, SHREDDED CHEDDAR CHEESE, CORN STARCH, FRESH PARSLEY, GROUND ALL SPICE, GROUND NUTMEG

Nutrition Facts

Portion Size 6oz portion
calories 208.10
fat (gm) 4.70
sat fat (gm) 2.60
chol (mg) 15.20
sodium (mg) 102.80
carbs (gm) 36.60
fiber (gm) 3.30
protein (gm) 5.40

REFECTORY MAIN DINING**1/23/12****LUNCH**

ZUCCHINI

ZUCCHINI SQUASH

Nutrition Facts

Portion Size	3 oz Portion
calories	16.80
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	0.80
carbs (gm)	3.60
fiber (gm)	1.20
protein (gm)	0.80

REFECTORY MAIN DINING

1/23/12

LUNCH

SALAD BAR IVY LUNCH CYCLE 2

PINEAPPLE , RED ONIONS, SALAD
CHOPPED GREEN, TOMATOES, BROCCOLI
FLORETTE, MESCLUN SPRING MIX,
MUSHROOMS, SHREDDED MOZZARELLA
CHEESE, RED PEPPERS, EXTRA FIRM
TOFU, OLIVES, CUCUMBER, GARBANZO
BEANS, KEN'S CREAMY CAESAR DRESSING,
CROUTONS, KEN'S ITALIAN CREAMY
DRESSING, KEN'S FRENCH COUNTRY
DRESSING, CARROTS, KEN'S RANCH
DRESSING, KEN'S PARM & PEPPERCORN
DRESSING, KEN'S BLUE CHEESE
DRESSING, AGED BALSAMIC VINEGAR,
VIRGIN OLIVE OIL, NONFAT PLAIN YOGURT,
TAHINI PASTE, KEN'S HONEY DIJON
DRESSING, BASIL INFUSED OIL OLIVE,
GARLIC INFUSED OLIVE OIL, IMITATION
BACON BITS, FETA CHEESE, PARMESAN

Nutrition Facts

Portion Size	7.41oz portion
calories	296.70
fat (gm)	21.70
sat fat (gm)	3.90
chol (mg)	8.30
sodium (mg)	502.10
carbs (gm)	19.50
fiber (gm)	1.90
protein (gm)	7.90

REFECTORY MAIN DINING

1/23/12

LUNCH

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE
WHEAT BREAD, ROLLS CAL BULKIE
CORNML, TOMATO AND BASIL TORTILLA ,
WHEAT VIENNA BREAD, SPINACH TORTILLA
, ROLLS BULKIE WHEAT CALISE , SEVEN
STARS SOURDOUGH BATARD, SEVEN
STARS MULTIGRAIN LOAF , VIENNA RYE
BREAD, PUMPERNICKLE BREAD, WHITE
VIENNA BREAD, WHOLE WHEAT TORTILLA ,
WHITE PULLMAN BREAD, WHITE SYRIAN
BREAD

Nutrition Facts

Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING

1/23/12

LUNCH

SNICKERDOODLE COOKIE

CAKE FLOUR, GRANULATED CANE SUGAR, BUTTER, EGGS - LIQUID, WATER, BAKING POWDER, NON-FAT MILK, VANILLA EXTRACT, CINNAMON SPICE

Nutrition Facts

Portion Size	COOKIE 1.25 oz
calories	142.40
fat (gm)	5.60
sat fat (gm)	1.00
chol (mg)	11.10
sodium (mg)	112.60
carbs (gm)	21.60
fiber (gm)	0.30
protein (gm)	1.50

REFECTORY MAIN DINING

1/23/12

LUNCH

SEAFOOD GUMBO W/CLAM JUICE

WATER, TOMATOES, CLAM JUICE, WHITE RICE, OKRA , SHRIMP, DICED WHITE ONIONS, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BAY LEAVES

Nutrition Facts

Portion Size	6 oz Portion
calories	73.40
fat (gm)	0.60
sat fat (gm)	0.10
chol (mg)	20.20
sodium (mg)	427.30
carbs (gm)	12.90
fiber (gm)	0.30
protein (gm)	3.60

REFECTORY MAIN DINING

1/23/12

DINNER

VEGETARIAN CREAM OF ASPARAGUS SOUP

WHOLE MILK, ASPARAGUS CUTS & TIPS, WATER, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, SALT, GROUND WHITE PEPPER, CELERY SALT

Nutrition Facts

Portion Size	6 oz Portion
calories	110.70
fat (gm)	4.80
sat fat (gm)	2.80
chol (mg)	18.30
sodium (mg)	467.00
carbs (gm)	11.40
fiber (gm)	0.60
protein (gm)	5.20

REFECTORY MAIN DINING

1/23/12

DINNER

COUNTRY STYLE BAKED HAM

HAM , BROWN SUGAR, JUICE FZ CON
ORANGE 5:1, GROUND MUSTARD, GROUND
CLOVES, SPICE GINGER GRD

Nutrition Facts

Portion Size	4oz portion
calories	152.20
fat (gm)	7.20
sat fat (gm)	2.40
chol (mg)	54.10
sodium (mg)	1238.10
carbs (gm)	4.40
fiber (gm)	0.00
protein (gm)	16.90

REFECTORY MAIN DINING

1/23/12

DINNER

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts

Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING

1/23/12

DINNER

MACARONI AND CHEESE - RECIPE

WHOLE MILK, ELBOW MACARONI,
CHEDDAR CHEESE SAUCE, SHREDDED
CHEDDAR CHEESE, MARGARINE 1# SOLIDS
(MILK FREE), UNBLEACHED FLOUR, LAYS
POTATO CHIPS, GRATED ROMANO CHEESE
, SALT, GROUND WHITE PEPPER, WATER

Nutrition Facts

Portion Size	8 oz Portion
calories	571.50
fat (gm)	13.60
sat fat (gm)	5.40
chol (mg)	29.40
sodium (mg)	556.50
carbs (gm)	90.70
fiber (gm)	0.20
protein (gm)	20.70

REFECTORY MAIN DINING

1/23/12

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts

Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING**1/23/12****DINNER**

SLICED TURKEY

TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING**1/23/12****DINNER**

SPAGHETTI SAUCE

WATER, TOMATOES, DICED WHITE ONIONS,
VIRGIN OLIVE OIL, GRANULATED CANE
SUGAR, SALT, GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, BASIL LEAVES,
CRUSHED RED PEPPER, OREGANO**Nutrition Facts**

Portion Size	4 oz Portion
calories	58.40
fat (gm)	2.10
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	383.90
carbs (gm)	8.30
fiber (gm)	0.10
protein (gm)	1.60

REFECTORY MAIN DINING**1/23/12****DINNER**

BAKED SWEET POTATOES

YAMS

Nutrition Facts

Portion Size	5.3oz portion
calories	164.90
fat (gm)	0.20
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	11.40
carbs (gm)	39.10
fiber (gm)	5.50
protein (gm)	2.10

REFECTORY MAIN DINING**1/23/12****DINNER**

GLAZED BABY CARROTS W/SHALLOTSBABY CARROTS, SHALLOTS, WATER,
BUTTER, GRANULATED CANE SUGAR,
FRESH PARSLEY, SALT, GROUND BLACK
PEPPER**Nutrition Facts**

Portion Size	3 OZ. PORTIONS
calories	65.00
fat (gm)	2.90
sat fat (gm)	1.80
chol (mg)	7.60
sodium (mg)	121.90
carbs (gm)	9.50
fiber (gm)	2.10
protein (gm)	0.70

REFECTORY MAIN DINING**1/23/12****DINNER**

PENNEPASTA PENNE (MOSTACCIOLI), VIRGIN
OLIVE OIL**Nutrition Facts**

Portion Size	8 oz Portion
calories	342.00
fat (gm)	3.70
sat fat (gm)	0.60
chol (mg)	0.00
sodium (mg)	2.10
carbs (gm)	63.70
fiber (gm)	3.70
protein (gm)	12.00

REFECTORY MAIN DINING**1/23/12****DINNER**

SALAD BAR IVY LUNCH CYCLE 2

PINEAPPLE , RED ONIONS, SALAD
CHOPPED GREEN, TOMATOES, BROCCOLI
FLORETTE, MESCLUN SPRING MIX,
MUSHROOMS, SHREDDED MOZZARELLA
CHEESE, RED PEPPERS, EXTRA FIRM
TOFU, OLIVES, CUCUMBER, GARBANZO
BEANS, KEN'S CREAMY CAESAR DRESSING,
CROUTONS, KEN'S ITALIAN CREAMY
DRESSING, KEN'S FRENCH COUNTRY
DRESSING, CARROTS, KEN'S RANCH
DRESSING, KEN'S PARM & PEPPERCORN
DRESSING, KEN'S BLUE CHEESE
DRESSING, AGED BALSAMIC VINEGAR,
VIRGIN OLIVE OIL, NONFAT PLAIN YOGURT,
TAHINI PASTE, KEN'S HONEY DIJON
DRESSING, BASIL INFUSED OIL OLIVE,
GARLIC INFUSED OLIVE OIL, IMITATION
BACON BITS, FRESH PEPPERONCINI

Nutrition Facts

Portion Size	7.41oz portion
calories	296.70
fat (gm)	21.70
sat fat (gm)	3.90
chol (mg)	8.30
sodium (mg)	502.10
carbs (gm)	19.50
fiber (gm)	1.90
protein (gm)	7.90

REFECTORY MAIN DINING

1/23/12

DINNER

BARS S'MORES '06

SEMISWEET CHOCOLATE CHIPS, BUTTER,
GRAHAM CRACKER CRUMBS,
MARSHMALLOWS, GRANULATED CANE
SUGAR

Nutrition Facts

Portion Size	~PORTIONS
calories	405.40
fat (gm)	24.60
sat fat (gm)	2.70
chol (mg)	2.30
sodium (mg)	284.60
carbs (gm)	49.20
fiber (gm)	0.00
protein (gm)	3.10

REFECTORY MAIN DINING

1/23/12

DINNER

BUTTERMILK CORN BREAD

FIESTA MUFFIN MIX, BUTTERMILK, CORN
MEAL, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	~PORTIONS
calories	192.70
fat (gm)	6.00
sat fat (gm)	0.20
chol (mg)	6.40
sodium (mg)	242.60
carbs (gm)	31.10
fiber (gm)	0.00
protein (gm)	4.30

REFECTORY MAIN DINING

1/23/12

DINNER

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE WHEAT BREAD, ROLLS CAL BULKIE CORNML, TOMATO AND BASIL TORTILLA , WHEAT VIENNA BREAD, SPINACH TORTILLA , ROLLS BULKIE WHEAT CALISE , SEVEN STARS SOURDOUGH BATARD, SEVEN STARS MULTIGRAIN LOAF , VIENNA RYE BREAD, PUMPERNICKLE BREAD, WHITE VIENNA BREAD, WHOLE WHEAT TORTILLA , WHITE PULLMAN BREAD, WHITE SYRIAN BREAD

Nutrition Facts

Portion Size 1.770 oz Portion
calories 47.40
fat (gm) 0.80
sat fat (gm) 0.20
chol (mg) 0.10
sodium (mg) 90.10
carbs (gm) 8.40
fiber (gm) 0.20
protein (gm) 1.80

REFECTORY MAIN DINING**1/23/12****DINNER**

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY AEROSOL SOY

Nutrition Facts

Portion Size 4 oz
calories 53.30
fat (gm) 0.00
sat fat (gm) 0.00
chol (mg) 0.00
sodium (mg) 0.00
carbs (gm) 1.20
fiber (gm)
protein (gm) 12.40

REFECTORY MAIN DINING**1/24/12****BREAKFAST**

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL PAN COATING SPRAY AEROSOL SOY

Nutrition Facts

Portion Size 3.500 oz Portion
calories 126.80
fat (gm) 8.80
sat fat (gm) 2.70
chol (mg) 375.20
sodium (mg) 124.20
carbs (gm) 0.70
fiber (gm) 0.00
protein (gm) 11.20

REFECTORY MAIN DINING**1/24/12****BREAKFAST**

GRILLED BREAKFAST SAUSAGE

PORK SAUSAGE

Nutrition Facts

Portion Size	2 oz Portion
calories	151.40
fat (gm)	11.50
sat fat (gm)	3.10
chol (mg)	55.60
sodium (mg)	306.20
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING**1/24/12****BREAKFAST**

HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

Nutrition Facts

Portion Size	3.600 oz Portion
calories	113.00
fat (gm)	7.90
sat fat (gm)	2.40
chol (mg)	334.30
sodium (mg)	110.60
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	9.90

REFECTORY MAIN DINING**1/24/12****BREAKFAST**

OATMEAL

OATMEAL, WATER

Nutrition Facts

Portion Size	6 oz Portion
calories	570.00
fat (gm)	11.40
sat fat (gm)	1.90
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	102.60
fiber (gm)	0.00
protein (gm)	19.00

REFECTORY MAIN DINING**1/24/12****BREAKFAST**

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN CHEESE, SHREDDED MOZZARELLA CHEESE, TOMATOES, GREEN PEPPERS, DICED WHITE ONIONS, PORK SAUSAGE , SLICED BACON, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING

1/24/12

BREAKFAST

SCRAMBLED EGGS

EGGS - LIQUID, WHOLE MILK, SALT, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	163.90
fat (gm)	10.70
sat fat (gm)	3.50
chol (mg)	422.80
sodium (mg)	397.10
carbs (gm)	2.30
fiber (gm)	0.00
protein (gm)	13.60

REFECTORY MAIN DINING

1/24/12

BREAKFAST

WAFFLES

AUNT JEMIMA WAFFLES, MAPLE SYRUP

Nutrition Facts

Portion Size	1.650 oz Portion
calories	143.70
fat (gm)	0.80
sat fat (gm)	0.00
chol (mg)	2.60
sodium (mg)	259.50
carbs (gm)	32.50
fiber (gm)	0.00
protein (gm)	2.60

REFECTORY MAIN DINING

1/24/12

BREAKFAST

PAPRIKA BREAKFAST POTATOES

RED POTATOES, VEGETABLE SALAD OIL,
ONION SALT, GROUND PAPRIKA,
GRANULATED GARLIC, GROUND WHITE
PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	213.40
fat (gm)	12.50
sat fat (gm)	1.00
chol (mg)	0.00
sodium (mg)	5.90
carbs (gm)	23.20
fiber (gm)	2.20
protein (gm)	2.10

REFECTORY MAIN DINING

1/24/12

BREAKFAST

FRUITED SCONES

UNBLEACHED FLOUR, RAISINS, WATER,
EGGS - LIQUID, VEGETABLE ALL PURPOSE
SHORTENING, GRANULATED CANE SUGAR,
BAKING POWDER, NON-FAT MILK, SALT,
VANILLA EXTRACT

Nutrition Facts

Portion Size	SCONE 2.5 oz
calories	237.40
fat (gm)	7.60
sat fat (gm)	2.90
chol (mg)	36.70
sodium (mg)	507.00
carbs (gm)	38.00
fiber (gm)	1.20
protein (gm)	4.70

REFECTORY MAIN DINING

1/24/12

BREAKFAST

POTATO VEGETABLE CHOWDER

WHOLE MILK, POTATOES, MIXED
VEGETABLES, DICED WHITE ONIONS,
MARGARINE 1# SOLIDS (MILK FREE),
WATER, FLOUR, BASE CHICKEN SAVORY
RSTD NO MSG, HAM , THYME LEAF,
GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	116.40
fat (gm)	2.90
sat fat (gm)	1.40
chol (mg)	8.30
sodium (mg)	68.50
carbs (gm)	18.50
fiber (gm)	2.30
protein (gm)	4.10

REFECTORY MAIN DINING

1/24/12

LUNCH

VEGAN LENTIL SOUP

LENTIL BEANS, WATER, DICED WHITE ONIONS, CARROTS, CELERY, VIRGIN OLIVE OIL, TOMATO PASTE USDA GRD FCY, GRANULATED GARLIC, SALT, GROUND BLACK PEPPER, BAY LEAVES, OREGANO

Nutrition Facts	
Portion Size	6 oz Portion
calories	158.90
fat (gm)	5.40
sat fat (gm)	0.80
chol (mg)	0.00
sodium (mg)	234.80
carbs (gm)	20.30
fiber (gm)	7.40
protein (gm)	8.50

REFECTORY MAIN DINING 1/24/12 LUNCH

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY AEROSOL SOY

Nutrition Facts	
Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING 1/24/12 LUNCH

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL PAN COATING SPRAY AEROSOL SOY

Nutrition Facts	
Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING 1/24/12 LUNCH

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts

Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING

1/24/12

LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN
CHEESE, SHREDDED MOZZARELLA
CHEESE, TOMATOES, GREEN PEPPERS,
DICED WHITE ONIONS, PORK SAUSAGE ,
SLICED BACON, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING

1/24/12

LUNCH

ROAST BEEF AU JUS

BEEF, WATER, WHITE ONION, CARROTS,
CELERY, AU JUS BASE, GROUND BLACK
PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	240.10
fat (gm)	7.20
sat fat (gm)	2.60
chol (mg)	102.10
sodium (mg)	81.30
carbs (gm)	0.60
fiber (gm)	0.10
protein (gm)	40.50

REFECTORY MAIN DINING

1/24/12

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

<u>Nutrition Facts</u>	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 1/24/12 LUNCH

SLICED TURKEY

TURKEY BREAST

<u>Nutrition Facts</u>	
Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING 1/24/12 LUNCH

SPAGHETTI SAUCE

WATER, TOMATOES, DICED WHITE ONIONS,
VIRGIN OLIVE OIL, GRANULATED CANE
SUGAR, SALT, GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, BASIL LEAVES,
CRUSHED RED PEPPER, OREGANO

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	58.40
fat (gm)	2.10
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	383.90
carbs (gm)	8.30
fiber (gm)	0.10
protein (gm)	1.60

REFECTORY MAIN DINING 1/24/12 LUNCH

SPINACH QUICHE

EGGS - LIQUID, SPINACH, SHREDDED
CHEDDAR CHEESE, WHOLE MILK, PASTRY
FLOUR, ALL PURPOSE SHORTENING,
WATER, DICED WHITE ONIONS, SALT,
NON-FAT MILK, GRANULATED CANE
SUGAR, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	8 oz Portion
calories	405.80
fat (gm)	28.20
sat fat (gm)	12.20
chol (mg)	324.10
sodium (mg)	696.70
carbs (gm)	19.70
fiber (gm)	1.00
protein (gm)	18.30

REFECTORY MAIN DINING

1/24/12

LUNCH

CORN COBETTES

CORN COBETTES

Nutrition Facts

Portion Size	3.300 oz Portion
calories	87.80
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	3.70
carbs (gm)	20.90
fiber (gm)	2.00
protein (gm)	2.90

REFECTORY MAIN DINING

1/24/12

LUNCH

WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN
OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING

1/24/12

LUNCH

SALAD BAR IVY LUNCH CYCLE 2

PINEAPPLE , RED ONIONS, SALAD
CHOPPED GREEN, TOMATOES, BROCCOLI
FLORETTE, MESCLUN SPRING MIX,
MUSHROOMS, SHREDDED MOZZARELLA
CHEESE, RED PEPPERS, EXTRA FIRM
TOFU, OLIVES, CUCUMBER, GARBANZO
BEANS, KEN'S CREAMY CAESAR DRESSING,
CROUTONS, KEN'S ITALIAN CREAMY
DRESSING, KEN'S FRENCH COUNTRY
DRESSING, CARROTS, KEN'S RANCH
DRESSING, KEN'S PARM & PEPPERCORN
DRESSING, KEN'S BLUE CHEESE
DRESSING, AGED BALSAMIC VINEGAR,
VIRGIN OLIVE OIL, NONFAT PLAIN YOGURT,
TAHINI PASTE, KEN'S HONEY DIJON
DRESSING, BASIL INFUSED OIL OLIVE,
GARLIC INFUSED OLIVE OIL, IMITATION
BACON BITS, PARMESAN CHEESE, PARMESAN

Nutrition Facts

Portion Size	7.41oz portion
calories	296.70
fat (gm)	21.70
sat fat (gm)	3.90
chol (mg)	8.30
sodium (mg)	502.10
carbs (gm)	19.50
fiber (gm)	1.90
protein (gm)	7.90

REFECTORY MAIN DINING

1/24/12

LUNCH

CHOCOLATE CHIP COOKIES

CHOCOLATE CHIPS, CAKE FLOUR, BUTTER,
LIGHT BROWN SUGAR, GRANULATED CANE
SUGAR, EGGS - LIQUID, BAKING SODA ,
VANILLA EXTRACT

Nutrition Facts

Portion Size	COOKIE ~1.25 oz
calories	158.40
fat (gm)	8.00
sat fat (gm)	0.90
chol (mg)	13.50
sodium (mg)	63.40
carbs (gm)	21.50
fiber (gm)	0.10
protein (gm)	1.60

REFECTORY MAIN DINING

1/24/12

LUNCH

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE
WHEAT BREAD, ROLLS CAL BULKIE
CORNML, TOMATO AND BASIL TORTILLA ,
WHEAT VIENNA BREAD, SPINACH TORTILLA
, ROLLS BULKIE WHEAT CALISE , SEVEN
STARS SOURDOUGH BATARD, SEVEN
STARS MULTIGRAIN LOAF , VIENNA RYE
BREAD, PUMPERNICKLE BREAD, WHITE
VIENNA BREAD, WHOLE WHEAT TORTILLA ,
WHITE PULLMAN BREAD, WHITE SYRIAN
BREAD

Nutrition Facts

Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING

1/24/12

LUNCH

POTATO VEGETABLE CHOWDER

WHOLE MILK, POTATOES, MIXED
VEGETABLES, DICED WHITE ONIONS,
MARGARINE 1# SOLIDS (MILK FREE),
WATER, FLOUR, BASE CHICKEN SAVORY
RSTD NO MSG, HAM , THYME LEAF,
GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	116.40
fat (gm)	2.90
sat fat (gm)	1.40
chol (mg)	8.30
sodium (mg)	68.50
carbs (gm)	18.50
fiber (gm)	2.30
protein (gm)	4.10

REFECTORY MAIN DINING

1/24/12

DINNER

VEGAN LENTIL SOUP

LENTIL BEANS, WATER, DICED WHITE
ONIONS, CARROTS, CELERY, VIRGIN OLIVE
OIL, TOMATO PASTE USDA GRD FCY,
GRANULATED GARLIC, SALT, GROUND
BLACK PEPPER, BAY LEAVES, OREGANO

Nutrition Facts

Portion Size	6 oz Portion
calories	158.90
fat (gm)	5.40
sat fat (gm)	0.80
chol (mg)	0.00
sodium (mg)	234.80
carbs (gm)	20.30
fiber (gm)	7.40
protein (gm)	8.50

REFECTORY MAIN DINING

1/24/12

DINNER

BBQ CHICKEN PIZZA '05

PIZZA CRUST ORIG PIZZA, BBQ SAUCE
CATTLEMEN'S , PIZZA BLEND CHEESE,
CHICKEN MEAT CKD 1/2" FRZ, GRATED
ROMANO CHEESE , OREGANO

Nutrition Facts

Portion Size	slice
calories	561.70
fat (gm)	18.10
sat fat (gm)	7.90
chol (mg)	55.30
sodium (mg)	1760.60
carbs (gm)	68.40
fiber (gm)	0.00
protein (gm)	33.40

REFECTORY MAIN DINING

1/24/12

DINNER

BURRITO BAR ROOTS AND SHOOTS

MILD SALSA, SOUR CREAM, PINTO BEANS, BLACK BEANS, TOMATOES, SPINACH TORTILLA , WHITE TORTILLA , SHREDDED MONTERAY JACK CHEESE , GUACAMOLE SOUTH WEST STYLE, RED PEPPERS, MEXICAN INFUSED RICE, WHOLE WHEAT TORTILLA , ZUCCHINI SQUASH, CORN, TOMATOES, RED ONIONS, SCALLIONS BUNCHES, VIRGIN OLIVE OIL, RED WINE VINEGAR, CHILI GREEN CHOPPED, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, CHILI POWDER, SALT, BASIL LEAVES, GROUND BLACK PEPPER, WATER

Nutrition Facts

Portion Size	11.70 OZ PORTION
calories	242.10
fat (gm)	10.80
sat fat (gm)	4.80
chol (mg)	22.00
sodium (mg)	498.90
carbs (gm)	28.40
fiber (gm)	1.70
protein (gm)	8.50

REFECTORY MAIN DINING

1/24/12

DINNER

CHEESE PIZZA '04

FLOUR, WATER, PIZZA BLEND CHEESE, TOMATOES, VEGETABLE SALAD OIL, SALT, GRANULATED CANE SUGAR, YEAST, ALL PURPOSE SHORTENING, GRATED ROMANO CHEESE , GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, OREGANO

Nutrition Facts

Portion Size	SLICE
calories	148.70
fat (gm)	3.90
sat fat (gm)	1.50
chol (mg)	6.50
sodium (mg)	331.50
carbs (gm)	22.50
fiber (gm)	0.70
protein (gm)	6.30

REFECTORY MAIN DINING

1/24/12

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

Portion Size	1 oz Portion
calories	37.60
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	1.40
sodium (mg)	197.60
carbs (gm)	2.80
fiber (gm)	
protein (gm)	0.20

REFECTORY MAIN DINING

1/24/12

DINNER

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts	
Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING 1/24/12 DINNER

HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	291.20
fat (gm)	13.90
sat fat (gm)	4.90
chol (mg)	61.70
sodium (mg)	270.90
carbs (gm)	18.80
fiber (gm)	0.00
protein (gm)	21.80

REFECTORY MAIN DINING 1/24/12 DINNER

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

Nutrition Facts	
Portion Size	3.5oz portion
calories	259.40
fat (gm)	17.30
sat fat (gm)	6.20
chol (mg)	28.20
sodium (mg)	782.20
carbs (gm)	18.10
fiber (gm)	0.00
protein (gm)	9.00

REFECTORY MAIN DINING 1/24/12 DINNER

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK BONELESS, DICED WHITE ONIONS, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	115.30
fat (gm)	6.20
sat fat (gm)	2.10
chol (mg)	23.30
sodium (mg)	290.70
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	8.20

REFECTORY MAIN DINING

1/24/12

DINNER

QUINOA VEGGIES

QUINOA, WILD RICE, YELLOW PEPPERS, ORANGE PEPPERS, MUSHROOMS, BASE VEGAN SAVORY RSTD VEGETABLE, FRESH CHIVES, VIRGIN OLIVE OIL, CRUSHED RED PEPPER, WATER

Nutrition Facts

Portion Size	8oz portion
calories	307.30
fat (gm)	6.20
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	28.40
carbs (gm)	53.50
fiber (gm)	6.20
protein (gm)	10.80

REFECTORY MAIN DINING

1/24/12

DINNER

RHODE ISLAND CHICKEN SALAD

CHICKEN MEAT CKD 1/2" FRZ, CELERY, MAYONNAISE, RED DELICIOUS APPLES, RAISINS, GREEN SEEDLESS GRAPES, SALT, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4OZ SERVINGS
calories	247.00
fat (gm)	17.30
sat fat (gm)	2.80
chol (mg)	50.30
sodium (mg)	352.00
carbs (gm)	6.40
fiber (gm)	0.80
protein (gm)	15.90

REFECTORY MAIN DINING

1/24/12

DINNER

SESAME CHICKEN STRIPS W/ MUSTARD

CHICKEN , SOUR CREAM, BREAD CRUMBS,
MAYONNAISE , SESAME SEEDS,
MARGARINE 1# SOLIDS (MILK FREE),
LEMON JUICE, CIDER VINEGAR, EGGS -
LIQUID, GRANULATED CANE SUGAR,
CELERY SALT, GROUND MUSTARD, GARLIC
CHOPPED/IN OIL, GROUND BLACK PEPPER,
SALT, WATER

<u>Nutrition Facts</u>	
Portion Size	6 oz Portion
calories	414.80
fat (gm)	26.80
sat fat (gm)	7.20
chol (mg)	65.00
sodium (mg)	562.90
carbs (gm)	26.00
fiber (gm)	2.20
protein (gm)	16.70

REFECTORY MAIN DINING 1/24/12 DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

<u>Nutrition Facts</u>	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 1/24/12 DINNER

SLICED MOZZARELLA

MOZZARELLA CHEESE

<u>Nutrition Facts</u>	
Portion Size	1 oz Portion
calories	65.20
fat (gm)	4.70
sat fat (gm)	2.80
chol (mg)	17.00
sodium (mg)	28.30
carbs (gm)	0.90
fiber (gm)	
protein (gm)	4.70

REFECTORY MAIN DINING 1/24/12 DINNER

SLICED ROAST BEEF

ROAST BEEF

Nutrition Facts

Portion Size	SLICES
calories	117.90
fat (gm)	5.50
sat fat (gm)	2.10
chol (mg)	35.20
sodium (mg)	21.00
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	16.10

REFECTORY MAIN DINING**1/24/12****DINNER**

SLICED TURKEY

TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING**1/24/12****DINNER**

SPICY BLACK BEAN VEGGIE PATTY

SPICY BLACK BEAN VEGGIE PATTY, ROLLS
BULKIE WHEAT CALISE**Nutrition Facts**

Portion Size	burger
calories	201.50
fat (gm)	5.30
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	513.80
carbs (gm)	27.10
fiber (gm)	
protein (gm)	14.90

REFECTORY MAIN DINING**1/24/12****DINNER**

SPINACH FETA PIE

EGGS - LIQUID, SPINACH, FETA CHEESE, MUSHROOMS, PASTRY FLOUR, HALF & HALF CREAM, ALL PURPOSE SHORTENING, DICED WHITE ONIONS, WATER, FRESH PARSLEY, VEGETABLE SALAD OIL, GRATED ROMANO CHEESE, SALT, NON-FAT MILK, GRANULATED CANE SUGAR, GROUND BASIL, GROUND OREGANO

Nutrition Facts

Portion Size	6 oz Portion
calories	376.30
fat (gm)	26.70
sat fat (gm)	11.10
chol (mg)	237.80
sodium (mg)	635.90
carbs (gm)	20.00
fiber (gm)	1.80
protein (gm)	16.00

REFECTORY MAIN DINING

1/24/12

DINNER

VEGAN CHOW MEIN W/TOFU

BEANS SPROUTS, WATER, EXTRA FIRM TOFU, WHITE ONION, CELERY, SCALLIONS BUNCHES, CHOW MEIN NOODLES, MUSHROOMS, SLICED WATER CHESTNUTS, SOY SAUCE, PIMENTOS, CORN STARCH, BASE VEGAN SAVORY RSTD VEGETABLE, SALT, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	8 oz Portion
calories	129.60
fat (gm)	3.70
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	636.30
carbs (gm)	16.80
fiber (gm)	1.70
protein (gm)	7.30

REFECTORY MAIN DINING

1/24/12

DINNER

VEGETABLE-BEAN STEW

YAMS, GARBANZO BEANS, ZUCCHINI SQUASH, TOMATOES, DICED WHITE ONIONS, RED PEPPERS, VEGETABLE SALAD OIL, GREEN PEPPERS, LEMON JUICE, SALT, GARLIC CHOPPED/IN OIL, TABASCO/RED DEVIL HOT SAU, GROUND CORIANDER, SPICE CUMIN GROUND, CINNAMON SPICE, WATER

Nutrition Facts

Portion Size	8 oz Portion
calories	218.90
fat (gm)	8.30
sat fat (gm)	0.60
chol (mg)	0.00
sodium (mg)	371.50
carbs (gm)	32.30
fiber (gm)	4.20
protein (gm)	5.00

REFECTORY MAIN DINING

1/24/12

DINNER

VEGETARIAN GARDEN VEGETABLE SAUCE

TOMATOES, GREEN PEPPERS, ZUCCHINI
SQUASH, BROCCOLI, VEGETABLE SALAD
OIL, CARROTS, MUSHROOMS, WHITE
ONION, CELERY, GRANULATED CANE
SUGAR, SALT, GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, BASIL LEAVES,
BAY LEAVES, CRUSHED RED PEPPER,
OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	80.80
fat (gm)	5.60
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	370.10
carbs (gm)	6.40
fiber (gm)	0.90
protein (gm)	1.20

REFECTORY MAIN DINING

1/24/12

DINNER

ARTICHOKES W/STEW TOMATO

ARTICHOKE HEARTS , TOMATOES, CRIBARI
VINO BIANCO, DICED WHITE ONIONS,
CARROTS, CELERY, LEMON JUICE, GARLIC
CHOPPED/IN OIL, VIRGIN OLIVE OIL, FRESH
PARSLEY, SALT, GROUND BLACK PEPPER,
BAY LEAVES

Nutrition Facts

Portion Size	3 oz Portion
calories	47.90
fat (gm)	0.90
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	155.60
carbs (gm)	8.80
fiber (gm)	3.70
protein (gm)	2.30

REFECTORY MAIN DINING

1/24/12

DINNER

BAKED POTATOES

BAKED POTATOES

Nutrition Facts

Portion Size	8 oz Portion
calories	220.00
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	31.80
carbs (gm)	48.60
fiber (gm)	5.20
protein (gm)	6.00

REFECTORY MAIN DINING

1/24/12

DINNER

CHINESE FRIED RICE

WHITE RICE, EGGS - LIQUID, BEANS
SPROUTS, GREEN CABBAGE, GREEN PEAS,
SOY SAUCE, MUSHROOMS, SCALLIONS
BUNCHES, CARROTS, VIRGIN OLIVE OIL,
FRESH PARSLEY, GRANULATED GARLIC,
WATER

Nutrition Facts

Portion Size	4 oz Portion
calories	136.50
fat (gm)	2.60
sat fat (gm)	0.50
chol (mg)	40.90
sodium (mg)	309.50
carbs (gm)	23.00
fiber (gm)	1.00
protein (gm)	4.60

REFECTORY MAIN DINING

1/24/12

DINNER

Mandarin Blend Vegetables

Veg Frz Mandarin Blend

Nutrition Facts

Portion Size	3oz portion
calories	59.00
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	31.80
carbs (gm)	11.90
fiber (gm)	4.00
protein (gm)	2.60

REFECTORY MAIN DINING

1/24/12

DINNER

RIGATONI

RIGATONI MACARONI, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	607.20
fat (gm)	4.80
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	121.20
fiber (gm)	0.00
protein (gm)	20.70

REFECTORY MAIN DINING

1/24/12

DINNER

SWEET POTATO FRIES

SWEET POTATO FRIES

Nutrition Facts

Portion Size	3 oz Portion
calories	182.10
fat (gm)	8.10
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	121.40
carbs (gm)	25.30
fiber (gm)	
protein (gm)	2.00

REFECTORY MAIN DINING

1/24/12

DINNER

VEGETABLES IN HONEY GINGER SAUCE

CARROTS, RED PEPPERS, BROCCOLI FLORETTE, ZUCCHINI SQUASH, WHITE WINE, TAMARI SAUCE, WATER, HONEY, DICED WHITE ONIONS, VEGETABLE SALAD OIL, GARLIC CHOPPED/IN OIL, FRESH GINGER ROOT, GROUND MUSTARD

Nutrition Facts

Portion Size	3 oz Portion
calories	41.50
fat (gm)	1.20
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	42.30
carbs (gm)	7.40
fiber (gm)	1.60
protein (gm)	1.10

REFECTORY MAIN DINING

1/24/12

DINNER

WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING

1/24/12

DINNER

GREEK PASTA SALAD

MEDIUM SHELLS, TOMATOES, FETA CHEESE, OLIVES, CUCUMBER, VIRGIN OLIVE OIL, LEMON JUICE, SCALLIONS BUNCHES, FRESH PARSLEY, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, ROSEMARY, MINT LEAVES, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	319.60
fat (gm)	10.50
sat fat (gm)	2.50
chol (mg)	8.10
sodium (mg)	469.20
carbs (gm)	47.60
fiber (gm)	0.50
protein (gm)	10.00

REFECTORY MAIN DINING

1/24/12

DINNER

SALAD BAR REF CYCLE 1

CUCUMBER, TOMATOES, ROMAINE LETTUCE, APPLE SAUCE, KEN'S ITALIAN DRESSING, KEN'S LITE RANCH DRESSING, MUSHROOMS, EDAMAME , BABY SPINACH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, KEN'S PARM & PEPPERCORN DRESSING, RED ONIONS, TUNAFISH, ZUCCHINI SQUASH, KEN'S BLUE CHEESE DRESSING, KEN'S BALSAMIC VINAIGRETTE, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, FETA CHEESE, TOMATOES, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, SWEETENED DRIED CRANBERRIES , CROUITONS CHOW MEIN NOODLES, TAHINI

Nutrition Facts

Portion Size	2.200 oz Portion
calories	100.00
fat (gm)	7.60
sat fat (gm)	1.20
chol (mg)	4.40
sodium (mg)	248.50
carbs (gm)	6.60
fiber (gm)	0.60
protein (gm)	2.30

REFECTORY MAIN DINING

1/24/12

DINNER

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE WHEAT BREAD, ROLLS CAL BULKIE CORNML, TOMATO AND BASIL TORTILLA , WHEAT VIENNA BREAD, SPINACH TORTILLA , ROLLS BULKIE WHEAT CALISE , SEVEN STARS SOURDOUGH BATARD, SEVEN STARS MULTIGRAIN LOAF , VIENNA RYE BREAD, PUMPERNICKLE BREAD, WHITE VIENNA BREAD, WHOLE WHEAT TORTILLA , WHITE PULLMAN BREAD, WHITE SYRIAN BREAD

Nutrition Facts

Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING

1/24/12

DINNER

MAGIC BARS

CONDENSED MILK, GRAHAM CRACKER CRUMBS, SEMISWEET CHOCOLATE CHIPS, BUTTER, COCONUT FLAKES

<u>Nutrition Facts</u>	
Portion Size	3.25 oz portion
calories	355.40
fat (gm)	23.40
sat fat (gm)	9.00
chol (mg)	10.60
sodium (mg)	324.60
carbs (gm)	35.40
fiber (gm)	0.50
protein (gm)	4.70

REFECTORY MAIN DINING 1/24/12 DINNER

APPLE PANCAKES

WATER, PANCAKE MIX DELUXE, APPLES

<u>Nutrition Facts</u>	
Portion Size	3.58oz portion
calories	137.60
fat (gm)	1.20
sat fat (gm)	0.00
chol (mg)	4.10
sodium (mg)	387.80
carbs (gm)	27.80
fiber (gm)	0.00
protein (gm)	4.10

REFECTORY MAIN DINING 1/25/12 BREAKFAST

BAGELS

BAGELS PRESLICED (FINAGLE)

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	487.30
fat (gm)	2.80
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	946.20
carbs (gm)	94.60
fiber (gm)	4.10
protein (gm)	18.60

REFECTORY MAIN DINING 1/25/12 BREAKFAST

CANADIAN BACON

CANADIAN BACON

Nutrition Facts

Portion Size	2 oz Portion
calories	52.90
fat (gm)	2.40
sat fat (gm)	0.80
chol (mg)	16.60
sodium (mg)	441.80
carbs (gm)	0.40
fiber (gm)	0.00
protein (gm)	6.90

REFECTORY MAIN DINING

1/25/12

BREAKFAST

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY
AEROSOL SOY

Nutrition Facts

Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING

1/25/12

BREAKFAST

FRENCH TOAST

TEXAS TOAST, EGGS - LIQUID, MAPLE
SYRUP, WHOLE MILK, GRANULATED CANE
SUGAR, SALT, CINNAMON SPICE

Nutrition Facts

Portion Size	7.230 oz Portion
calories	364.00
fat (gm)	7.20
sat fat (gm)	1.50
chol (mg)	158.40
sodium (mg)	581.30
carbs (gm)	66.60
fiber (gm)	0.00
protein (gm)	17.10

REFECTORY MAIN DINING

1/25/12

BREAKFAST

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL
PAN COATING SPRAY AEROSOL SOY

<u>Nutrition Facts</u>	
Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING 1/25/12 **BREAKFAST**

HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	113.00
fat (gm)	7.90
sat fat (gm)	2.40
chol (mg)	334.30
sodium (mg)	110.60
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	9.90

REFECTORY MAIN DINING 1/25/12 **BREAKFAST**

OATMEAL

OATMEAL, WATER

<u>Nutrition Facts</u>	
Portion Size	6 oz Portion
calories	570.00
fat (gm)	11.40
sat fat (gm)	1.90
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	102.60
fiber (gm)	0.00
protein (gm)	19.00

REFECTORY MAIN DINING 1/25/12 **BREAKFAST**

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN CHEESE, SHREDDED MOZZARELLA CHEESE, TOMATOES, GREEN PEPPERS, DICED WHITE ONIONS, PORK SAUSAGE , SLICED BACON, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING

1/25/12

BREAKFAST

PANCAKES

WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

Nutrition Facts

Portion Size	4 oz Portion
calories	207.00
fat (gm)	1.20
sat fat (gm)	0.00
chol (mg)	4.00
sodium (mg)	396.80
carbs (gm)	46.30
fiber (gm)	0.00
protein (gm)	4.00

REFECTORY MAIN DINING

1/25/12

BREAKFAST

SCRAMBLED EGGS

EGGS - LIQUID, WHOLE MILK, SALT, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	163.90
fat (gm)	10.70
sat fat (gm)	3.50
chol (mg)	422.80
sodium (mg)	397.10
carbs (gm)	2.30
fiber (gm)	0.00
protein (gm)	13.60

REFECTORY MAIN DINING

1/25/12

BREAKFAST

LYONNAISE POTATOES

POTATOES, WHITE ONION, VEGETABLE SALAD OIL, FRESH PARSLEY, SALT, GROUND WHITE PEPPER, GROUND PAPRIKA

Nutrition Facts

Portion Size	3.800 oz Portion
calories	124.80
fat (gm)	3.80
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	171.10
carbs (gm)	21.10
fiber (gm)	2.00
protein (gm)	1.80

REFECTORY MAIN DINING

1/25/12

BREAKFAST

BLUEBERRY CORN MUFFINS

FIESTA MUFFIN MIX, WATER, BLUEBERRIES WILD FROZEN, CORN MEAL, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	~PORTIONS
calories	199.70
fat (gm)	6.60
sat fat (gm)	0.20
chol (mg)	5.30
sodium (mg)	210.20
carbs (gm)	32.40
fiber (gm)	0.30
protein (gm)	3.60

REFECTORY MAIN DINING

1/25/12

BREAKFAST

KALE AND LINGUICA SOUP

WATER, POTATOES, PINTO BEANS, LINGUICA, KALE, DICED WHITE ONIONS, BASE BEEF SAVORY RSTD NO MSG, VIRGIN OLIVE OIL, GROUND WHITE PEPPER, GARLIC CHOPPED/IN OIL

Nutrition Facts

Portion Size	6 oz Portion
calories	75.10
fat (gm)	4.50
sat fat (gm)	1.30
chol (mg)	8.40
sodium (mg)	165.70
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING

1/25/12

LUNCH

VEGETARIAN CREAM OF BROCCOLI SOUP

WHOLE MILK, BROCCOLI, WATER,
MARGARINE 1# SOLIDS (MILK FREE),
UNBLEACHED FLOUR, SALT, GROUND
WHITE PEPPER, CELERY SALT

Nutrition Facts

Portion Size	6 oz Portion
calories	134.40
fat (gm)	5.80
sat fat (gm)	3.30
chol (mg)	21.70
sodium (mg)	531.00
carbs (gm)	14.10
fiber (gm)	0.80
protein (gm)	6.20

REFECTORY MAIN DINING

1/25/12

LUNCH

BURRITO BAR ROOTS AND SHOOTS

MILD SALSA, SOUR CREAM, PINTO BEANS,
BLACK BEANS, TOMATOES, SPINACH
TORTILLA , WHITE TORTILLA , SHREDDED
MONTERAY JACK CHEESE , GUACAMOLE
SOUTH WEST STYLE, RED PEPPERS,
MEXICAN INFUSED RICE, WHOLE WHEAT
TORTILLA , ZUCCHINI SQUASH, CORN,
TOMATOES, RED ONIONS, SCALLIONS
BUNCHES, VIRGIN OLIVE OIL, RED WINE
VINEGAR, CHILI GREEN CHOPPED, FRESH
PARSLEY, GARLIC CHOPPED/IN OIL, CHILI
POWDER, SALT, BASIL LEAVES, GROUND
BLACK PEPPER, WATER

Nutrition Facts

Portion Size	11.70 OZ PORTION
calories	242.10
fat (gm)	10.80
sat fat (gm)	4.80
chol (mg)	22.00
sodium (mg)	498.90
carbs (gm)	28.40
fiber (gm)	1.70
protein (gm)	8.50

REFECTORY MAIN DINING

1/25/12

LUNCH

CANADIAN BACON

CANADIAN BACON

Nutrition Facts

Portion Size	2 oz Portion
calories	52.90
fat (gm)	2.40
sat fat (gm)	0.80
chol (mg)	16.60
sodium (mg)	441.80
carbs (gm)	0.40
fiber (gm)	0.00
protein (gm)	6.90

REFECTORY MAIN DINING

1/25/12

LUNCH

CHEESE PIZZA '04

FLOUR, WATER, PIZZA BLEND CHEESE,
TOMATOES, VEGETABLE SALAD OIL, SALT,
GRANULATED CANE SUGAR, YEAST, ALL
PURPOSE SHORTENING, GRATED ROMANO
CHEESE , GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, OREGANO

<u>Nutrition Facts</u>	
Portion Size	SLICE
calories	148.70
fat (gm)	3.90
sat fat (gm)	1.50
chol (mg)	6.50
sodium (mg)	331.50
carbs (gm)	22.50
fiber (gm)	0.70
protein (gm)	6.30

REFECTORY MAIN DINING 1/25/12 LUNCH

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

<u>Nutrition Facts</u>	
Portion Size	1 oz Portion
calories	37.60
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	1.40
sodium (mg)	197.60
carbs (gm)	2.80
fiber (gm)	
protein (gm)	0.20

REFECTORY MAIN DINING 1/25/12 LUNCH

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY
AEROSOL SOY

<u>Nutrition Facts</u>	
Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING 1/25/12 LUNCH

FLAME GRILLED VEGAN PATTY

VEGAN PATTY FLAME GRILLED, ROLLS
BULKIE WHEAT CALISE

Nutrition Facts

Portion Size	burger
calories	204.30
fat (gm)	6.30
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	632.20
carbs (gm)	19.20
fiber (gm)	
protein (gm)	20.60

REFECTORY MAIN DINING

1/25/12

LUNCH

FRENCH TOAST

TEXAS TOAST, EGGS - LIQUID, MAPLE
SYRUP, WHOLE MILK, GRANULATED CANE
SUGAR, SALT, CINNAMON SPICE

Nutrition Facts

Portion Size	7.230 oz Portion
calories	364.00
fat (gm)	7.20
sat fat (gm)	1.50
chol (mg)	158.40
sodium (mg)	581.30
carbs (gm)	66.60
fiber (gm)	0.00
protein (gm)	17.10

REFECTORY MAIN DINING

1/25/12

LUNCH

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL
PAN COATING SPRAY AEROSOL SOY

Nutrition Facts

Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING

1/25/12

LUNCH

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts	
Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING 1/25/12 LUNCH

HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	291.20
fat (gm)	13.90
sat fat (gm)	4.90
chol (mg)	61.70
sodium (mg)	270.90
carbs (gm)	18.80
fiber (gm)	0.00
protein (gm)	21.80

REFECTORY MAIN DINING 1/25/12 LUNCH

HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	113.00
fat (gm)	7.90
sat fat (gm)	2.40
chol (mg)	334.30
sodium (mg)	110.60
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	9.90

REFECTORY MAIN DINING 1/25/12 LUNCH

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

Nutrition Facts

Portion Size	3.5oz portion
calories	259.40
fat (gm)	17.30
sat fat (gm)	6.20
chol (mg)	28.20
sodium (mg)	782.20
carbs (gm)	18.10
fiber (gm)	0.00
protein (gm)	9.00

REFECTORY MAIN DINING

1/25/12

LUNCH

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK BONELESS, DICED WHITE ONIONS, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	115.30
fat (gm)	6.20
sat fat (gm)	2.10
chol (mg)	23.30
sodium (mg)	290.70
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	8.20

REFECTORY MAIN DINING

1/25/12

LUNCH

MILD BUFFALO WINGS

CHICKEN , MARGARINE 1# SOLIDS (MILK FREE), TABASCO/RED DEVIL HOT SAU, WHITE VINEGAR

Nutrition Facts

Portion Size	8 oz Portion
calories	571.30
fat (gm)	38.90
sat fat (gm)	10.30
chol (mg)	136.20
sodium (mg)	863.20
carbs (gm)	19.10
fiber (gm)	0.60
protein (gm)	34.30

REFECTORY MAIN DINING

1/25/12

LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN CHEESE, SHREDDED MOZZARELLA CHEESE, TOMATOES, GREEN PEPPERS, DICED WHITE ONIONS, PORK SAUSAGE, SLICED BACON, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING

1/25/12

LUNCH

PANCAKES

WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

Nutrition Facts

Portion Size	4 oz Portion
calories	207.00
fat (gm)	1.20
sat fat (gm)	0.00
chol (mg)	4.00
sodium (mg)	396.80
carbs (gm)	46.30
fiber (gm)	0.00
protein (gm)	4.00

REFECTORY MAIN DINING

1/25/12

LUNCH

RHODE ISLAND CHICKEN SALAD

CHICKEN MEAT CKD 1/2" FRZ, CELERY, MAYONNAISE, RED DELICIOUS APPLES, RAISINS, GREEN SEEDLESS GRAPES, SALT, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4OZ SERVINGS
calories	247.00
fat (gm)	17.30
sat fat (gm)	2.80
chol (mg)	50.30
sodium (mg)	352.00
carbs (gm)	6.40
fiber (gm)	0.80
protein (gm)	15.90

REFECTORY MAIN DINING

1/25/12

LUNCH

Sauces for Chicken Fingers

SWEET & SOUR SAUCE, BBQ SAUCE,
HONEY MUSTARD

Nutrition Facts	
Portion Size	Each
calories	52.00
fat (gm)	1.60
sat fat (gm)	0.20
chol (mg)	2.90
sodium (mg)	168.40
carbs (gm)	9.80
fiber (gm)	
protein (gm)	0.20

REFECTORY MAIN DINING 1/25/12 LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 1/25/12 LUNCH

SLICED DELI HAM

HAM

Nutrition Facts	
Portion Size	2 oz Portion
calories	72.10
fat (gm)	3.60
sat fat (gm)	1.20
chol (mg)	27.00
sodium (mg)	618.80
carbs (gm)	1.20
fiber (gm)	
protein (gm)	8.40

REFECTORY MAIN DINING 1/25/12 LUNCH

SLICED MUEENSTER

MUEENSTER CHEESE

Nutrition Facts

Portion Size	2 oz Portion
calories	208.80
fat (gm)	17.20
sat fat (gm)	10.70
chol (mg)	54.60
sodium (mg)	356.10
carbs (gm)	0.40
fiber (gm)	
protein (gm)	13.30

REFECTORY MAIN DINING**1/25/12****LUNCH**

SLICED TURKEY

TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING**1/25/12****LUNCH**

VEGAN NUGGETS

VEGAN NUGGETS BREADED FRZN

Nutrition Facts

Portion Size	4.80 OZ PORTION
calories	47.60
fat (gm)	1.40
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	129.30
carbs (gm)	6.80
fiber (gm)	1.40
protein (gm)	4.10

REFECTORY MAIN DINING**1/25/12****LUNCH**

VEGETARIAN GARDEN VEGETABLE SAUCE

TOMATOES, GREEN PEPPERS, ZUCCHINI SQUASH, BROCCOLI, VEGETABLE SALAD OIL, CARROTS, MUSHROOMS, WHITE ONION, CELERY, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, BAY LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	80.80
fat (gm)	5.60
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	370.10
carbs (gm)	6.40
fiber (gm)	0.90
protein (gm)	1.20

REFECTORY MAIN DINING

1/25/12

LUNCH

VEGGIE PIZZA '04

WATER, WHOLE WHEAT FLOUR, FLOUR, PIZZA BLEND CHEESE, TOMATOES, GREEN PEPPERS, WHITE ONION, MUSHROOMS, VEGETABLE SALAD OIL, GRANULATED CANE SUGAR, YEAST, SALT, GRATED ROMANO CHEESE, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, OREGANO

Nutrition Facts

Portion Size	~2.625 OZ. PORT
calories	171.00
fat (gm)	6.10
sat fat (gm)	1.70
chol (mg)	6.90
sodium (mg)	275.60
carbs (gm)	23.20
fiber (gm)	2.20
protein (gm)	7.30

REFECTORY MAIN DINING

1/25/12

LUNCH

BELGIAN CARROTS

BELGIUM CARROTS

Nutrition Facts

Portion Size	3 oz Portion
calories	24.90
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	213.70
carbs (gm)	6.40
fiber (gm)	
protein (gm)	0.70

REFECTORY MAIN DINING

1/25/12

LUNCH

FRENCH FRIES KRINKLE CUT

FRENCH FRIES

Nutrition Facts

Portion Size	3 oz Portion
calories	124.60
fat (gm)	6.70
sat fat (gm)	1.60
chol (mg)	0.00
sodium (mg)	75.90
carbs (gm)	14.70
fiber (gm)	
protein (gm)	1.50

REFECTORY MAIN DINING

1/25/12

LUNCH

GREEK PASTA SALAD

MEDIUM SHELLS, TOMATOES, FETA CHEESE, OLIVES, CUCUMBER, VIRGIN OLIVE OIL, LEMON JUICE, SCALLIONS BUNCHES, FRESH PARSLEY, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, ROSEMARY, MINT LEAVES, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	319.60
fat (gm)	10.50
sat fat (gm)	2.50
chol (mg)	8.10
sodium (mg)	469.20
carbs (gm)	47.60
fiber (gm)	0.50
protein (gm)	10.00

REFECTORY MAIN DINING

1/25/12

LUNCH

PARSLEY POTATOES

POTATOES, FRESH PARSLEY

Nutrition Facts

Portion Size	4 oz Portion
calories	97.70
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	6.00
carbs (gm)	22.70
fiber (gm)	2.10
protein (gm)	2.00

REFECTORY MAIN DINING

1/25/12

LUNCH

ROTINI

ROTINI, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	636.90
fat (gm)	4.90
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	127.30
fiber (gm)	0.00
protein (gm)	21.70

REFECTORY MAIN DINING**1/25/12****LUNCH**

VEGAN BROWN RICE PILAFBROWN RICE, DICED WHITE ONIONS, BASE
VEGAN SAVORY RSTD VEGETABLE,
GROUND WHITE PEPPER, WATER**Nutrition Facts**

Portion Size	4 oz Portion
calories	149.10
fat (gm)	1.20
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	10.10
carbs (gm)	30.90
fiber (gm)	2.50
protein (gm)	3.50

REFECTORY MAIN DINING**1/25/12****LUNCH**

WHOLE WHEAT PENNEPASTA PENNE WHOLE WHEAT, VIRGIN
OLIVE OIL**Nutrition Facts**

Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING**1/25/12****LUNCH**

SALAD BAR REF CYCLE 1

CUCUMBER, TOMATOES, ROMAINE
LETTUCE, APPLE SAUCE, KEN'S ITALIAN
DRESSING, KEN'S LITE RANCH DRESSING,
MUSHROOMS, EDAMAME , BABY SPINACH,
LOW FAT COTTAGE CHEESE , TROPICAL
FRUIT SALAD, NONFAT PLAIN YOGURT,
KEN'S CREAMY CAESAR DRESSING, KEN'S
PARM & PEPPERCORN DRESSING, RED
ONIONS, TUNAFISH, ZUCCHINI SQUASH,
KEN'S BLUE CHEESE DRESSING, KEN'S
BALSAMIC VINAIGRETTE, PEACHES,
BROCCOLI FLORETTE, CARROTS, EXTRA
FIRM TOFU, PEARS, PINEAPPLE , NONFAT
STRAWBERRY YOGURT, FETA CHEESE,
TOMATOES, OLIVES, BALSAMIC VINEGAR,
GARBANZO BEANS, VIRGIN OLIVE OIL,
SWEETENED DRIED CRANBERRIES ,
CROUTONS CHOW MEIN NOODLES TAHINI

Nutrition Facts	
Portion Size	2.200 oz Portion
calories	100.00
fat (gm)	7.60
sat fat (gm)	1.20
chol (mg)	4.40
sodium (mg)	248.50
carbs (gm)	6.60
fiber (gm)	0.60
protein (gm)	2.30

REFECTORY MAIN DINING 1/25/12

LUNCH

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE
WHEAT BREAD, ROLLS CAL BULKIE
CORNML, TOMATO AND BASIL TORTILLA ,
WHEAT VIENNA BREAD, SPINACH TORTILLA
, ROLLS BULKIE WHEAT CALISE , SEVEN
STARS SOURDOUGH BATARD, SEVEN
STARS MULTIGRAIN LOAF , VIENNA RYE
BREAD, PUMPERNICKLE BREAD, WHITE
VIENNA BREAD, WHOLE WHEAT TORTILLA ,
WHITE PULLMAN BREAD, WHITE SYRIAN
BREAD

Nutrition Facts	
Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING 1/25/12

LUNCH

M&M COOKIE

CAKE FLOUR, BUTTER, M&M PLAIN, LIGHT
BROWN SUGAR, EGGS - LIQUID,
GRANULATED CANE SUGAR, BAKING SODA
, VANILLA EXTRACT

Nutrition Facts	
Portion Size	~1.25 OZ. COOKIE
calories	159.10
fat (gm)	8.60
sat fat (gm)	2.30
chol (mg)	15.00
sodium (mg)	88.10
carbs (gm)	19.20
fiber (gm)	0.40
protein (gm)	1.50

REFECTORY MAIN DINING 1/25/12

LUNCH

MULTI-GRAIN BREAD

FLOUR, WATER, BUTTERMILK, QUICK OATS, SUNFLOWER SEEDS, HONEY, BROWN RICE, YEAST, LIGHT BROWN SUGAR, EGGS - LIQUID, OAT BRAN, SALT, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, GROUND WHITE PEPPER

Nutrition Facts	
Portion Size	~PORTIONS
calories	170.40
fat (gm)	2.20
sat fat (gm)	0.30
chol (mg)	4.00
sodium (mg)	114.30
carbs (gm)	32.60
fiber (gm)	1.60
protein (gm)	5.20

REFECTORY MAIN DINING 1/25/12 LUNCH

WHEAT DINNER ROLLS

Nutrition Facts	
Portion Size	ROLL
calories	96.70
fat (gm)	2.20
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	120.50
carbs (gm)	16.30
fiber (gm)	1.30
protein (gm)	3.00

REFECTORY MAIN DINING 1/25/12 LUNCH

KALE AND LINGUICA SOUP

WATER, POTATOES, PINTO BEANS, LINGUICA, KALE, DICED WHITE ONIONS, BASE BEEF SAVORY RSTD NO MSG, VIRGIN OLIVE OIL, GROUND WHITE PEPPER, GARLIC CHOPPED/IN OIL

Nutrition Facts	
Portion Size	6 oz Portion
calories	75.10
fat (gm)	4.50
sat fat (gm)	1.30
chol (mg)	8.40
sodium (mg)	165.70
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING 1/25/12 DINNER

VEGETARIAN CREAM OF BROCCOLI SOUP

WHOLE MILK, BROCCOLI, WATER,
MARGARINE 1# SOLIDS (MILK FREE),
UNBLEACHED FLOUR, SALT, GROUND
WHITE PEPPER, CELERY SALT

Nutrition Facts

Portion Size	6 oz Portion
calories	134.40
fat (gm)	5.80
sat fat (gm)	3.30
chol (mg)	21.70
sodium (mg)	531.00
carbs (gm)	14.10
fiber (gm)	0.80
protein (gm)	6.20

REFECTORY MAIN DINING

1/25/12

DINNER

BURRITO BAR ROOTS AND SHOOTS

MILD SALSA, SOUR CREAM, PINTO BEANS,
BLACK BEANS, TOMATOES, SPINACH
TORTILLA , WHITE TORTILLA , SHREDDED
MONTERAY JACK CHEESE , GUACAMOLE
SOUTH WEST STYLE, RED PEPPERS,
MEXICAN INFUSED RICE, WHOLE WHEAT
TORTILLA , ZUCCHINI SQUASH, CORN,
TOMATOES, RED ONIONS, SCALLIONS
BUNCHES, VIRGIN OLIVE OIL, RED WINE
VINEGAR, CHILI GREEN CHOPPED, FRESH
PARSLEY, GARLIC CHOPPED/IN OIL, CHILI
POWDER, SALT, BASIL LEAVES, GROUND
BLACK PEPPER, WATER

Nutrition Facts

Portion Size	11.70 OZ PORTION
calories	242.10
fat (gm)	10.80
sat fat (gm)	4.80
chol (mg)	22.00
sodium (mg)	498.90
carbs (gm)	28.40
fiber (gm)	1.70
protein (gm)	8.50

REFECTORY MAIN DINING

1/25/12

DINNER

CHEESE CREAM SAUCE

WHOLE MILK, CHEDDAR CHEESE SAUCE,
SHREDDED CHEDDAR CHEESE,
MARGARINE 1# SOLIDS (MILK FREE),
UNBLEACHED FLOUR, SALT, GROUND
WHITE PEPPER

Nutrition Facts

Portion Size	2 oz Portion
calories	62.80
fat (gm)	3.40
sat fat (gm)	1.60
chol (mg)	9.20
sodium (mg)	201.50
carbs (gm)	5.20
fiber (gm)	0.10
protein (gm)	2.30

REFECTORY MAIN DINING

1/25/12

DINNER

CHEESE PIZZA '04

FLOUR, WATER, PIZZA BLEND CHEESE,
TOMATOES, VEGETABLE SALAD OIL, SALT,
GRANULATED CANE SUGAR, YEAST, ALL
PURPOSE SHORTENING, GRATED ROMANO
CHEESE , GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, OREGANO

Nutrition Facts	
Portion Size	SLICE
calories	148.70
fat (gm)	3.90
sat fat (gm)	1.50
chol (mg)	6.50
sodium (mg)	331.50
carbs (gm)	22.50
fiber (gm)	0.70
protein (gm)	6.30

REFECTORY MAIN DINING 1/25/12 DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts	
Portion Size	1 oz Portion
calories	37.60
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	1.40
sodium (mg)	197.60
carbs (gm)	2.80
fiber (gm)	
protein (gm)	0.20

REFECTORY MAIN DINING 1/25/12 DINNER

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts	
Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING 1/25/12 DINNER

GRILLED CHEESE ON WHEAT

WHEAT VIENNA BREAD, AMERICAN
CHEESE, SHORTENING PHASE BUTTER
SUB

<u>Nutrition Facts</u>	
Portion Size	SAND
calories	413.90
fat (gm)	20.80
sat fat (gm)	12.60
chol (mg)	45.00
sodium (mg)	1418.50
carbs (gm)	37.90
fiber (gm)	2.80
protein (gm)	20.30

REFECTORY MAIN DINING 1/25/12 DINNER

GRILLED CHEESE ON WHITE

WHITE VIENNA BREAD, AMERICAN CHEESE,
SHORTENING PHASE BUTTER SUB

<u>Nutrition Facts</u>	
Portion Size	SAND
calories	431.50
fat (gm)	19.40
sat fat (gm)	12.40
chol (mg)	45.00
sodium (mg)	1517.20
carbs (gm)	44.70
fiber (gm)	1.80
protein (gm)	21.00

REFECTORY MAIN DINING 1/25/12 DINNER

HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	291.20
fat (gm)	13.90
sat fat (gm)	4.90
chol (mg)	61.70
sodium (mg)	270.90
carbs (gm)	18.80
fiber (gm)	0.00
protein (gm)	21.80

REFECTORY MAIN DINING 1/25/12 DINNER

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

Nutrition Facts

Portion Size	3.5oz portion
calories	259.40
fat (gm)	17.30
sat fat (gm)	6.20
chol (mg)	28.20
sodium (mg)	782.20
carbs (gm)	18.10
fiber (gm)	0.00
protein (gm)	9.00

REFECTORY MAIN DINING

1/25/12

DINNER

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK
BONELESS, DICED WHITE ONIONS, VIRGIN
OLIVE OIL, GRANULATED CANE SUGAR,
SALT, GARLIC CHOPPED/IN OIL, GROUND
BLACK PEPPER, BASIL LEAVES, CRUSHED
RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	115.30
fat (gm)	6.20
sat fat (gm)	2.10
chol (mg)	23.30
sodium (mg)	290.70
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	8.20

REFECTORY MAIN DINING

1/25/12

DINNER

PASTA WITH EGGPLANT & OLIVES

PASTA PENNE (MOSTACCIOLI), TOMATOES,
EGG PLANT, YELLOW ONIONS, OLIVES,
BURGUNDY WINE, FRESH BASIL,
GRANULATED CANE SUGAR, GARLIC
CHOPPED/IN OIL, OREGANO

Nutrition Facts

Portion Size	6oz portion
calories	230.70
fat (gm)	3.40
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	227.80
carbs (gm)	40.00
fiber (gm)	3.30
protein (gm)	7.10

REFECTORY MAIN DINING

1/25/12

DINNER

RHODE ISLAND CHICKEN SALAD

CHICKEN MEAT CKD 1/2" FRZ, CELERY,
MAYONNAISE , RED DELICIOUS APPLES,
RAISINS, GREEN SEEDLESS GRAPES, SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4OZ SERVINGS
calories	247.00
fat (gm)	17.30
sat fat (gm)	2.80
chol (mg)	50.30
sodium (mg)	352.00
carbs (gm)	6.40
fiber (gm)	0.80
protein (gm)	15.90

REFECTORY MAIN DINING

1/25/12

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts

Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING

1/25/12

DINNER

SLICED DELI HAM

HAM

Nutrition Facts

Portion Size	2 oz Portion
calories	72.10
fat (gm)	3.60
sat fat (gm)	1.20
chol (mg)	27.00
sodium (mg)	618.80
carbs (gm)	1.20
fiber (gm)	
protein (gm)	8.40

REFECTORY MAIN DINING

1/25/12

DINNER

SLICED MUESTER

MUESTER CHEESE

<u>Nutrition Facts</u>	
Portion Size	2 oz Portion
calories	208.80
fat (gm)	17.20
sat fat (gm)	10.70
chol (mg)	54.60
sodium (mg)	356.10
carbs (gm)	0.40
fiber (gm)	
protein (gm)	13.30

REFECTORY MAIN DINING**1/25/12****DINNER**

SLICED TURKEY

TURKEY BREAST

<u>Nutrition Facts</u>	
Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING**1/25/12****DINNER**

VEGAN THREE BEAN CASSEROLE

KIDNEY BEANS, GREAT NORTHERN BEANS,
TOMATOES, BABY LIMA BEANS, GREEN
PEPPERS, RED PEPPERS, DICED WHITE
ONIONS, VEGETABLE SALAD OIL, GARLIC
CHOPPED/IN OIL, GROUND OREGANO,
SPICE DILL WEED WHL, BAY LEAVES

<u>Nutrition Facts</u>	
Portion Size	8 oz Portion
calories	204.70
fat (gm)	5.10
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	413.50
carbs (gm)	29.20
fiber (gm)	3.20
protein (gm)	9.50

REFECTORY MAIN DINING**1/25/12****DINNER**

VEGETARIAN GARDEN VEGETABLE SAUCE

TOMATOES, GREEN PEPPERS, ZUCCHINI SQUASH, BROCCOLI, VEGETABLE SALAD OIL, CARROTS, MUSHROOMS, WHITE ONION, CELERY, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, BAY LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts	
Portion Size	4 oz Portion
calories	80.80
fat (gm)	5.60
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	370.10
carbs (gm)	6.40
fiber (gm)	0.90
protein (gm)	1.20

REFECTORY MAIN DINING 1/25/12 DINNER

VEGETARIAN SPINACH STRUDEL

PUFF PASTRY SHEETS, SPINACH, SHREDDED CHEDDAR CHEESE, HALF & HALF CREAM, EGGS SHELL ORGANIC-CAGE FREE, GROUND BLACK PEPPER, SALT

Nutrition Facts	
Portion Size	6 oz Portion
calories	568.90
fat (gm)	42.50
sat fat (gm)	14.80
chol (mg)	66.20
sodium (mg)	405.80
carbs (gm)	32.00
fiber (gm)	1.20
protein (gm)	17.10

REFECTORY MAIN DINING 1/25/12 DINNER

VEGGIE PIZZA '04

WATER, WHOLE WHEAT FLOUR, FLOUR, PIZZA BLEND CHEESE, TOMATOES, GREEN PEPPERS, WHITE ONION, MUSHROOMS, VEGETABLE SALAD OIL, GRANULATED CANE SUGAR, YEAST, SALT, GRATED ROMANO CHEESE, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, OREGANO

Nutrition Facts	
Portion Size	~2.625 OZ. PORT
calories	171.00
fat (gm)	6.10
sat fat (gm)	1.70
chol (mg)	6.90
sodium (mg)	275.60
carbs (gm)	23.20
fiber (gm)	2.20
protein (gm)	7.30

REFECTORY MAIN DINING 1/25/12 DINNER

BAKED SWEET POTATOES

YAMS

Nutrition Facts

Portion Size	5.3oz portion
calories	164.90
fat (gm)	0.20
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	11.40
carbs (gm)	39.10
fiber (gm)	5.50
protein (gm)	2.10

REFECTORY MAIN DINING**1/25/12****DINNER**

BULGAR PILAFBULGUR CRACKED WHEAT , VERMICELLI,
MARGARINE 1# SOLIDS (MILK FREE), BASE
VEGAN SAVORY RSTD VEGETABLE, DICED
WHITE ONIONS, GROUND WHITE PEPPER,
WATER**Nutrition Facts**

Portion Size	4 oz Portion
calories	443.00
fat (gm)	2.10
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	13.40
carbs (gm)	95.00
fiber (gm)	0.00
protein (gm)	13.40

REFECTORY MAIN DINING**1/25/12****DINNER**

FRENCH FRIES KRINKLE CUT

FRENCH FRIES

Nutrition Facts

Portion Size	3 oz Portion
calories	124.60
fat (gm)	6.70
sat fat (gm)	1.60
chol (mg)	0.00
sodium (mg)	75.90
carbs (gm)	14.70
fiber (gm)	
protein (gm)	1.50

REFECTORY MAIN DINING**1/25/12****DINNER**

GREEK PASTA SALAD

MEDIUM SHELLS, TOMATOES, FETA CHEESE, OLIVES, CUCUMBER, VIRGIN OLIVE OIL, LEMON JUICE, SCALLIONS BUNCHES, FRESH PARSLEY, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, ROSEMARY, MINT LEAVES, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	319.60
fat (gm)	10.50
sat fat (gm)	2.50
chol (mg)	8.10
sodium (mg)	469.20
carbs (gm)	47.60
fiber (gm)	0.50
protein (gm)	10.00

REFECTORY MAIN DINING

1/25/12

DINNER

ROASTED BEETS

BEETS, VIRGIN OLIVE OIL, KOSHER SALT, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	3oz portion
calories	56.70
fat (gm)	3.20
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	227.80
carbs (gm)	5.60
fiber (gm)	0.00
protein (gm)	0.40

REFECTORY MAIN DINING

1/25/12

DINNER

ROTINI

ROTINI, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	636.90
fat (gm)	4.90
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	127.30
fiber (gm)	0.00
protein (gm)	21.70

REFECTORY MAIN DINING

1/25/12

DINNER

SPINACH WITH LEMON

SPINACH, MARGARINE 1# SOLIDS (MILK FREE), LEMON JUICE

<u>Nutrition Facts</u>	
Portion Size	3 oz Portion
calories	28.20
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	69.10
carbs (gm)	3.80
fiber (gm)	2.60
protein (gm)	3.30

REFECTORY MAIN DINING 1/25/12 DINNER

VEGAN RICE PILAF

WHITE RICE, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, GROUND WHITE PEPPER, WATER

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	165.40
fat (gm)	0.40
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	4.60
carbs (gm)	35.90
fiber (gm)	0.60
protein (gm)	3.40

REFECTORY MAIN DINING 1/25/12 DINNER

WHOLE GREEN BEANS FZ

WHOLE GREEN BEANS

<u>Nutrition Facts</u>	
Portion Size	3 oz Portion
calories	21.40
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.80
carbs (gm)	4.90
fiber (gm)	2.30
protein (gm)	1.10

REFECTORY MAIN DINING 1/25/12 DINNER

WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN OLIVE OIL

Nutrition Facts	
Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING 1/25/12 DINNER

SALAD BAR REF CYCLE 1

CUCUMBER, TOMATOES, ROMAINE LETTUCE, APPLE SAUCE, KEN'S ITALIAN DRESSING, KEN'S LITE RANCH DRESSING, MUSHROOMS, EDAMAME , BABY SPINACH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, KEN'S PARM & PEPPERCORN DRESSING, RED ONIONS, TUNAFISH, ZUCCHINI SQUASH, KEN'S BLUE CHEESE DRESSING, KEN'S BALSAMIC VINAIGRETTE, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, FETA CHEESE, TOMATOES, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, SWEETENED DRIED CRANBERRIES , CROUITONS CHOW MFIN NOODI FS, TAHINI

Nutrition Facts	
Portion Size	PORTIONS
calories	100.00
fat (gm)	7.60
sat fat (gm)	1.20
chol (mg)	4.40
sodium (mg)	248.50
carbs (gm)	6.60
fiber (gm)	0.60
protein (gm)	2.30

REFECTORY MAIN DINING 1/25/12 DINNER

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE WHEAT BREAD, ROLLS CAL BULKIE CORNML, TOMATO AND BASIL TORTILLA , WHEAT VIENNA BREAD, SPINACH TORTILLA , ROLLS BULKIE WHEAT CALISE , SEVEN STARS SOURDOUGH BATARD, SEVEN STARS MULTIGRAIN LOAF , VIENNA RYE BREAD, PUMPERNICKLE BREAD, WHITE VIENNA BREAD, WHOLE WHEAT TORTILLA , WHITE PULLMAN BREAD, WHITE SYRIAN BREAD

Nutrition Facts	
Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING 1/25/12 DINNER

HONEY WHEAT BREAD

FLOUR, WATER, WHOLE WHEAT FLOUR,
VEGETABLE ALL PURPOSE SHORTENING,
HONEY, NON-FAT MILK, YEAST, SALT

Nutrition Facts

Portion Size	2.400 oz Portion
calories	164.20
fat (gm)	2.00
sat fat (gm)	0.70
chol (mg)	1.10
sodium (mg)	298.60
carbs (gm)	31.70
fiber (gm)	2.10
protein (gm)	5.00

REFECTORY MAIN DINING

1/25/12

DINNER

CHEESE BLINTZES

CHEESE BLINTZES

Nutrition Facts

Portion Size	2.500 oz Portion
calories	134.90
fat (gm)	8.00
sat fat (gm)	0.00
chol (mg)	136.10
sodium (mg)	76.80
carbs (gm)	9.70
fiber (gm)	
protein (gm)	6.00

REFECTORY MAIN DINING

1/26/12

BREAKFAST

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY
AEROSOL SOY

Nutrition Facts

Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING

1/26/12

BREAKFAST

FRENCH TOAST

TEXAS TOAST, EGGS - LIQUID, MAPLE SYRUP, WHOLE MILK, GRANULATED CANE SUGAR, SALT, CINNAMON SPICE

Nutrition Facts

Portion Size	7.230 oz Portion
calories	364.00
fat (gm)	7.20
sat fat (gm)	1.50
chol (mg)	158.40
sodium (mg)	581.30
carbs (gm)	66.60
fiber (gm)	0.00
protein (gm)	17.10

REFECTORY MAIN DINING

1/26/12

BREAKFAST

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL PAN COATING SPRAY AEROSOL SOY

Nutrition Facts

Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING

1/26/12

BREAKFAST

GRILLED SAUSAGE PATTIES

PORK SAUSAGE PATTIES

Nutrition Facts

Portion Size	3 oz Portion
calories	313.00
fat (gm)	27.40
sat fat (gm)	9.10
chol (mg)	69.90
sodium (mg)	1100.10
carbs (gm)	0.90
fiber (gm)	
protein (gm)	16.70

REFECTORY MAIN DINING

1/26/12

BREAKFAST

HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

Nutrition Facts

Portion Size	3.600 oz Portion
calories	113.00
fat (gm)	7.90
sat fat (gm)	2.40
chol (mg)	334.30
sodium (mg)	110.60
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	9.90

REFECTORY MAIN DINING

1/26/12

BREAKFAST

OATMEAL

OATMEAL, WATER

Nutrition Facts

Portion Size	6 oz Portion
calories	570.00
fat (gm)	11.40
sat fat (gm)	1.90
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	102.60
fiber (gm)	0.00
protein (gm)	19.00

REFECTORY MAIN DINING

1/26/12

BREAKFAST

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN CHEESE, SHREDDED MOZZARELLA CHEESE, TOMATOES, GREEN PEPPERS, DICED WHITE ONIONS, PORK SAUSAGE, SLICED BACON, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING

1/26/12

BREAKFAST

PANCAKES

WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

Nutrition Facts

Portion Size	4 oz Portion
calories	207.00
fat (gm)	1.20
sat fat (gm)	0.00
chol (mg)	4.00
sodium (mg)	396.80
carbs (gm)	46.30
fiber (gm)	0.00
protein (gm)	4.00

REFECTORY MAIN DINING

1/26/12

BREAKFAST

SCRAMBLED EGGS

EGGS - LIQUID, WHOLE MILK, SALT, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	163.90
fat (gm)	10.70
sat fat (gm)	3.50
chol (mg)	422.80
sodium (mg)	397.10
carbs (gm)	2.30
fiber (gm)	0.00
protein (gm)	13.60

REFECTORY MAIN DINING

1/26/12

BREAKFAST

HASH BROWNE POTATOES

POTATOES, MARGARINE 1# SOLIDS (MILK FREE), SALT, GROUND WHITE PEPPER, GROUND PAPRIKA

Nutrition Facts

Portion Size	4 oz Portion
calories	124.20
fat (gm)	1.20
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	254.50
carbs (gm)	26.70
fiber (gm)	2.40
protein (gm)	2.30

REFECTORY MAIN DINING

1/26/12

BREAKFAST

PUMPKIN BREAD AND MUFFINS

GRANULATED CANE SUGAR, CANNED PUMPKIN, UNBLEACHED FLOUR, RAISINS, WATER, EGGS - LIQUID, VEGETABLE SALAD OIL, PASTRY FLOUR, BAKING POWDER, SALT, BAKING SODA, GROUND CLOVES, CINNAMON SPICE, GROUND NUTMEG

Nutrition Facts

Portion Size	3.250 oz Portion
calories	274.80
fat (gm)	8.10
sat fat (gm)	0.80
chol (mg)	32.10
sodium (mg)	264.50
carbs (gm)	48.00
fiber (gm)	1.00
protein (gm)	3.50

REFECTORY MAIN DINING

1/26/12

BREAKFAST

CHICKEN VEGETABLE SOUP

WATER, CHICKEN MEAT CKD 1/2" FRZ, EGG NOODLES, DICED WHITE ONIONS, CARROTS, CELERY, BASE CHICKEN SAVORY RSTD NO MSG

Nutrition Facts

Portion Size	6 oz Portion
calories	65.40
fat (gm)	0.90
sat fat (gm)	0.20
chol (mg)	31.20
sodium (mg)	38.00
carbs (gm)	8.70
fiber (gm)	0.40
protein (gm)	5.60

REFECTORY MAIN DINING

1/26/12

LUNCH

VEGETARIAN CORN CHOWDER

CREAMED CORN, POTATOES, WHOLE MILK, WATER, DICED WHITE ONIONS, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, SALT, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	106.10
fat (gm)	1.90
sat fat (gm)	0.90
chol (mg)	5.50
sodium (mg)	435.10
carbs (gm)	20.70
fiber (gm)	1.50
protein (gm)	3.00

REFECTORY MAIN DINING

1/26/12

LUNCH

BURRITO BAR ROOTS AND SHOOTS

MILD SALSA, SOUR CREAM, PINTO BEANS, BLACK BEANS, TOMATOES, SPINACH TORTILLA , WHITE TORTILLA , SHREDDED MONTERAY JACK CHEESE , GUACAMOLE SOUTH WEST STYLE, RED PEPPERS, MEXICAN INFUSED RICE, WHOLE WHEAT TORTILLA , ZUCCHINI SQUASH, CORN, TOMATOES, RED ONIONS, SCALLIONS BUNCHES, VIRGIN OLIVE OIL, RED WINE VINEGAR, CHILI GREEN CHOPPED, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, CHILI POWDER, SALT, BASIL LEAVES, GROUND BLACK PEPPER, WATER

Nutrition Facts	
Portion Size	11.70 OZ PORTION
calories	242.10
fat (gm)	10.80
sat fat (gm)	4.80
chol (mg)	22.00
sodium (mg)	498.90
carbs (gm)	28.40
fiber (gm)	1.70
protein (gm)	8.50

REFECTORY MAIN DINING 1/26/12 LUNCH

CHEESE PIZZA '04

FLOUR, WATER, PIZZA BLEND CHEESE, TOMATOES, VEGETABLE SALAD OIL, SALT, GRANULATED CANE SUGAR, YEAST, ALL PURPOSE SHORTENING, GRATED ROMANO CHEESE , GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, OREGANO

Nutrition Facts	
Portion Size	SLICE
calories	148.70
fat (gm)	3.90
sat fat (gm)	1.50
chol (mg)	6.50
sodium (mg)	331.50
carbs (gm)	22.50
fiber (gm)	0.70
protein (gm)	6.30

REFECTORY MAIN DINING 1/26/12 LUNCH

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts	
Portion Size	1 oz Portion
calories	37.60
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	1.40
sodium (mg)	197.60
carbs (gm)	2.80
fiber (gm)	
protein (gm)	0.20

REFECTORY MAIN DINING 1/26/12 LUNCH

CHICKEN POT PIE

WATER, CHICKEN MEAT CKD 1/2" FRZ,
PASTRY FLOUR, POTATOES, CARROTS, ALL
PURPOSE SHORTENING, CELERY,
MARGARINE 1# SOLIDS (MILK FREE),
UNBLEACHED FLOUR, WHITE ONION, BASE
CHICKEN SAVORY RSTD NO MSG,
WORCESTERSHIRE SAUCE, HALF & HALF
CREAM, EGGS SHELL ORGANIC-CAGE
FREE, SALT, NON-FAT MILK, GRANULATED
CANE SUGAR

Nutrition Facts

Portion Size	8.500 oz Portion
calories	349.50
fat (gm)	15.20
sat fat (gm)	5.60
chol (mg)	64.50
sodium (mg)	265.10
carbs (gm)	27.70
fiber (gm)	1.60
protein (gm)	23.50

REFECTORY MAIN DINING

1/26/12

LUNCH

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY
AEROSOL SOY

Nutrition Facts

Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING

1/26/12

LUNCH

FALAFEL (FRIED CHICK PEA BALLS)

GARBANZO BEANS, WHITE SYRIAN BREAD,
BREAD CRUMBS, TOMATOES, LETTUCE,
TAHINI PASTE, MAYONNAISE , CUCUMBER,
LEMON JUICE, SOUR CREAM, EGGS -
LIQUID, WATER, DICED WHITE ONIONS,
FRESH PARSLEY, GRANULATED CANE
SUGAR, WHITE VINEGAR, GRANULATED
GARLIC, SALT, GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, GROUND WHITE
PEPPER, SPICE CUMIN GROUND, GROUND
BASIL, GROUND CAYENNE PEPPER,
TABASCO/RED DEVIL HOT SAU

Nutrition Facts

Portion Size	7.5 oz portion
calories	476.60
fat (gm)	20.30
sat fat (gm)	3.40
chol (mg)	27.40
sodium (mg)	545.70
carbs (gm)	57.80
fiber (gm)	1.50
protein (gm)	14.30

REFECTORY MAIN DINING

1/26/12

LUNCH

FRENCH TOAST

TEXAS TOAST, EGGS - LIQUID, MAPLE SYRUP, WHOLE MILK, GRANULATED CANE SUGAR, SALT, CINNAMON SPICE

Nutrition Facts

Portion Size	7.230 oz Portion
calories	364.00
fat (gm)	7.20
sat fat (gm)	1.50
chol (mg)	158.40
sodium (mg)	581.30
carbs (gm)	66.60
fiber (gm)	0.00
protein (gm)	17.10

REFECTORY MAIN DINING

1/26/12

LUNCH

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL PAN COATING SPRAY AEROSOL SOY

Nutrition Facts

Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING

1/26/12

LUNCH

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts

Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING

1/26/12

LUNCH

GRILLED SAUSAGE PATTIES

PORK SAUSAGE PATTIES

<u>Nutrition Facts</u>	
Portion Size	3 oz Portion
calories	313.00
fat (gm)	27.40
sat fat (gm)	9.10
chol (mg)	69.90
sodium (mg)	1100.10
carbs (gm)	0.90
fiber (gm)	
protein (gm)	16.70

REFECTORY MAIN DINING 1/26/12 **LUNCH**

HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	291.20
fat (gm)	13.90
sat fat (gm)	4.90
chol (mg)	61.70
sodium (mg)	270.90
carbs (gm)	18.80
fiber (gm)	0.00
protein (gm)	21.80

REFECTORY MAIN DINING 1/26/12 **LUNCH**

HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	113.00
fat (gm)	7.90
sat fat (gm)	2.40
chol (mg)	334.30
sodium (mg)	110.60
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	9.90

REFECTORY MAIN DINING 1/26/12 **LUNCH**

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

Nutrition Facts

Portion Size	3.5oz portion
calories	259.40
fat (gm)	17.30
sat fat (gm)	6.20
chol (mg)	28.20
sodium (mg)	782.20
carbs (gm)	18.10
fiber (gm)	0.00
protein (gm)	9.00

REFECTORY MAIN DINING**1/26/12****LUNCH**

MEAT SAUCEWATER, TOMATOES, BEEF CHUCK
BONELESS, DICED WHITE ONIONS, VIRGIN
OLIVE OIL, GRANULATED CANE SUGAR,
SALT, GARLIC CHOPPED/IN OIL, GROUND
BLACK PEPPER, BASIL LEAVES, CRUSHED
RED PEPPER, OREGANO**Nutrition Facts**

Portion Size	4 oz Portion
calories	115.30
fat (gm)	6.20
sat fat (gm)	2.10
chol (mg)	23.30
sodium (mg)	290.70
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	8.20

REFECTORY MAIN DINING**1/26/12****LUNCH**

OMELETTE BAREGGS - LIQUID, MUSHROOMS, AMERICAN
CHEESE, SHREDDED MOZZARELLA
CHEESE, TOMATOES, GREEN PEPPERS,
DICED WHITE ONIONS, PORK SAUSAGE ,
SLICED BACON, VEGETABLE SALAD OIL**Nutrition Facts**

Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING**1/26/12****LUNCH**

PANCAKES

WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

Nutrition Facts	
Portion Size	4 oz Portion
calories	207.00
fat (gm)	1.20
sat fat (gm)	0.00
chol (mg)	4.00
sodium (mg)	396.80
carbs (gm)	46.30
fiber (gm)	0.00
protein (gm)	4.00

REFECTORY MAIN DINING 1/26/12 LUNCH

PEPPERONI PIZZA '04

FLOUR, WATER, SLICED PEPPERONI, PIZZA BLEND CHEESE, TOMATOES, VEGETABLE SALAD OIL, SALT, GRANULATED CANE SUGAR, YEAST, ALL PURPOSE SHORTENING, GRATED ROMANO CHEESE , GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, OREGANO

Nutrition Facts	
Portion Size	~2.75 OZ. PORTS
calories	276.30
fat (gm)	14.10
sat fat (gm)	5.10
chol (mg)	30.70
sodium (mg)	734.30
carbs (gm)	25.00
fiber (gm)	0.80
protein (gm)	12.40

REFECTORY MAIN DINING 1/26/12 LUNCH

RHODE ISLAND CHICKEN SALAD

CHICKEN MEAT CKD 1/2" FRZ, CELERY, MAYONNAISE , RED DELICIOUS APPLES, RAISINS, GREEN SEEDLESS GRAPES, SALT, GROUND WHITE PEPPER

Nutrition Facts	
Portion Size	4OZ SERVINGS
calories	247.00
fat (gm)	17.30
sat fat (gm)	2.80
chol (mg)	50.30
sodium (mg)	352.00
carbs (gm)	6.40
fiber (gm)	0.80
protein (gm)	15.90

REFECTORY MAIN DINING 1/26/12 LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

<u>Nutrition Facts</u>	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 1/26/12 LUNCH

SLICED PROVOLONE

PROVOLONE CHEESE

<u>Nutrition Facts</u>	
Portion Size	1 oz Portion
calories	99.50
fat (gm)	7.50
sat fat (gm)	4.80
chol (mg)	19.60
sodium (mg)	248.30
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	7.30

REFECTORY MAIN DINING 1/26/12 LUNCH

SLICED ROAST BEEF

ROAST BEEF

<u>Nutrition Facts</u>	
Portion Size	SLICES
calories	117.90
fat (gm)	5.50
sat fat (gm)	2.10
chol (mg)	35.20
sodium (mg)	21.00
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	16.10

REFECTORY MAIN DINING 1/26/12 LUNCH

SLICED TURKEY

TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING**1/26/12****LUNCH**

VEGAN ITALIAN WHITE BEANS

GREAT NORTHERN BEANS, TOMATOES,
OLIVES, GARLIC CHOPPED/IN OIL, BASIL
LEAVES**Nutrition Facts**

Portion Size	6 oz Portion
calories	180.70
fat (gm)	1.30
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	818.50
carbs (gm)	30.20
fiber (gm)	0.30
protein (gm)	11.00

REFECTORY MAIN DINING**1/26/12****LUNCH**

VEGAN TOFU HOT DOGS W/BUN

TOFU PUPS LIGHTLIFE, WHOLE WHEAT HOT
DOG BUN**Nutrition Facts**

Portion Size	3.200 oz Portion
calories	24.50
fat (gm)	1.00
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	122.50
carbs (gm)	0.80
fiber (gm)	1.00
protein (gm)	3.30

REFECTORY MAIN DINING**1/26/12****LUNCH**

VEGETARIAN GARDEN VEGETABLE SAUCE

TOMATOES, GREEN PEPPERS, ZUCCHINI SQUASH, BROCCOLI, VEGETABLE SALAD OIL, CARROTS, MUSHROOMS, WHITE ONION, CELERY, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, BAY LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	80.80
fat (gm)	5.60
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	370.10
carbs (gm)	6.40
fiber (gm)	0.90
protein (gm)	1.20

REFECTORY MAIN DINING

1/26/12

LUNCH

VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL, ROLLS BULKIE WHEAT CALISE

Nutrition Facts

Portion Size	4 oz Portion
calories	204.30
fat (gm)	5.00
sat fat (gm)	1.60
chol (mg)	8.20
sodium (mg)	680.30
carbs (gm)	31.30
fiber (gm)	
protein (gm)	10.40

REFECTORY MAIN DINING

1/26/12

LUNCH

ZUCCHINI PARMESAN SANDWICH

TORPEDO ROLL, ZUCCHINI SQUASH, TOMATOES, DICED WHITE ONIONS, PROVOLONE CHEESE, VIRGIN OLIVE OIL, GRATED ROMANO CHEESE, SALT, BASIL LEAVES, GROUND BLACK PEPPER, OREGANO

Nutrition Facts

Portion Size	9 oz Portion
calories	248.20
fat (gm)	7.10
sat fat (gm)	2.30
chol (mg)	7.50
sodium (mg)	504.60
carbs (gm)	39.00
fiber (gm)	1.80
protein (gm)	8.20

REFECTORY MAIN DINING

1/26/12

LUNCH

FRENCH FRIED POTATOES

FRENCH FRIES

Nutrition Facts

Portion Size	3 oz Portion
calories	129.20
fat (gm)	3.20
sat fat (gm)	0.60
chol (mg)	0.00
sodium (mg)	317.00
carbs (gm)	22.90
fiber (gm)	2.20
protein (gm)	2.20

REFECTORY MAIN DINING**1/26/12****LUNCH**

GARLIC AND BUTTER INFUSED RICE

GARLIC & BUTTER INFUSED RICE, WATER

Nutrition Facts

Portion Size	4OZ PORTION
calories	298.40
fat (gm)	1.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	1074.30
carbs (gm)	65.70
fiber (gm)	0.00
protein (gm)	6.00

REFECTORY MAIN DINING**1/26/12****LUNCH**

GREEN BEANS W/ROASTED PEPPERS

GREEN BEANS, RED PEPPERS, GARLIC,
VIRGIN OLIVE OIL, SALT, GROUND BLACK
PEPPER**Nutrition Facts**

Portion Size	3 OZ PORTION
calories	42.30
fat (gm)	1.60
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	66.00
carbs (gm)	6.40
fiber (gm)	2.60
protein (gm)	1.60

REFECTORY MAIN DINING**1/26/12****LUNCH**

GREEN PEAS, FROZEN

GREEN PEAS

Nutrition Facts

Portion Size	3 oz Portion
calories	73.50
fat (gm)	0.40
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	4.50
carbs (gm)	13.10
fiber (gm)	4.60
protein (gm)	4.90

REFECTORY MAIN DINING 1/26/12

LUNCH

HASH BROWNE POTATOES

POTATOES, MARGARINE 1# SOLIDS (MILK FREE), SALT, GROUND WHITE PEPPER, GROUND PAPRIKA

Nutrition Facts

Portion Size	4 oz Portion
calories	124.20
fat (gm)	1.20
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	254.50
carbs (gm)	26.70
fiber (gm)	2.40
protein (gm)	2.30

REFECTORY MAIN DINING 1/26/12

LUNCH

TRI COLORED CAVATAPPI

TRI COLOR CAVATAPPI PASTA, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	299.40
fat (gm)	3.20
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	60.80
carbs (gm)	54.00
fiber (gm)	0.00
protein (gm)	9.40

REFECTORY MAIN DINING 1/26/12

LUNCH

WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING

1/26/12

LUNCH

GREEK PASTA SALAD

MEDIUM SHELLS, TOMATOES, FETA CHEESE, OLIVES, CUCUMBER, VIRGIN OLIVE OIL, LEMON JUICE, SCALLIONS BUNCHES, FRESH PARSLEY, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, ROSEMARY, MINT LEAVES, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	319.60
fat (gm)	10.50
sat fat (gm)	2.50
chol (mg)	8.10
sodium (mg)	469.20
carbs (gm)	47.60
fiber (gm)	0.50
protein (gm)	10.00

REFECTORY MAIN DINING

1/26/12

LUNCH

SALAD BAR REF CYCLE 1

CUCUMBER, TOMATOES, ROMAINE LETTUCE, APPLE SAUCE, KEN'S ITALIAN DRESSING, KEN'S LITE RANCH DRESSING, MUSHROOMS, EDAMAME, BABY SPINACH, LOW FAT COTTAGE CHEESE, TROPICAL FRUIT SALAD, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, KEN'S PARM & PEPPERCORN DRESSING, RED ONIONS, TUNAFISH, ZUCCHINI SQUASH, KEN'S BLUE CHEESE DRESSING, KEN'S BALSAMIC VINAIGRETTE, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE, NONFAT STRAWBERRY YOGURT, FETA CHEESE, TOMATOES, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, SWEETENED DRIED CRANBERRIES, CROUXTONS CHOW MEIN NOODLES, TAHINI

Nutrition Facts

Portion Size	2.200 oz Portion
calories	100.00
fat (gm)	7.60
sat fat (gm)	1.20
chol (mg)	4.40
sodium (mg)	248.50
carbs (gm)	6.60
fiber (gm)	0.60
protein (gm)	2.30

REFECTORY MAIN DINING

1/26/12

LUNCH

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE WHEAT BREAD, ROLLS CAL BULKIE CORNML, TOMATO AND BASIL TORTILLA , WHEAT VIENNA BREAD, SPINACH TORTILLA , ROLLS BULKIE WHEAT CALISE , SEVEN STARS SOURDOUGH BATARD, SEVEN STARS MULTIGRAIN LOAF , VIENNA RYE BREAD, PUMPERNICKLE BREAD, WHITE VIENNA BREAD, WHOLE WHEAT TORTILLA , WHITE PULLMAN BREAD, WHITE SYRIAN BREAD

Nutrition Facts

Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING

1/26/12

LUNCH

MULTI-GRAIN BREAD

FLOUR, WATER, BUTTERMILK, QUICK OATS, SUNFLOWER SEEDS, HONEY, BROWN RICE, YEAST, LIGHT BROWN SUGAR, EGGS - LIQUID, OAT BRAN, SALT, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	~PORTIONS
calories	170.40
fat (gm)	2.20
sat fat (gm)	0.30
chol (mg)	4.00
sodium (mg)	114.30
carbs (gm)	32.60
fiber (gm)	1.60
protein (gm)	5.20

REFECTORY MAIN DINING

1/26/12

LUNCH

RICE KRISPIE TREATS

MARSHMALLOWS , CEREAL RICE KRISPIES BULK, MARGARINE 1# SOLIDS (MILK FREE)

Nutrition Facts

Portion Size	1.220 oz Portion
calories	117.70
fat (gm)	0.50
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	136.90
carbs (gm)	27.00
fiber (gm)	0.10
protein (gm)	1.30

REFECTORY MAIN DINING

1/26/12

LUNCH

WHEAT DINNER ROLLS

<u>Nutrition Facts</u>	
Portion Size	ROLL
calories	96.70
fat (gm)	2.20
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	120.50
carbs (gm)	16.30
fiber (gm)	1.30
protein (gm)	3.00

REFECTORY MAIN DINING 1/26/12 LUNCH

CHICKEN VEGETABLE SOUP

WATER, CHICKEN MEAT CKD 1/2" FRZ, EGG
NOODLES , DICED WHITE ONIONS,
CARROTS, CELERY, BASE CHICKEN
SAVORY RSTD NO MSG

<u>Nutrition Facts</u>	
Portion Size	6 oz Portion
calories	65.40
fat (gm)	0.90
sat fat (gm)	0.20
chol (mg)	31.20
sodium (mg)	38.00
carbs (gm)	8.70
fiber (gm)	0.40
protein (gm)	5.60

REFECTORY MAIN DINING 1/26/12 DINNER

VEGETARIAN CORN CHOWDER

CREAMED CORN, POTATOES, WHOLE MILK,
WATER, DICED WHITE ONIONS,
MARGARINE 1# SOLIDS (MILK FREE),
UNBLEACHED FLOUR, SALT, GROUND
WHITE PEPPER

<u>Nutrition Facts</u>	
Portion Size	6 oz Portion
calories	106.10
fat (gm)	1.90
sat fat (gm)	0.90
chol (mg)	5.50
sodium (mg)	435.10
carbs (gm)	20.70
fiber (gm)	1.50
protein (gm)	3.00

REFECTORY MAIN DINING 1/26/12 DINNER

BEEF STRIPS SHISH KABOB

BEEF CHUCK BONELESS, WATER, TOMATOES, GREEN PEPPERS, WHITE ONION, MUSHROOMS, DEMI GLACE BASE, CIDER VINEGAR, GRANULATED CANE SUGAR, SALT, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, OREGANO

Nutrition Facts

Portion Size	8 oz Portion
calories	266.10
fat (gm)	15.20
sat fat (gm)	6.00
chol (mg)	74.40
sodium (mg)	373.50
carbs (gm)	7.40
fiber (gm)	1.60
protein (gm)	24.00

REFECTORY MAIN DINING

1/26/12

DINNER

BURRITO BAR ROOTS AND SHOOTS

MILD SALSA, SOUR CREAM, PINTO BEANS, BLACK BEANS, TOMATOES, SPINACH TORTILLA , WHITE TORTILLA , SHREDDED MONTERAY JACK CHEESE , GUACAMOLE SOUTH WEST STYLE, RED PEPPERS, MEXICAN INFUSED RICE, WHOLE WHEAT TORTILLA , ZUCCHINI SQUASH, CORN, TOMATOES, RED ONIONS, SCALLIONS BUNCHES, VIRGIN OLIVE OIL, RED WINE VINEGAR, CHILI GREEN CHOPPED, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, CHILI POWDER, SALT, BASIL LEAVES, GROUND BLACK PEPPER, WATER

Nutrition Facts

Portion Size	11.70 OZ PORTION
calories	242.10
fat (gm)	10.80
sat fat (gm)	4.80
chol (mg)	22.00
sodium (mg)	498.90
carbs (gm)	28.40
fiber (gm)	1.70
protein (gm)	8.50

REFECTORY MAIN DINING

1/26/12

DINNER

CHEESE PIZZA '04

FLOUR, WATER, PIZZA BLEND CHEESE, TOMATOES, VEGETABLE SALAD OIL, SALT, GRANULATED CANE SUGAR, YEAST, ALL PURPOSE SHORTENING, GRATED ROMANO CHEESE , GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, OREGANO

Nutrition Facts

Portion Size	SLICE
calories	148.70
fat (gm)	3.90
sat fat (gm)	1.50
chol (mg)	6.50
sodium (mg)	331.50
carbs (gm)	22.50
fiber (gm)	0.70
protein (gm)	6.30

REFECTORY MAIN DINING

1/26/12

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

Portion Size	1 oz Portion
calories	37.60
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	1.40
sodium (mg)	197.60
carbs (gm)	2.80
fiber (gm)	
protein (gm)	0.20

REFECTORY MAIN DINING

1/26/12

DINNER

FALAFEL (FRIED CHICK PEA BALLS)

GARBANZO BEANS, WHITE SYRIAN BREAD, BREAD CRUMBS, TOMATOES, LETTUCE, TAHINI PASTE, MAYONNAISE, CUCUMBER, LEMON JUICE, SOUR CREAM, EGGS - LIQUID, WATER, DICED WHITE ONIONS, FRESH PARSLEY, GRANULATED CANE SUGAR, WHITE VINEGAR, GRANULATED GARLIC, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, GROUND WHITE PEPPER, SPICE CUMIN GROUND, GROUND BASIL, GROUND CAYENNE PEPPER, TABASCO/RED DEVIL HOT SAU

Nutrition Facts

Portion Size	7.5 oz portion
calories	476.60
fat (gm)	20.30
sat fat (gm)	3.40
chol (mg)	27.40
sodium (mg)	545.70
carbs (gm)	57.80
fiber (gm)	1.50
protein (gm)	14.30

REFECTORY MAIN DINING

1/26/12

DINNER

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts

Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING

1/26/12

DINNER

HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	291.20
fat (gm)	13.90
sat fat (gm)	4.90
chol (mg)	61.70
sodium (mg)	270.90
carbs (gm)	18.80
fiber (gm)	0.00
protein (gm)	21.80

REFECTORY MAIN DINING

1/26/12

DINNER

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

Nutrition Facts	
Portion Size	3.5oz portion
calories	259.40
fat (gm)	17.30
sat fat (gm)	6.20
chol (mg)	28.20
sodium (mg)	782.20
carbs (gm)	18.10
fiber (gm)	0.00
protein (gm)	9.00

REFECTORY MAIN DINING

1/26/12

DINNER

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK BONELESS, DICED WHITE ONIONS, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts	
Portion Size	4 oz Portion
calories	115.30
fat (gm)	6.20
sat fat (gm)	2.10
chol (mg)	23.30
sodium (mg)	290.70
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	8.20

REFECTORY MAIN DINING

1/26/12

DINNER

PEPPERONI PIZZA '04

FLOUR, WATER, SLICED PEPPERONI, PIZZA BLEND CHEESE, TOMATOES, VEGETABLE SALAD OIL, SALT, GRANULATED CANE SUGAR, YEAST, ALL PURPOSE SHORTENING, GRATED ROMANO CHEESE , GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, OREGANO

Nutrition Facts	
Portion Size	~2.75 OZ. PORTION
calories	276.30
fat (gm)	14.10
sat fat (gm)	5.10
chol (mg)	30.70
sodium (mg)	734.30
carbs (gm)	25.00
fiber (gm)	0.80
protein (gm)	12.40

REFECTORY MAIN DINING 1/26/12 DINNER

RHODE ISLAND CHICKEN SALAD

CHICKEN MEAT CKD 1/2" FRZ, CELERY, MAYONNAISE , RED DELICIOUS APPLES, RAISINS, GREEN SEEDLESS GRAPES, SALT, GROUND WHITE PEPPER

Nutrition Facts	
Portion Size	4OZ SERVINGS
calories	247.00
fat (gm)	17.30
sat fat (gm)	2.80
chol (mg)	50.30
sodium (mg)	352.00
carbs (gm)	6.40
fiber (gm)	0.80
protein (gm)	15.90

REFECTORY MAIN DINING 1/26/12 DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 1/26/12 DINNER

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts

Portion Size	1 oz Portion
calories	99.50
fat (gm)	7.50
sat fat (gm)	4.80
chol (mg)	19.60
sodium (mg)	248.30
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	7.30

REFECTORY MAIN DINING**1/26/12****DINNER**

SLICED ROAST BEEF

ROAST BEEF

Nutrition Facts

Portion Size	SLICES
calories	117.90
fat (gm)	5.50
sat fat (gm)	2.10
chol (mg)	35.20
sodium (mg)	21.00
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	16.10

REFECTORY MAIN DINING**1/26/12****DINNER**

SLICED TURKEY

TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING**1/26/12****DINNER**

TOMATO CHEESE STRATA

WATER, WHOLE MILK, FRENCH BREAD, SWISS CHEESE, TOMATOES, EGGS - LIQUID, MARGARINE 1# SOLIDS (MILK FREE), BUTTER, UNBLEACHED FLOUR, MUSHROOMS, SCALLIONS BUNCHES, DICED WHITE ONIONS, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, GRANULATED GARLIC, GROUND MUSTARD, BASIL LEAVES, GARLIC CHOPPED/IN OIL, OREGANO, GROUND BLACK PEPPER, CRUSHED RED PEPPER

Nutrition Facts

Portion Size	8 oz Portion
calories	395.70
fat (gm)	21.10
sat fat (gm)	12.10
chol (mg)	113.90
sodium (mg)	556.20
carbs (gm)	32.30
fiber (gm)	1.20
protein (gm)	19.50

REFECTORY MAIN DINING

1/26/12

DINNER

VEGAN ITALIAN WHITE BEANS

GREAT NORTHERN BEANS, TOMATOES, OLIVES, GARLIC CHOPPED/IN OIL, BASIL LEAVES

Nutrition Facts

Portion Size	6 oz Portion
calories	180.70
fat (gm)	1.30
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	818.50
carbs (gm)	30.20
fiber (gm)	0.30
protein (gm)	11.00

REFECTORY MAIN DINING

1/26/12

DINNER

VEGETARIAN GARDEN VEGETABLE SAUCE

TOMATOES, GREEN PEPPERS, ZUCCHINI SQUASH, BROCCOLI, VEGETABLE SALAD OIL, CARROTS, MUSHROOMS, WHITE ONION, CELERY, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, BAY LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	80.80
fat (gm)	5.60
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	370.10
carbs (gm)	6.40
fiber (gm)	0.90
protein (gm)	1.20

REFECTORY MAIN DINING

1/26/12

DINNER

VEGGIE PATTIES ORIGINALVEG PATTY ORIGINAL, ROLLS BULKIE
WHEAT CALISE**Nutrition Facts**

Portion Size	4 oz Portion
calories	204.30
fat (gm)	5.00
sat fat (gm)	1.60
chol (mg)	8.20
sodium (mg)	680.30
carbs (gm)	31.30
fiber (gm)	
protein (gm)	10.40

REFECTORY MAIN DINING**1/26/12****DINNER**

BAKED POTATOES

BAKED POTATOES

Nutrition Facts

Portion Size	8 oz Portion
calories	220.00
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	31.80
carbs (gm)	48.60
fiber (gm)	5.20
protein (gm)	6.00

REFECTORY MAIN DINING**1/26/12****DINNER**

BROCCOLI CUTS

BROCCOLI

Nutrition Facts

Portion Size	3 oz Portion
calories	29.00
fat (gm)	0.30
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	28.10
carbs (gm)	5.70
fiber (gm)	2.20
protein (gm)	2.40

REFECTORY MAIN DINING**1/26/12****DINNER**

CAJUN CORN & TOMATOES

CORN, WATER, TOMATOES, DICED WHITE ONIONS, GREEN PEPPERS, MARGARINE 1# SOLIDS (MILK FREE), GARLIC CHOPPED/IN OIL, BASE VEGAN SAVORY RSTD VEGETABLE, SALT, CRUSHED RED PEPPER, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	3 oz Portion
calories	56.30
fat (gm)	1.00
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	26.30
carbs (gm)	12.20
fiber (gm)	1.60
protein (gm)	1.70

REFECTORY MAIN DINING

1/26/12

DINNER

FRENCH FRIED POTATOES

FRENCH FRIES

Nutrition Facts

Portion Size	3 oz Portion
calories	129.20
fat (gm)	3.20
sat fat (gm)	0.60
chol (mg)	0.00
sodium (mg)	317.00
carbs (gm)	22.90
fiber (gm)	2.20
protein (gm)	2.20

REFECTORY MAIN DINING

1/26/12

DINNER

GREEN BEANS W/ROASTED PEPPERS

GREEN BEANS, RED PEPPERS, GARLIC, VIRGIN OLIVE OIL, SALT, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	3 OZ PORTION
calories	42.30
fat (gm)	1.60
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	66.00
carbs (gm)	6.40
fiber (gm)	2.60
protein (gm)	1.60

REFECTORY MAIN DINING

1/26/12

DINNER

OVEN BROWNED DINNER POTATOES

POTATOES, MARGARINE 1# SOLIDS (MILK FREE), GROUND WHITE PEPPER, GROUND PAPRIKA

Nutrition Facts

Portion Size	4 oz Portion
calories	99.70
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	7.70
carbs (gm)	22.80
fiber (gm)	2.10
protein (gm)	2.00

REFECTORY MAIN DINING

1/26/12

DINNER

TRI COLORED CAVATAPPI

TRI COLOR CAVATAPPI PASTA, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	299.40
fat (gm)	3.20
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	60.80
carbs (gm)	54.00
fiber (gm)	0.00
protein (gm)	9.40

REFECTORY MAIN DINING

1/26/12

DINNER

VEGAN BROWN RICE PILAF

BROWN RICE, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, GROUND WHITE PEPPER, WATER

Nutrition Facts

Portion Size	4 oz Portion
calories	149.10
fat (gm)	1.20
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	10.10
carbs (gm)	30.90
fiber (gm)	2.50
protein (gm)	3.50

REFECTORY MAIN DINING

1/26/12

DINNER

WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING

1/26/12

DINNER

GREEK PASTA SALAD

MEDIUM SHELLS, TOMATOES, FETA CHEESE, OLIVES, CUCUMBER, VIRGIN OLIVE OIL, LEMON JUICE, SCALLIONS BUNCHES, FRESH PARSLEY, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, ROSEMARY, MINT LEAVES, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	319.60
fat (gm)	10.50
sat fat (gm)	2.50
chol (mg)	8.10
sodium (mg)	469.20
carbs (gm)	47.60
fiber (gm)	0.50
protein (gm)	10.00

REFECTORY MAIN DINING

1/26/12

DINNER

SALAD BAR REF CYCLE 1

CUCUMBER, TOMATOES, ROMAINE LETTUCE, APPLE SAUCE, KEN'S ITALIAN DRESSING, KEN'S LITE RANCH DRESSING, MUSHROOMS, EDAMAME, BABY SPINACH, LOW FAT COTTAGE CHEESE, TROPICAL FRUIT SALAD, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, KEN'S PARM & PEPPERCORN DRESSING, RED ONIONS, TUNAFISH, ZUCCHINI SQUASH, KEN'S BLUE CHEESE DRESSING, KEN'S BALSAMIC VINAIGRETTE, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE, NONFAT STRAWBERRY YOGURT, FETA CHEESE, TOMATOES, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, SWEETENED DRIED CRANBERRIES, CROUITONS CHOW MEIN NOODLES, TAHINI

Nutrition Facts

Portion Size	2.200 oz Portion
calories	100.00
fat (gm)	7.60
sat fat (gm)	1.20
chol (mg)	4.40
sodium (mg)	248.50
carbs (gm)	6.60
fiber (gm)	0.60
protein (gm)	2.30

REFECTORY MAIN DINING

1/26/12

DINNER

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE WHEAT BREAD, ROLLS CAL BULKIE CORNML, TOMATO AND BASIL TORTILLA , WHEAT VIENNA BREAD, SPINACH TORTILLA , ROLLS BULKIE WHEAT CALISE , SEVEN STARS SOURDOUGH BATARD, SEVEN STARS MULTIGRAIN LOAF , VIENNA RYE BREAD, PUMPERNICKLE BREAD, WHITE VIENNA BREAD, WHOLE WHEAT TORTILLA , WHITE PULLMAN BREAD, WHITE SYRIAN BREAD

Nutrition Facts

Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING

1/26/12

DINNER

SOURDOUGH BREAD CT-10

FLOUR, WATER, YEAST, GRANULATED CANE SUGAR, SALT, BAKING SODA

Nutrition Facts

Portion Size	2.400 oz Portion
calories	1589.30
fat (gm)	4.20
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	1887.10
carbs (gm)	333.60
fiber (gm)	11.50
protein (gm)	45.40

REFECTORY MAIN DINING

1/26/12

DINNER

BLUEBERRY PANCAKES

WATER, PANCAKE MIX DELUXE, BLUEBERRIES WILD FROZEN

Nutrition Facts

Portion Size	4.670 oz Portion
calories	156.60
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	4.60
sodium (mg)	435.70
carbs (gm)	31.70
fiber (gm)	0.50
protein (gm)	4.70

REFECTORY MAIN DINING

1/27/12

BREAKFAST

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY
AEROSOL SOY

Nutrition Facts	
Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING 1/27/12 BREAKFAST

FRENCH TOAST

TEXAS TOAST, EGGS - LIQUID, MAPLE
SYRUP, WHOLE MILK, GRANULATED CANE
SUGAR, SALT, CINNAMON SPICE

Nutrition Facts	
Portion Size	7.230 oz Portion
calories	364.00
fat (gm)	7.20
sat fat (gm)	1.50
chol (mg)	158.40
sodium (mg)	581.30
carbs (gm)	66.60
fiber (gm)	0.00
protein (gm)	17.10

REFECTORY MAIN DINING 1/27/12 BREAKFAST

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL
PAN COATING SPRAY AEROSOL SOY

Nutrition Facts	
Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING 1/27/12 BREAKFAST

HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

Nutrition Facts

Portion Size	3.600 oz Portion
calories	113.00
fat (gm)	7.90
sat fat (gm)	2.40
chol (mg)	334.30
sodium (mg)	110.60
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	9.90

REFECTORY MAIN DINING

1/27/12

BREAKFAST

OATMEAL

OATMEAL, WATER

Nutrition Facts

Portion Size	6 oz Portion
calories	570.00
fat (gm)	11.40
sat fat (gm)	1.90
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	102.60
fiber (gm)	0.00
protein (gm)	19.00

REFECTORY MAIN DINING

1/27/12

BREAKFAST

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN CHEESE, SHREDDED MOZZARELLA CHEESE, TOMATOES, GREEN PEPPERS, DICED WHITE ONIONS, PORK SAUSAGE, SLICED BACON, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING

1/27/12

BREAKFAST

PANCAKES

WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	207.00
fat (gm)	1.20
sat fat (gm)	0.00
chol (mg)	4.00
sodium (mg)	396.80
carbs (gm)	46.30
fiber (gm)	0.00
protein (gm)	4.00

REFECTORY MAIN DINING 1/27/12 **BREAKFAST**

SCRAMBLED EGGS

EGGS - LIQUID, WHOLE MILK, SALT, GROUND WHITE PEPPER

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	163.90
fat (gm)	10.70
sat fat (gm)	3.50
chol (mg)	422.80
sodium (mg)	397.10
carbs (gm)	2.30
fiber (gm)	0.00
protein (gm)	13.60

REFECTORY MAIN DINING 1/27/12 **BREAKFAST**

TURKEY BREAKFAST SAUSAGE

TURKEY BREAKFAST SAUSAGE

<u>Nutrition Facts</u>	
Portion Size	1.390 oz Portion
calories	81.50
fat (gm)	6.20
sat fat (gm)	1.80
chol (mg)	37.00
sodium (mg)	208.30
carbs (gm)	0.30
fiber (gm)	
protein (gm)	5.60

REFECTORY MAIN DINING 1/27/12 **BREAKFAST**

ROASTED RED POTATOES W/SHALLOTS

RED POTATOES, SHALLOTS, VIRGIN OLIVE OIL, SPICE CARAWAY SEED WHL, SALT, GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	3 oz Portion
calories	81.80
fat (gm)	2.90
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	62.80
carbs (gm)	13.30
fiber (gm)	1.30
protein (gm)	1.30

REFECTORY MAIN DINING 1/27/12 BREAKFAST

HOT CROSS BUNS

UNBLEACHED FLOUR, CONFECTIONARY SUGAR, WATER, MIXED FRUIT CANDIED, EGGS - LIQUID, RAISINS, MARGARINE, GRANULATED CANE SUGAR, YEAST, NULOMOLINE, NON-FAT MILK, VANILLA EXTRACT, LEMON EMULSION, SALT

Nutrition Facts	
Portion Size	2.500 oz Portion
calories	201.20
fat (gm)	4.50
sat fat (gm)	1.00
chol (mg)	20.40
sodium (mg)	140.30
carbs (gm)	36.50
fiber (gm)	0.80
protein (gm)	4.00

REFECTORY MAIN DINING 1/27/12 BREAKFAST

CLAM BISQUE

WHOLE MILK, CHOPPED CLAMS, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, CLAM JUICE, DICED WHITE ONIONS, SALT, WORCESTERSHIRE SAUCE, GROUND WHITE PEPPER, WATER

Nutrition Facts	
Portion Size	6 oz Portion
calories	119.80
fat (gm)	4.30
sat fat (gm)	2.30
chol (mg)	23.10
sodium (mg)	424.90
carbs (gm)	12.30
fiber (gm)	0.30
protein (gm)	7.10

REFECTORY MAIN DINING 1/27/12 LUNCH

VEGAN ESCAROLE & BEAN SOUP

WATER, GREAT NORTHERN BEANS, ESCAROLE HEADS, DICED WHITE ONIONS, CELERY, VIRGIN OLIVE OIL, BASE VEGAN SAVORY RSTD VEGETABLE, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, CRUSHED RED PEPPER

Nutrition Facts

Portion Size	6 OZ SERVING
calories	66.60
fat (gm)	3.20
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	154.20
carbs (gm)	7.10
fiber (gm)	0.80
protein (gm)	2.70

REFECTORY MAIN DINING

1/27/12

LUNCH

BACON LETTUCE & TOMATO SANDWICH

WHITE PULLMAN BREAD, TOMATOES, SLICED BACON, MAYONNAISE , GREEN LEAF LETTUCE

Nutrition Facts

Portion Size	4.200 oz Portion
calories	367.80
fat (gm)	21.10
sat fat (gm)	4.50
chol (mg)	31.00
sodium (mg)	618.50
carbs (gm)	30.70
fiber (gm)	0.40
protein (gm)	13.20

REFECTORY MAIN DINING

1/27/12

LUNCH

BURRITO BAR ROOTS AND SHOOTS

MILD SALSA, SOUR CREAM, PINTO BEANS, BLACK BEANS, TOMATOES, SPINACH TORTILLA , WHITE TORTILLA , SHREDDED MONTERAY JACK CHEESE , GUACAMOLE SOUTH WEST STYLE, RED PEPPERS, MEXICAN INFUSED RICE, WHOLE WHEAT TORTILLA , ZUCCHINI SQUASH, CORN, TOMATOES, RED ONIONS, SCALLIONS BUNCHES, VIRGIN OLIVE OIL, RED WINE VINEGAR, CHILI GREEN CHOPPED, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, CHILI POWDER, SALT, BASIL LEAVES, GROUND BLACK PEPPER, WATER

Nutrition Facts

Portion Size	11.70 OZ PORTION
calories	242.10
fat (gm)	10.80
sat fat (gm)	4.80
chol (mg)	22.00
sodium (mg)	498.90
carbs (gm)	28.40
fiber (gm)	1.70
protein (gm)	8.50

REFECTORY MAIN DINING

1/27/12

LUNCH

CHEESE PIZZA '04

FLOUR, WATER, PIZZA BLEND CHEESE,
TOMATOES, VEGETABLE SALAD OIL, SALT,
GRANULATED CANE SUGAR, YEAST, ALL
PURPOSE SHORTENING, GRATED ROMANO
CHEESE , GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, OREGANO

Nutrition Facts

Portion Size	SLICE
calories	148.70
fat (gm)	3.90
sat fat (gm)	1.50
chol (mg)	6.50
sodium (mg)	331.50
carbs (gm)	22.50
fiber (gm)	0.70
protein (gm)	6.30

REFECTORY MAIN DINING**1/27/12****LUNCH**

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

Portion Size	1 oz Portion
calories	37.60
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	1.40
sodium (mg)	197.60
carbs (gm)	2.80
fiber (gm)	
protein (gm)	0.20

REFECTORY MAIN DINING**1/27/12****LUNCH**

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY
AEROSOL SOY

Nutrition Facts

Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING**1/27/12****LUNCH**

FRENCH TOAST

TEXAS TOAST, EGGS - LIQUID, MAPLE SYRUP, WHOLE MILK, GRANULATED CANE SUGAR, SALT, CINNAMON SPICE

Nutrition Facts

Portion Size	7.230 oz Portion
calories	364.00
fat (gm)	7.20
sat fat (gm)	1.50
chol (mg)	158.40
sodium (mg)	581.30
carbs (gm)	66.60
fiber (gm)	0.00
protein (gm)	17.10

REFECTORY MAIN DINING

1/27/12

LUNCH

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL PAN COATING SPRAY AEROSOL SOY

Nutrition Facts

Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING

1/27/12

LUNCH

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts

Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING

1/27/12

LUNCH

HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	291.20
fat (gm)	13.90
sat fat (gm)	4.90
chol (mg)	61.70
sodium (mg)	270.90
carbs (gm)	18.80
fiber (gm)	0.00
protein (gm)	21.80

REFECTORY MAIN DINING 1/27/12 LUNCH

HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	113.00
fat (gm)	7.90
sat fat (gm)	2.40
chol (mg)	334.30
sodium (mg)	110.60
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	9.90

REFECTORY MAIN DINING 1/27/12 LUNCH

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

<u>Nutrition Facts</u>	
Portion Size	3.5oz portion
calories	259.40
fat (gm)	17.30
sat fat (gm)	6.20
chol (mg)	28.20
sodium (mg)	782.20
carbs (gm)	18.10
fiber (gm)	0.00
protein (gm)	9.00

REFECTORY MAIN DINING 1/27/12 LUNCH

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK BONELESS, DICED WHITE ONIONS, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	115.30
fat (gm)	6.20
sat fat (gm)	2.10
chol (mg)	23.30
sodium (mg)	290.70
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	8.20

REFECTORY MAIN DINING

1/27/12

LUNCH

MEDITERRANEAN ORZO

ORZO, RED PEPPERS, YELLOW PEPPERS, GREEN PEPPERS, DICED WHITE ONIONS, FETA CHEESE, RED WINE VINEGAR, OLIVES, TOMATOES SUN DRIED, FRESH PARSLEY, VIRGIN OLIVE OIL, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	8 oz Portion
calories	263.20
fat (gm)	6.20
sat fat (gm)	2.00
chol (mg)	7.60
sodium (mg)	305.10
carbs (gm)	42.40
fiber (gm)	3.80
protein (gm)	9.90

REFECTORY MAIN DINING

1/27/12

LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN CHEESE, SHREDDED MOZZARELLA CHEESE, TOMATOES, GREEN PEPPERS, DICED WHITE ONIONS, PORK SAUSAGE, SLICED BACON, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING

1/27/12

LUNCH

PANCAKES

WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

Nutrition Facts	
Portion Size	4 oz Portion
calories	207.00
fat (gm)	1.20
sat fat (gm)	0.00
chol (mg)	4.00
sodium (mg)	396.80
carbs (gm)	46.30
fiber (gm)	0.00
protein (gm)	4.00

REFECTORY MAIN DINING 1/27/12 LUNCH

PESTO PIZZA W/ TOMATO/FR

FLOUR, TOMATOES, WATER, PESTO SAUCE FRZ, FRESH MOZZARELLA, YEAST, SALT, ALL PURPOSE SHORTENING, GRANULATED CANE SUGAR, KOSHER SALT, GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	3.40 oz Portion
calories	181.80
fat (gm)	5.30
sat fat (gm)	2.70
chol (mg)	19.90
sodium (mg)	340.60
carbs (gm)	24.20
fiber (gm)	1.10
protein (gm)	8.70

REFECTORY MAIN DINING 1/27/12 LUNCH

RHODE ISLAND CHICKEN SALAD

CHICKEN MEAT CKD 1/2" FRZ, CELERY, MAYONNAISE , RED DELICIOUS APPLES, RAISINS, GREEN SEEDLESS GRAPES, SALT, GROUND WHITE PEPPER

Nutrition Facts	
Portion Size	4OZ SERVINGS
calories	247.00
fat (gm)	17.30
sat fat (gm)	2.80
chol (mg)	50.30
sodium (mg)	352.00
carbs (gm)	6.40
fiber (gm)	0.80
protein (gm)	15.90

REFECTORY MAIN DINING 1/27/12 LUNCH

ROSEMARY PORTOBELLO SANDWICH

SHREDDED MOZZARELLA CHEESE,
FRENCH BREAD, PORTABELLO
MUSHROOMS, MUSHROOMS, KEN'S
BALSAMIC VINAIGRETTE, BALSAMIC
VINEGAR, GARLIC CHOPPED/IN OIL, VIRGIN
OLIVE OIL, FRESH ROSEMARY, KOSHER
SALT, GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	~6.9 OUNCE DTC
calories	377.20
fat (gm)	19.80
sat fat (gm)	8.60
chol (mg)	33.20
sodium (mg)	853.50
carbs (gm)	32.30
fiber (gm)	1.80
protein (gm)	24.40

REFECTORY MAIN DINING 1/27/12 LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 1/27/12 LUNCH

SLICED DELI HAM

HAM

Nutrition Facts	
Portion Size	2 oz Portion
calories	72.10
fat (gm)	3.60
sat fat (gm)	1.20
chol (mg)	27.00
sodium (mg)	618.80
carbs (gm)	1.20
fiber (gm)	
protein (gm)	8.40

REFECTORY MAIN DINING 1/27/12 LUNCH

SLICED SWISS CHEESE

SWISS CHEESE

Nutrition Facts

Portion Size	1 oz Portion
calories	108.00
fat (gm)	8.10
sat fat (gm)	5.40
chol (mg)	27.00
sodium (mg)	67.50
carbs (gm)	1.30
fiber (gm)	
protein (gm)	8.10

REFECTORY MAIN DINING**1/27/12****LUNCH**

SLICED TURKEY

TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING**1/27/12****LUNCH**

TURKEY BREAKFAST SAUSAGE

TURKEY BREAKFAST SAUSAGE

Nutrition Facts

Portion Size	1.390 oz Portion
calories	81.50
fat (gm)	6.20
sat fat (gm)	1.80
chol (mg)	37.00
sodium (mg)	208.30
carbs (gm)	0.30
fiber (gm)	
protein (gm)	5.60

REFECTORY MAIN DINING**1/27/12****LUNCH**

VEGAN CHANA MASALA

GARBANZO BEANS, DICED WHITE ONIONS, TOMATO PASTE USDA GRD FCY, LEMON JUICE, SPICE CURRY POWDER, GARLIC CHOPPED/IN OIL, VEGETABLE SALAD OIL, VIRGIN OLIVE OIL, SALT, FRESH BASIL, GROUND BLACK PEPPER, CRUSHED RED PEPPER

Nutrition Facts

Portion Size	6oz portion
calories	215.90
fat (gm)	7.40
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	870.40
carbs (gm)	30.90
fiber (gm)	1.90
protein (gm)	8.90

REFECTORY MAIN DINING

1/27/12

LUNCH

VEGAN GREEK BEANS AND VEGETABLES

TOMATOES, CANNELLINI BEANS, CARROTS, ARTICHOKE HEARTS, ZUCCHINI SQUASH, ORZO, DICED WHITE ONIONS, RED PEPPERS, RED WINE VINEGAR, VIRGIN OLIVE OIL, GARLIC CHOPPED/IN OIL, SPICE DILL WEED WHL, GROUND MARJORAM, SALT, MINT LEAVES, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	~8 OUNCE PORT
calories	166.00
fat (gm)	3.30
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	426.40
carbs (gm)	28.40
fiber (gm)	3.80
protein (gm)	6.10

REFECTORY MAIN DINING

1/27/12

LUNCH

VEGAN PATTIES W/ BUN

VEGAN VEGGIE PATTY, ROLLS BULKIE WHEAT CALISE

Nutrition Facts

Portion Size	BURGERS
calories	169.70
fat (gm)	2.70
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	697.70
carbs (gm)	27.90
fiber (gm)	
protein (gm)	13.30

REFECTORY MAIN DINING

1/27/12

LUNCH

VEGETARIAN GARDEN VEGETABLE SAUCE

TOMATOES, GREEN PEPPERS, ZUCCHINI SQUASH, BROCCOLI, VEGETABLE SALAD OIL, CARROTS, MUSHROOMS, WHITE ONION, CELERY, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, BAY LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	80.80
fat (gm)	5.60
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	370.10
carbs (gm)	6.40
fiber (gm)	0.90
protein (gm)	1.20

REFECTORY MAIN DINING

1/27/12

LUNCH

CAULIFLOWER IN LEMON TAHINI SAUCE

CAULIFLOWER FLORETTE FRSH, WATER, TAHINI PASTE, VIRGIN OLIVE OIL, LEMON JUICE, GARLIC, FRESH PARSLEY, SESAME SEEDS, SALT

Nutrition Facts

Portion Size	4 OZ PORTION
calories	109.70
fat (gm)	8.60
sat fat (gm)	1.20
chol (mg)	0.00
sodium (mg)	232.00
carbs (gm)	6.10
fiber (gm)	2.40
protein (gm)	3.10

REFECTORY MAIN DINING

1/27/12

LUNCH

FRENCH FRIED ONION RINGS

BATTERED ONION RINGS

Nutrition Facts

Portion Size	2 oz Portion
calories	281.90
fat (gm)	15.90
sat fat (gm)	7.10
chol (mg)	14.40
sodium (mg)	439.90
carbs (gm)	32.00
fiber (gm)	
protein (gm)	3.80

REFECTORY MAIN DINING

1/27/12

LUNCH

GREEK PASTA SALAD

MEDIUM SHELLS, TOMATOES, FETA CHEESE, OLIVES, CUCUMBER, VIRGIN OLIVE OIL, LEMON JUICE, SCALLIONS BUNCHES, FRESH PARSLEY, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, ROSEMARY, MINT LEAVES, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	319.60
fat (gm)	10.50
sat fat (gm)	2.50
chol (mg)	8.10
sodium (mg)	469.20
carbs (gm)	47.60
fiber (gm)	0.50
protein (gm)	10.00

REFECTORY MAIN DINING

1/27/12

LUNCH

OREGON BLEND VEGETABLES

OREGON BLEND VEGETABLES

Nutrition Facts

Portion Size	3oz portion
calories	59.00
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	31.80
carbs (gm)	11.90
fiber (gm)	4.00
protein (gm)	2.60

REFECTORY MAIN DINING

1/27/12

LUNCH

ROASTED HERB POTATOES

POTATOES, SHALLOTS, VEGETABLE SALAD OIL, SALT, GARLIC CHOPPED/IN OIL, SPICE DILL WEED WHL, GROUND PAPRIKA, GROUND BLACK PEPPER, SPICE DRIED CHERVIL

Nutrition Facts

Portion Size	4 oz Portion
calories	117.10
fat (gm)	1.90
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	123.90
carbs (gm)	23.40
fiber (gm)	2.10
protein (gm)	2.10

REFECTORY MAIN DINING

1/27/12

LUNCH

VEGAN BROWN RICE PILAF

BROWN RICE, DICED WHITE ONIONS, BASE
VEGAN SAVORY RSTD VEGETABLE,
GROUND WHITE PEPPER, WATER

Nutrition Facts	
Portion Size	4 oz Portion
calories	149.10
fat (gm)	1.20
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	10.10
carbs (gm)	30.90
fiber (gm)	2.50
protein (gm)	3.50

REFECTORY MAIN DINING 1/27/12 LUNCH

WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN
OLIVE OIL

Nutrition Facts	
Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING 1/27/12 LUNCH

ZITI

ZITI CUT, VIRGIN OLIVE OIL

Nutrition Facts	
Portion Size	8 oz Portion
calories	342.00
fat (gm)	3.70
sat fat (gm)	0.60
chol (mg)	0.00
sodium (mg)	2.10
carbs (gm)	63.70
fiber (gm)	3.70
protein (gm)	12.00

REFECTORY MAIN DINING 1/27/12 LUNCH

SALAD BAR REF CYCLE 1

CUCUMBER, TOMATOES, ROMAINE LETTUCE, APPLE SAUCE, KEN'S ITALIAN DRESSING, KEN'S LITE RANCH DRESSING, MUSHROOMS, EDAMAME , BABY SPINACH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, KEN'S PARM & PEPPERCORN DRESSING, RED ONIONS, TUNAFISH, ZUCCHINI SQUASH, KEN'S BLUE CHEESE DRESSING, KEN'S BALSAMIC VINAIGRETTE, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, FETA CHEESE, TOMATOES, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, SWEETENED DRIED CRANBERRIES , CROUTONS CHOW MEIN NOODLES TAHINI

Nutrition Facts

Portion Size	2.200 oz Portion
calories	100.00
fat (gm)	7.60
sat fat (gm)	1.20
chol (mg)	4.40
sodium (mg)	248.50
carbs (gm)	6.60
fiber (gm)	0.60
protein (gm)	2.30

REFECTORY MAIN DINING 1/27/12

LUNCH

BUTTERSCOTCH COOKIES

CAKE FLOUR, BUTTERSCOTCH CHIPS , VEGETABLE SHORTENING, LIGHT BROWN SUGAR, GRANULATED CANE SUGAR, EGGS - LIQUID, BUTTER, CORN SYRUP , BAKING SODA , VANILLA EXTRACT

Nutrition Facts

Portion Size	~1.25 OZ. PORTIONS
calories	169.90
fat (gm)	9.20
sat fat (gm)	4.70
chol (mg)	16.30
sodium (mg)	73.30
carbs (gm)	20.50
fiber (gm)	0.20
protein (gm)	1.30

REFECTORY MAIN DINING 1/27/12

LUNCH

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE WHEAT BREAD, ROLLS CAL BULKIE CORNML, TOMATO AND BASIL TORTILLA , WHEAT VIENNA BREAD, SPINACH TORTILLA , ROLLS BULKIE WHEAT CALISE , SEVEN STARS SOURDOUGH BATARD, SEVEN STARS MULTIGRAIN LOAF , VIENNA RYE BREAD, PUMPERNICKLE BREAD, WHITE VIENNA BREAD, WHOLE WHEAT TORTILLA , WHITE PULLMAN BREAD, WHITE SYRIAN BREAD

Nutrition Facts

Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING 1/27/12

LUNCH

MULTI-GRAIN BREAD

FLOUR, WATER, BUTTERMILK, QUICK OATS,
SUNFLOWER SEEDS, HONEY, BROWN RICE,
YEAST, LIGHT BROWN SUGAR, EGGS -
LIQUID, OAT BRAN, SALT, DICED WHITE
ONIONS, BASE VEGAN SAVORY RSTD
VEGETABLE, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	~PORTIONS
calories	170.40
fat (gm)	2.20
sat fat (gm)	0.30
chol (mg)	4.00
sodium (mg)	114.30
carbs (gm)	32.60
fiber (gm)	1.60
protein (gm)	5.20

REFECTORY MAIN DINING**1/27/12****LUNCH**

WHEAT DINNER ROLLS**Nutrition Facts**

Portion Size	ROLL
calories	96.70
fat (gm)	2.20
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	120.50
carbs (gm)	16.30
fiber (gm)	1.30
protein (gm)	3.00

REFECTORY MAIN DINING**1/27/12****LUNCH**

CLAM BISQUE

WHOLE MILK, CHOPPED CLAMS,
MARGARINE 1# SOLIDS (MILK FREE),
UNBLEACHED FLOUR, CLAM JUICE, DICED
WHITE ONIONS, SALT, WORCESTERSHIRE
SAUCE, GROUND WHITE PEPPER, WATER

Nutrition Facts

Portion Size	6 oz Portion
calories	119.80
fat (gm)	4.30
sat fat (gm)	2.30
chol (mg)	23.10
sodium (mg)	424.90
carbs (gm)	12.30
fiber (gm)	0.30
protein (gm)	7.10

REFECTORY MAIN DINING**1/27/12****DINNER**

VEGAN ESCAROLE & BEAN SOUP

WATER, GREAT NORTHERN BEANS, ESCAROLE HEADS, DICED WHITE ONIONS, CELERY, VIRGIN OLIVE OIL, BASE VEGAN SAVORY RSTD VEGETABLE, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, CRUSHED RED PEPPER

Nutrition Facts

Portion Size	6 OZ SERVING
calories	66.60
fat (gm)	3.20
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	154.20
carbs (gm)	7.10
fiber (gm)	0.80
protein (gm)	2.70

REFECTORY MAIN DINING

1/27/12

DINNER

BACON ROUNDS

BACON

Nutrition Facts

Portion Size	.390 oz Portion
calories	
fat (gm)	
sat fat (gm)	
chol (mg)	
sodium (mg)	
carbs (gm)	
fiber (gm)	
protein (gm)	

REFECTORY MAIN DINING

1/27/12

DINNER

BURRITO BAR ROOTS AND SHOOTS

MILD SALSA, SOUR CREAM, PINTO BEANS, BLACK BEANS, TOMATOES, SPINACH TORTILLA , WHITE TORTILLA , SHREDDED MONTERAY JACK CHEESE , GUACAMOLE SOUTH WEST STYLE, RED PEPPERS, MEXICAN INFUSED RICE, WHOLE WHEAT TORTILLA , ZUCCHINI SQUASH, CORN, TOMATOES, RED ONIONS, SCALLIONS BUNCHES, VIRGIN OLIVE OIL, RED WINE VINEGAR, CHILI GREEN CHOPPED, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, CHILI POWDER, SALT, BASIL LEAVES, GROUND BLACK PEPPER, WATER

Nutrition Facts

Portion Size	11.70 OZ PORTION
calories	242.10
fat (gm)	10.80
sat fat (gm)	4.80
chol (mg)	22.00
sodium (mg)	498.90
carbs (gm)	28.40
fiber (gm)	1.70
protein (gm)	8.50

REFECTORY MAIN DINING

1/27/12

DINNER

CHEESE PIZZA '04

FLOUR, WATER, PIZZA BLEND CHEESE, TOMATOES, VEGETABLE SALAD OIL, SALT, GRANULATED CANE SUGAR, YEAST, ALL PURPOSE SHORTENING, GRATED ROMANO CHEESE, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, OREGANO

Nutrition Facts

Portion Size	SLICE
calories	148.70
fat (gm)	3.90
sat fat (gm)	1.50
chol (mg)	6.50
sodium (mg)	331.50
carbs (gm)	22.50
fiber (gm)	0.70
protein (gm)	6.30

REFECTORY MAIN DINING

1/27/12

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

Portion Size	1 oz Portion
calories	37.60
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	1.40
sodium (mg)	197.60
carbs (gm)	2.80
fiber (gm)	
protein (gm)	0.20

REFECTORY MAIN DINING

1/27/12

DINNER

CHICKEN TIKKA

CHICKEN BREAST BNLSKL 4oz, NONFAT PLAIN YOGURT, LEMON JUICE, MARGARINE 1# SOLIDS (MILK FREE), VEGETABLE SALAD OIL, GARLIC CHOPPED/IN OIL, FRESH GINGER ROOT, GREEN CARDAMOM PODS, SALT, GROUND WHITE PEPPER, GROUND TUMERIC, CHILI POWDER, GROUND NUTMEG, GROUND MACE, SPICE CUMIN GROUND

Nutrition Facts

Portion Size	8oz portion
calories	447.40
fat (gm)	16.10
sat fat (gm)	3.20
chol (mg)	181.10
sodium (mg)	262.70
carbs (gm)	5.00
fiber (gm)	0.40
protein (gm)	66.20

REFECTORY MAIN DINING

1/27/12

DINNER

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts

Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING

1/27/12

DINNER

GRILLED CHEESE ON WHEAT

WHEAT VIENNA BREAD, AMERICAN
CHEESE, SHORTENING PHASE BUTTER
SUB

Nutrition Facts

Portion Size	SAND
calories	413.90
fat (gm)	20.80
sat fat (gm)	12.60
chol (mg)	45.00
sodium (mg)	1418.50
carbs (gm)	37.90
fiber (gm)	2.80
protein (gm)	20.30

REFECTORY MAIN DINING

1/27/12

DINNER

GRILLED CHEESE ON WHITE

WHITE VIENNA BREAD, AMERICAN CHEESE,
SHORTENING PHASE BUTTER SUB

Nutrition Facts

Portion Size	SAND
calories	431.50
fat (gm)	19.40
sat fat (gm)	12.40
chol (mg)	45.00
sodium (mg)	1517.20
carbs (gm)	44.70
fiber (gm)	1.80
protein (gm)	21.00

REFECTORY MAIN DINING

1/27/12

DINNER

HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	291.20
fat (gm)	13.90
sat fat (gm)	4.90
chol (mg)	61.70
sodium (mg)	270.90
carbs (gm)	18.80
fiber (gm)	0.00
protein (gm)	21.80

REFECTORY MAIN DINING

1/27/12

DINNER

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

<u>Nutrition Facts</u>	
Portion Size	3.5oz portion
calories	259.40
fat (gm)	17.30
sat fat (gm)	6.20
chol (mg)	28.20
sodium (mg)	782.20
carbs (gm)	18.10
fiber (gm)	0.00
protein (gm)	9.00

REFECTORY MAIN DINING

1/27/12

DINNER

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK BONELESS, DICED WHITE ONIONS, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	115.30
fat (gm)	6.20
sat fat (gm)	2.10
chol (mg)	23.30
sodium (mg)	290.70
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	8.20

REFECTORY MAIN DINING

1/27/12

DINNER

MEDITERRANEAN ORZO

ORZO, RED PEPPERS, YELLOW PEPPERS,
GREEN PEPPERS, DICED WHITE ONIONS,
FETA CHEESE, RED WINE VINEGAR,
OLIVES, TOMATOES SUN DRIED, FRESH
PARSLEY, VIRGIN OLIVE OIL, GROUND
BLACK PEPPER

Nutrition Facts

Portion Size	8 oz Portion
calories	263.20
fat (gm)	6.20
sat fat (gm)	2.00
chol (mg)	7.60
sodium (mg)	305.10
carbs (gm)	42.40
fiber (gm)	3.80
protein (gm)	9.90

REFECTORY MAIN DINING

1/27/12

DINNER

PESTO PIZZA W/ TOMATO/FR

FLOUR, TOMATOES, WATER, PESTO SAUCE
FRZ, FRESH MOZZARELLA, YEAST, SALT,
ALL PURPOSE SHORTENING, GRANULATED
CANE SUGAR, KOSHER SALT, GROUND
BLACK PEPPER

Nutrition Facts

Portion Size	3.40 oz Portion
calories	181.80
fat (gm)	5.30
sat fat (gm)	2.70
chol (mg)	19.90
sodium (mg)	340.60
carbs (gm)	24.20
fiber (gm)	1.10
protein (gm)	8.70

REFECTORY MAIN DINING

1/27/12

DINNER

RHODE ISLAND CHICKEN SALAD

CHICKEN MEAT CKD 1/2" FRZ, CELERY,
MAYONNAISE , RED DELICIOUS APPLES,
RAISINS, GREEN SEEDLESS GRAPES, SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4OZ SERVINGS
calories	247.00
fat (gm)	17.30
sat fat (gm)	2.80
chol (mg)	50.30
sodium (mg)	352.00
carbs (gm)	6.40
fiber (gm)	0.80
protein (gm)	15.90

REFECTORY MAIN DINING

1/27/12

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

<u>Nutrition Facts</u>	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 1/27/12 DINNER

SLICED DELI HAM

HAM

<u>Nutrition Facts</u>	
Portion Size	2 oz Portion
calories	72.10
fat (gm)	3.60
sat fat (gm)	1.20
chol (mg)	27.00
sodium (mg)	618.80
carbs (gm)	1.20
fiber (gm)	
protein (gm)	8.40

REFECTORY MAIN DINING 1/27/12 DINNER

SLICED SWISS CHEESE

SWISS CHEESE

<u>Nutrition Facts</u>	
Portion Size	1 oz Portion
calories	108.00
fat (gm)	8.10
sat fat (gm)	5.40
chol (mg)	27.00
sodium (mg)	67.50
carbs (gm)	1.30
fiber (gm)	
protein (gm)	8.10

REFECTORY MAIN DINING 1/27/12 DINNER

SLICED TURKEY

TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING**1/27/12****DINNER**

VEGAN CHANA MASALA

GARBANZO BEANS, DICED WHITE ONIONS, TOMATO PASTE USDA GRD FCY, LEMON JUICE, SPICE CURRY POWDER, GARLIC CHOPPED/IN OIL, VEGETABLE SALAD OIL, VIRGIN OLIVE OIL, SALT, FRESH BASIL, GROUND BLACK PEPPER, CRUSHED RED PEPPER

Nutrition Facts

Portion Size	6oz portion
calories	215.90
fat (gm)	7.40
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	870.40
carbs (gm)	30.90
fiber (gm)	1.90
protein (gm)	8.90

REFECTORY MAIN DINING**1/27/12****DINNER**

VEGAN GREEK BEANS AND VEGETABLES

TOMATOES, CANNELLINI BEANS, CARROTS, ARTICHOKE HEARTS, ZUCCHINI SQUASH, ORZO, DICED WHITE ONIONS, RED PEPPERS, RED WINE VINEGAR, VIRGIN OLIVE OIL, GARLIC CHOPPED/IN OIL, SPICE DILL WEED WHL, GROUND MARJORAM, SALT, MINT LEAVES, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	~8 OUNCE PORT
calories	166.00
fat (gm)	3.30
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	426.40
carbs (gm)	28.40
fiber (gm)	3.80
protein (gm)	6.10

REFECTORY MAIN DINING**1/27/12****DINNER**

VEGETABLE STUFFED RED PEPPERS

RED PEPPERS, GREEN BEANS, CORN, TOMATOES, VIENNA RYE BREAD, SHREDDED CHEDDAR CHEESE, DICED WHITE ONIONS, MARGARINE 1# SOLIDS (MILK FREE), SALT, GROUND BLACK PEPPER, BASIL LEAVES, OREGANO

Nutrition Facts

Portion Size	6 oz Portion
calories	155.60
fat (gm)	5.00
sat fat (gm)	2.10
chol (mg)	11.40
sodium (mg)	383.10
carbs (gm)	23.10
fiber (gm)	3.60
protein (gm)	6.40

REFECTORY MAIN DINING

1/27/12

DINNER

VEGETARIAN GARDEN VEGETABLE SAUCE

TOMATOES, GREEN PEPPERS, ZUCCHINI SQUASH, BROCCOLI, VEGETABLE SALAD OIL, CARROTS, MUSHROOMS, WHITE ONION, CELERY, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, BAY LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	80.80
fat (gm)	5.60
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	370.10
carbs (gm)	6.40
fiber (gm)	0.90
protein (gm)	1.20

REFECTORY MAIN DINING

1/27/12

DINNER

ARABIAN SPINACH

SPINACH, GARBANZO BEANS, WHITE ONIONS, GARLIC CHOPPED/IN OIL, VIRGIN OLIVE OIL, SALT, GROUND BLACK PEPPER, SPICE CUMIN GROUND

Nutrition Facts

Portion Size	4 oz Portion
calories	87.70
fat (gm)	4.80
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	224.00
carbs (gm)	9.20
fiber (gm)	1.10
protein (gm)	3.30

REFECTORY MAIN DINING

1/27/12

DINNER

BAKED SWEET POTATOES

YAMS

Nutrition Facts

Portion Size	5.3oz portion
calories	164.90
fat (gm)	0.20
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	11.40
carbs (gm)	39.10
fiber (gm)	5.50
protein (gm)	2.10

REFECTORY MAIN DINING

1/27/12

DINNER

BASMATI RICE PILAF

BASMATI RICE, MARGARINE 1# SOLIDS (MILK FREE), DICED WHITE ONIONS, KOSHER SALT, SPICE CUMIN SEED, WHOLE BLACK PEPPERCORNS, WHOLE CLOVES, WATER, BAY LEAVES, CINNAMON STICK

Nutrition Facts

Portion Size	4oz portion
calories	133.00
fat (gm)	1.10
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	242.20
carbs (gm)	26.80
fiber (gm)	1.00
protein (gm)	3.00

REFECTORY MAIN DINING

1/27/12

DINNER

CAULIFLOWER IN LEMON TAHINI SAUCE

CAULIFLOWER FLORETTE FRSH, WATER, TAHINI PASTE, VIRGIN OLIVE OIL, LEMON JUICE, GARLIC, FRESH PARSLEY, SESAME SEEDS, SALT

Nutrition Facts

Portion Size	4 OZ PORTION
calories	109.70
fat (gm)	8.60
sat fat (gm)	1.20
chol (mg)	0.00
sodium (mg)	232.00
carbs (gm)	6.10
fiber (gm)	2.40
protein (gm)	3.10

REFECTORY MAIN DINING

1/27/12

DINNER

FRENCH FRIED ONION RINGS

BATTERED ONION RINGS

Nutrition Facts

Portion Size	2 oz Portion
calories	281.90
fat (gm)	15.90
sat fat (gm)	7.10
chol (mg)	14.40
sodium (mg)	439.90
carbs (gm)	32.00
fiber (gm)	
protein (gm)	3.80

REFECTORY MAIN DINING

1/27/12

DINNER

GREEK PASTA SALAD

MEDIUM SHELLS, TOMATOES, FETA CHEESE, OLIVES, CUCUMBER, VIRGIN OLIVE OIL, LEMON JUICE, SCALLIONS BUNCHES, FRESH PARSLEY, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, ROSEMARY, MINT LEAVES, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	319.60
fat (gm)	10.50
sat fat (gm)	2.50
chol (mg)	8.10
sodium (mg)	469.20
carbs (gm)	47.60
fiber (gm)	0.50
protein (gm)	10.00

REFECTORY MAIN DINING

1/27/12

DINNER

MIXED VEGETABLE CREOLE

CAULIFLOWER, TOMATOES, GREEN BEANS, MARGARINE 1# SOLIDS (MILK FREE), GREEN PEPPERS, WHITE ONION, UNBLEACHED FLOUR, SALT, GROUND PAPRIKA, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	3 oz Portion
calories	27.80
fat (gm)	0.50
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	268.90
carbs (gm)	5.20
fiber (gm)	1.60
protein (gm)	1.30

REFECTORY MAIN DINING

1/27/12

DINNER

WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN OLIVE OIL

Nutrition Facts	
Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING **1/27/12** **DINNER**

ZITI

ZITI CUT, VIRGIN OLIVE OIL

Nutrition Facts	
Portion Size	8 oz Portion
calories	342.00
fat (gm)	3.70
sat fat (gm)	0.60
chol (mg)	0.00
sodium (mg)	2.10
carbs (gm)	63.70
fiber (gm)	3.70
protein (gm)	12.00

REFECTORY MAIN DINING **1/27/12** **DINNER**

SALAD BAR REF CYCLE 1

CUCUMBER, TOMATOES, ROMAINE LETTUCE, APPLE SAUCE, KEN'S ITALIAN DRESSING, KEN'S LITE RANCH DRESSING, MUSHROOMS, EDAMAME , BABY SPINACH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, KEN'S PARM & PEPPERCORN DRESSING, RED ONIONS, TUNAFISH, ZUCCHINI SQUASH, KEN'S BLUE CHEESE DRESSING, KEN'S BALSAMIC VINAIGRETTE, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, FETA CHEESE, TOMATOES, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, SWEETENED DRIED CRANBERRIES , CROUXTONS CHOW MEIN NOODLES TAHINI

Nutrition Facts	
Portion Size	2.200 oz Portion
calories	100.00
fat (gm)	7.60
sat fat (gm)	1.20
chol (mg)	4.40
sodium (mg)	248.50
carbs (gm)	6.60
fiber (gm)	0.60
protein (gm)	2.30

REFECTORY MAIN DINING **1/27/12** **DINNER**

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE WHEAT BREAD, ROLLS CAL BULKIE CORNML, TOMATO AND BASIL TORTILLA , WHEAT VIENNA BREAD, SPINACH TORTILLA , ROLLS BULKIE WHEAT CALISE , SEVEN STARS SOURDOUGH BATARD, SEVEN STARS MULTIGRAIN LOAF , VIENNA RYE BREAD, PUMPERNICKLE BREAD, WHITE VIENNA BREAD, WHOLE WHEAT TORTILLA , WHITE PULLMAN BREAD, WHITE SYRIAN BREAD

Nutrition Facts

Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING**1/27/12****DINNER**

FOCACCIA W/ROSEMARY

UNBLEACHED FLOUR, WATER, VIRGIN OLIVE OIL, FRESH ROSEMARY, GARLIC CHOPPED/IN OIL, YEAST, GRANULATED CANE SUGAR, SALT

Nutrition Facts

Portion Size	PORTIONS
calories	172.20
fat (gm)	5.20
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	167.80
carbs (gm)	27.10
fiber (gm)	1.00
protein (gm)	3.70

REFECTORY MAIN DINING**1/27/12****DINNER**

PUMPKIN CREAM CHEESE ROLL , NO NUTS

GRANULATED CANE SUGAR, CREAM CHEESE, EGGS - LIQUID, CONFECTIONARY SUGAR, CANNED PUMPKIN, BUTTER, CAKE FLOUR, UNBLEACHED FLOUR, BAKING POWDER, SALT, VANILLA EXTRACT, CINNAMON SPICE, GROUND NUTMEG

Nutrition Facts

Portion Size	SLICES
calories	4172.00
fat (gm)	170.80
sat fat (gm)	99.10
chol (mg)	1169.70
sodium (mg)	3217.90
carbs (gm)	602.80
fiber (gm)	4.80
protein (gm)	54.90

REFECTORY MAIN DINING**1/27/12****DINNER**

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY
AEROSOL SOY

<u>Nutrition Facts</u>	
Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING 1/28/12 BREAKFAST

FRENCH TOAST

TEXAS TOAST, EGGS - LIQUID, MAPLE
SYRUP, WHOLE MILK, GRANULATED CANE
SUGAR, SALT, CINNAMON SPICE

<u>Nutrition Facts</u>	
Portion Size	7.230 oz Portion
calories	364.00
fat (gm)	7.20
sat fat (gm)	1.50
chol (mg)	158.40
sodium (mg)	581.30
carbs (gm)	66.60
fiber (gm)	0.00
protein (gm)	17.10

REFECTORY MAIN DINING 1/28/12 BREAKFAST

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL
PAN COATING SPRAY AEROSOL SOY

<u>Nutrition Facts</u>	
Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING 1/28/12 BREAKFAST

GRILLED BREAKFAST HAM

HAM

<u>Nutrition Facts</u>	
Portion Size	2 oz Portion
calories	81.00
fat (gm)	4.00
sat fat (gm)	1.40
chol (mg)	30.40
sodium (mg)	695.20
carbs (gm)	1.40
fiber (gm)	
protein (gm)	9.40

REFECTORY MAIN DINING**1/28/12****BREAKFAST**

HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	113.00
fat (gm)	7.90
sat fat (gm)	2.40
chol (mg)	334.30
sodium (mg)	110.60
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	9.90

REFECTORY MAIN DINING**1/28/12****BREAKFAST**

OATMEAL

OATMEAL, WATER

<u>Nutrition Facts</u>	
Portion Size	6 oz Portion
calories	570.00
fat (gm)	11.40
sat fat (gm)	1.90
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	102.60
fiber (gm)	0.00
protein (gm)	19.00

REFECTORY MAIN DINING**1/28/12****BREAKFAST**

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN CHEESE, SHREDDED MOZZARELLA CHEESE, TOMATOES, GREEN PEPPERS, DICED WHITE ONIONS, PORK SAUSAGE , SLICED BACON, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING

1/28/12

BREAKFAST

PANCAKES

WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

Nutrition Facts

Portion Size	4 oz Portion
calories	207.00
fat (gm)	1.20
sat fat (gm)	0.00
chol (mg)	4.00
sodium (mg)	396.80
carbs (gm)	46.30
fiber (gm)	0.00
protein (gm)	4.00

REFECTORY MAIN DINING

1/28/12

BREAKFAST

PANCAKES-CHOCOLATE CHIP

WATER, PANCAKE MIX DELUXE, CHOC DROPS (CHIPS)

Nutrition Facts

Portion Size	4 oz Portion
calories	256.90
fat (gm)	8.30
sat fat (gm)	4.40
chol (mg)	3.90
sodium (mg)	371.70
carbs (gm)	45.60
fiber (gm)	0.00
protein (gm)	5.40

REFECTORY MAIN DINING

1/28/12

BREAKFAST

SCRAMBLED EGGS

EGGS - LIQUID, WHOLE MILK, SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	163.90
fat (gm)	10.70
sat fat (gm)	3.50
chol (mg)	422.80
sodium (mg)	397.10
carbs (gm)	2.30
fiber (gm)	0.00
protein (gm)	13.60

REFECTORY MAIN DINING

1/28/12

BREAKFAST

POTATO PUFFS (TATER TOTS)

POTATO PUFFS

Nutrition Facts

Portion Size	3 oz Portion
calories	145.00
fat (gm)	7.70
sat fat (gm)	1.30
chol (mg)	0.00
sodium (mg)	289.90
carbs (gm)	16.20
fiber (gm)	
protein (gm)	1.70

REFECTORY MAIN DINING

1/28/12

BREAKFAST

DANISH RASPBERRY

DANISH DOUGH , RASPBERRY FILLING,
CONFECTIONARY SUGAR, EGGS - LIQUID,
WATER

Nutrition Facts

Portion Size	~DANISH
calories	437.30
fat (gm)	27.60
sat fat (gm)	4.00
chol (mg)	15.10
sodium (mg)	197.10
carbs (gm)	41.90
fiber (gm)	1.10
protein (gm)	5.70

REFECTORY MAIN DINING

1/28/12

BREAKFAST

BEEF VEGETABLE SOUP

WATER, DICED WHITE ONIONS, CARROTS, CELERY, TOMATOES, BABY LIMA BEANS, BEEF, CORN, GREEN PEAS, BASE BEEF SAVORY RSTD NO MSG, MARGARINE 1# SOLIDS (MILK FREE), GRANULATED GARLIC, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	52.40
fat (gm)	0.70
sat fat (gm)	0.20
chol (mg)	5.50
sodium (mg)	65.20
carbs (gm)	8.20
fiber (gm)	1.80
protein (gm)	3.70

REFECTORY MAIN DINING

1/28/12

LUNCH

VEGETARIAN ONION SOUP

WATER, WHITE ONION, ONION SOUP BASE, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR

Nutrition Facts

Portion Size	6 oz Portion
calories	42.40
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	518.20
carbs (gm)	9.20
fiber (gm)	1.20
protein (gm)	1.10

REFECTORY MAIN DINING

1/28/12

LUNCH

BURRITO BAR ROOTS AND SHOOTS

MILD SALSA, SOUR CREAM, PINTO BEANS, BLACK BEANS, TOMATOES, SPINACH TORTILLA , WHITE TORTILLA , SHREDDED MONTERAY JACK CHEESE , GUACAMOLE SOUTH WEST STYLE, RED PEPPERS, MEXICAN INFUSED RICE, WHOLE WHEAT TORTILLA , ZUCCHINI SQUASH, CORN, TOMATOES, RED ONIONS, SCALLIONS BUNCHES, VIRGIN OLIVE OIL, RED WINE VINEGAR, CHILI GREEN CHOPPED, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, CHILI POWDER, SALT, BASIL LEAVES, GROUND BLACK PEPPER, WATER

Nutrition Facts

Portion Size	11.70 OZ PORTION
calories	242.10
fat (gm)	10.80
sat fat (gm)	4.80
chol (mg)	22.00
sodium (mg)	498.90
carbs (gm)	28.40
fiber (gm)	1.70
protein (gm)	8.50

REFECTORY MAIN DINING

1/28/12

LUNCH

CHEESE PIZZA '04

FLOUR, WATER, PIZZA BLEND CHEESE,
TOMATOES, VEGETABLE SALAD OIL, SALT,
GRANULATED CANE SUGAR, YEAST, ALL
PURPOSE SHORTENING, GRATED ROMANO
CHEESE , GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, OREGANO

Nutrition Facts

Portion Size	SLICE
calories	148.70
fat (gm)	3.90
sat fat (gm)	1.50
chol (mg)	6.50
sodium (mg)	331.50
carbs (gm)	22.50
fiber (gm)	0.70
protein (gm)	6.30

REFECTORY MAIN DINING**1/28/12****LUNCH**

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

Portion Size	1 oz Portion
calories	37.60
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	1.40
sodium (mg)	197.60
carbs (gm)	2.80
fiber (gm)	
protein (gm)	0.20

REFECTORY MAIN DINING**1/28/12****LUNCH**

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY
AEROSOL SOY

Nutrition Facts

Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING**1/28/12****LUNCH**

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL
PAN COATING SPRAY AEROSOL SOY

Nutrition Facts	
Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING 1/28/12 LUNCH

GRILLED BREAKFAST HAM

HAM

Nutrition Facts	
Portion Size	2 oz Portion
calories	81.00
fat (gm)	4.00
sat fat (gm)	1.40
chol (mg)	30.40
sodium (mg)	695.20
carbs (gm)	1.40
fiber (gm)	
protein (gm)	9.40

REFECTORY MAIN DINING 1/28/12 LUNCH

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts	
Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING 1/28/12 LUNCH

HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	291.20
fat (gm)	13.90
sat fat (gm)	4.90
chol (mg)	61.70
sodium (mg)	270.90
carbs (gm)	18.80
fiber (gm)	0.00
protein (gm)	21.80

REFECTORY MAIN DINING **1/28/12** **LUNCH**

HAMBURGER, GP & ONION PIZZA '04

FLOUR, WATER, PIZZA BLEND CHEESE,
GROUND BEEF, TOMATOES, GREEN
PEPPERS, DICED WHITE ONIONS,
VEGETABLE SALAD OIL, SALT,
GRANULATED CANE SUGAR, YEAST, ALL
PURPOSE SHORTENING, GRATED ROMANO
CHEESE , GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, OREGANO

Nutrition Facts	
Portion Size	~3.25 OZ. PORTION
calories	195.10
fat (gm)	6.60
sat fat (gm)	2.60
chol (mg)	18.80
sodium (mg)	364.90
carbs (gm)	24.10
fiber (gm)	1.00
protein (gm)	10.30

REFECTORY MAIN DINING **1/28/12** **LUNCH**

HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	113.00
fat (gm)	7.90
sat fat (gm)	2.40
chol (mg)	334.30
sodium (mg)	110.60
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	9.90

REFECTORY MAIN DINING **1/28/12** **LUNCH**

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

Nutrition Facts

Portion Size	3.5oz portion
calories	259.40
fat (gm)	17.30
sat fat (gm)	6.20
chol (mg)	28.20
sodium (mg)	782.20
carbs (gm)	18.10
fiber (gm)	0.00
protein (gm)	9.00

REFECTORY MAIN DINING

1/28/12

LUNCH

ITALIAN CHICKEN PARMESAN

CHICKEN BREAST BNLSKL 4oz, WATER, TOMATOES, PROVOLONE CHEESE, BREAD CRUMBS, WHOLE MILK, EGGS - LIQUID, UNBLEACHED FLOUR, DICED WHITE ONIONS, VIRGIN OLIVE OIL, SALT, GRANULATED CANE SUGAR, CELERY SALT, ONION SALT, GARLIC CHOPPED/IN OIL, FRESH PARSLEY, GROUND PAPRIKA, GRATED ROMANO CHEESE, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, GRANULATED GARLIC, OREGANO

Nutrition Facts

Portion Size	10 oz Portion
calories	415.30
fat (gm)	14.90
sat fat (gm)	6.70
chol (mg)	127.90
sodium (mg)	1013.00
carbs (gm)	22.80
fiber (gm)	1.00
protein (gm)	44.70

REFECTORY MAIN DINING

1/28/12

LUNCH

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK BONELESS, DICED WHITE ONIONS, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	115.30
fat (gm)	6.20
sat fat (gm)	2.10
chol (mg)	23.30
sodium (mg)	290.70
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	8.20

REFECTORY MAIN DINING

1/28/12

LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN CHEESE, SHREDDED MOZZARELLA CHEESE, TOMATOES, GREEN PEPPERS, DICED WHITE ONIONS, PORK SAUSAGE, SLICED BACON, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size 6oz portion
calories 275.30
fat (gm) 18.90
sat fat (gm) 7.30
chol (mg) 548.10
sodium (mg) 431.50
carbs (gm) 3.70
fiber (gm) 0.50
protein (gm) 22.50

REFECTORY MAIN DINING**1/28/12****LUNCH**

PANCAKES

WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

Nutrition Facts

Portion Size 4 oz Portion
calories 207.00
fat (gm) 1.20
sat fat (gm) 0.00
chol (mg) 4.00
sodium (mg) 396.80
carbs (gm) 46.30
fiber (gm) 0.00
protein (gm) 4.00

REFECTORY MAIN DINING**1/28/12****LUNCH**

RHODE ISLAND CHICKEN SALAD

CHICKEN MEAT CKD 1/2" FRZ, CELERY, MAYONNAISE, RED DELICIOUS APPLES, RAISINS, GREEN SEEDLESS GRAPES, SALT, GROUND WHITE PEPPER

Nutrition Facts

Portion Size 4OZ SERVINGS
calories 247.00
fat (gm) 17.30
sat fat (gm) 2.80
chol (mg) 50.30
sodium (mg) 352.00
carbs (gm) 6.40
fiber (gm) 0.80
protein (gm) 15.90

REFECTORY MAIN DINING**1/28/12****LUNCH**

SLICED AMERICAN CHEESE

AMERICAN CHEESE

<u>Nutrition Facts</u>	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 1/28/12 LUNCH

SLICED CHEDDAR

SLICED CHEDDAR CHEESE

<u>Nutrition Facts</u>	
Portion Size	1 oz Portion
calories	114.20
fat (gm)	9.40
sat fat (gm)	6.00
chol (mg)	29.80
sodium (mg)	176.10
carbs (gm)	0.40
fiber (gm)	0.00
protein (gm)	7.10

REFECTORY MAIN DINING 1/28/12 LUNCH

SLICED ROAST BEEF

ROAST BEEF

<u>Nutrition Facts</u>	
Portion Size	SLICES
calories	117.90
fat (gm)	5.50
sat fat (gm)	2.10
chol (mg)	35.20
sodium (mg)	21.00
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	16.10

REFECTORY MAIN DINING 1/28/12 LUNCH

SLICED TURKEY

TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING**1/28/12****LUNCH**

SPICY BLACK BEAN VEGGIE PATTY

SPICY BLACK BEAN VEGGIE PATTY, ROLLS
BULKIE WHEAT CALISE**Nutrition Facts**

Portion Size	burger
calories	201.50
fat (gm)	5.30
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	513.80
carbs (gm)	27.10
fiber (gm)	
protein (gm)	14.90

REFECTORY MAIN DINING**1/28/12****LUNCH**

SPINACH QUICHE

EGGS - LIQUID, SPINACH, SHREDDED
CHEDDAR CHEESE, WHOLE MILK, PASTRY
FLOUR, ALL PURPOSE SHORTENING,
WATER, DICED WHITE ONIONS, SALT,
NON-FAT MILK, GRANULATED CANE
SUGAR, GROUND WHITE PEPPER**Nutrition Facts**

Portion Size	8 oz Portion
calories	405.80
fat (gm)	28.20
sat fat (gm)	12.20
chol (mg)	324.10
sodium (mg)	696.70
carbs (gm)	19.70
fiber (gm)	1.00
protein (gm)	18.30

REFECTORY MAIN DINING**1/28/12****LUNCH**

STIR FRY - BEEF

RED PEPPERS, BEEF FLANK STEAK,
SCALLIONS BUNCHES, SUGAR SNAP PEAS,
WATER, WHITE ONIONS, BROCCOLI
FLORETTE, SHERRY, SOY SAUCE,
GRANULATED CANE SUGAR, CORN
STARCH, GROUND BLACK PEPPER, GARLIC
CHOPPED/IN OIL, SPICE GINGER GRD

Nutrition Facts

Portion Size	6 oz Portion
calories	132.00
fat (gm)	3.70
sat fat (gm)	1.40
chol (mg)	18.20
sodium (mg)	130.50
carbs (gm)	10.90
fiber (gm)	3.10
protein (gm)	13.90

REFECTORY MAIN DINING**1/28/12****LUNCH**

VEGAN ITALIAN WHITE BEANS

GREAT NORTHERN BEANS, TOMATOES,
OLIVES, GARLIC CHOPPED/IN OIL, BASIL
LEAVES

Nutrition Facts

Portion Size	8oz portion
calories	180.70
fat (gm)	1.30
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	818.50
carbs (gm)	30.20
fiber (gm)	0.30
protein (gm)	11.00

REFECTORY MAIN DINING**1/28/12****LUNCH**

VEGAN VEGETABLE COUSCOUS

COUSCOUS, WATER, GARBANZO BEANS,
ZUCCHINI SQUASH, RED BLISS POTATOES,
TOMATOES, CARROTS, CELERY, VIRGIN
OLIVE OIL, DICED WHITE ONIONS, FRESH
CILANTRO , BASE VEGAN SAVORY RSTD
VEGETABLE, GARLIC CHOPPED/IN OIL,
SPICE CUMIN GROUND, GROUND PAPRIKA,
SPICE GINGER GRD

Nutrition Facts

Portion Size	8oz portion
calories	534.30
fat (gm)	5.30
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	126.70
carbs (gm)	102.20
fiber (gm)	7.00
protein (gm)	17.40

REFECTORY MAIN DINING**1/28/12****LUNCH**

VEGETARIAN GARDEN VEGETABLE SAUCE

TOMATOES, GREEN PEPPERS, ZUCCHINI SQUASH, BROCCOLI, VEGETABLE SALAD OIL, CARROTS, MUSHROOMS, WHITE ONION, CELERY, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, BAY LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	80.80
fat (gm)	5.60
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	370.10
carbs (gm)	6.40
fiber (gm)	0.90
protein (gm)	1.20

REFECTORY MAIN DINING

1/28/12

LUNCH

CORN MEXICANE

CORN, GREEN PEPPERS, PIMENTOS

Nutrition Facts

Portion Size	3 oz Portion
calories	82.00
fat (gm)	1.00
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	10.00
carbs (gm)	19.00
fiber (gm)	2.20
protein (gm)	2.50

REFECTORY MAIN DINING

1/28/12

LUNCH

MACARONI SHELLS

MEDIUM SHELLS, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	753.00
fat (gm)	5.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	151.10
fiber (gm)	0.00
protein (gm)	25.80

REFECTORY MAIN DINING

1/28/12

LUNCH

POTATO PUFFS (TATER TOTS)

POTATO PUFFS

Nutrition Facts

Portion Size	3 oz Portion
calories	145.00
fat (gm)	7.70
sat fat (gm)	1.30
chol (mg)	0.00
sodium (mg)	289.90
carbs (gm)	16.20
fiber (gm)	
protein (gm)	1.70

REFECTORY MAIN DINING

1/28/12

LUNCH

SEASONED FRENCH FRIES

SEASONED FRENCH FRIES

Nutrition Facts

Portion Size	3 oz Portion
calories	150.00
fat (gm)	8.00
sat fat (gm)	2.00
chol (mg)	0.00
sodium (mg)	390.00
carbs (gm)	20.00
fiber (gm)	
protein (gm)	2.00

REFECTORY MAIN DINING

1/28/12

LUNCH

VEGAN RICE WITH JALAPENOS

WHITE RICE, TOMATOES, GREEN PEAS,
DICED WHITE ONIONS, VEGETABLE SALAD
OIL, CARROTS, JALAPENO PEPPERS, BASE
VEGAN SAVORY RSTD VEGETABLE, GARLIC
CHOPPED/IN OIL, FRESH PARSLEY, WATER

Nutrition Facts

Portion Size	3 oz Portion
calories	114.30
fat (gm)	3.00
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	8.00
carbs (gm)	19.20
fiber (gm)	0.90
protein (gm)	2.20

REFECTORY MAIN DINING

1/28/12

LUNCH

WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING 1/28/12**LUNCH**

GREEK PASTA SALAD

MEDIUM SHELLS, TOMATOES, FETA CHEESE, OLIVES, CUCUMBER, VIRGIN OLIVE OIL, LEMON JUICE, SCALLIONS BUNCHES, FRESH PARSLEY, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, ROSEMARY, MINT LEAVES, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	319.60
fat (gm)	10.50
sat fat (gm)	2.50
chol (mg)	8.10
sodium (mg)	469.20
carbs (gm)	47.60
fiber (gm)	0.50
protein (gm)	10.00

REFECTORY MAIN DINING 1/28/12**LUNCH**

SALAD BAR REF CYCLE 1

CUCUMBER, TOMATOES, ROMAINE LETTUCE, APPLE SAUCE, KEN'S ITALIAN DRESSING, KEN'S LITE RANCH DRESSING, MUSHROOMS, EDAMAME, BABY SPINACH, LOW FAT COTTAGE CHEESE, TROPICAL FRUIT SALAD, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, KEN'S PARM & PEPPERCORN DRESSING, RED ONIONS, TUNAFISH, ZUCCHINI SQUASH, KEN'S BLUE CHEESE DRESSING, KEN'S BALSAMIC VINAIGRETTE, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE, NONFAT STRAWBERRY YOGURT, FETA CHEESE, TOMATOES, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, SWEETENED DRIED CRANBERRIES, CROUXTONS CHOW MEIN NOODLES, TAHINI

Nutrition Facts

Portion Size	2.200 oz Portion
calories	100.00
fat (gm)	7.60
sat fat (gm)	1.20
chol (mg)	4.40
sodium (mg)	248.50
carbs (gm)	6.60
fiber (gm)	0.60
protein (gm)	2.30

REFECTORY MAIN DINING 1/28/12**LUNCH**

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE WHEAT BREAD, ROLLS CAL BULKIE CORNML, TOMATO AND BASIL TORTILLA , WHEAT VIENNA BREAD, SPINACH TORTILLA , ROLLS BULKIE WHEAT CALISE , SEVEN STARS SOURDOUGH BATARD, SEVEN STARS MULTIGRAIN LOAF , VIENNA RYE BREAD, PUMPERNICKLE BREAD, WHITE VIENNA BREAD, WHOLE WHEAT TORTILLA , WHITE PULLMAN BREAD, WHITE SYRIAN BREAD

Nutrition Facts

Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING

1/28/12

LUNCH

OATMEAL RAISIN COOKIES

BUTTER, QUICK OATS, UNBLEACHED FLOUR, RAISINS, LIGHT BROWN SUGAR, GRANULATED CANE SUGAR, EGGS - LIQUID, VANILLA EXTRACT, BAKING SODA , GROUND CINNAMON, GROUND NUTMEG

Nutrition Facts

Portion Size	~1.25 OZ. COOKIE
calories	155.80
fat (gm)	7.90
sat fat (gm)	1.40
chol (mg)	7.30
sodium (mg)	100.20
carbs (gm)	19.60
fiber (gm)	1.10
protein (gm)	2.30

REFECTORY MAIN DINING

1/28/12

LUNCH

WHEAT DINNER ROLLS

Nutrition Facts

Portion Size	ROLL
calories	96.70
fat (gm)	2.20
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	120.50
carbs (gm)	16.30
fiber (gm)	1.30
protein (gm)	3.00

REFECTORY MAIN DINING

1/28/12

LUNCH

BEEF VEGETABLE SOUP

WATER, DICED WHITE ONIONS, CARROTS, CELERY, TOMATOES, BABY LIMA BEANS, BEEF, CORN, GREEN PEAS, BASE BEEF SAVORY RSTD NO MSG, MARGARINE 1# SOLIDS (MILK FREE), GRANULATED GARLIC, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	52.40
fat (gm)	0.70
sat fat (gm)	0.20
chol (mg)	5.50
sodium (mg)	65.20
carbs (gm)	8.20
fiber (gm)	1.80
protein (gm)	3.70

REFECTORY MAIN DINING

1/28/12

DINNER

VEGETARIAN ONION SOUP

WATER, WHITE ONION, ONION SOUP BASE, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR

Nutrition Facts

Portion Size	6 oz Portion
calories	42.40
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	518.20
carbs (gm)	9.20
fiber (gm)	1.20
protein (gm)	1.10

REFECTORY MAIN DINING

1/28/12

DINNER

BURRITO BAR ROOTS AND SHOOTS

MILD SALSA, SOUR CREAM, PINTO BEANS, BLACK BEANS, TOMATOES, SPINACH TORTILLA , WHITE TORTILLA , SHREDDED MONTERAY JACK CHEESE , GUACAMOLE SOUTH WEST STYLE, RED PEPPERS, MEXICAN INFUSED RICE, WHOLE WHEAT TORTILLA , ZUCCHINI SQUASH, CORN, TOMATOES, RED ONIONS, SCALLIONS BUNCHES, VIRGIN OLIVE OIL, RED WINE VINEGAR, CHILI GREEN CHOPPED, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, CHILI POWDER, SALT, BASIL LEAVES, GROUND BLACK PEPPER, WATER

Nutrition Facts

Portion Size	11.70 OZ PORTION
calories	242.10
fat (gm)	10.80
sat fat (gm)	4.80
chol (mg)	22.00
sodium (mg)	498.90
carbs (gm)	28.40
fiber (gm)	1.70
protein (gm)	8.50

REFECTORY MAIN DINING

1/28/12

DINNER

CHEESE PIZZA '04

FLOUR, WATER, PIZZA BLEND CHEESE,
TOMATOES, VEGETABLE SALAD OIL, SALT,
GRANULATED CANE SUGAR, YEAST, ALL
PURPOSE SHORTENING, GRATED ROMANO
CHEESE , GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, OREGANO

Nutrition Facts

Portion Size	SLICE
calories	148.70
fat (gm)	3.90
sat fat (gm)	1.50
chol (mg)	6.50
sodium (mg)	331.50
carbs (gm)	22.50
fiber (gm)	0.70
protein (gm)	6.30

REFECTORY MAIN DINING

1/28/12

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

Portion Size	1 oz Portion
calories	37.60
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	1.40
sodium (mg)	197.60
carbs (gm)	2.80
fiber (gm)	
protein (gm)	0.20

REFECTORY MAIN DINING

1/28/12

DINNER

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts

Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING

1/28/12

DINNER

HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	291.20
fat (gm)	13.90
sat fat (gm)	4.90
chol (mg)	61.70
sodium (mg)	270.90
carbs (gm)	18.80
fiber (gm)	0.00
protein (gm)	21.80

REFECTORY MAIN DINING**1/28/12****DINNER**

HAMBURGER, GP & ONION PIZZA '04

FLOUR, WATER, PIZZA BLEND CHEESE,
GROUND BEEF, TOMATOES, GREEN
PEPPERS, DICED WHITE ONIONS,
VEGETABLE SALAD OIL, SALT,
GRANULATED CANE SUGAR, YEAST, ALL
PURPOSE SHORTENING, GRATED ROMANO
CHEESE , GARLIC CHOPPED/IN OIL,
GROUND BLACK PEPPER, OREGANO

Nutrition Facts	
Portion Size	~3.25 OZ. PORTION
calories	195.10
fat (gm)	6.60
sat fat (gm)	2.60
chol (mg)	18.80
sodium (mg)	364.90
carbs (gm)	24.10
fiber (gm)	1.00
protein (gm)	10.30

REFECTORY MAIN DINING**1/28/12****DINNER**

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

Nutrition Facts	
Portion Size	3.5oz portion
calories	259.40
fat (gm)	17.30
sat fat (gm)	6.20
chol (mg)	28.20
sodium (mg)	782.20
carbs (gm)	18.10
fiber (gm)	0.00
protein (gm)	9.00

REFECTORY MAIN DINING**1/28/12****DINNER**

ITALIAN CHICKEN PARMESAN

CHICKEN BREAST BNLSKL 4oz, WATER, TOMATOES, PROVOLONE CHEESE, BREAD CRUMBS, WHOLE MILK, EGGS - LIQUID, UNBLEACHED FLOUR, DICED WHITE ONIONS, VIRGIN OLIVE OIL, SALT, GRANULATED CANE SUGAR, CELERY SALT, ONION SALT, GARLIC CHOPPED/IN OIL, FRESH PARSLEY, GROUND PAPRIKA, GRATED ROMANO CHEESE, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, GRANULATED GARLIC, OREGANO

Nutrition Facts

Portion Size	10 oz Portion
calories	415.30
fat (gm)	14.90
sat fat (gm)	6.70
chol (mg)	127.90
sodium (mg)	1013.00
carbs (gm)	22.80
fiber (gm)	1.00
protein (gm)	44.70

REFECTORY MAIN DINING

1/28/12

DINNER

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK BONELESS, DICED WHITE ONIONS, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	115.30
fat (gm)	6.20
sat fat (gm)	2.10
chol (mg)	23.30
sodium (mg)	290.70
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	8.20

REFECTORY MAIN DINING

1/28/12

DINNER

RHODE ISLAND CHICKEN SALAD

CHICKEN MEAT CKD 1/2" FRZ, CELERY, MAYONNAISE, RED DELICIOUS APPLES, RAISINS, GREEN SEEDLESS GRAPES, SALT, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4OZ SERVINGS
calories	247.00
fat (gm)	17.30
sat fat (gm)	2.80
chol (mg)	50.30
sodium (mg)	352.00
carbs (gm)	6.40
fiber (gm)	0.80
protein (gm)	15.90

REFECTORY MAIN DINING

1/28/12

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

<u>Nutrition Facts</u>	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 1/28/12 DINNER

SLICED CHEDDAR

SLICED CHEDDAR CHEESE

<u>Nutrition Facts</u>	
Portion Size	1 oz Portion
calories	114.20
fat (gm)	9.40
sat fat (gm)	6.00
chol (mg)	29.80
sodium (mg)	176.10
carbs (gm)	0.40
fiber (gm)	0.00
protein (gm)	7.10

REFECTORY MAIN DINING 1/28/12 DINNER

SLICED ROAST BEEF

ROAST BEEF

<u>Nutrition Facts</u>	
Portion Size	SLICES
calories	117.90
fat (gm)	5.50
sat fat (gm)	2.10
chol (mg)	35.20
sodium (mg)	21.00
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	16.10

REFECTORY MAIN DINING 1/28/12 DINNER

SLICED TURKEY

TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING**1/28/12****DINNER**

SPICY BLACK BEAN VEGGIE PATTY

SPICY BLACK BEAN VEGGIE PATTY, ROLLS
BULKIE WHEAT CALISE**Nutrition Facts**

Portion Size	burger
calories	201.50
fat (gm)	5.30
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	513.80
carbs (gm)	27.10
fiber (gm)	
protein (gm)	14.90

REFECTORY MAIN DINING**1/28/12****DINNER**

TILAPIA W/PROVENCALE

FISH TILAPIA, TOMATOES, WHITE WINE,
BUTTER, CAPERS, LEMON JUICE, FRESH
BASIL, FRESH PARSLEY, KOSHER SALT,
GROUND BLACK PEPPER, WATER**Nutrition Facts**

Portion Size	5 oz Portion
calories	194.80
fat (gm)	10.50
sat fat (gm)	6.20
chol (mg)	79.00
sodium (mg)	364.30
carbs (gm)	3.30
fiber (gm)	0.60
protein (gm)	19.70

REFECTORY MAIN DINING**1/28/12****DINNER**

VEGAN ITALIAN WHITE BEANS

GREAT NORTHERN BEANS, TOMATOES,
OLIVES, GARLIC CHOPPED/IN OIL, BASIL
LEAVES

Nutrition Facts

Portion Size	8oz portion
calories	180.70
fat (gm)	1.30
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	818.50
carbs (gm)	30.20
fiber (gm)	0.30
protein (gm)	11.00

REFECTORY MAIN DINING

1/28/12

DINNER

VEGAN VEGETABLE COUSCOUS

COUSCOUS, WATER, GARBANZO BEANS,
ZUCCHINI SQUASH, RED BLISS POTATOES,
TOMATOES, CARROTS, CELERY, VIRGIN
OLIVE OIL, DICED WHITE ONIONS, FRESH
CILANTRO , BASE VEGAN SAVORY RSTD
VEGETABLE, GARLIC CHOPPED/IN OIL,
SPICE CUMIN GROUND, GROUND PAPRIKA,
SPICE GINGER GRD

Nutrition Facts

Portion Size	8oz portion
calories	534.30
fat (gm)	5.30
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	126.70
carbs (gm)	102.20
fiber (gm)	7.00
protein (gm)	17.40

REFECTORY MAIN DINING

1/28/12

DINNER

VEGETABLE FRITTATA

EGGS - LIQUID, DICED WHITE ONIONS,
SPINACH, TOMATOES, ZUCCHINI SQUASH,
MUSHROOMS, GRATED ROMANO CHEESE ,
SALT, GROUND BLACK PEPPER, FREEZE
DRIED CHIVES

Nutrition Facts

Portion Size	8 oz Portion
calories	294.00
fat (gm)	18.70
sat fat (gm)	6.30
chol (mg)	714.60
sodium (mg)	614.60
carbs (gm)	5.60
fiber (gm)	1.20
protein (gm)	25.40

REFECTORY MAIN DINING

1/28/12

DINNER

VEGETARIAN GARDEN VEGETABLE SAUCE

TOMATOES, GREEN PEPPERS, ZUCCHINI SQUASH, BROCCOLI, VEGETABLE SALAD OIL, CARROTS, MUSHROOMS, WHITE ONION, CELERY, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, BAY LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	80.80
fat (gm)	5.60
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	370.10
carbs (gm)	6.40
fiber (gm)	0.90
protein (gm)	1.20

REFECTORY MAIN DINING

1/28/12

DINNER

BAKED POTATOES

BAKED POTATOES

Nutrition Facts

Portion Size	8 oz Portion
calories	220.00
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	31.80
carbs (gm)	48.60
fiber (gm)	5.20
protein (gm)	6.00

REFECTORY MAIN DINING

1/28/12

DINNER

BROCCOLI CUTS/LEMON SAUCE

BROCCOLI, WATER, BUTTER, UNBLEACHED FLOUR, BASE VEGAN SAVORY RSTD VEGETABLE, LEMON JUICE

Nutrition Facts

Portion Size	3 oz Portion
calories	39.20
fat (gm)	1.10
sat fat (gm)	0.50
chol (mg)	2.00
sodium (mg)	30.70
carbs (gm)	6.40
fiber (gm)	2.20
protein (gm)	2.50

REFECTORY MAIN DINING

1/28/12

DINNER

MACARONI SHELLS

MEDIUM SHELLS, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	753.00
fat (gm)	5.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	151.10
fiber (gm)	0.00
protein (gm)	25.80

REFECTORY MAIN DINING**1/28/12****DINNER**

RICE A LA LIMON

WHITE RICE, EGGS - LIQUID, LEMON JUICE,
MARGARINE 1# SOLIDS (MILK FREE), BASE
VEGAN SAVORY RSTD VEGETABLE, DICED
WHITE ONIONS, GROUND WHITE PEPPER,
WATER**Nutrition Facts**

Portion Size	4 oz Portion
calories	166.30
fat (gm)	2.00
sat fat (gm)	0.60
chol (mg)	64.10
sodium (mg)	28.40
carbs (gm)	31.00
fiber (gm)	0.50
protein (gm)	4.90

REFECTORY MAIN DINING**1/28/12****DINNER**

SEASONED FRENCH FRIES

SEASONED FRENCH FRIES

Nutrition Facts

Portion Size	3 oz Portion
calories	150.00
fat (gm)	8.00
sat fat (gm)	2.00
chol (mg)	0.00
sodium (mg)	390.00
carbs (gm)	20.00
fiber (gm)	
protein (gm)	2.00

REFECTORY MAIN DINING**1/28/12****DINNER**

WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING

1/28/12

DINNER

GREEK PASTA SALAD

MEDIUM SHELLS, TOMATOES, FETA CHEESE, OLIVES, CUCUMBER, VIRGIN OLIVE OIL, LEMON JUICE, SCALLIONS BUNCHES, FRESH PARSLEY, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, ROSEMARY, MINT LEAVES, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	319.60
fat (gm)	10.50
sat fat (gm)	2.50
chol (mg)	8.10
sodium (mg)	469.20
carbs (gm)	47.60
fiber (gm)	0.50
protein (gm)	10.00

REFECTORY MAIN DINING

1/28/12

DINNER

SALAD BAR REF CYCLE 1

CUCUMBER, TOMATOES, ROMAINE LETTUCE, APPLE SAUCE, KEN'S ITALIAN DRESSING, KEN'S LITE RANCH DRESSING, MUSHROOMS, EDAMAME, BABY SPINACH, LOW FAT COTTAGE CHEESE, TROPICAL FRUIT SALAD, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, KEN'S PARM & PEPPERCORN DRESSING, RED ONIONS, TUNAFISH, ZUCCHINI SQUASH, KEN'S BLUE CHEESE DRESSING, KEN'S BALSAMIC VINAIGRETTE, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE, NONFAT STRAWBERRY YOGURT, FETA CHEESE, TOMATOES, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, SWEETENED DRIED CRANBERRIES, CROUTONS, CHOW MEIN NOODLES, TAHINI

Nutrition Facts

Portion Size	2.200 oz Portion
calories	100.00
fat (gm)	7.60
sat fat (gm)	1.20
chol (mg)	4.40
sodium (mg)	248.50
carbs (gm)	6.60
fiber (gm)	0.60
protein (gm)	2.30

REFECTORY MAIN DINING

1/28/12

DINNER

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE WHEAT BREAD, ROLLS CAL BULKIE CORNML, TOMATO AND BASIL TORTILLA , WHEAT VIENNA BREAD, SPINACH TORTILLA , ROLLS BULKIE WHEAT CALISE , SEVEN STARS SOURDOUGH BATARD, SEVEN STARS MULTIGRAIN LOAF , VIENNA RYE BREAD, PUMPERNICKLE BREAD, WHITE VIENNA BREAD, WHOLE WHEAT TORTILLA , WHITE PULLMAN BREAD, WHITE SYRIAN BREAD

<u>Nutrition Facts</u>	
Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING 1/28/12 DINNER

WHEAT DINNER ROLLS

<u>Nutrition Facts</u>	
Portion Size	ROLL
calories	96.70
fat (gm)	2.20
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	120.50
carbs (gm)	16.30
fiber (gm)	1.30
protein (gm)	3.00

REFECTORY MAIN DINING 1/28/12 DINNER

APPLE RAISIN SAUCE

APPLE SLICED/FRESH, RAISINS, GRANULATED CANE SUGAR, CINNAMON SPICE

<u>Nutrition Facts</u>	
Portion Size	2 oz Portion
calories	68.70
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.80
carbs (gm)	18.10
fiber (gm)	0.90
protein (gm)	0.30

REFECTORY MAIN DINING 1/29/12 LUNCH

CHICKEN SANTA ROSA CALZONE '05

FLOUR, WATER, CHICKEN MEAT CKD 1/2"
FRZ, SHREDDED CHEDDAR CHEESE,
SHREDDED MONTERAY JACK CHEESE ,
MEDIUM SALSA, BLACK BEANS, EGGS -
LIQUID, YEAST, SALT, ALL PURPOSE
SHORTENING, GRANULATED CANE SUGAR

Nutrition Facts	
Portion Size	~PORTION
calories	359.10
fat (gm)	11.60
sat fat (gm)	5.70
chol (mg)	69.60
sodium (mg)	660.70
carbs (gm)	41.30
fiber (gm)	1.30
protein (gm)	21.30

REFECTORY MAIN DINING 1/29/12 LUNCH

CREAM OF WHEAT

CREAM OF WHEAT, SALT, WATER

Nutrition Facts	
Portion Size	6 oz Portion
calories	340.20
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	622.30
carbs (gm)	64.60
fiber (gm)	0.00
protein (gm)	10.20

REFECTORY MAIN DINING 1/29/12 LUNCH

EGG WHITE OMELET

EGG WHITES, OIL PAN COATING SPRAY
AEROSOL SOY

Nutrition Facts	
Portion Size	4 oz
calories	53.30
fat (gm)	0.00
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	1.20
fiber (gm)	
protein (gm)	12.40

REFECTORY MAIN DINING 1/29/12 LUNCH

FRENCH TOAST

TEXAS TOAST, EGGS - LIQUID, MAPLE SYRUP, WHOLE MILK, GRANULATED CANE SUGAR, SALT, CINNAMON SPICE

Nutrition Facts

Portion Size	7.230 oz Portion
calories	364.00
fat (gm)	7.20
sat fat (gm)	1.50
chol (mg)	158.40
sodium (mg)	581.30
carbs (gm)	66.60
fiber (gm)	0.00
protein (gm)	17.10

REFECTORY MAIN DINING

1/29/12

LUNCH

FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL PAN COATING SPRAY AEROSOL SOY

Nutrition Facts

Portion Size	3.500 oz Portion
calories	126.80
fat (gm)	8.80
sat fat (gm)	2.70
chol (mg)	375.20
sodium (mg)	124.20
carbs (gm)	0.70
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING

1/29/12

LUNCH

GRILLED BREAKFAST SAUSAGE

PORK SAUSAGE

Nutrition Facts

Portion Size	2 oz Portion
calories	151.40
fat (gm)	11.50
sat fat (gm)	3.10
chol (mg)	55.60
sodium (mg)	306.20
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	11.20

REFECTORY MAIN DINING

1/29/12

LUNCH

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, CARIBBEAN JERK SPICE

Nutrition Facts	
Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING 1/29/12 LUNCH

GRITS SOUFFLE

WATER, WHOLE MILK, CEREAL GRITS
QUICK, EGGS - LIQUID, SHREDDED
CHEDDAR CHEESE, MARGARINE 1# SOLIDS
(MILK FREE), EGG WHITES, SALT

Nutrition Facts	
Portion Size	8 oz Portion
calories	281.60
fat (gm)	12.10
sat fat (gm)	5.60
chol (mg)	128.80
sodium (mg)	457.40
carbs (gm)	30.50
fiber (gm)	0.00
protein (gm)	13.10

REFECTORY MAIN DINING 1/29/12 LUNCH

HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	291.20
fat (gm)	13.90
sat fat (gm)	4.90
chol (mg)	61.70
sodium (mg)	270.90
carbs (gm)	18.80
fiber (gm)	0.00
protein (gm)	21.80

REFECTORY MAIN DINING 1/29/12 LUNCH

HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

Nutrition Facts

Portion Size	3.600 oz Portion
calories	113.00
fat (gm)	7.90
sat fat (gm)	2.40
chol (mg)	334.30
sodium (mg)	110.60
carbs (gm)	0.60
fiber (gm)	0.00
protein (gm)	9.90

REFECTORY MAIN DINING

1/29/12

LUNCH

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

Nutrition Facts

Portion Size	3.5oz portion
calories	259.40
fat (gm)	17.30
sat fat (gm)	6.20
chol (mg)	28.20
sodium (mg)	782.20
carbs (gm)	18.10
fiber (gm)	0.00
protein (gm)	9.00

REFECTORY MAIN DINING

1/29/12

LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS, AMERICAN CHEESE, SHREDDED MOZZARELLA CHEESE, TOMATOES, GREEN PEPPERS, DICED WHITE ONIONS, PORK SAUSAGE, SLICED BACON, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	6oz portion
calories	275.30
fat (gm)	18.90
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.50
carbs (gm)	3.70
fiber (gm)	0.50
protein (gm)	22.50

REFECTORY MAIN DINING

1/29/12

LUNCH

PANCAKES

WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

Nutrition Facts	
Portion Size	4 oz Portion
calories	207.00
fat (gm)	1.20
sat fat (gm)	0.00
chol (mg)	4.00
sodium (mg)	396.80
carbs (gm)	46.30
fiber (gm)	0.00
protein (gm)	4.00

REFECTORY MAIN DINING 1/29/12 LUNCH

RHODE ISLAND CHICKEN SALAD

CHICKEN MEAT CKD 1/2" FRZ, CELERY, MAYONNAISE , RED DELICIOUS APPLES, RAISINS, GREEN SEEDLESS GRAPES, SALT, GROUND WHITE PEPPER

Nutrition Facts	
Portion Size	4OZ SERVINGS
calories	247.00
fat (gm)	17.30
sat fat (gm)	2.80
chol (mg)	50.30
sodium (mg)	352.00
carbs (gm)	6.40
fiber (gm)	0.80
protein (gm)	15.90

REFECTORY MAIN DINING 1/29/12 LUNCH

SCRAMBLED EGGS

EGGS - LIQUID, WHOLE MILK, SALT, GROUND WHITE PEPPER

Nutrition Facts	
Portion Size	4 oz Portion
calories	163.90
fat (gm)	10.70
sat fat (gm)	3.50
chol (mg)	422.80
sodium (mg)	397.10
carbs (gm)	2.30
fiber (gm)	0.00
protein (gm)	13.60

REFECTORY MAIN DINING 1/29/12 LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

<u>Nutrition Facts</u>	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 1/29/12 LUNCH

SLICED DELI HAM

HAM

<u>Nutrition Facts</u>	
Portion Size	2 oz Portion
calories	72.10
fat (gm)	3.60
sat fat (gm)	1.20
chol (mg)	27.00
sodium (mg)	618.80
carbs (gm)	1.20
fiber (gm)	
protein (gm)	8.40

REFECTORY MAIN DINING 1/29/12 LUNCH

SLICED MUENSTER

MUENSTER CHEESE

<u>Nutrition Facts</u>	
Portion Size	2 oz Portion
calories	208.80
fat (gm)	17.20
sat fat (gm)	10.70
chol (mg)	54.60
sodium (mg)	356.10
carbs (gm)	0.40
fiber (gm)	
protein (gm)	13.30

REFECTORY MAIN DINING 1/29/12 LUNCH

SLICED ROAST BEEF

ROAST BEEF

Nutrition Facts

Portion Size	2 oz Portion
calories	117.90
fat (gm)	5.50
sat fat (gm)	2.10
chol (mg)	35.20
sodium (mg)	21.00
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	16.10

REFECTORY MAIN DINING**1/29/12****LUNCH**

SLICED TURKEY

TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING**1/29/12****LUNCH**

VEGAN BROWN RICE PILAF

BROWN RICE, DICED WHITE ONIONS, BASE
VEGAN SAVORY RSTD VEGETABLE,
GROUND WHITE PEPPER, WATER**Nutrition Facts**

Portion Size	4 oz Portion
calories	149.10
fat (gm)	1.20
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	10.10
carbs (gm)	30.90
fiber (gm)	2.50
protein (gm)	3.50

REFECTORY MAIN DINING**1/29/12****LUNCH**

VEGAN SPANISH LENTILS

TOMATOES, LENTIL BEANS, GREEN PEPPERS, DICED WHITE ONIONS, VEGETABLE SALAD OIL, CELERY SALT, WHOLE WHEAT FLOUR, SALT, OREGANO

Nutrition Facts

Portion Size	8 oz Portion
calories	189.30
fat (gm)	5.90
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	423.80
carbs (gm)	25.60
fiber (gm)	7.20
protein (gm)	9.10

REFECTORY MAIN DINING

1/29/12

LUNCH

VEGETARIAN GARDEN VEGETABLE SAUCE

TOMATOES, GREEN PEPPERS, ZUCCHINI SQUASH, BROCCOLI, VEGETABLE SALAD OIL, CARROTS, MUSHROOMS, WHITE ONION, CELERY, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, BAY LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	80.80
fat (gm)	5.60
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	370.10
carbs (gm)	6.40
fiber (gm)	0.90
protein (gm)	1.20

REFECTORY MAIN DINING

1/29/12

LUNCH

MEDITERRANEAN COUSCOUS

COUSCOUS, RAISINS, CARROTS, CELERY, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, VEGETABLE SALAD OIL, GARLIC CHOPPED/IN OIL, WATER

Nutrition Facts

Portion Size	4oz portion
calories	309.90
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	25.80
carbs (gm)	63.80
fiber (gm)	4.30
protein (gm)	9.50

REFECTORY MAIN DINING

1/29/12

LUNCH

ROASTED YUKON POTATOES W/SHALLOTS

YUKON GOLD POTATOES, SHALLOTS,
VIRGIN OLIVE OIL, SPICE CARAWAY SEED
WHL, SALT, GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	3 OZ SERVING
calories	97.70
fat (gm)	3.40
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	75.00
carbs (gm)	15.90
fiber (gm)	1.60
protein (gm)	1.60

REFECTORY MAIN DINING 1/29/12 LUNCH

STRING BEANS W/ SESAME SEEDS

GREEN BEANS, WATER, SESAME SEEDS,
GRANULATED CANE SUGAR, SAKE, SOY
SAUCE, BASE VEGAN SAVORY RSTD
VEGETABLE

Nutrition Facts	
Portion Size	3 oz Portion
calories	71.70
fat (gm)	3.80
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	27.80
carbs (gm)	8.40
fiber (gm)	2.70
protein (gm)	2.40

REFECTORY MAIN DINING 1/29/12 LUNCH

VEGAN BROWN RICE PILAF

BROWN RICE, DICED WHITE ONIONS, BASE
VEGAN SAVORY RSTD VEGETABLE,
GROUND WHITE PEPPER, WATER

Nutrition Facts	
Portion Size	4 oz Portion
calories	149.10
fat (gm)	1.20
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	10.10
carbs (gm)	30.90
fiber (gm)	2.50
protein (gm)	3.50

REFECTORY MAIN DINING 1/29/12 LUNCH

WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN OLIVE OIL

<u>Nutrition Facts</u>	
Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING 1/29/12 LUNCH

SALAD BAR REF CYCLE 1

CUCUMBER, TOMATOES, ROMAINE LETTUCE, APPLE SAUCE, KEN'S ITALIAN DRESSING, KEN'S LITE RANCH DRESSING, MUSHROOMS, EDAMAME , BABY SPINACH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, KEN'S PARM & PEPPERCORN DRESSING, RED ONIONS, TUNAFISH, ZUCCHINI SQUASH, KEN'S BLUE CHEESE DRESSING, KEN'S BALSAMIC VINAIGRETTE, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, FETA CHEESE, TOMATOES, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, SWEETENED DRIED CRANBERRIES , CROUTONS CHOW MEIN NOODLES, TAHINI

<u>Nutrition Facts</u>	
Portion Size	2.200 oz Portion
calories	100.00
fat (gm)	7.60
sat fat (gm)	1.20
chol (mg)	4.40
sodium (mg)	248.50
carbs (gm)	6.60
fiber (gm)	0.60
protein (gm)	2.30

REFECTORY MAIN DINING 1/29/12 LUNCH

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE WHEAT BREAD, ROLLS CAL BULKIE CORNML, TOMATO AND BASIL TORTILLA , WHEAT VIENNA BREAD, SPINACH TORTILLA , ROLLS BULKIE WHEAT CALISE , SEVEN STARS SOURDOUGH BATARD, SEVEN STARS MULTIGRAIN LOAF , VIENNA RYE BREAD, PUMPERNICKLE BREAD, WHITE VIENNA BREAD, WHOLE WHEAT TORTILLA , WHITE PULLMAN BREAD, WHITE SYRIAN BREAD

<u>Nutrition Facts</u>	
Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING 1/29/12 LUNCH

LARGE CINNAMON COFFEE ROLLS

UNBLEACHED FLOUR, GRANULATED CANE SUGAR, WATER, CONFECTIONARY SUGAR, PASTRY FLOUR, EGGS - LIQUID, MARGARINE, VEGETABLE SALAD OIL, ALL PURPOSE SHORTENING, BUTTER, YEAST, NULOMOLINE, NON-FAT MILK, HONEY, CINNAMON SPICE, VANILLA EXTRACT, LEMON EXTRACT, SALT

Nutrition Facts

Portion Size	4 oz Portion
calories	390.90
fat (gm)	13.10
sat fat (gm)	3.80
chol (mg)	39.40
sodium (mg)	175.60
carbs (gm)	62.20
fiber (gm)	1.40
protein (gm)	6.00

REFECTORY MAIN DINING

1/29/12

LUNCH

CHICKEN RICE SOUP

WATER, WHITE RICE, CHICKEN MEAT CKD 1/2" FRZ, DICED WHITE ONIONS, CARROTS, CELERY, BASE CHICKEN SAVORY RSTD NO MSG, MARGARINE 1# SOLIDS (MILK FREE), FRESH PARSLEY

Nutrition Facts

Portion Size	6 oz Portion
calories	60.00
fat (gm)	0.90
sat fat (gm)	0.20
chol (mg)	13.60
sodium (mg)	39.60
carbs (gm)	6.90
fiber (gm)	0.50
protein (gm)	5.70

REFECTORY MAIN DINING

1/29/12

DINNER

VEGAN ROASTED TOMATO SOUP

PLUM TOMATOES, WHITE ONION, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, THYME LEAF, GROUND BLACK PEPPER, BASIL LEAVES, OREGANO

Nutrition Facts

Portion Size	6 OZ PORTIONS
calories	318.70
fat (gm)	28.80
sat fat (gm)	4.00
chol (mg)	0.00
sodium (mg)	541.30
carbs (gm)	14.00
fiber (gm)	0.80
protein (gm)	2.00

REFECTORY MAIN DINING

1/29/12

DINNER

BURRITO BAR ROOTS AND SHOOTS

MILD SALSA, SOUR CREAM, PINTO BEANS, BLACK BEANS, TOMATOES, SPINACH TORTILLA , WHITE TORTILLA , SHREDDED MONTERAY JACK CHEESE , GUACAMOLE SOUTH WEST STYLE, RED PEPPERS, MEXICAN INFUSED RICE, WHOLE WHEAT TORTILLA , ZUCCHINI SQUASH, CORN, TOMATOES, RED ONIONS, SCALLIONS BUNCHES, VIRGIN OLIVE OIL, RED WINE VINEGAR, CHILI GREEN CHOPPED, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, CHILI POWDER, SALT, BASIL LEAVES, GROUND BLACK PEPPER, WATER

Nutrition Facts

Portion Size	11.70 OZ PORTION
calories	242.10
fat (gm)	10.80
sat fat (gm)	4.80
chol (mg)	22.00
sodium (mg)	498.90
carbs (gm)	28.40
fiber (gm)	1.70
protein (gm)	8.50

REFECTORY MAIN DINING

1/29/12

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

Portion Size	1 oz Portion
calories	37.60
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	1.40
sodium (mg)	197.60
carbs (gm)	2.80
fiber (gm)	
protein (gm)	0.20

REFECTORY MAIN DINING

1/29/12

DINNER

GOLDEN CORN AND RICE CASSEROLE

WHITE RICE, WHOLE MILK, SHREDDED CHEDDAR CHEESE, CORN , DICED WHITE ONIONS, SALT, GROUND PAPRIKA, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	8 oz Portion
calories	324.00
fat (gm)	12.40
sat fat (gm)	6.80
chol (mg)	40.90
sodium (mg)	478.60
carbs (gm)	40.00
fiber (gm)	0.80
protein (gm)	13.20

REFECTORY MAIN DINING

1/29/12

DINNER

GRILLED CARIBBEAN JERK CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, CARIBBEAN JERK SPICE

<u>Nutrition Facts</u>	
Portion Size	4oz portion
calories	183.60
fat (gm)	4.80
sat fat (gm)	1.20
chol (mg)	89.60
sodium (mg)	78.10
carbs (gm)	0.00
fiber (gm)	0.00
protein (gm)	32.70

REFECTORY MAIN DINING 1/29/12 DINNER

GRILLED CHEESE ON WHEAT

WHEAT VIENNA BREAD, AMERICAN
CHEESE, SHORTENING PHASE BUTTER
SUB

<u>Nutrition Facts</u>	
Portion Size	SAND
calories	413.90
fat (gm)	20.80
sat fat (gm)	12.60
chol (mg)	45.00
sodium (mg)	1418.50
carbs (gm)	37.90
fiber (gm)	2.80
protein (gm)	20.30

REFECTORY MAIN DINING 1/29/12 DINNER

GRILLED CHEESE ON WHITE

WHITE VIENNA BREAD, AMERICAN CHEESE,
SHORTENING PHASE BUTTER SUB

<u>Nutrition Facts</u>	
Portion Size	SAND
calories	431.50
fat (gm)	19.40
sat fat (gm)	12.40
chol (mg)	45.00
sodium (mg)	1517.20
carbs (gm)	44.70
fiber (gm)	1.80
protein (gm)	21.00

REFECTORY MAIN DINING 1/29/12 DINNER

HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	291.20
fat (gm)	13.90
sat fat (gm)	4.90
chol (mg)	61.70
sodium (mg)	270.90
carbs (gm)	18.80
fiber (gm)	0.00
protein (gm)	21.80

REFECTORY MAIN DINING**1/29/12****DINNER**

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

<u>Nutrition Facts</u>	
Portion Size	3.5oz portion
calories	259.40
fat (gm)	17.30
sat fat (gm)	6.20
chol (mg)	28.20
sodium (mg)	782.20
carbs (gm)	18.10
fiber (gm)	0.00
protein (gm)	9.00

REFECTORY MAIN DINING**1/29/12****DINNER**

RHODE ISLAND CHICKEN SALADCHICKEN MEAT CKD 1/2" FRZ, CELERY,
MAYONNAISE , RED DELICIOUS APPLES,
RAISINS, GREEN SEEDLESS GRAPES, SALT,
GROUND WHITE PEPPER

<u>Nutrition Facts</u>	
Portion Size	4OZ SERVINGS
calories	247.00
fat (gm)	17.30
sat fat (gm)	2.80
chol (mg)	50.30
sodium (mg)	352.00
carbs (gm)	6.40
fiber (gm)	0.80
protein (gm)	15.90

REFECTORY MAIN DINING**1/29/12****DINNER**

SLICED AMERICAN CHEESE

AMERICAN CHEESE

<u>Nutrition Facts</u>	
Portion Size	SLICE
calories	52.20
fat (gm)	4.50
sat fat (gm)	3.00
chol (mg)	11.20
sodium (mg)	253.70
carbs (gm)	0.40
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING

1/29/12

DINNER

SLICED DELI HAM

HAM

<u>Nutrition Facts</u>	
Portion Size	2 oz Portion
calories	72.10
fat (gm)	3.60
sat fat (gm)	1.20
chol (mg)	27.00
sodium (mg)	618.80
carbs (gm)	1.20
fiber (gm)	
protein (gm)	8.40

REFECTORY MAIN DINING

1/29/12

DINNER

SLICED MUENSTER

MUENSTER CHEESE

<u>Nutrition Facts</u>	
Portion Size	1 oz Portion
calories	208.80
fat (gm)	17.20
sat fat (gm)	10.70
chol (mg)	54.60
sodium (mg)	356.10
carbs (gm)	0.40
fiber (gm)	
protein (gm)	13.30

REFECTORY MAIN DINING

1/29/12

DINNER

SLICED TURKEY

TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	45.60
fat (gm)	0.50
sat fat (gm)	0.00
chol (mg)	20.20
sodium (mg)	445.50
carbs (gm)	1.00
fiber (gm)	
protein (gm)	10.10

REFECTORY MAIN DINING

1/29/12

DINNER

STIR FRY - VEG MEDITERRANEAN MEDLEY

ISRAELI COUSCOUS, ARTICHOKE HEARTS ,
EDAMAME , WHITE ONION, SUN DRIED
TOMATOES, WHITE WINE, KALMATA GREEK
OLIVES, ESCAROLE HEADS, HEAVY CREAM,
CAPERS, FETA CHEESE, GARLIC
CHOPPED/IN OIL, VEGETABLE SALAD OIL,
CORN STARCH, SALT, GROUND BLACK
PEPPER, WATER

Nutrition Facts

Portion Size	6oz portion
calories	339.40
fat (gm)	7.60
sat fat (gm)	1.80
chol (mg)	9.10
sodium (mg)	701.10
carbs (gm)	57.20
fiber (gm)	6.20
protein (gm)	10.60

REFECTORY MAIN DINING

1/29/12

DINNER

TUSCAN PORK ROAST

PORK LOIN, VIRGIN OLIVE OIL, GARLIC
CHOPPED/IN OIL, ROSEMARY, SPICE
FENNEL SEED, SALT, GROUND BLACK
PEPPER

Nutrition Facts

Portion Size	4 OZ PORTION
calories	322.80
fat (gm)	20.60
sat fat (gm)	7.00
chol (mg)	93.00
sodium (mg)	123.50
carbs (gm)	1.00
fiber (gm)	0.50
protein (gm)	31.50

REFECTORY MAIN DINING

1/29/12

DINNER

VEGAN SPANISH LENTILS

TOMATOES, LENTIL BEANS, GREEN PEPPERS, DICED WHITE ONIONS, VEGETABLE SALAD OIL, CELERY SALT, WHOLE WHEAT FLOUR, SALT, OREGANO

Nutrition Facts

Portion Size	8 oz Portion
calories	189.30
fat (gm)	5.90
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	423.80
carbs (gm)	25.60
fiber (gm)	7.20
protein (gm)	9.10

REFECTORY MAIN DINING

1/29/12

DINNER

VEGETARIAN GARDEN VEGETABLE SAUCE

TOMATOES, GREEN PEPPERS, ZUCCHINI SQUASH, BROCCOLI, VEGETABLE SALAD OIL, CARROTS, MUSHROOMS, WHITE ONION, CELERY, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, BAY LEAVES, CRUSHED RED PEPPER, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	80.80
fat (gm)	5.60
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	370.10
carbs (gm)	6.40
fiber (gm)	0.90
protein (gm)	1.20

REFECTORY MAIN DINING

1/29/12

DINNER

FRENCH FRIES KRINKLE CUT

FRENCH FRIES

Nutrition Facts

Portion Size	3 oz Portion
calories	124.60
fat (gm)	6.70
sat fat (gm)	1.60
chol (mg)	0.00
sodium (mg)	75.90
carbs (gm)	14.70
fiber (gm)	
protein (gm)	1.50

REFECTORY MAIN DINING

1/29/12

DINNER

GREEK PASTA SALAD

MEDIUM SHELLS, TOMATOES, FETA CHEESE, OLIVES, CUCUMBER, VIRGIN OLIVE OIL, LEMON JUICE, SCALLIONS BUNCHES, FRESH PARSLEY, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, ROSEMARY, MINT LEAVES, OREGANO

Nutrition Facts

Portion Size	4 oz Portion
calories	319.60
fat (gm)	10.50
sat fat (gm)	2.50
chol (mg)	8.10
sodium (mg)	469.20
carbs (gm)	47.60
fiber (gm)	0.50
protein (gm)	10.00

REFECTORY MAIN DINING

1/29/12

DINNER

ITALIAN VEGETABLE SAUTE

CARROTS, CAULIFLOWER FLORETTE FRSH, ZUCCHINI SQUASH, WHITE ONION, VIRGIN OLIVE OIL, GARLIC CHOPPED/IN OIL, BASE VEGAN SAVORY RSTD VEGETABLE, WATER

Nutrition Facts

Portion Size	3 oz Portion
calories	50.20
fat (gm)	2.50
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	27.70
carbs (gm)	6.80
fiber (gm)	2.00
protein (gm)	1.20

REFECTORY MAIN DINING

1/29/12

DINNER

MEDITERRANEAN COUSCOUS

COUSCOUS, RAISINS, CARROTS, CELERY, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, VEGETABLE SALAD OIL, GARLIC CHOPPED/IN OIL, WATER

Nutrition Facts

Portion Size	4oz portion
calories	309.90
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	25.80
carbs (gm)	63.80
fiber (gm)	4.30
protein (gm)	9.50

REFECTORY MAIN DINING

1/29/12

DINNER

ROASTED FINGERLING POTATOES

FINGERLING POTATOES , SHALLOTS,
VIRGIN OLIVE OIL, SPICE CARAWAY SEED
WHL, SALT, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	3 OZ SERVING
calories	120.50
fat (gm)	4.50
sat fat (gm)	0.60
chol (mg)	0.00
sodium (mg)	74.90
carbs (gm)	18.90
fiber (gm)	1.80
protein (gm)	1.90

REFECTORY MAIN DINING

1/29/12

DINNER

STRING BEANS W/ SESAME SEEDS

GREEN BEANS, WATER, SESAME SEEDS,
GRANULATED CANE SUGAR, SAKE, SOY
SAUCE, BASE VEGAN SAVORY RSTD
VEGETABLE

Nutrition Facts

Portion Size	3 oz Portion
calories	71.70
fat (gm)	3.80
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	27.80
carbs (gm)	8.40
fiber (gm)	2.70
protein (gm)	2.40

REFECTORY MAIN DINING

1/29/12

DINNER

SUNNY SPROUTS

BRUSSEL SPROUTS A-GD, WATER,
CARROTS, CELERY, MARGARINE 1# SOLIDS
(MILK FREE), SALT, MUSTARD SALAD,
GRANULATED CANE SUGAR, GROUND
BLACK PEPPER

Nutrition Facts

Portion Size	3 oz Portion
calories	29.90
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	135.80
carbs (gm)	6.10
fiber (gm)	2.40
protein (gm)	1.90

REFECTORY MAIN DINING

1/29/12

DINNER

VEGAN BROWN RICE PILAF

BROWN RICE, DICED WHITE ONIONS, BASE
VEGAN SAVORY RSTD VEGETABLE,
GROUND WHITE PEPPER, WATER

Nutrition Facts

Portion Size	4 oz Portion
calories	149.10
fat (gm)	1.20
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	10.10
carbs (gm)	30.90
fiber (gm)	2.50
protein (gm)	3.50

REFECTORY MAIN DINING

1/29/12

DINNER

WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN
OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	780.50
fat (gm)	8.60
sat fat (gm)	0.70
chol (mg)	0.00
sodium (mg)	0.10
carbs (gm)	147.40
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING

1/29/12

DINNER

SALAD BAR REF CYCLE 1

CUCUMBER, TOMATOES, ROMAINE
LETTUCE, APPLE SAUCE, KEN'S ITALIAN
DRESSING, KEN'S LITE RANCH DRESSING,
MUSHROOMS, EDAMAME , BABY SPINACH,
LOW FAT COTTAGE CHEESE , TROPICAL
FRUIT SALAD, NONFAT PLAIN YOGURT,
KEN'S CREAMY CAESAR DRESSING, KEN'S
PARM & PEPPERCORN DRESSING, RED
ONIONS, TUNAFISH, ZUCCHINI SQUASH,
KEN'S BLUE CHEESE DRESSING, KEN'S
BALSAMIC VINAIGRETTE, PEACHES,
BROCCOLI FLORETTE, CARROTS, EXTRA
FIRM TOFU, PEARS, PINEAPPLE , NONFAT
STRAWBERRY YOGURT, FETA CHEESE,
TOMATOES, OLIVES, BALSAMIC VINEGAR,
GARBANZO BEANS, VIRGIN OLIVE OIL,
SWEETENED DRIED CRANBERRIES ,
CROUITONS CHOW MEIN NOODLES TAHINI

Nutrition Facts

Portion Size	2.200 oz Portion
calories	100.00
fat (gm)	7.60
sat fat (gm)	1.20
chol (mg)	4.40
sodium (mg)	248.50
carbs (gm)	6.60
fiber (gm)	0.60
protein (gm)	2.30

REFECTORY MAIN DINING

1/29/12

DINNER

CAKE APPLE WASHINGTON('08)

APPLE SLICED/FRESH, GRANULATED CANE SUGAR, VEGETABLE SALAD OIL, CAKE FLOUR, EGGS - LIQUID, UNBLEACHED FLOUR, SALT, BAKING SODA , VANILLA EXTRACT, CINNAMON SPICE

Nutrition Facts	
Portion Size	~PORTIONS
calories	363.20
fat (gm)	15.30
sat fat (gm)	1.40
chol (mg)	40.20
sodium (mg)	169.80
carbs (gm)	53.80
fiber (gm)	1.40
protein (gm)	3.20

REFECTORY MAIN DINING 1/29/12 DINNER

DELI SANDWICH BREAD BAR

WHITE TORTILLA , SEVEN STARS WHOLE WHEAT BREAD, ROLLS CAL BULKIE CORNML, TOMATO AND BASIL TORTILLA , WHEAT VIENNA BREAD, SPINACH TORTILLA , ROLLS BULKIE WHEAT CALISE , SEVEN STARS SOURDOUGH BATARD, SEVEN STARS MULTIGRAIN LOAF , VIENNA RYE BREAD, PUMPERNICKLE BREAD, WHITE VIENNA BREAD, WHOLE WHEAT TORTILLA , WHITE PULLMAN BREAD, WHITE SYRIAN BREAD

Nutrition Facts	
Portion Size	1.770 oz Portion
calories	47.40
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.10
sodium (mg)	90.10
carbs (gm)	8.40
fiber (gm)	0.20
protein (gm)	1.80

REFECTORY MAIN DINING 1/29/12 DINNER

WHEAT DINNER ROLLS

Nutrition Facts	
Portion Size	ROLL
calories	96.70
fat (gm)	2.20
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	120.50
carbs (gm)	16.30
fiber (gm)	1.30
protein (gm)	3.00

REFECTORY MAIN DINING 1/29/12 DINNER