
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

2/13/12

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

2/13/12

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

2/13/12

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 2/13/12 **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 2/13/12 **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 2/13/12 **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

2/13/12

BREAKFAST

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING

2/13/12

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

2/13/12

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

2/13/12

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

2/13/12

BREAKFAST

MUFFINS BANANA FROM MIX

FIESTA MUFFIN MIX, BANANA PUREE,
WATER, GRANULATED CANE SUGAR

Nutrition Facts

Portion Size	MUFFIN 3 oz
calories	203.80
fat (gm)	5.00
sat fat (gm)	0.00
chol (mg)	6.70
sodium (mg)	268.20
carbs (gm)	36.80
fiber (gm)	0.00
protein (gm)	3.90

REFECTORY MAIN DINING

2/13/12

BREAKFAST

ONION SOUP (FRENCH)

WATER, WHITE ONION, ONION SOUP BASE, SWISS CHEESE, CROUTONS, SHERRY, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, BASE CHICKEN SAVORY RSTD NO MSG

Nutrition Facts

Portion Size	6 oz Portion
calories	54.00
fat (gm)	1.20
sat fat (gm)	0.50
chol (mg)	2.30
sodium (mg)	432.20
carbs (gm)	9.30
fiber (gm)	1.00
protein (gm)	1.90

REFECTORY MAIN DINING

2/13/12

LUNCH

VEGAN VEGETABLE BARLEY SOUP

WATER, TOMATO PUREE USDA GRD FCY, BARLEY PEARL, CARROTS, TOMATOES, DICED WHITE ONIONS, CELERY, GREEN PEAS, BASE VEGAN SAVORY RSTD VEGETABLE, MARGARINE 1# SOLIDS (MILK FREE), GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	36.60
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	30.90
carbs (gm)	7.50
fiber (gm)	1.30
protein (gm)	1.10

REFECTORY MAIN DINING

2/13/12

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

2/13/12

LUNCH

CHICKEN FAJITAS

CHICKEN BREAST, WHITE FLOUR TORTILLA,
GREEN PEPPERS, WHITE ONION, LEMON
JUICE, SOY SAUCE, VEGETABLE SALAD OIL,
GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	297.80
fat (gm)	8.70
sat fat (gm)	1.50
chol (mg)	61.40
sodium (mg)	336.50
carbs (gm)	26.50
fiber (gm)	1.10
protein (gm)	27.30

REFECTORY MAIN DINING

2/13/12

LUNCH

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	177.30
fat (gm)	14.70
sat fat (gm)	3.40
chol (mg)	316.30
sodium (mg)	394.50
carbs (gm)	1.70
fiber (gm)	0.60
protein (gm)	9.60

REFECTORY MAIN DINING

2/13/12

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

2/13/12

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

2/13/12

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

2/13/12

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

2/13/12

LUNCH

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

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 2/13/12 LUNCH

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 2/13/12 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 2/13/12 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

2/13/12

LUNCH

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING

2/13/12

LUNCH

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING

2/13/12

LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING 2/13/12 LUNCH

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 2/13/12 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 2/13/12 LUNCH

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**2/13/12****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**2/13/12****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**2/13/12****LUNCH**

VEGAN MOROCCAN BEANS W/RA

GARBANZO BEANS, WHITE ONIONS,
WATER, BUTTERNUT SQUASH, RAISINS,
VEGETABLE SALAD OIL, BASE VEGAN
SAVORY RSTD VEGETABLE, GARLIC
CHOPPED/IN OIL, GROUND TURMERIC,
CINNAMON SPICE, SPICE GINGER GRD

Nutrition Facts

Portion Size	8 oz Portion
calories	231.40
fat (gm)	6.10
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	458.30
carbs (gm)	39.10
fiber (gm)	2.70
protein (gm)	8.10

REFECTORY MAIN DINING

2/13/12

LUNCH

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM
TOFU, PEA PODS CHINESE IQF,
MUSHROOMS FRESH, BEANS SPROUTS,
RED PEPPERS, BOK CHOY, SLICED WATER
CHESTNUTS, CARROTS, SCALLIONS
BUNCHES, BASE VEGAN SAVORY RSTD
VEGETABLE

Nutrition Facts

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING

2/13/12

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

2/13/12

LUNCH

VEGETARIAN GNOCCHI ALLA SORRENTINA

PASTA GNOCCHI POTATO JOSEPH'S, PLUM TOMATOES, FRESH MOZZARELLA, WATER, SHREDDED PARMESAN CHEESE, RED ONIONS, FRESH BASIL, VIRGIN OLIVE OIL, GARLIC, SALT, GROUND BLACK PEPPER, BASIL LEAVES

Nutrition Facts

Portion Size	6 OZ PORTION
calories	184.30
fat (gm)	7.30
sat fat (gm)	2.90
chol (mg)	14.20
sodium (mg)	663.80
carbs (gm)	22.70
fiber (gm)	2.30
protein (gm)	6.60

REFECTORY MAIN DINING

2/13/12

LUNCH

FRENCH FRIED POTATOES

SPICY FRENCH FRIES

Nutrition Facts

Portion Size	3 oz Portion
calories	
fat (gm)	
sat fat (gm)	
chol (mg)	
sodium (mg)	
carbs (gm)	
fiber (gm)	
protein (gm)	

REFECTORY MAIN DINING

2/13/12

LUNCH

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

2/13/12

LUNCH

ITALIAN VEGETABLE SAUTE

CARROTS, CAULIFLOWER FLORETTE FRSH,
ZUCCHINI SQUASH, WHITE ONION, VIRGIN
OLIVE OIL, GARLIC CHOPPED/IN OIL, BASE
VEGAN SAVORY RSTD VEGETABLE, WATER

<u>Nutrition Facts</u>	
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 2/13/12 LUNCH

LETTUCE & SLICED TOMATOES -- DELI

TOMATOES, GREEN LEAF LETTUCE

<u>Nutrition Facts</u>	
Portion Size	2.510 oz Portion
calories	12.40
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	7.40
carbs (gm)	2.60
fiber (gm)	0.90
protein (gm)	0.70

REFECTORY MAIN DINING 2/13/12 LUNCH

MEXICAN INFUSED RICE

MEXICAN INFUSED RICE, WATER

<u>Nutrition Facts</u>	
Portion Size	3oz portion
calories	27.50
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	1.40
carbs (gm)	6.00
fiber (gm)	0.30
protein (gm)	0.60

REFECTORY MAIN DINING 2/13/12 LUNCH

SPINACH FETTUCCINI

SPINACH FETTUCCINE, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	866.40
fat (gm)	5.90
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	81.00
carbs (gm)	162.00
fiber (gm)	0.00
protein (gm)	28.30

REFECTORY MAIN DINING**2/13/12****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**2/13/12****LUNCH**

VEGETABLE RICE SALADWHITE RICE, GARBANZO BEANS, GREEN
PEPPERS, RED PEPPERS, TOMATOES,
GREEN PEAS, VIRGIN OLIVE OIL, RED WINE
VINEGAR, OLIVES, SALT, GROUND BLACK
PEPPER**Nutrition Facts**

Portion Size	4 oz Portion
calories	145.00
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	86.00
carbs (gm)	18.70
fiber (gm)	1.40
protein (gm)	2.90

REFECTORY MAIN DINING**2/13/12****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 2/13/12 LUNCH

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE SAUCE, SALAD CHOPPED GREEN, KEN'S ITALIAN DRESSING, MUSHROOMS FRESH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, KEN'S PARM & PEPPERCORN DRESSING, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, RED ONIONS, TUNAFISH, MESCLUN SPRING MIX, PIZZA BLEND CHEESE, KEN'S BLUE CHEESE DRESSING, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, GREEN PEPPERS, GREAT NORTHERN BEANS, TOMATOES, KEN'S LITE RANCH DRESSING, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, KEN'S BALSAMIC VINAIGRETTT SWFFTFNFD DRIFD

Nutrition Facts	
Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING 2/13/12 LUNCH

COOKIES WHITE CHOCOLATE CHIP '07

WHITE CHOCOLATE CHIPS, FLOUR, GRANULATED CANE SUGAR, PRUNES PITTED, BUTTER, LIGHT BROWN SUGAR, SOUR CREAM, ROYAL DUTCH COCOA, EGGS - LIQUID, WATER, VANILLA EXTRACT, BAKING SODA , SALT, BAKING PAN LINERS 16X24

Nutrition Facts	
Portion Size	~COOKIES
calories	127.60
fat (gm)	5.00
sat fat (gm)	3.70
chol (mg)	18.50
sodium (mg)	149.80
carbs (gm)	19.70
fiber (gm)	0.50
protein (gm)	1.30

REFECTORY MAIN DINING 2/13/12 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

2/13/12

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

2/13/12

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

2/13/12

LUNCH

ONION SOUP (FRENCH)

WATER, WHITE ONION, ONION SOUP BASE, SWISS CHEESE, CROUTONS, SHERRY, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, BASE CHICKEN SAVORY RSTD NO MSG

Nutrition Facts

Portion Size	6 oz Portion
calories	54.00
fat (gm)	1.20
sat fat (gm)	0.50
chol (mg)	2.30
sodium (mg)	432.20
carbs (gm)	9.30
fiber (gm)	1.00
protein (gm)	1.90

REFECTORY MAIN DINING

2/13/12

DINNER

VEGAN VEGETABLE BARLEY SOUP

WATER, TOMATO PUREE USDA GRD FCY, BARLEY PEARL, CARROTS, TOMATOES, DICED WHITE ONIONS, CELERY, GREEN PEAS, BASE VEGAN SAVORY RSTD VEGETABLE, MARGARINE 1# SOLIDS (MILK FREE), GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	36.60
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	30.90
carbs (gm)	7.50
fiber (gm)	1.30
protein (gm)	1.10

REFECTORY MAIN DINING

2/13/12

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

2/13/12

DINNER

CHICKEN FAJITAS

CHICKEN BREAST, WHITE FLOUR TORTILLA,
GREEN PEPPERS, WHITE ONION, LEMON
JUICE, SOY SAUCE, VEGETABLE SALAD OIL,
GROUND BLACK PEPPER

Nutrition Facts

Portion Size	FAJITA
calories	297.80
fat (gm)	8.70
sat fat (gm)	1.50
chol (mg)	61.40
sodium (mg)	336.50
carbs (gm)	26.50
fiber (gm)	1.10
protein (gm)	27.30

REFECTORY MAIN DINING

2/13/12

DINNER

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	177.30
fat (gm)	14.70
sat fat (gm)	3.40
chol (mg)	316.30
sodium (mg)	394.50
carbs (gm)	1.70
fiber (gm)	0.60
protein (gm)	9.60

REFECTORY MAIN DINING

2/13/12

DINNER

GRILLED CHEDDAR W/TOMATO

WHEAT VIENNA BREAD, SLICED CHEDDAR
CHEESE, TOMATOES, SHORTENING PHASE
BUTTER SUB

Nutrition Facts

Portion Size	SERVING
calories	418.70
fat (gm)	18.40
sat fat (gm)	10.30
chol (mg)	47.60
sodium (mg)	728.10
carbs (gm)	42.70
fiber (gm)	3.60
protein (gm)	20.90

REFECTORY MAIN DINING

2/13/12

DINNER

GRILLED CHEDDAR W/TOMATO

WHITE PULLMAN BREAD, SLICED CHEDDAR
CHEESE, TOMATOES, SHORTENING PHASE
BUTTER SUB

Nutrition Facts

Portion Size 4.500 oz Portion
calories 320.90
fat (gm) 16.80
sat fat (gm) 9.60
chol (mg) 47.60
sodium (mg) 547.40
carbs (gm) 28.90
fiber (gm) 0.30
protein (gm) 15.60

REFECTORY MAIN DINING**2/13/12****DINNER**

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

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**2/13/12****DINNER**

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

Nutrition Facts

Portion Size 3.600 oz Portion
calories 98.40
fat (gm) 1.50
sat fat (gm) 0.00
chol (mg) 0.00
sodium (mg) 240.40
carbs (gm) 18.80
fiber (gm)
protein (gm) 3.00

REFECTORY MAIN DINING**2/13/12****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

2/13/12

DINNER

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING

2/13/12

DINNER

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING

2/13/12

DINNER

SEAFOOD CAVATTELLI[EARTH DAY]

TOMATO WHL PLUM DANIELE, CAVATELLI,
WINE CHABLIS COOK C ROSSI, SCALLOPS ,
MUSSELS IN SHELL, FRESH PARSLEY,
LITTLENECK CLAMS , VIRGIN OLIVE OIL,
DICED WHITE ONIONS, VEGETABLE SALAD
OIL, FRESH BASIL, GARLIC, KOSHER SALT,
GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	6 OZ PORTION
calories	750.30
fat (gm)	12.40
sat fat (gm)	2.10
chol (mg)	23.50
sodium (mg)	3001.20
carbs (gm)	139.30
fiber (gm)	16.70
protein (gm)	35.20

REFECTORY MAIN DINING 2/13/12 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 2/13/12 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 2/13/12 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**2/13/12****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**2/13/12****DINNER**

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM TOFU, PEA PODS CHINESE IQF, MUSHROOMS FRESH, BEANS SPROUTS, RED PEPPERS, BOK CHOY, SLICED WATER CHESTNUTS, CARROTS, SCALLIONS BUNCHES, BASE VEGAN SAVORY RSTD VEGETABLE

Nutrition Facts

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING**2/13/12****DINNER**

FRENCH FRIED POTATOES

SPICY FRENCH FRIES

<u>Nutrition Facts</u>	
Portion Size	3 oz Portion
calories	
fat (gm)	
sat fat (gm)	
chol (mg)	
sodium (mg)	
carbs (gm)	
fiber (gm)	
protein (gm)	

REFECTORY MAIN DINING 2/13/12 DINNER

LETTUCE & SLICED TOMATOES -- DELI

TOMATOES, GREEN LEAF LETTUCE

<u>Nutrition Facts</u>	
Portion Size	2.510 oz Portion
calories	12.40
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	7.40
carbs (gm)	2.60
fiber (gm)	0.90
protein (gm)	0.70

REFECTORY MAIN DINING 2/13/12 DINNER

MEXICAN INFUSED RICE

MEXICAN INFUSED RICE, WATER

<u>Nutrition Facts</u>	
Portion Size	3oz portion
calories	27.50
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	1.40
carbs (gm)	6.00
fiber (gm)	0.30
protein (gm)	0.60

REFECTORY MAIN DINING 2/13/12 DINNER

ROASTED RED POTATOES W/HERBS

RED POTATOES, SHALLOTS, VIRGIN OLIVE OIL, FRESH CHIVES, ITALIAN PARSLEY, FRESH DILL, SALT, GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	3 oz Portion
calories	97.40
fat (gm)	3.40
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	76.60
carbs (gm)	15.90
fiber (gm)	1.40
protein (gm)	1.50

REFECTORY MAIN DINING 2/13/12 DINNER

SAUTEED SPINACH W/GARLIC

SPINACH, MARGARINE 1# SOLIDS (MILK FREE), VIRGIN OLIVE OIL, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, CRUSHED RED PEPPER

Nutrition Facts	
Portion Size	3 oz Portion
calories	50.30
fat (gm)	3.60
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	66.40
carbs (gm)	3.50
fiber (gm)	1.80
protein (gm)	2.50

REFECTORY MAIN DINING 2/13/12 DINNER

SPINACH FETTUCCINI

SPINACH FETTUCCINE, VIRGIN OLIVE OIL

Nutrition Facts	
Portion Size	8 oz Portion
calories	866.40
fat (gm)	5.90
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	81.00
carbs (gm)	162.00
fiber (gm)	0.00
protein (gm)	28.30

REFECTORY MAIN DINING 2/13/12 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

2/13/12

DINNER

VEGETABLE RICE SALAD

WHITE RICE, GARBANZO BEANS, GREEN
PEPPERS, RED PEPPERS, TOMATOES,
GREEN PEAS, VIRGIN OLIVE OIL, RED WINE
VINEGAR, OLIVES, SALT, GROUND BLACK
PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	145.00
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	86.00
carbs (gm)	18.70
fiber (gm)	1.40
protein (gm)	2.90

REFECTORY MAIN DINING

2/13/12

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

2/13/12

DINNER

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE SAUCE, SALAD CHOPPED GREEN, KEN'S ITALIAN DRESSING, MUSHROOMS FRESH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, KEN'S PARM & PEPPERCORN DRESSING, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, RED ONIONS, TUNAFISH, MESCLUN SPRING MIX, PIZZA BLEND CHEESE, KEN'S BLUE CHEESE DRESSING, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, GREEN PEPPERS, GREAT NORTHERN BEANS, TOMATOES, KEN'S LITE RANCH DRESSING, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, KEN'S BALSAMIC VINAIGRETTE SWFFTFNFD DRIFD

Nutrition Facts

Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING

2/13/12

DINNER

CREAM CHEESE BROWNIES

GRANULATED CANE SUGAR, EGGS - LIQUID, ALL PURPOSE SHORTENING, CREAM CHEESE, CAKE FLOUR, ROYAL DUTCH COCOA, CHOCOLATE CAKE MIX, CONDENSED MILK, WATER, VANILLA EXTRACT, SALT

Nutrition Facts

Portion Size	2.75 OZ PORTION
calories	315.40
fat (gm)	15.90
sat fat (gm)	7.00
chol (mg)	62.10
sodium (mg)	202.00
carbs (gm)	40.60
fiber (gm)	0.30
protein (gm)	3.30

REFECTORY MAIN DINING

2/13/12

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

2/13/12

DINNER

GARLIC BREAD

FLOUR, WATER, BUTTER, YEAST, EGG WHITES, VEGETABLE ALL PURPOSE SHORTENING, GARLIC CHOPPED/IN OIL, SALT, GRANULATED CANE SUGAR, FRESH PARSLEY

Nutrition Facts

Portion Size	1.77 OZ PORTION
calories	150.10
fat (gm)	6.20
sat fat (gm)	3.60
chol (mg)	14.70
sodium (mg)	171.00
carbs (gm)	20.10
fiber (gm)	0.70
protein (gm)	2.90

REFECTORY MAIN DINING

2/13/12

DINNER

APPLE PANCAKES

WATER, PANCAKE MIX DELUXE, APPLES

Nutrition Facts

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

2/14/12

BREAKFAST

BAGELS

BAGELS PRESLICED (FINAGLE)

Nutrition Facts

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

2/14/12

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

2/14/12

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

2/14/12

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

2/14/12

BREAKFAST

GRILLED BREAKFAST SAUSAGE

PORK SAUSAGE

<u>Nutrition Facts</u>	
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 2/14/12 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 2/14/12 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 2/14/12 BREAKFAST

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING

2/14/12

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

2/14/12

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

2/14/12

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

2/14/12

BREAKFAST

SCONES CRANBERRY ('08)

WHOLE MILK, FLOUR, SWEETENED DRIED
CRANBERRIES, PASTRY FLOUR, ALL
PURPOSE SHORTENING, GRANULATED
CANE SUGAR, BAKING POWDER, EGGS -
LIQUID, SALT

Nutrition Facts

Portion Size	~SCONES/1.5
calories	117.60
fat (gm)	3.40
sat fat (gm)	1.40
chol (mg)	8.50
sodium (mg)	335.30
carbs (gm)	20.00
fiber (gm)	0.70
protein (gm)	2.00

REFECTORY MAIN DINING

2/14/12

BREAKFAST

CHERRY FROSTING

CONFECTIONARY SUGAR, VEGETABLE
SHORTENING, WATER, ICING BASE,
VANILLA EXTRACT, EXTRACT CHERRY,
SALT

Nutrition Facts

Portion Size	.750 oz Portion
calories	107.70
fat (gm)	6.90
sat fat (gm)	2.80
chol (mg)	4.10
sodium (mg)	14.20
carbs (gm)	11.50
fiber (gm)	0.00
protein (gm)	0.10

REFECTORY MAIN DINING

2/14/12

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

<u>Nutrition Facts</u>	
Portion Size	6 oz Portion
calories	59.90
fat (gm)	0.90
sat fat (gm)	0.20
chol (mg)	13.60
sodium (mg)	39.10
carbs (gm)	6.90
fiber (gm)	0.50
protein (gm)	5.70

REFECTORY MAIN DINING 2/14/12 LUNCH

CHOCOLATE FROSTING

CONFECTIONARY SUGAR, CHOCOLATE
FUDGE BASE, WATER, CORN SYRUP ,
VEGETABLE SHORTENING

<u>Nutrition Facts</u>	
Portion Size	.750 oz Portion
calories	81.10
fat (gm)	2.50
sat fat (gm)	0.50
chol (mg)	0.30
sodium (mg)	6.80
carbs (gm)	15.40
fiber (gm)	0.00
protein (gm)	0.50

REFECTORY MAIN DINING 2/14/12 LUNCH

CUPCAKES ASSORTED SMALL

WATER, CHOCOLATE CAKE MIX, YELLOW
CAKE MIX, VANILLA EXTRACT

<u>Nutrition Facts</u>	
Portion Size	CUPCAKE
calories	144.90
fat (gm)	4.50
sat fat (gm)	1.30
chol (mg)	7.90
sodium (mg)	284.00
carbs (gm)	24.40
fiber (gm)	0.00
protein (gm)	2.30

REFECTORY MAIN DINING 2/14/12 LUNCH

VEGAN LENTIL SOUP

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

Nutrition Facts

Portion Size	6 oz Portion
calories	158.80
fat (gm)	5.40
sat fat (gm)	0.80
chol (mg)	0.00
sodium (mg)	234.40
carbs (gm)	20.30
fiber (gm)	7.40
protein (gm)	8.50

REFECTORY MAIN DINING

2/14/12

LUNCH

WHITE FROSTING

CONFECTIONARY SUGAR, VEGETABLE SHORTENING, WATER, ICING BASE, VANILLA EXTRACT, SALT

Nutrition Facts

Portion Size	.750 oz Portion
calories	107.60
fat (gm)	6.90
sat fat (gm)	2.80
chol (mg)	4.10
sodium (mg)	14.20
carbs (gm)	11.40
fiber (gm)	0.00
protein (gm)	0.10

REFECTORY MAIN DINING

2/14/12

LUNCH

BBQ CHICKEN PIZZA '04

FLOUR, BBQ SAUCE CATTLEMEN'S , WATER, CHICKEN MEAT CKD 1/2" FRZ, PIZZA BLEND CHEESE, YEAST, SALT, ALL PURPOSE SHORTENING, GRANULATED CANE SUGAR, GRATED ROMANO CHEESE , OREGANO

Nutrition Facts

Portion Size	slice
calories	207.10
fat (gm)	4.60
sat fat (gm)	2.10
chol (mg)	22.70
sodium (mg)	517.30
carbs (gm)	28.40
fiber (gm)	0.80
protein (gm)	12.60

REFECTORY MAIN DINING

2/14/12

LUNCH

BLACK BN & SPIN SFT TACO

TURTLE BEANS, WHITE FLOUR TORTILLA,
TOMATOES, SPINACH, SHREDDED
MONTERAY JACK CHEESE , FRESH
CILANTRO , TOMATOES, OLIVES, WATER,
JALAPENO PEPPERS, JUICE TOMATO 46 OZ,
CHILI GREEN CHOPPED, DICED WHITE
ONIONS, CIDER VINEGAR, TABASCO/RED
DEVIL HOT SAU, GROUND BLACK PEPPER,
GROUND CAYENNE PEPPER

Nutrition Facts

Portion Size 6 OZ
calories 187.30
fat (gm) 5.50
sat fat (gm) 2.00
chol (mg) 9.40
sodium (mg) 125.10
carbs (gm) 26.10
fiber (gm) 5.30
protein (gm) 9.50

REFECTORY MAIN DINING**2/14/12****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**2/14/12****LUNCH**

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size 4 oz Portion
calories 177.30
fat (gm) 14.70
sat fat (gm) 3.40
chol (mg) 316.30
sodium (mg) 394.50
carbs (gm) 1.70
fiber (gm) 0.60
protein (gm) 9.60

REFECTORY MAIN DINING**2/14/12****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

2/14/12

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

2/14/12

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

2/14/12

LUNCH

GREEN CHILE CHICK ENCHILADA

CHICKEN MEAT CKD 1/2" FRZ, WATER, WHITE FLOUR TORTILLA, CHILI GREEN CHOPPED, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, DICED WHITE ONIONS, BASE CHICKEN SAVORY RSTD NO MSG, SPICE CUMIN GROUND, SALT, GARLIC CHOPPED/IN OIL, GROUND WHITE PEPPER

Nutrition Facts

Portion Size	2 EACH
calories	252.90
fat (gm)	6.40
sat fat (gm)	1.30
chol (mg)	44.50
sodium (mg)	155.90
carbs (gm)	27.20
fiber (gm)	0.30
protein (gm)	20.60

REFECTORY MAIN DINING

2/14/12

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

2/14/12

LUNCH

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN OLIVE OIL, SPICE ROTISSERIE

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

2/14/12

LUNCH

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 2/14/12 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 2/14/12 LUNCH

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts	
Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING 2/14/12 LUNCH

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING

2/14/12

LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING

2/14/12

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

2/14/12

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 2/14/12 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 2/14/12 LUNCH

SLICED ROAST BEEF

ROAST BEEF

<u>Nutrition Facts</u>	
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 2/14/12 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**2/14/12****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**2/14/12****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**2/14/12****LUNCH**

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM TOFU, PEA PODS CHINESE IQF, MUSHROOMS FRESH, BEANS SPROUTS, RED PEPPERS, BOK CHOY, SLICED WATER CHESTNUTS, CARROTS, SCALLIONS BUNCHES, BASE VEGAN SAVORY RSTD VEGETABLE

Nutrition Facts

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING

2/14/12

LUNCH

VEGAN TACO

KIDNEY BEANS, PINTO BEANS, TOMATO PUREE USDA GRD FCY, WHITE FLOUR TORTILLA, TACO SHELLS ORTEGA REG 6", BULGUR CRACKED WHEAT , GRANULATED CANE SUGAR, SALT, GROUND BLACK PEPPER, CHILI POWDER, GROUND CAYENNE PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	277.90
fat (gm)	5.00
sat fat (gm)	1.50
chol (mg)	0.00
sodium (mg)	624.50
carbs (gm)	45.80
fiber (gm)	0.10
protein (gm)	10.40

REFECTORY MAIN DINING

2/14/12

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

2/14/12

LUNCH

CORN & SWEET PEPPER SAUTE

CORN, GREEN PEPPERS, RED PEPPERS,
HALF & HALF CREAM, MARGARINE 1#
SOLIDS (MILK FREE), SALT, GROUND BLACK
PEPPER

Nutrition Facts	
Portion Size	3 oz Portion
calories	103.60
fat (gm)	2.90
sat fat (gm)	1.00
chol (mg)	3.20
sodium (mg)	72.30
carbs (gm)	19.90
fiber (gm)	2.40
protein (gm)	2.90

REFECTORY MAIN DINING 2/14/12 LUNCH

LETTUCE & SLICED TOMATOES -- DELI

TOMATOES, GREEN LEAF LETTUCE

Nutrition Facts	
Portion Size	2.510 oz Portion
calories	12.40
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	7.40
carbs (gm)	2.60
fiber (gm)	0.90
protein (gm)	0.70

REFECTORY MAIN DINING 2/14/12 LUNCH

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 2/14/12 LUNCH

RED RICE

WHITE RICE, TOMATOES, RED PEPPERS,
DICED WHITE ONIONS, MARGARINE 1#
SOLIDS (MILK FREE), GRANULATED CANE
SUGAR, GROUND PAPRIKA, SALT,
TABASCO/RED DEVIL HOT SAU, WATER

Nutrition Facts

Portion Size	4 oz Portion
calories	119.10
fat (gm)	0.40
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	82.30
carbs (gm)	25.50
fiber (gm)	0.70
protein (gm)	2.60

REFECTORY MAIN DINING

2/14/12

LUNCH

SPANISH POTATOES

RED POTATOES, VEGETABLE SALAD OIL,
SALT, CHILI POWDER, GROUND BLACK
PEPPER, SPICE CUMIN GROUND

Nutrition Facts

Portion Size	3 oz Portion
calories	131.90
fat (gm)	3.70
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	125.80
carbs (gm)	23.00
fiber (gm)	2.20
protein (gm)	2.00

REFECTORY MAIN DINING

2/14/12

LUNCH

STEAK FRIES

STEAK FRIES - POTATOES FROZEN

Nutrition Facts

Portion Size	3 oz Portion
calories	110.20
fat (gm)	2.70
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	270.40
carbs (gm)	19.60
fiber (gm)	1.90
protein (gm)	1.90

REFECTORY MAIN DINING

2/14/12

LUNCH

TRI COLOR BOW TIES

TRI COLOR BOW TIE PASTA, VIRGIN OLIVE OIL

Nutrition Facts	
Portion Size	8 oz Portion
calories	866.40
fat (gm)	5.90
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	182.30
carbs (gm)	162.00
fiber (gm)	0.00
protein (gm)	28.30

REFECTORY MAIN DINING 2/14/12 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 2/14/12 LUNCH

CANADIAN RICE SALAD

WHITE RICE, CELERY, BEANS SPROUTS, FRENCH SALAD DRESSING , GREEN PEPPERS, DICED WHITE ONIONS, PIMENTOS, SOY SAUCE, VEGETABLE SALAD OIL, SALT, WATER

Nutrition Facts	
Portion Size	4 oz Portion
calories	139.70
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	534.30
carbs (gm)	17.30
fiber (gm)	0.90
protein (gm)	2.30

REFECTORY MAIN DINING 2/14/12 LUNCH

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE SAUCE, SALAD CHOPPED GREEN, KEN'S ITALIAN DRESSING, MUSHROOMS FRESH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, KEN'S PARM & PEPPERCORN DRESSING, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, RED ONIONS, TUNAFISH, MESCLUN SPRING MIX, PIZZA BLEND CHEESE, KEN'S BLUE CHEESE DRESSING, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, GREEN PEPPERS, GREAT NORTHERN BEANS, TOMATOES, KEN'S LITE RANCH DRESSING, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, KEN'S BALSAMIC VINAIGRETTES SWFFTFNFD DRIFD

Nutrition Facts

Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING 2/14/12

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 2/14/12

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 2/14/12

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**2/14/12****LUNCH**

CAKE RASPBERRY BLACK SATIN FUDGE '08

BUTTER, HEAVY CREAM, EGGS - LIQUID,
SEMI-SWEET CHOCOLATE, WATER, LIGHT
BROWN SUGAR, UNSWEETENED
CHOCOLATE, CONFECT PASTE
RASPBERRY, GRANULATED CANE SUGAR,
VANILLA EXTRACT

Nutrition Facts

Portion Size	slice
calories	428.70
fat (gm)	36.10
sat fat (gm)	22.30
chol (mg)	157.00
sodium (mg)	31.60
carbs (gm)	24.70
fiber (gm)	2.00
protein (gm)	3.90

REFECTORY MAIN DINING**2/14/12****DINNER**

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	59.90
fat (gm)	0.90
sat fat (gm)	0.20
chol (mg)	13.60
sodium (mg)	39.10
carbs (gm)	6.90
fiber (gm)	0.50
protein (gm)	5.70

REFECTORY MAIN DINING**2/14/12****DINNER**

VEGAN LENTIL SOUP

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

Nutrition Facts

Portion Size	6 oz Portion
calories	158.80
fat (gm)	5.40
sat fat (gm)	0.80
chol (mg)	0.00
sodium (mg)	234.40
carbs (gm)	20.30
fiber (gm)	7.40
protein (gm)	8.50

REFECTORY MAIN DINING

2/14/12

DINNER

ACORN SQUASH W/ CURRIED RICE & CHICKI

ACORN SQUASH, WHITE RICE, WATER, TOMATOES, GARBANZO BEANS, VIRGIN OLIVE OIL, FRESH PARSLEY, HONEY, SPICE CURRY POWDER, SPICE GINGER GRD, SPICE CUMIN GROUND

Nutrition Facts

Portion Size	10oz portion
calories	195.80
fat (gm)	2.10
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	102.70
carbs (gm)	41.50
fiber (gm)	2.70
protein (gm)	4.40

REFECTORY MAIN DINING

2/14/12

DINNER

BBQ CHICKEN PIZZA '04

FLOUR, BBQ SAUCE CATTLEMEN'S , WATER, CHICKEN MEAT CKD 1/2" FRZ, PIZZA BLEND CHEESE, YEAST, SALT, ALL PURPOSE SHORTENING, GRANULATED CANE SUGAR, GRATED ROMANO CHEESE , OREGANO

Nutrition Facts

Portion Size	slice
calories	207.10
fat (gm)	4.60
sat fat (gm)	2.10
chol (mg)	22.70
sodium (mg)	517.30
carbs (gm)	28.40
fiber (gm)	0.80
protein (gm)	12.60

REFECTORY MAIN DINING

2/14/12

DINNER

BLACK BN & SPIN SFT TACO

TURTLE BEANS, WHITE FLOUR TORTILLA,
TOMATOES, SPINACH, SHREDDED
MONTERAY JACK CHEESE , FRESH
CILANTRO , TOMATOES, OLIVES, WATER,
JALAPENO PEPPERS, JUICE TOMATO 46 OZ,
CHILI GREEN CHOPPED, DICED WHITE
ONIONS, CIDER VINEGAR, TABASCO/RED
DEVIL HOT SAU, GROUND BLACK PEPPER,
GROUND CAYENNE PEPPER

<u>Nutrition Facts</u>	
Portion Size	6 OZ
calories	187.30
fat (gm)	5.50
sat fat (gm)	2.00
chol (mg)	9.40
sodium (mg)	125.10
carbs (gm)	26.10
fiber (gm)	5.30
protein (gm)	9.50

REFECTORY MAIN DINING 2/14/12 DINNER

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 2/14/12 DINNER

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	177.30
fat (gm)	14.70
sat fat (gm)	3.40
chol (mg)	316.30
sodium (mg)	394.50
carbs (gm)	1.70
fiber (gm)	0.60
protein (gm)	9.60

REFECTORY MAIN DINING 2/14/12 DINNER

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

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

2/14/12

DINNER

GRILLED TURKEY BURGER

TURKEY BURGER - JENNIE-O, ROLLS
BULKIE WHITE CALISE , TOMATOES, GREEN
LEAF LETTUCE

Nutrition Facts

Portion Size	8 OZ SANDWICH
calories	490.10
fat (gm)	28.20
sat fat (gm)	7.70
chol (mg)	92.20
sodium (mg)	1002.00
carbs (gm)	26.60
fiber (gm)	0.50
protein (gm)	29.10

REFECTORY MAIN DINING

2/14/12

DINNER

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

Nutrition Facts

Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING

2/14/12

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

2/14/12

DINNER

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING

2/14/12

DINNER

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING

2/14/12

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 2/14/12 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 2/14/12 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 2/14/12 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**2/14/12****DINNER**

SPICY BLACK BEAN VEGGIE PATTYSPICY 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**2/14/12****DINNER**

VEGAN NOODLE BOWL BAR REFECTORYWATER, RICE STICK NOODLES, EXTRA FIRM
TOFU, PEA PODS CHINESE IQF,
MUSHROOMS FRESH, BEANS SPROUTS,
RED PEPPERS, BOK CHOY, SLICED WATER
CHESTNUTS, CARROTS, SCALLIONS
BUNCHES, BASE VEGAN SAVORY RSTD
VEGETABLE**Nutrition Facts**

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING**2/14/12****DINNER**

VEGAN SPICY VEGETABLE STEW

TOMATOES, RABE FRESH ANDY BOY, RED POTATOES, EGG PLANT, VIRGIN OLIVE OIL, WINE WHITE CASTILLO, GARLIC CHOPPED/IN OIL, KOSHER SALT, CRUSHED RED PEPPER, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	~8 OUNCE PORT
calories	293.20
fat (gm)	22.80
sat fat (gm)	3.10
chol (mg)	0.00
sodium (mg)	426.40
carbs (gm)	21.10
fiber (gm)	4.60
protein (gm)	3.90

REFECTORY MAIN DINING

2/14/12

DINNER

AU GRATIN POTATOES/FRESH HERBS

POTATOES, HEAVY CREAM, SHREDDED CHEDDAR CHEESE, SWISS CHEESE, GARLIC CHOPPED/IN OIL, OIL PAN COATING SPRAY AEROSOL SOY, KOSHER SALT, FRESH ROSEMARY, FRESH THYME, FRESH SAGE, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6.29 PORTION
calories	421.70
fat (gm)	29.70
sat fat (gm)	19.00
chol (mg)	113.80
sodium (mg)	196.10
carbs (gm)	24.50
fiber (gm)	2.10
protein (gm)	10.80

REFECTORY MAIN DINING

2/14/12

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

2/14/12

DINNER

CORN & SWEET PEPPER SAUTE

CORN, GREEN PEPPERS, RED PEPPERS,
HALF & HALF CREAM, MARGARINE 1#
SOLIDS (MILK FREE), SALT, GROUND BLACK
PEPPER

Nutrition Facts

Portion Size	3 oz Portion
calories	103.60
fat (gm)	2.90
sat fat (gm)	1.00
chol (mg)	3.20
sodium (mg)	72.30
carbs (gm)	19.90
fiber (gm)	2.40
protein (gm)	2.90

REFECTORY MAIN DINING

2/14/12

DINNER

FRESH VEGETABLE MELANGE

CARROTS, CAULIFLOWER FLORETTE FRSH,
ZUCCHINI SQUASH, YELLOW SUMMER
SQUASH

Nutrition Facts

Portion Size	3 oz Portion
calories	22.80
fat (gm)	0.20
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	22.10
carbs (gm)	5.10
fiber (gm)	1.70
protein (gm)	1.00

REFECTORY MAIN DINING

2/14/12

DINNER

HERBED TURNIPS

TURNIPS WHOLE PEELED, DICED WHITE
ONIONS, CELERY, MARGARINE 1# SOLIDS
(MILK FREE), FRESH PARSLEY,
GRANULATED GARLIC, GROUND MUSTARD

Nutrition Facts

Portion Size	4 oz Portion
calories	32.60
fat (gm)	0.50
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	63.30
carbs (gm)	6.50
fiber (gm)	1.80
protein (gm)	1.00

REFECTORY MAIN DINING

2/14/12

DINNER

LETTUCE & SLICED TOMATOES -- DELI

TOMATOES, GREEN LEAF LETTUCE

Nutrition Facts

Portion Size	2.510 oz Portion
calories	12.40
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	7.40
carbs (gm)	2.60
fiber (gm)	0.90
protein (gm)	0.70

REFECTORY MAIN DINING

2/14/12

DINNER

SPANISH POTATOES

RED POTATOES, VEGETABLE SALAD OIL,
SALT, CHILI POWDER, GROUND BLACK
PEPPER, SPICE CUMIN GROUND

Nutrition Facts

Portion Size	3 oz Portion
calories	131.90
fat (gm)	3.70
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	125.80
carbs (gm)	23.00
fiber (gm)	2.20
protein (gm)	2.00

REFECTORY MAIN DINING

2/14/12

DINNER

STEAK FRIES

STEAK FRIES - POTATOES FROZEN

Nutrition Facts

Portion Size	3 oz Portion
calories	110.20
fat (gm)	2.70
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	270.40
carbs (gm)	19.60
fiber (gm)	1.90
protein (gm)	1.90

REFECTORY MAIN DINING

2/14/12

DINNER

TRI COLOR BOW TIES

TRI COLOR BOW TIE PASTA, VIRGIN OLIVE OIL

Nutrition Facts	
Portion Size	8 oz Portion
calories	866.40
fat (gm)	5.90
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	182.30
carbs (gm)	162.00
fiber (gm)	0.00
protein (gm)	28.30

REFECTORY MAIN DINING 2/14/12 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 2/14/12 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 2/14/12 DINNER

CANADIAN RICE SALAD

WHITE RICE, CELERY, BEANS SPROUTS,
FRENCH SALAD DRESSING , GREEN
PEPPERS, DICED WHITE ONIONS,
PIMENTOS, SOY SAUCE, VEGETABLE
SALAD OIL, SALT, WATER

Nutrition Facts

Portion Size	4 oz Portion
calories	139.70
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	534.30
carbs (gm)	17.30
fiber (gm)	0.90
protein (gm)	2.30

REFECTORY MAIN DINING

2/14/12

DINNER

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE
SAUCE, SALAD CHOPPED GREEN, KEN'S
ITALIAN DRESSING, MUSHROOMS FRESH,
LOW FAT COTTAGE CHEESE , TROPICAL
FRUIT SALAD, KEN'S PARM & PEPPERCORN
DRESSING, NONFAT PLAIN YOGURT, KEN'S
CREAMY CAESAR DRESSING, RED ONIONS,
TUNAFISH, MESCLUN SPRING MIX, PIZZA
BLEND CHEESE, KEN'S BLUE CHEESE
DRESSING, PEACHES, BROCCOLI
FLORETTE, CARROTS, EXTRA FIRM TOFU,
PEARS, PINEAPPLE , NONFAT
STRAWBERRY YOGURT, GREEN PEPPERS,
GREAT NORTHERN BEANS, TOMATOES,
KEN'S LITE RANCH DRESSING, OLIVES,
BALSAMIC VINEGAR, GARBANZO BEANS,
VIRGIN OLIVE OIL, KEN'S BALSAMIC
VINAIGRETTT SWFFTFNFD DRIFD

Nutrition Facts

Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING

2/14/12

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

2/14/12

DINNER

OATMEAL BREAD

FLOUR, WATER, QUICK OATS, MOLASSES,
NON-FAT MILK, VEGETABLE ALL PURPOSE
SHORTENING, YEAST, SALT

Nutrition Facts

Portion Size	SLICE 2.4 oz
calories	164.90
fat (gm)	2.30
sat fat (gm)	0.70
chol (mg)	1.10
sodium (mg)	248.60
carbs (gm)	30.80
fiber (gm)	1.60
protein (gm)	4.90

REFECTORY MAIN DINING

2/14/12

DINNER

BAGELS

BAGELS PRESLICED (FINAGLE)

Nutrition Facts

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

2/15/12

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

2/15/12

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

2/15/12

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

2/15/12

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

2/15/12

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

2/15/12

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

2/15/12

BREAKFAST

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING

2/15/12

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 2/15/12 **BREAKFAST**

PANCAKES-CHOCOLATE CHIP

WATER, PANCAKE MIX DELUXE, CHOC DROPS (CHIPS)

<u>Nutrition Facts</u>	
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 2/15/12 **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 2/15/12 **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

2/15/12

BREAKFAST

BLUEBERRY CAKE BREAD

GRANULATED CANE SUGAR, CAKE FLOUR, EGGS - LIQUID, VEGETABLE SHORTENING, WATER, BLUEBERRIES WILD FROZEN, NON-FAT MILK, BAKING POWDER, SALT

Nutrition Facts

Portion Size	2.260 oz Portion
calories	222.90
fat (gm)	10.30
sat fat (gm)	4.00
chol (mg)	52.80
sodium (mg)	270.40
carbs (gm)	29.40
fiber (gm)	0.40
protein (gm)	3.10

REFECTORY MAIN DINING

2/15/12

BREAKFAST

SPLIT PEA SOUP W/ HAM

WATER, DRIED GREEN SPLIT PEAS, HAM , POTATOES, CARROTS, DICED WHITE ONIONS, CELERY, MARGARINE 1# SOLIDS (MILK FREE), SALT

Nutrition Facts

Portion Size	6 oz Portion
calories	89.90
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	13.50
sodium (mg)	472.40
carbs (gm)	10.40
fiber (gm)	3.00
protein (gm)	7.00

REFECTORY MAIN DINING

2/15/12

LUNCH

VEGETARIAN CREAM OF TOMATO SOUP

WHOLE MILK, TOMATO PUREE USDA GRD
FCY, WATER, TOMATO PASTE USDA GRD
FCY, MARGARINE 1# SOLIDS (MILK FREE),
UNBLEACHED FLOUR, CARROTS, DICED
WHITE ONIONS, SALT, CELERY,
GRANULATED CANE SUGAR, GROUND
WHITE PEPPER, BAY LEAVES

Nutrition Facts

Portion Size	6 oz Portion
calories	96.30
fat (gm)	3.00
sat fat (gm)	1.70
chol (mg)	11.00
sodium (mg)	423.30
carbs (gm)	12.70
fiber (gm)	0.20
protein (gm)	4.00

REFECTORY MAIN DINING

2/15/12

LUNCH

BRUSCHETTA MOZZARELLA

FRENCH BREAD, PIZZA BLEND CHEESE,
TOMATOES, OLIVES, VIRGIN OLIVE OIL,
MUSHROOMS FRESH, SCALLIONS
BUNCHES, GARLIC CHOPPED/IN OIL,
CRUSHED RED PEPPER

Nutrition Facts

Portion Size	slice
calories	459.30
fat (gm)	27.20
sat fat (gm)	7.60
chol (mg)	24.60
sodium (mg)	808.30
carbs (gm)	37.20
fiber (gm)	2.20
protein (gm)	20.70

REFECTORY MAIN DINING

2/15/12

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

2/15/12

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

2/15/12

LUNCH

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	177.30
fat (gm)	14.70
sat fat (gm)	3.40
chol (mg)	316.30
sodium (mg)	394.50
carbs (gm)	1.70
fiber (gm)	0.60
protein (gm)	9.60

REFECTORY MAIN DINING

2/15/12

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

2/15/12

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

2/15/12

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

2/15/12

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

2/15/12

LUNCH

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

<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 2/15/12 LUNCH

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 2/15/12 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 2/15/12 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

2/15/12

LUNCH

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING

2/15/12

LUNCH

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING

2/15/12

LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING**2/15/12****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**2/15/12****LUNCH**

PEPPERONI, SPINACH, FETA CALZONE '05

FLOUR, WATER, SPINACH, SLICED
PEPPERONI, FETA CHEESE, RED PEPPERS,
SHREDDED CHEDDAR CHEESE, EGGS -
LIQUID, VIRGIN OLIVE OIL, YEAST, SALT,
ALL PURPOSE SHORTENING, GRANULATED
CANE SUGAR, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	~CALZONE
calories	413.70
fat (gm)	20.90
sat fat (gm)	7.60
chol (mg)	60.10
sodium (mg)	971.90
carbs (gm)	40.10
fiber (gm)	2.00
protein (gm)	16.20

REFECTORY MAIN DINING**2/15/12****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 2/15/12 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 2/15/12 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 2/15/12 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

2/15/12

LUNCH

VEGAN GUMBO CASSEROLE

TOMATOES, BLACKEYE PEAS, GREEN PEPPERS, DICED WHITE ONIONS, OKRA, VIRGIN OLIVE OIL, SALT, CRUSHED RED PEPPER

Nutrition Facts

Portion Size	8 oz Portion
calories	90.10
fat (gm)	1.00
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	610.90
carbs (gm)	16.60
fiber (gm)	1.30
protein (gm)	4.30

REFECTORY MAIN DINING

2/15/12

LUNCH

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM TOFU, PEA PODS CHINESE IQF, MUSHROOMS FRESH, BEANS SPROUTS, RED PEPPERS, BOK CHOY, SLICED WATER CHESTNUTS, CARROTS, SCALLIONS BUNCHES, BASE VEGAN SAVORY RSTD VEGETABLE

Nutrition Facts

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING

2/15/12

LUNCH

VEGETARIAN CAJUN PASTA

ROTINI, HEAVY CREAM, RED PEPPERS,
ZUCCHINI SQUASH, FRESH PARSLEY, SALT,
VIRGIN OLIVE OIL, GROUND PAPRIKA,
ONION POWDER, SPICE GARLIC POWDER,
GROUND CAYENNE PEPPER, GROUND
WHITE PEPPER, GROUND BLACK PEPPER,
THYME LEAF, GROUND OREGANO

Nutrition Facts

Portion Size	6 oz Portion
calories	526.90
fat (gm)	7.90
sat fat (gm)	3.40
chol (mg)	20.80
sodium (mg)	319.00
carbs (gm)	96.90
fiber (gm)	0.60
protein (gm)	16.60

REFECTORY MAIN DINING

2/15/12

LUNCH

VEGGIE PIZZA '04

WATER, WHOLE WHEAT FLOUR, FLOUR,
PIZZA BLEND CHEESE, TOMATOES,
MUSHROOMS FRESH, GREEN PEPPERS,
WHITE ONION, 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	171.40
fat (gm)	6.10
sat fat (gm)	1.70
chol (mg)	6.90
sodium (mg)	275.70
carbs (gm)	23.30
fiber (gm)	2.20
protein (gm)	7.30

REFECTORY MAIN DINING

2/15/12

LUNCH

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

2/15/12

LUNCH

ITALIAN TOSCANO COUS COUS

WATER, ISRAELI COUSCOUS, YELLOW PEPPERS, RED PEPPERS, GREEN PEPPERS, FRESH PARMESAN CHEESE, BASE VEGAN SAVORY RSTD VEGETABLE, FRESH BASIL, SALT, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	4 OZ. PORTIONS
calories	284.50
fat (gm)	1.30
sat fat (gm)	0.60
chol (mg)	2.60
sodium (mg)	104.20
carbs (gm)	56.10
fiber (gm)	3.90
protein (gm)	10.40

REFECTORY MAIN DINING

2/15/12

LUNCH

LINGUINI

LINGUINI, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	766.50
fat (gm)	5.60
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	153.90
fiber (gm)	0.00
protein (gm)	26.30

REFECTORY MAIN DINING

2/15/12

LUNCH

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

2/15/12

LUNCH

RED & YELLOW PEPPER SAUTE

YELLOW PEPPERS, RED PEPPERS, VIRGIN OLIVE OIL

Nutrition Facts	
Portion Size	3OZ SERVINGS
calories	33.30
fat (gm)	1.20
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	2.50
carbs (gm)	5.20
fiber (gm)	1.20
protein (gm)	0.80

REFECTORY MAIN DINING 2/15/12 LUNCH

SAUTEED BROCCOLI & GARLIC

BROCCOLI, OLIVES, DICED WHITE ONIONS, MARGARINE 1# SOLIDS (MILK FREE), GARLIC CHOPPED/IN OIL, VIRGIN OLIVE OIL, OREGANO

Nutrition Facts	
Portion Size	3 oz Portion
calories	58.40
fat (gm)	3.40
sat fat (gm)	0.60
chol (mg)	0.00
sodium (mg)	122.70
carbs (gm)	5.60
fiber (gm)	1.80
protein (gm)	2.00

REFECTORY MAIN DINING 2/15/12 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 2/15/12 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

2/15/12

LUNCH

VEGETABLE RICE SALAD

WHITE RICE, GARBANZO BEANS, GREEN
PEPPERS, RED PEPPERS, TOMATOES,
GREEN PEAS, VIRGIN OLIVE OIL, RED WINE
VINEGAR, OLIVES, SALT, GROUND BLACK
PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	145.00
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	86.00
carbs (gm)	18.70
fiber (gm)	1.40
protein (gm)	2.90

REFECTORY MAIN DINING

2/15/12

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

2/15/12

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 2/15/12 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 2/15/12 LUNCH

CAJUN PASTA WITH CHICKEN

ROTINI, CHICKEN BREAST BNLSKL 4oz, HEAVY CREAM, RED PEPPERS, ZUCCHINI SQUASH, FRESH PARSLEY, SALT, GROUND PAPRIKA, VIRGIN OLIVE OIL, ONION POWDER, SPICE GARLIC POWDER, GROUND CAYENNE PEPPER, GROUND WHITE PEPPER, GROUND BLACK PEPPER, THYME LEAF, GROUND OREGANO

Nutrition Facts	
Portion Size	6 oz Portion
calories	482.40
fat (gm)	13.30
sat fat (gm)	6.70
chol (mg)	91.90
sodium (mg)	428.00
carbs (gm)	57.90
fiber (gm)	0.70
protein (gm)	30.00

REFECTORY MAIN DINING 2/15/12 DINNER

FRESH COLLARD GREENS

COLLARD GREENS FRESH, MARGARINE 1# SOLIDS (MILK FREE), CIDER VINEGAR, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, CRUSHED RED PEPPER, WATER

Nutrition Facts

Portion Size	3 oz Portion
calories	29.80
fat (gm)	0.60
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	171.00
carbs (gm)	5.30
fiber (gm)	3.10
protein (gm)	2.10

REFECTORY MAIN DINING

2/15/12

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

2/15/12

DINNER

OKRA AND TOMATO

OKRA , TOMATOES, CHILI GREEN CHOPPED, DICED WHITE ONIONS, VEGETABLE SALAD OIL, SALT

Nutrition Facts

Portion Size	3 oz Portion
calories	26.50
fat (gm)	1.20
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	342.20
carbs (gm)	3.20
fiber (gm)	0.10
protein (gm)	0.40

REFECTORY MAIN DINING

2/15/12

DINNER

PEACH COBBLER

PEACHES, GRANULATED CANE SUGAR, UNBLEACHED FLOUR, WHOLE MILK, BUTTER, PASTRY FLOUR, WATER, CORN STARCH, VEGETABLE ALL PURPOSE SHORTENING, EGGS - LIQUID, BAKING POWDER, SALT, CINNAMON SPICE, GROUND ALL SPICE

Nutrition Facts

Portion Size	5oz portion
calories	306.10
fat (gm)	12.00
sat fat (gm)	6.50
chol (mg)	37.60
sodium (mg)	473.50
carbs (gm)	45.90
fiber (gm)	0.80
protein (gm)	3.20

REFECTORY MAIN DINING

2/15/12

DINNER

SPICY COLLARD GREENS WITH BACON

COLLARD GREENS FRZ, BUTTER, DICED WHITE ONIONS, SLICED BACON, TABASCO/RED DEVIL HOT SAU, DIJON GOLDEN MUSTARD

Nutrition Facts

Portion Size	3.2 OUNCE PTS.
calories	118.00
fat (gm)	9.80
sat fat (gm)	5.70
chol (mg)	26.50
sodium (mg)	128.70
carbs (gm)	4.70
fiber (gm)	2.40
protein (gm)	3.20

REFECTORY MAIN DINING

2/15/12

DINNER

SPLIT PEA SOUP W/ HAM

WATER, DRIED GREEN SPLIT PEAS, HAM , POTATOES, CARROTS, DICED WHITE ONIONS, CELERY, MARGARINE 1# SOLIDS (MILK FREE), SALT

Nutrition Facts

Portion Size	6 oz Portion
calories	89.90
fat (gm)	2.40
sat fat (gm)	0.70
chol (mg)	13.50
sodium (mg)	472.40
carbs (gm)	10.40
fiber (gm)	3.00
protein (gm)	7.00

REFECTORY MAIN DINING

2/15/12

DINNER

SWEET POTATO/MARSHMALLOWS

YAMS, ORANGES FRESH NAVEL,
MARSHMALLOWS , GRANULATED CANE
SUGAR, MARGARINE 1# SOLIDS (MILK
FREE), WATER, JUICE FZ CON ORANGE 5:1,
CINNAMON SPICE, GROUND NUTMEG

Nutrition Facts

Portion Size	4.320 oz Portion
calories	269.30
fat (gm)	0.60
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	70.30
carbs (gm)	64.40
fiber (gm)	0.70
protein (gm)	1.10

REFECTORY MAIN DINING**2/15/12****DINNER**

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**2/15/12****DINNER**

VEGETARIAN CAJUN PASTA

ROTINI, HEAVY CREAM, RED PEPPERS,
ZUCCHINI SQUASH, FRESH PARSLEY, SALT,
VIRGIN OLIVE OIL, GROUND PAPRIKA,
ONION POWDER, SPICE GARLIC POWDER,
GROUND CAYENNE PEPPER, GROUND
WHITE PEPPER, GROUND BLACK PEPPER,
THYME LEAF, GROUND OREGANO

Nutrition Facts

Portion Size	6 oz Portion
calories	526.90
fat (gm)	7.90
sat fat (gm)	3.40
chol (mg)	20.80
sodium (mg)	319.00
carbs (gm)	96.90
fiber (gm)	0.60
protein (gm)	16.60

REFECTORY MAIN DINING**2/15/12****DINNER**

VEGETARIAN CREAM OF TOMATO SOUP

WHOLE MILK, TOMATO PUREE USDA GRD
FCY, WATER, TOMATO PASTE USDA GRD
FCY, MARGARINE 1# SOLIDS (MILK FREE),
UNBLEACHED FLOUR, CARROTS, DICED
WHITE ONIONS, SALT, CELERY,
GRANULATED CANE SUGAR, GROUND
WHITE PEPPER, BAY LEAVES

Nutrition Facts

Portion Size	6 oz Portion
calories	96.30
fat (gm)	3.00
sat fat (gm)	1.70
chol (mg)	11.00
sodium (mg)	423.30
carbs (gm)	12.70
fiber (gm)	0.20
protein (gm)	4.00

REFECTORY MAIN DINING

2/15/12

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

2/15/12

DINNER

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	177.30
fat (gm)	14.70
sat fat (gm)	3.40
chol (mg)	316.30
sodium (mg)	394.50
carbs (gm)	1.70
fiber (gm)	0.60
protein (gm)	9.60

REFECTORY MAIN DINING

2/15/12

DINNER

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

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

2/15/12

DINNER

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

Nutrition Facts

Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING

2/15/12

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

2/15/12

DINNER

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING

2/15/12

DINNER

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING

2/15/12

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

2/15/12

DINNER

SLICED CHEDDAR

SLICED CHEDDAR CHEESE

Nutrition Facts

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**2/15/12****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**2/15/12****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**2/15/12****DINNER**

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM TOFU, PEA PODS CHINESE IQF, MUSHROOMS FRESH, BEANS SPROUTS, RED PEPPERS, BOK CHOY, SLICED WATER CHESTNUTS, CARROTS, SCALLIONS BUNCHES, BASE VEGAN SAVORY RSTD VEGETABLE

Nutrition Facts

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING

2/15/12

DINNER

VEGGIE PIZZA '04

WATER, WHOLE WHEAT FLOUR, FLOUR, PIZZA BLEND CHEESE, TOMATOES, MUSHROOMS FRESH, GREEN PEPPERS, WHITE ONION, 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	171.40
fat (gm)	6.10
sat fat (gm)	1.70
chol (mg)	6.90
sodium (mg)	275.70
carbs (gm)	23.30
fiber (gm)	2.20
protein (gm)	7.30

REFECTORY MAIN DINING

2/15/12

DINNER

LINGUINI

LINGUINI, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	766.50
fat (gm)	5.60
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	153.90
fiber (gm)	0.00
protein (gm)	26.30

REFECTORY MAIN DINING

2/15/12

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

2/15/12

DINNER

VEGAN TOMATO RICE PILAF

WHITE RICE, TOMATOES, BASE VEGAN
SAVORY RSTD VEGETABLE, TOMATO
PASTE USDA GRD FCY, GROUND BLACK
PEPPER, WATER

Nutrition Facts

Portion Size	4 oz Portion
calories	133.40
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	6.80
carbs (gm)	28.90
fiber (gm)	0.70
protein (gm)	2.90

REFECTORY MAIN DINING

2/15/12

DINNER

VEGETABLE RICE SALAD

WHITE RICE, GARBANZO BEANS, GREEN
PEPPERS, RED PEPPERS, TOMATOES,
GREEN PEAS, VIRGIN OLIVE OIL, RED WINE
VINEGAR, OLIVES, SALT, GROUND BLACK
PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	145.00
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	86.00
carbs (gm)	18.70
fiber (gm)	1.40
protein (gm)	2.90

REFECTORY MAIN DINING

2/15/12

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 2/15/12 DINNER

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE SAUCE, SALAD CHOPPED GREEN, KEN'S ITALIAN DRESSING, MUSHROOMS FRESH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, KEN'S PARM & PEPPERCORN DRESSING, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, RED ONIONS, TUNAFISH, MESCLUN SPRING MIX, PIZZA BLEND CHEESE, KEN'S BLUE CHEESE DRESSING, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, GREEN PEPPERS, GREAT NORTHERN BEANS, TOMATOES, KEN'S LITE RANCH DRESSING, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, KEN'S BALSAMIC VINAIGRETTT SWFFTFNFD DRIFD

Nutrition Facts	
Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING 2/15/12 DINNER

ANADAMA BREAD

UNBLEACHED FLOUR, WATER, MOLASSES, CORN MEAL, VEGETABLE SALAD OIL, GRANULATED CANE SUGAR, YEAST, SALT

Nutrition Facts	
Portion Size	1.900 oz Portion
calories	124.40
fat (gm)	2.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	91.70
carbs (gm)	22.50
fiber (gm)	0.60
protein (gm)	2.60

REFECTORY MAIN DINING 2/15/12 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

2/15/12

DINNER

BAGELS

BAGELS PRESLICED (FINAGLE)

Nutrition Facts

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

2/16/12

BREAKFAST

Blintzes Souffle

BLINTZES BLUBRY CHEESE FRZ, SOUR CREAM, BUTTER, EGGS - LIQUID, GRANULATED CANE SUGAR, WATER, JUICE FZ CON ORANGE 5:1, VANILLA EXTRACT

Nutrition Facts

Portion Size	Two Each
calories	493.40
fat (gm)	36.40
sat fat (gm)	15.00
chol (mg)	346.70
sodium (mg)	230.70
carbs (gm)	26.90
fiber (gm)	0.00
protein (gm)	12.90

REFECTORY MAIN DINING

2/16/12

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

2/16/12

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

2/16/12

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

2/16/12

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**2/16/12****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**2/16/12****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**2/16/12****BREAKFAST**

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING 2/16/12 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 2/16/12 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 2/16/12 BREAKFAST

HASH BROWNE POTATOES

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

<u>Nutrition Facts</u>	
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 2/16/12

BREAKFAST

RASPBERRY CORN MUFFINS

FIESTA MUFFIN MIX, WATER, RASPBERRY FILLING, CORN MEAL, VEGETABLE SALAD OIL, BAKING CUP 4-1/2 "

<u>Nutrition Facts</u>	
Portion Size	MUFFIN 3 oz
calories	274.50
fat (gm)	10.90
sat fat (gm)	0.50
chol (mg)	6.60
sodium (mg)	274.30
carbs (gm)	40.60
fiber (gm)	0.00
protein (gm)	4.30

REFECTORY MAIN DINING 2/16/12

BREAKFAST

BEEF BARLEY SOUP

BARLEY PEARL, DICED WHITE ONIONS, CARROTS, TOMATOES, CELERY, BEEF, GREEN PEAS, BASE BEEF SAVORY RSTD NO MSG, WATER

<u>Nutrition Facts</u>	
Portion Size	6 oz Portion
calories	41.90
fat (gm)	0.40
sat fat (gm)	0.10
chol (mg)	4.40
sodium (mg)	23.90
carbs (gm)	7.10
fiber (gm)	1.30
protein (gm)	2.60

REFECTORY MAIN DINING 2/16/12

LUNCH

VEGETARIAN SQUASH BISQUE

BUTTERNUT SQUASH, WATER, HEAVY CREAM, APPLE SLICED/FRESH, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, SALT, ROSEMARY, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	105.60
fat (gm)	6.10
sat fat (gm)	4.00
chol (mg)	24.80
sodium (mg)	85.80
carbs (gm)	11.90
fiber (gm)	1.90
protein (gm)	0.90

REFECTORY MAIN DINING

2/16/12

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

2/16/12

LUNCH

CHICKEN MILANESE

CHICKEN 9 CUT (KFC), WATER, MUSHROOMS FRESH, WHITE ONION, JELLIED CRANBERRY SAUCE, MARGARINE 1# SOLIDS (MILK FREE), MARSALA WINE PASTENE, UNBLEACHED FLOUR, BASE CHICKEN SAVORY RSTD NO MSG, SALT, ROSEMARY, GROUND BLACK PEPPER, GRANULATED GARLIC, WORCESTERSHIRE SAUCE, GROUND WHITE PEPPER, OREGANO

Nutrition Facts

Portion Size	8 oz Portion
calories	321.60
fat (gm)	11.80
sat fat (gm)	3.30
chol (mg)	118.60
sodium (mg)	380.60
carbs (gm)	7.80
fiber (gm)	0.60
protein (gm)	43.00

REFECTORY MAIN DINING

2/16/12

LUNCH

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	177.30
fat (gm)	14.70
sat fat (gm)	3.40
chol (mg)	316.30
sodium (mg)	394.50
carbs (gm)	1.70
fiber (gm)	0.60
protein (gm)	9.60

REFECTORY MAIN DINING

2/16/12

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

2/16/12

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

2/16/12

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 2/16/12 LUNCH

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

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 2/16/12 LUNCH

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 2/16/12 LUNCH

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 2/16/12 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 2/16/12 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 2/16/12 LUNCH

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING

2/16/12

LUNCH

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING

2/16/12

LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING

2/16/12

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**2/16/12****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**2/16/12****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**2/16/12****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**2/16/12****LUNCH**

SLICED MOZZARELLA

MOZZARELLA CHEESE

Nutrition Facts

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**2/16/12****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**2/16/12****LUNCH**

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM TOFU, PEA PODS CHINESE IQF, MUSHROOMS FRESH, BEANS SPROUTS, RED PEPPERS, BOK CHOY, SLICED WATER CHESTNUTS, CARROTS, SCALLIONS BUNCHES, BASE VEGAN SAVORY RSTD VEGETABLE

Nutrition Facts	
Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING 2/16/12 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 2/16/12 LUNCH

VEGAN TACO

KIDNEY BEANS, PINTO BEANS, TOMATO PUREE USDA GRD FCY, WHITE FLOUR TORTILLA, TACO SHELLS ORTEGA REG 6", BULGUR CRACKED WHEAT , GRANULATED CANE SUGAR, SALT, GROUND BLACK PEPPER, CHILI POWDER, GROUND CAYENNE PEPPER

Nutrition Facts	
Portion Size	6 oz Portion
calories	277.90
fat (gm)	5.00
sat fat (gm)	1.50
chol (mg)	0.00
sodium (mg)	624.50
carbs (gm)	45.80
fiber (gm)	0.10
protein (gm)	10.40

REFECTORY MAIN DINING 2/16/12 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**2/16/12****LUNCH**

FRESH COLLARD GREENS

COLLARD GREENS FRESH, MARGARINE 1#
SOLIDS (MILK FREE), CIDER VINEGAR,
SALT, GRANULATED CANE SUGAR,
GROUND BLACK PEPPER, CRUSHED RED
PEPPER, WATER**Nutrition Facts**

Portion Size	3 oz Portion
calories	29.80
fat (gm)	0.60
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	171.00
carbs (gm)	5.30
fiber (gm)	3.10
protein (gm)	2.10

REFECTORY MAIN DINING**2/16/12****LUNCH**

Mashed Red Bliss Potatoes w/garlic

RED BLISS POTATOES, WHOLE MILK,
SCALLIONS BUNCHES, MARGARINE 1#
SOLIDS (MILK FREE), GARLIC, SALT, VIRGIN
OLIVE OIL, GROUND WHITE PEPPER,
KOSHER SALT**Nutrition Facts**

Portion Size	4 oz Portion
calories	105.70
fat (gm)	1.20
sat fat (gm)	0.50
chol (mg)	2.90
sodium (mg)	281.00
carbs (gm)	21.60
fiber (gm)	1.90
protein (gm)	2.50

REFECTORY MAIN DINING**2/16/12****LUNCH**

SUGAR SNAP PEAS

SUGAR SNAP PEAS

Nutrition Facts

Portion Size	3 oz Portion
calories	70.70
fat (gm)	0.30
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	4.40
carbs (gm)	12.60
fiber (gm)	4.40
protein (gm)	4.70

REFECTORY MAIN DINING

2/16/12

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

2/16/12

LUNCH

CANADIAN RICE SALAD

WHITE RICE, CELERY, BEANS SPROUTS,
FRENCH SALAD DRESSING , GREEN
PEPPERS, DICED WHITE ONIONS,
PIMENTOS, SOY SAUCE, VEGETABLE
SALAD OIL, SALT, WATER

Nutrition Facts

Portion Size	4 oz Portion
calories	139.70
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	534.30
carbs (gm)	17.30
fiber (gm)	0.90
protein (gm)	2.30

REFECTORY MAIN DINING

2/16/12

LUNCH

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE SAUCE, SALAD CHOPPED GREEN, KEN'S ITALIAN DRESSING, MUSHROOMS FRESH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, KEN'S PARM & PEPPERCORN DRESSING, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, RED ONIONS, TUNAFISH, MESCLUN SPRING MIX, PIZZA BLEND CHEESE, KEN'S BLUE CHEESE DRESSING, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, GREEN PEPPERS, GREAT NORTHERN BEANS, TOMATOES, KEN'S LITE RANCH DRESSING, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, KEN'S BALSAMIC VINAIGRETTA SWFFTFNFD DRIFD

Nutrition Facts

Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING 2/16/12

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 2/16/12

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 2/16/12

LUNCH

VEGAN OATMEAL CRANBERRY COOKIE

CAROB DROPS CHIPS, QUICK OATS, DRIED CRANBERRIES , BUTTER SOLID SUBST VEGAN, CAKE FLOUR, LIGHT BROWN SUGAR, GRANULATED CANE SUGAR, SOY MILK - ORGANIC/VT SOY, VANILLA EXTRACT, BAKING SODA , CINNAMON SPICE, GROUND NUTMEG, SPICE GINGER GRD, GROUND CLOVES

Nutrition Facts

Portion Size	3 OUNCE PORTION
calories	364.20
fat (gm)	15.10
sat fat (gm)	6.20
chol (mg)	0.00
sodium (mg)	122.30
carbs (gm)	55.20
fiber (gm)	2.40
protein (gm)	4.50

REFECTORY MAIN DINING

2/16/12

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

2/16/12

LUNCH

BEEF BARLEY SOUP

BARLEY PEARL, DICED WHITE ONIONS, CARROTS, TOMATOES, CELERY, BEEF, GREEN PEAS, BASE BEEF SAVORY RSTD NO MSG, WATER

Nutrition Facts

Portion Size	6 oz Portion
calories	41.90
fat (gm)	0.40
sat fat (gm)	0.10
chol (mg)	4.40
sodium (mg)	23.90
carbs (gm)	7.10
fiber (gm)	1.30
protein (gm)	2.60

REFECTORY MAIN DINING

2/16/12

DINNER

VEGETARIAN SQUASH BISQUE

BUTTERNUT SQUASH, WATER, HEAVY CREAM, APPLE SLICED/FRESH, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, SALT, ROSEMARY, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	105.60
fat (gm)	6.10
sat fat (gm)	4.00
chol (mg)	24.80
sodium (mg)	85.80
carbs (gm)	11.90
fiber (gm)	1.90
protein (gm)	0.90

REFECTORY MAIN DINING

2/16/12

DINNER

BBQ NAVY BEANS

GREAT NORTHERN BEANS, DICED WHITE ONIONS, TOMATO PASTE USDA GRD FCY, GRANULATED CANE SUGAR, CIDER VINEGAR, VEGETABLE SALAD OIL, SOY SAUCE, GARLIC CHOPPED/IN OIL, SALT, MOLASSES, CRUSHED RED PEPPER, GROUND ALL SPICE

Nutrition Facts

Portion Size	8 oz Portion
calories	251.20
fat (gm)	3.70
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	1195.80
carbs (gm)	43.90
fiber (gm)	0.40
protein (gm)	10.10

REFECTORY MAIN DINING

2/16/12

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

2/16/12

DINNER

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	177.30
fat (gm)	14.70
sat fat (gm)	3.40
chol (mg)	316.30
sodium (mg)	394.50
carbs (gm)	1.70
fiber (gm)	0.60
protein (gm)	9.60

REFECTORY MAIN DINING

2/16/12

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

2/16/12

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

2/16/12

DINNER

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

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

2/16/12

DINNER

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

Nutrition Facts

Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING

2/16/12

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

2/16/12

DINNER

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING

2/16/12

DINNER

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING

2/16/12

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

2/16/12

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 2/16/12 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 2/16/12 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 2/16/12 DINNER

TORTELLINI ANGELICA

CHEESE TORTELLINI, HALF & HALF CREAM, ASPARAGUS CUTS & TIPS, TOMATO PUREE USDA GRD FCY, TOMATOES SUN DRIED, VODKA SMIRNOFF, FRESH BASIL, WATER, CORN STARCH, SALT, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	8 oz Portion
calories	489.30
fat (gm)	14.80
sat fat (gm)	9.30
chol (mg)	63.50
sodium (mg)	678.10
carbs (gm)	67.60
fiber (gm)	1.50
protein (gm)	20.00

REFECTORY MAIN DINING

2/16/12

DINNER

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM TOFU, PEA PODS CHINESE IQF, MUSHROOMS FRESH, BEANS SPROUTS, RED PEPPERS, BOK CHOY, SLICED WATER CHESTNUTS, CARROTS, SCALLIONS BUNCHES, BASE VEGAN SAVORY RSTD VEGETABLE

Nutrition Facts

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING

2/16/12

DINNER

VEGAN TACO

KIDNEY BEANS, PINTO BEANS, TOMATO PUREE USDA GRD FCY, WHITE FLOUR TORTILLA, TACO SHELLS ORTEGA REG 6", BULGUR CRACKED WHEAT , GRANULATED CANE SUGAR, SALT, GROUND BLACK PEPPER, CHILI POWDER, GROUND CAYENNE PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	277.90
fat (gm)	5.00
sat fat (gm)	1.50
chol (mg)	0.00
sodium (mg)	624.50
carbs (gm)	45.80
fiber (gm)	0.10
protein (gm)	10.40

REFECTORY MAIN DINING

2/16/12

DINNER

VEGETABLE HERB MEDLEY

GREEN PEPPERS, ZUCCHINI SQUASH, RED ONIONS, TOMATOES, EGG PLANT, BUTTON MUSHROOMS, FRESH BASIL, FRESH PARSLEY, TOMATO PASTE USDA GRD FCY, GARLIC CHOPPED/IN OIL, FRESH THYME, FRESH ROSEMARY, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	3 oz Portion
calories	23.40
fat (gm)	0.30
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	3.60
carbs (gm)	5.00
fiber (gm)	1.60
protein (gm)	1.10

REFECTORY MAIN DINING

2/16/12

DINNER

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

2/16/12

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

2/16/12

DINNER

ELBOW MACARONI

ELBOW MACARONI, 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**2/16/12****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**2/16/12****DINNER**

FRESH COLLARD GREENSCOLLARD GREENS FRESH, MARGARINE 1#
SOLIDS (MILK FREE), CIDER VINEGAR,
SALT, GRANULATED CANE SUGAR,
GROUND BLACK PEPPER, CRUSHED RED
PEPPER, WATER**Nutrition Facts**

Portion Size	3 oz Portion
calories	29.80
fat (gm)	0.60
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	171.00
carbs (gm)	5.30
fiber (gm)	3.10
protein (gm)	2.10

REFECTORY MAIN DINING**2/16/12****DINNER**

LEMON RICE

WHITE RICE, MARGARINE 1# SOLIDS (MILK FREE), BASE VEGAN SAVORY RSTD VEGETABLE, GARLIC CHOPPED/IN OIL,SCALLIONS BUNCHES, ROSEMARY, WATER, LEMONS

Nutrition Facts

Portion Size	4oz portion
calories	142.00
fat (gm)	1.50
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	16.90
carbs (gm)	28.50
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING

2/16/12

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

2/16/12

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

2/16/12

DINNER

CANADIAN RICE SALAD

WHITE RICE, CELERY, BEANS SPROUTS,
FRENCH SALAD DRESSING , GREEN
PEPPERS, DICED WHITE ONIONS,
PIMENTOS, SOY SAUCE, VEGETABLE
SALAD OIL, SALT, WATER

Nutrition Facts

Portion Size	4 oz Portion
calories	139.70
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	534.30
carbs (gm)	17.30
fiber (gm)	0.90
protein (gm)	2.30

REFECTORY MAIN DINING

2/16/12

DINNER

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE
SAUCE, SALAD CHOPPED GREEN, KEN'S
ITALIAN DRESSING, MUSHROOMS FRESH,
LOW FAT COTTAGE CHEESE , TROPICAL
FRUIT SALAD, KEN'S PARM & PEPPERCORN
DRESSING, NONFAT PLAIN YOGURT, KEN'S
CREAMY CAESAR DRESSING, RED ONIONS,
TUNAFISH, MESCLUN SPRING MIX, PIZZA
BLEND CHEESE, KEN'S BLUE CHEESE
DRESSING, PEACHES, BROCCOLI
FLORETTE, CARROTS, EXTRA FIRM TOFU,
PEARS, PINEAPPLE , NONFAT
STRAWBERRY YOGURT, GREEN PEPPERS,
GREAT NORTHERN BEANS, TOMATOES,
KEN'S LITE RANCH DRESSING, OLIVES,
BALSAMIC VINEGAR, GARBANZO BEANS,
VIRGIN OLIVE OIL, KEN'S BALSAMIC
VINAIGRETTT SWFFTFNFD DRIFD

Nutrition Facts

Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING

2/16/12

DINNER

CARROT CAKE MIX; CR CHEESE FROST

CARROT CAKE MIX, WATER,
CONFECTIONARY SUGAR, CREAM CHEESE,
VEGETABLE SALAD OIL, BUTTER, VANILLA
EXTRACT, SALT

Nutrition Facts

Portion Size	~PORTIONS
calories	376.10
fat (gm)	16.60
sat fat (gm)	6.40
chol (mg)	42.20
sodium (mg)	439.40
carbs (gm)	52.50
fiber (gm)	0.00
protein (gm)	3.30

REFECTORY MAIN DINING

2/16/12

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

2/16/12

DINNER

KOSHER SALTED ITALIAN BREAD

FLOUR, WATER, OLIVE OIL, KOSHER SALT, YEAST, SALT, NON-FAT MILK, VEGETABLE ALL PURPOSE SHORTENING, GRANULATED CANE SUGAR

Nutrition Facts

Portion Size	2 oz Portion
calories	146.00
fat (gm)	3.30
sat fat (gm)	0.60
chol (mg)	0.40
sodium (mg)	643.60
carbs (gm)	25.10
fiber (gm)	0.90
protein (gm)	3.50

REFECTORY MAIN DINING

2/16/12

DINNER

APPLE PANCAKES

WATER, PANCAKE MIX DELUXE, APPLES

Nutrition Facts

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

2/17/12

BREAKFAST

BAGELS

BAGELS PRESLICED (FINAGLE)

Nutrition Facts

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

2/17/12

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

2/17/12

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

2/17/12

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 2/17/12 **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 2/17/12 **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 2/17/12 **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**2/17/12****BREAKFAST**

OMELETTE BAREGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING**2/17/12****BREAKFAST**

PANCAKESWATER, 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**2/17/12****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

2/17/12

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

2/17/12

BREAKFAST

BANANA CHOC CHIP BREAD

BANANA PUREE, CAKE FLOUR, CHOC
DROPS (CHIPS) , UNBLEACHED FLOUR,
BROWN SUGAR, BUTTER, GRANULATED
CANE SUGAR, WATER, EGGS - LIQUID,
NON-FAT MILK, BAKING POWDER, BAKING
SODA

Nutrition Facts

Portion Size	SLICE 2 oz
calories	227.80
fat (gm)	8.10
sat fat (gm)	3.30
chol (mg)	22.10
sodium (mg)	48.50
carbs (gm)	36.80
fiber (gm)	0.40
protein (gm)	2.80

REFECTORY MAIN DINING

2/17/12

BREAKFAST

MANHATTEN CLAM CHOWDER

WATER, POTATOES, CLAM JUICE,
CHOPPED CLAMS, DICED WHITE ONIONS,
TOMATOES, CELERY, MARGARINE 1#
SOLIDS (MILK FREE), CORN STARCH, SALT,
GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	80.50
fat (gm)	0.60
sat fat (gm)	0.10
chol (mg)	10.30
sodium (mg)	399.00
carbs (gm)	13.70
fiber (gm)	1.00
protein (gm)	4.90

REFECTORY MAIN DINING

2/17/12

LUNCH

VEGAN FAGIOLI SOUP

CANNELLINI BEANS, TOMATO WHL PLUM
DANIELE, WATER, DITALINI PASTA, FRESH
BASIL, VIRGIN OLIVE OIL, GARLIC, BASE
VEGAN SAVORY RSTD VEGETABLE,
KOSHER SALT, BASIL LEAVES, GROUND
BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	200.50
fat (gm)	3.00
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	1278.30
carbs (gm)	38.60
fiber (gm)	5.80
protein (gm)	10.40

REFECTORY MAIN DINING

2/17/12

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

2/17/12

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

2/17/12

LUNCH

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	177.30
fat (gm)	14.70
sat fat (gm)	3.40
chol (mg)	316.30
sodium (mg)	394.50
carbs (gm)	1.70
fiber (gm)	0.60
protein (gm)	9.60

REFECTORY MAIN DINING

2/17/12

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

2/17/12

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

2/17/12

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

2/17/12

LUNCH

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN OLIVE OIL, SPICE ROTISSERIE

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

2/17/12

LUNCH

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 2/17/12 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 2/17/12 LUNCH

HOT BAKED HAM ON BULKY

HAM , KAISER ROLL, BROWN SUGAR,
GROUND MUSTARD, GROUND CLOVES

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	173.40
fat (gm)	4.60
sat fat (gm)	1.40
chol (mg)	28.00
sodium (mg)	818.20
carbs (gm)	20.60
fiber (gm)	0.00
protein (gm)	11.50

REFECTORY MAIN DINING 2/17/12 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**2/17/12****LUNCH**

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES**Nutrition Facts**

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING**2/17/12****LUNCH**

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING**2/17/12****LUNCH**

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING 2/17/12 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 2/17/12 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 2/17/12 LUNCH

RED POTATO FRITATA

RED BLISS POTATOES, EGGS - LIQUID, RED PEPPERS, WHOLE MILK, SHREDDED CHEDDAR CHEESE, DICED WHITE ONIONS, GRATED ROMANO CHEESE , MARGARINE 1# SOLIDS (MILK FREE), FRESH BASIL, FRESH PARSLEY, SALT, GROUND WHITE PEPPER

Nutrition Facts	
Portion Size	6.450 oz Portion
calories	204.70
fat (gm)	9.90
sat fat (gm)	4.00
chol (mg)	254.30
sodium (mg)	262.30
carbs (gm)	16.80
fiber (gm)	1.90
protein (gm)	12.40

REFECTORY MAIN DINING 2/17/12 LUNCH

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 2/17/12 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 2/17/12 LUNCH

SLICED MUEENSTER

MUEENSTER 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 2/17/12 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 2/17/12 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 2/17/12 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

2/17/12

LUNCH

VEGAN CALIFORNIA VEGGIE STEW

YELLOW SUMMER SQUASH, TOMATOES,
WHOLE GREEN BEANS, CORN, DICED
WHITE ONIONS, VEGETABLE SALAD OIL,
SALT, GARLIC CHOPPED/IN OIL, JALAPENO
PEPPERS, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	8 oz Portion
calories	90.40
fat (gm)	3.40
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	473.00
carbs (gm)	14.80
fiber (gm)	4.00
protein (gm)	2.70

REFECTORY MAIN DINING

2/17/12

LUNCH

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM
TOFU, PEA PODS CHINESE IQF,
MUSHROOMS FRESH, BEANS SPROUTS,
RED PEPPERS, BOK CHOY, SLICED WATER
CHESTNUTS, CARROTS, SCALLIONS
BUNCHES, BASE VEGAN SAVORY RSTD
VEGETABLE

Nutrition Facts

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING

2/17/12

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**2/17/12****LUNCH**

VEGAN ROASTED VEG BURRITO

FRESH PLUM TOMATOES, YELLOW PEPPERS, RED PEPPERS, TOMATOES, WHITE FLOUR TORTILLA, RED ONIONS, ZUCCHINI SQUASH, YELLOW SUMMER SQUASH, REFRIED VEGETARIAN BEANS , VIRGIN OLIVE OIL, JALAPENO PEPPERS, SCALLIONS BUNCHES, GARLIC CHOPPED/IN OIL, CHILI GREEN CHOPPED, FRESH CILANTRO , BALSAMIC VINEGAR, SPICE CUMIN GROUND, CHILI POWDER, SALT, GROUND BLACK PEPPER, GROUND OREGANO, GROUND MARJORAM

Nutrition Facts

Portion Size	burrito
calories	178.90
fat (gm)	8.00
sat fat (gm)	1.10
chol (mg)	0.00
sodium (mg)	342.80
carbs (gm)	23.80
fiber (gm)	2.50
protein (gm)	4.50

REFECTORY MAIN DINING**2/17/12****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**2/17/12****LUNCH**

GARLICKY GREEN BEANS

GREEN BEANS, VIRGIN OLIVE OIL, GARLIC,
FRESH PARSLEY, SALT, GROUND BLACK
PEPPER, TARRAGON LEAVES

<u>Nutrition Facts</u>	
Portion Size	3 OZ PORTION
calories	64.50
fat (gm)	3.90
sat fat (gm)	0.60
chol (mg)	0.00
sodium (mg)	116.20
carbs (gm)	7.10
fiber (gm)	3.00
protein (gm)	1.80

REFECTORY MAIN DINING 2/17/12 LUNCH

SPAGHETTI

SPAGHETTI, VIRGIN OLIVE OIL

<u>Nutrition Facts</u>	
Portion Size	8 oz Portion
calories	766.50
fat (gm)	5.60
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	157.60
fiber (gm)	0.00
protein (gm)	26.30

REFECTORY MAIN DINING 2/17/12 LUNCH

SPANISH RICE

WHITE RICE, TOMATOES, GREEN PEPPERS,
DICED WHITE ONIONS, VIRGIN OLIVE OIL,
GARLIC CHOPPED/IN OIL, SALT,
ROSEMARY, BASIL LEAVES, GROUND
WHITE PEPPER, WATER

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	134.70
fat (gm)	3.30
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	251.90
carbs (gm)	23.60
fiber (gm)	1.00
protein (gm)	2.50

REFECTORY MAIN DINING 2/17/12 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 2/17/12 LUNCH

VEGAN REFRIED BEANS

REFRIED VEGETARIAN BEANS

Nutrition Facts	
Portion Size	2 oz Portion
calories	53.20
fat (gm)	0.90
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	239.20
carbs (gm)	8.40
fiber (gm)	
protein (gm)	2.70

REFECTORY MAIN DINING 2/17/12 LUNCH

VEGETABLE RICE SALAD

WHITE RICE, GARBANZO BEANS, GREEN
PEPPERS, RED PEPPERS, TOMATOES,
GREEN PEAS, VIRGIN OLIVE OIL, RED WINE
VINEGAR, OLIVES, SALT, GROUND BLACK
PEPPER

Nutrition Facts	
Portion Size	4 oz Portion
calories	145.00
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	86.00
carbs (gm)	18.70
fiber (gm)	1.40
protein (gm)	2.90

REFECTORY MAIN DINING 2/17/12 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 2/17/12 LUNCH

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE SAUCE, SALAD CHOPPED GREEN, KEN'S ITALIAN DRESSING, MUSHROOMS FRESH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, KEN'S PARM & PEPPERCORN DRESSING, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, RED ONIONS, TUNAFISH, MESCLUN SPRING MIX, PIZZA BLEND CHEESE, KEN'S BLUE CHEESE DRESSING, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, GREEN PEPPERS, GREAT NORTHERN BEANS, TOMATOES, KEN'S LITE RANCH DRESSING, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, KEN'S BALSAMIC VINAIGRETTT SWFFTFNFD DRIFD

<u>Nutrition Facts</u>	
Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING 2/17/12 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 2/17/12 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 2/17/12 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 2/17/12 LUNCH

MANHATTEN CLAM CHOWDER

WATER, POTATOES, CLAM JUICE,
CHOPPED CLAMS, DICED WHITE ONIONS,
TOMATOES, CELERY, MARGARINE 1#
SOLIDS (MILK FREE), CORN STARCH, SALT,
GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	6 oz Portion
calories	80.50
fat (gm)	0.60
sat fat (gm)	0.10
chol (mg)	10.30
sodium (mg)	399.00
carbs (gm)	13.70
fiber (gm)	1.00
protein (gm)	4.90

REFECTORY MAIN DINING 2/17/12 DINNER

VEGAN FAGIOLI SOUP

CANNELLINI BEANS, TOMATO WHL PLUM DANIELE, WATER, DITALINI PASTA, FRESH BASIL, VIRGIN OLIVE OIL, GARLIC, BASE VEGAN SAVORY RSTD VEGETABLE, KOSHER SALT, BASIL LEAVES, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	200.50
fat (gm)	3.00
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	1278.30
carbs (gm)	38.60
fiber (gm)	5.80
protein (gm)	10.40

REFECTORY MAIN DINING

2/17/12

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

2/17/12

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

2/17/12

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**2/17/12****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**2/17/12****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**2/17/12****DINNER**

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

<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 2/17/12 DINNER

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 2/17/12 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 2/17/12 DINNER

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING

2/17/12

DINNER

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING

2/17/12

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

2/17/12

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 2/17/12 DINNER

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 2/17/12 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 2/17/12 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

2/17/12

DINNER

STUFFED SHELLS FLORENTINE

CHEESE STUFFED SHELLS, WHOLE MILK, SPINACH, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, SALT, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	346.40
fat (gm)	17.70
sat fat (gm)	2.00
chol (mg)	13.00
sodium (mg)	683.50
carbs (gm)	28.30
fiber (gm)	1.20
protein (gm)	18.90

REFECTORY MAIN DINING

2/17/12

DINNER

VEGAN CALIFORNIA VEGGIE STEW

YELLOW SUMMER SQUASH, TOMATOES, WHOLE GREEN BEANS, CORN, DICED WHITE ONIONS, VEGETABLE SALAD OIL, SALT, GARLIC CHOPPED/IN OIL, JALAPENO PEPPERS, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	8 oz Portion
calories	90.40
fat (gm)	3.40
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	473.00
carbs (gm)	14.80
fiber (gm)	4.00
protein (gm)	2.70

REFECTORY MAIN DINING

2/17/12

DINNER

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM TOFU, PEA PODS CHINESE IQF, MUSHROOMS FRESH, BEANS SPROUTS, RED PEPPERS, BOK CHOY, SLICED WATER CHESTNUTS, CARROTS, SCALLIONS BUNCHES, BASE VEGAN SAVORY RSTD VEGETABLE

Nutrition Facts

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING

2/17/12

DINNER

VEGAN ROASTED VEG BURRITO

FRESH PLUM TOMATOES, YELLOW PEPPERS, RED PEPPERS, TOMATOES, WHITE FLOUR TORTILLA, RED ONIONS, ZUCCHINI SQUASH, YELLOW SUMMER SQUASH, REFRIED VEGETARIAN BEANS , VIRGIN OLIVE OIL, JALAPENO PEPPERS, SCALLIONS BUNCHES, GARLIC CHOPPED/IN OIL, CHILI GREEN CHOPPED, FRESH CILANTRO , BALSAMIC VINEGAR, SPICE CUMIN GROUND, CHILI POWDER, SALT, GROUND BLACK PEPPER, GROUND OREGANO, GROUND MARJORAM

Nutrition Facts

Portion Size	burrito
calories	178.90
fat (gm)	8.00
sat fat (gm)	1.10
chol (mg)	0.00
sodium (mg)	342.80
carbs (gm)	23.80
fiber (gm)	2.50
protein (gm)	4.50

REFECTORY MAIN DINING

2/17/12

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

2/17/12

DINNER

LEMON BUTTERED BROCCOLI S

BROCCOLI SPEARS, MARGARINE 1# SOLIDS
(MILK FREE), LEMON JUICE, WATER

Nutrition Facts	
Portion Size	3OZ SERVINGS
calories	35.70
fat (gm)	0.50
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	34.70
carbs (gm)	6.80
fiber (gm)	2.70
protein (gm)	2.90

REFECTORY MAIN DINING 2/17/12 DINNER

SPAGHETTI

SPAGHETTI, VIRGIN OLIVE OIL

Nutrition Facts	
Portion Size	8 oz Portion
calories	766.50
fat (gm)	5.60
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	0.00
carbs (gm)	157.60
fiber (gm)	0.00
protein (gm)	26.30

REFECTORY MAIN DINING 2/17/12 DINNER

SPANISH RICE

WHITE RICE, TOMATOES, GREEN PEPPERS,
DICED WHITE ONIONS, VIRGIN OLIVE OIL,
GARLIC CHOPPED/IN OIL, SALT,
ROSEMARY, BASIL LEAVES, GROUND
WHITE PEPPER, WATER

Nutrition Facts	
Portion Size	4 oz Portion
calories	134.70
fat (gm)	3.30
sat fat (gm)	0.50
chol (mg)	0.00
sodium (mg)	251.90
carbs (gm)	23.60
fiber (gm)	1.00
protein (gm)	2.50

REFECTORY MAIN DINING 2/17/12 DINNER

STIR FRIED CARROTS W/ LEMON & DILL

CARROTS, VEGETABLE SALAD OIL, LEMON JUICE, FRESH PARSLEY, SALT, FRESH DILL

Nutrition Facts	
Portion Size	3 oz Portion
calories	94.40
fat (gm)	7.20
sat fat (gm)	0.60
chol (mg)	0.00
sodium (mg)	187.00
carbs (gm)	6.90
fiber (gm)	2.00
protein (gm)	0.70

REFECTORY MAIN DINING 2/17/12 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 2/17/12 DINNER

VEGAN REFRIED BEANS

REFRIED VEGETARIAN BEANS

Nutrition Facts	
Portion Size	2 oz Portion
calories	53.20
fat (gm)	0.90
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	239.20
carbs (gm)	8.40
fiber (gm)	
protein (gm)	2.70

REFECTORY MAIN DINING 2/17/12 DINNER

VEGETABLE RICE SALAD

WHITE RICE, GARBANZO BEANS, GREEN PEPPERS, RED PEPPERS, TOMATOES, GREEN PEAS, VIRGIN OLIVE OIL, RED WINE VINEGAR, OLIVES, SALT, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	145.00
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	86.00
carbs (gm)	18.70
fiber (gm)	1.40
protein (gm)	2.90

REFECTORY MAIN DINING

2/17/12

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

2/17/12

DINNER

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE SAUCE, SALAD CHOPPED GREEN, KEN'S ITALIAN DRESSING, MUSHROOMS FRESH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, KEN'S PARM & PEPPERCORN DRESSING, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, RED ONIONS, TUNAFISH, MESCLUN SPRING MIX, PIZZA BLEND CHEESE, KEN'S BLUE CHEESE DRESSING, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, GREEN PEPPERS, GREAT NORTHERN BEANS, TOMATOES, KEN'S LITE RANCH DRESSING, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, KEN'S BALSAMIC VINAIGRETTT SWFFTFNFD DRIFD

Nutrition Facts

Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING

2/17/12

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

2/17/12

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

2/17/12

DINNER

HOMEMADE POUND CAKE-CT 10

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

Nutrition Facts

Portion Size	2 oz Portion
calories	205.70
fat (gm)	8.10
sat fat (gm)	3.10
chol (mg)	46.90
sodium (mg)	218.80
carbs (gm)	30.30
fiber (gm)	0.30
protein (gm)	3.00

REFECTORY MAIN DINING

2/17/12

DINNER

PEACHES

Nutrition Facts

Portion Size 6 Slices
calories 37.80
fat (gm) 0.00
sat fat (gm) 0.00
chol (mg) 0.00
sodium (mg) 5.40
carbs (gm) 9.20
fiber (gm)
protein (gm) 0.00

REFECTORY MAIN DINING

2/17/12

DINNER

WHIPPED CREAM

HEAVY CREAM, GRANULATED CANE
SUGAR, VANILLA EXTRACT

Nutrition Facts

Portion Size Ounce
calories 104.10
fat (gm) 9.70
sat fat (gm) 6.50
chol (mg) 40.50
sodium (mg) 0.00
carbs (gm) 1.60
fiber (gm) 0.00
protein (gm) 0.00

REFECTORY MAIN DINING

2/17/12

DINNER

BAGELS

BAGELS PRESLICED (FINAGLE)

Nutrition Facts

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

2/18/12

BREAKFAST

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 2/18/12 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 2/18/12 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 2/18/12 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 2/18/12 **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 2/18/12 **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 2/18/12 **BREAKFAST**

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING

2/18/12

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

2/18/12

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

2/18/12

BREAKFAST

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

2/18/12

BREAKFAST

HONEY BUNS

UNBLEACHED FLOUR, WATER, LIGHT BROWN SUGAR, VEGETABLE SHORTENING, MARGARINE, EGGS - LIQUID, CORN SYRUP , GRANULATED CANE SUGAR, YEAST, NULOMOLINE, NON-FAT MILK, VEGETABLE SALAD OIL, CINNAMON SPICE, SALT, LEMON EMULSION, VANILLA EXTRACT, RUM FLAVOR

Nutrition Facts

Portion Size	BUN 3 oz
calories	288.20
fat (gm)	12.30
sat fat (gm)	3.60
chol (mg)	26.40
sodium (mg)	208.20
carbs (gm)	38.80
fiber (gm)	1.00
protein (gm)	4.70

REFECTORY MAIN DINING

2/18/12

BREAKFAST

CHICKEN NOODLE SOUP

WATER, EGG NOODLES , 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	92.10
fat (gm)	1.40
sat fat (gm)	0.40
chol (mg)	45.00
sodium (mg)	44.70
carbs (gm)	12.60
fiber (gm)	0.40
protein (gm)	7.20

REFECTORY MAIN DINING

2/18/12

LUNCH

VEGAN VEG MEXICAN BEAN SOUP

WATER, PINTO BEANS, CORN, TOMATO PASTE USDA GRD FCY, TOMATOES, GREEN PEPPERS, DICED WHITE ONIONS, CELERY, BASE VEGAN SAVORY RSTD VEGETABLE, TABASCO/RED DEVIL HOT SAU

Nutrition Facts

Portion Size	6 oz Portion
calories	61.70
fat (gm)	0.20
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	142.60
carbs (gm)	12.50
fiber (gm)	0.80
protein (gm)	3.20

REFECTORY MAIN DINING

2/18/12

LUNCH

CAJUN PASTA WITH CHICKEN

ROTINI, CHICKEN BREAST BNLSKL 4oz, HEAVY CREAM, RED PEPPERS, ZUCCHINI SQUASH, FRESH PARSLEY, SALT, GROUND PAPRIKA, VIRGIN OLIVE OIL, ONION POWDER, SPICE GARLIC POWDER, GROUND CAYENNE PEPPER, GROUND WHITE PEPPER, GROUND BLACK PEPPER, THYME LEAF, GROUND OREGANO

Nutrition Facts

Portion Size	6 oz Portion
calories	482.40
fat (gm)	13.30
sat fat (gm)	6.70
chol (mg)	91.90
sodium (mg)	428.00
carbs (gm)	57.90
fiber (gm)	0.70
protein (gm)	30.00

REFECTORY MAIN DINING

2/18/12

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

2/18/12

LUNCH

CHOPPED SIRLOIN PATTY ONION SAUCE

BEEF CHUCK ROLL NATURAL, WATER,
DICED WHITE ONIONS, WHOLE MILK, DEMI
GLACE BASE, MARGARINE 1# SOLIDS (MILK
FREE), SALT, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	7.700 oz Portion
calories	13.50
fat (gm)	0.40
sat fat (gm)	0.20
chol (mg)	1.30
sodium (mg)	282.10
carbs (gm)	2.10
fiber (gm)	0.30
protein (gm)	0.50

REFECTORY MAIN DINING

2/18/12

LUNCH

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	177.30
fat (gm)	14.70
sat fat (gm)	3.40
chol (mg)	316.30
sodium (mg)	394.50
carbs (gm)	1.70
fiber (gm)	0.60
protein (gm)	9.60

REFECTORY MAIN DINING

2/18/12

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

2/18/12

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 2/18/12 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 2/18/12 LUNCH

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

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 2/18/12 LUNCH

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 2/18/12 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 2/18/12 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 2/18/12 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

2/18/12

LUNCH

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

2/18/12

LUNCH

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING

2/18/12

LUNCH

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING

2/18/12

LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING

2/18/12

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

2/18/12

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 2/18/12 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 2/18/12 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 2/18/12 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**2/18/12****LUNCH**

SPICY BLACK BEAN VEGGIE PATTYSPICY 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**2/18/12****LUNCH**

VEGAN MEDITERRANEAN STEWEGG PLANT, KIDNEY BEANS, JUICE
TOMATO 46 OZ, ELBOW MACARONI,
ZUCCHINI SQUASH, DICED WHITE ONIONS,
GREEN PEPPERS, BASE VEGAN SAVORY
RSTD VEGETABLE, GARLIC CHOPPED/IN
OIL, BASIL LEAVES, GROUND BLACK
PEPPER, OREGANO, WATER**Nutrition Facts**

Portion Size	8 oz Portion
calories	159.50
fat (gm)	0.80
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	237.00
carbs (gm)	31.40
fiber (gm)	2.70
protein (gm)	7.00

REFECTORY MAIN DINING**2/18/12****LUNCH**

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM TOFU, PEA PODS CHINESE IQF, MUSHROOMS FRESH, BEANS SPROUTS, RED PEPPERS, BOK CHOY, SLICED WATER CHESTNUTS, CARROTS, SCALLIONS BUNCHES, BASE VEGAN SAVORY RSTD VEGETABLE

Nutrition Facts

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING

2/18/12

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

2/18/12

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

2/18/12

LUNCH

MASHED POTATOES

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

Nutrition Facts

Portion Size	4 oz Portion
calories	102.60
fat (gm)	1.10
sat fat (gm)	0.50
chol (mg)	2.90
sodium (mg)	277.30
carbs (gm)	21.10
fiber (gm)	1.80
protein (gm)	2.40

REFECTORY MAIN DINING

2/18/12

LUNCH

MEXICAN SUCCOTASH

ZUCCHINI SQUASH, CORN, TOMATOES,
CHILI GREEN CHOPPED, DICED WHITE
ONIONS, SALT, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	3 oz Portion
calories	34.80
fat (gm)	0.40
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	63.50
carbs (gm)	7.80
fiber (gm)	1.10
protein (gm)	1.20

REFECTORY MAIN DINING

2/18/12

LUNCH

PAPARDELLE

EGG PAPARDELLE, VIRGIN OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	289.10
fat (gm)	5.50
sat fat (gm)	1.10
chol (mg)	86.20
sodium (mg)	174.50
carbs (gm)	49.50
fiber (gm)	0.00
protein (gm)	11.10

REFECTORY MAIN DINING

2/18/12

LUNCH

SAFFRON RICE PILAF

WHITE RICE, DICED WHITE ONIONS,
MARGARINE 1# SOLIDS (MILK FREE), BASE
VEGAN SAVORY RSTD VEGETABLE,
GROUND WHITE PEPPER, SPANISH
SAFFRON, WATER

Nutrition Facts

Portion Size 4oz portion
calories 186.00
fat (gm) 0.80
sat fat (gm) 0.20
chol (mg) 0.00
sodium (mg) 11.40
carbs (gm) 39.50
fiber (gm) 0.60
protein (gm) 3.80

REFECTORY MAIN DINING**2/18/12****LUNCH**

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**2/18/12****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**2/18/12****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

2/18/12

LUNCH

CANADIAN RICE SALAD

WHITE RICE, CELERY, BEANS SPROUTS, FRENCH SALAD DRESSING , GREEN PEPPERS, DICED WHITE ONIONS, PIMENTOS, SOY SAUCE, VEGETABLE SALAD OIL, SALT, WATER

Nutrition Facts

Portion Size	4 oz Portion
calories	139.70
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	534.30
carbs (gm)	17.30
fiber (gm)	0.90
protein (gm)	2.30

REFECTORY MAIN DINING

2/18/12

LUNCH

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE SAUCE, SALAD CHOPPED GREEN, KEN'S ITALIAN DRESSING, MUSHROOMS FRESH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, KEN'S PARM & PEPPERCORN DRESSING, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, RED ONIONS, TUNAFISH, MESCLUN SPRING MIX, PIZZA BLEND CHEESE, KEN'S BLUE CHEESE DRESSING, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, GREEN PEPPERS, GREAT NORTHERN BEANS, TOMATOES, KEN'S LITE RANCH DRESSING, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, KEN'S BALSAMIC VINAIGRETTT SWFFTFNFD DRIFD

Nutrition Facts

Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING

2/18/12

LUNCH

APPLE TURNOVERS CT-12

PUFF PASTRY SHEETS, FILLING APPLE
TURNOVER, SUGAR SANDING BAKE, EGGS -
LIQUID

<u>Nutrition Facts</u>	
Portion Size	4.500 oz Portion
calories	84.50
fat (gm)	0.20
sat fat (gm)	0.00
chol (mg)	5.90
sodium (mg)	72.80
carbs (gm)	21.00
fiber (gm)	0.00
protein (gm)	0.30

REFECTORY MAIN DINING 2/18/12 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 2/18/12 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 2/18/12 LUNCH

CHICKEN NOODLE SOUP

WATER, EGG NOODLES , 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	92.10
fat (gm)	1.40
sat fat (gm)	0.40
chol (mg)	45.00
sodium (mg)	44.70
carbs (gm)	12.60
fiber (gm)	0.40
protein (gm)	7.20

REFECTORY MAIN DINING

2/18/12

DINNER

VEGAN VEG MEXICAN BEAN SOUP

WATER, PINTO BEANS, CORN, TOMATO
PASTE USDA GRD FCY, TOMATOES, GREEN
PEPPERS, DICED WHITE ONIONS, CELERY,
BASE VEGAN SAVORY RSTD VEGETABLE,
TABASCO/RED DEVIL HOT SAU

Nutrition Facts

Portion Size	6 oz Portion
calories	61.70
fat (gm)	0.20
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	142.60
carbs (gm)	12.50
fiber (gm)	0.80
protein (gm)	3.20

REFECTORY MAIN DINING

2/18/12

DINNER

CAJUN PASTA WITH CHICKEN

ROTINI, CHICKEN BREAST BNLSKL 4oz,
HEAVY CREAM, RED PEPPERS, ZUCCHINI
SQUASH, FRESH PARSLEY, SALT, GROUND
PAPRIKA, VIRGIN OLIVE OIL, ONION
POWDER, SPICE GARLIC POWDER,
GROUND CAYENNE PEPPER, GROUND
WHITE PEPPER, GROUND BLACK PEPPER,
THYME LEAF, GROUND OREGANO

Nutrition Facts

Portion Size	6 oz Portion
calories	482.40
fat (gm)	13.30
sat fat (gm)	6.70
chol (mg)	91.90
sodium (mg)	428.00
carbs (gm)	57.90
fiber (gm)	0.70
protein (gm)	30.00

REFECTORY MAIN DINING

2/18/12

DINNER

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 2/18/12 DINNER

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	177.30
fat (gm)	14.70
sat fat (gm)	3.40
chol (mg)	316.30
sodium (mg)	394.50
carbs (gm)	1.70
fiber (gm)	0.60
protein (gm)	9.60

REFECTORY MAIN DINING 2/18/12 DINNER

GARBANZO BEAN CASSEROLE

GARBANZO BEANS, TOMATOES,
SHREDDED MOZZARELLA CHEESE,
PROVOLONE CHEESE, WHITE ONION,
GRATED ROMANO CHEESE , VEGETABLE
SALAD OIL, SALT, BASIL LEAVES

<u>Nutrition Facts</u>	
Portion Size	8 oz Portion
calories	273.30
fat (gm)	13.90
sat fat (gm)	5.00
chol (mg)	20.00
sodium (mg)	934.90
carbs (gm)	23.70
fiber (gm)	0.20
protein (gm)	15.70

REFECTORY MAIN DINING 2/18/12 DINNER

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

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

2/18/12

DINNER

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

Nutrition Facts

Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING

2/18/12

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

2/18/12

DINNER

HOT DOG ON A BUN

BEEF FRANKS, HOT DOG BUN

Nutrition Facts

Portion Size	1.600 oz 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

2/18/12

DINNER

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING

2/18/12

DINNER

MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK ROLL
NATURAL, 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	42.50
fat (gm)	1.50
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	279.20
carbs (gm)	6.00
fiber (gm)	0.10
protein (gm)	1.10

REFECTORY MAIN DINING

2/18/12

DINNER

POT ROAST JARDINIÈRE

BEEF BOTTOM FLATS, WATER, CARROTS,
TOMATO PUREE USDA GRD FCY, DEMI
GLACE BASE, GREEN PEAS, WHITE ONION,
CELERY, CARROTS, MARGARINE 1# SOLIDS
(MILK FREE), UNBLEACHED FLOUR, SALT,
PICKLING SPICE, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	7 oz Portion
calories	215.90
fat (gm)	11.20
sat fat (gm)	4.20
chol (mg)	70.90
sodium (mg)	110.80
carbs (gm)	3.60
fiber (gm)	0.70
protein (gm)	23.70

REFECTORY MAIN DINING**2/18/12****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**2/18/12****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**2/18/12****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**2/18/12****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**2/18/12****DINNER**

VEGAN MEDITERRANEAN STEWEGG PLANT, KIDNEY BEANS, JUICE
TOMATO 46 OZ, ELBOW MACARONI,
ZUCCHINI SQUASH, DICED WHITE ONIONS,
GREEN PEPPERS, BASE VEGAN SAVORY
RSTD VEGETABLE, GARLIC CHOPPED/IN
OIL, BASIL LEAVES, GROUND BLACK
PEPPER, OREGANO, WATER**Nutrition Facts**

Portion Size	8 oz Portion
calories	159.50
fat (gm)	0.80
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	237.00
carbs (gm)	31.40
fiber (gm)	2.70
protein (gm)	7.00

REFECTORY MAIN DINING**2/18/12****DINNER**

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM TOFU, PEA PODS CHINESE IQF, MUSHROOMS FRESH, BEANS SPROUTS, RED PEPPERS, BOK CHOY, SLICED WATER CHESTNUTS, CARROTS, SCALLIONS BUNCHES, BASE VEGAN SAVORY RSTD VEGETABLE

Nutrition Facts

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING

2/18/12

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

2/18/12

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

2/18/12

DINNER

MEXICAN SUCCOTASH

ZUCCHINI SQUASH, CORN, TOMATOES,
CHILI GREEN CHOPPED, DICED WHITE
ONIONS, SALT, GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	3 oz Portion
calories	34.80
fat (gm)	0.40
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	63.50
carbs (gm)	7.80
fiber (gm)	1.10
protein (gm)	1.20

REFECTORY MAIN DINING 2/18/12 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 2/18/12 DINNER

PAPARDELLE

EGG PAPARDELLE, VIRGIN OLIVE OIL

Nutrition Facts	
Portion Size	8 oz Portion
calories	289.10
fat (gm)	5.50
sat fat (gm)	1.10
chol (mg)	86.20
sodium (mg)	174.50
carbs (gm)	49.50
fiber (gm)	0.00
protein (gm)	11.10

REFECTORY MAIN DINING 2/18/12 DINNER

SAFFRON RICE PILAF

WHITE RICE, DICED WHITE ONIONS,
MARGARINE 1# SOLIDS (MILK FREE), BASE
VEGAN SAVORY RSTD VEGETABLE,
GROUND WHITE PEPPER, SPANISH
SAFFRON, WATER

Nutrition Facts

Portion Size	4oz portion
calories	186.00
fat (gm)	0.80
sat fat (gm)	0.20
chol (mg)	0.00
sodium (mg)	11.40
carbs (gm)	39.50
fiber (gm)	0.60
protein (gm)	3.80

REFECTORY MAIN DINING**2/18/12****DINNER**

SAUT ZUCCHINI W/ROSEMARY

ZUCCHINI SQUASH, VIRGIN OLIVE OIL,
PIMENTOS, ROSEMARY

Nutrition Facts

Portion Size	3 oz Portion
calories	35.60
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	4.60
carbs (gm)	3.70
fiber (gm)	1.20
protein (gm)	0.80

REFECTORY MAIN DINING**2/18/12****DINNER**

SWEET AND SPICED BABY CARROTS

BABY CARROTS, MARGARINE 1# SOLIDS
(MILK FREE), BROWN SUGAR, FRESH
PARSLEY, CINNAMON SPICE, GROUND ALL
SPICE, SPICE GINGER GRD

Nutrition Facts

Portion Size	3 OZ PORTIONS
calories	39.10
fat (gm)	0.40
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	69.90
carbs (gm)	8.70
fiber (gm)	2.60
protein (gm)	0.60

REFECTORY MAIN DINING**2/18/12****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

2/18/12

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

2/18/12

DINNER

CANADIAN RICE SALAD

WHITE RICE, CELERY, BEANS SPROUTS,
FRENCH SALAD DRESSING , GREEN
PEPPERS, DICED WHITE ONIONS,
PIMENTOS, SOY SAUCE, VEGETABLE
SALAD OIL, SALT, WATER

Nutrition Facts

Portion Size	4 oz Portion
calories	139.70
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	534.30
carbs (gm)	17.30
fiber (gm)	0.90
protein (gm)	2.30

REFECTORY MAIN DINING

2/18/12

DINNER

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE SAUCE, SALAD CHOPPED GREEN, KEN'S ITALIAN DRESSING, MUSHROOMS FRESH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, KEN'S PARM & PEPPERCORN DRESSING, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, RED ONIONS, TUNAFISH, MESCLUN SPRING MIX, PIZZA BLEND CHEESE, KEN'S BLUE CHEESE DRESSING, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, GREEN PEPPERS, GREAT NORTHERN BEANS, TOMATOES, KEN'S LITE RANCH DRESSING, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, KEN'S BALSAMIC VINAIGRETTT SWFFTFNFD DRIFD

Nutrition Facts

Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING

2/18/12

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

2/18/12

DINNER

RASPBERRY CHOC STREUSEL SQUARES

YELLOW CAKE MIX, BUTTER, QUICK OATS, RASPBERRY FILLING, CHOCOLATE CHIPS, WATER

Nutrition Facts

Portion Size	SQUARE 2.7 oz
calories	373.50
fat (gm)	21.70
sat fat (gm)	11.90
chol (mg)	53.30
sodium (mg)	221.20
carbs (gm)	39.70
fiber (gm)	1.90
protein (gm)	5.30

REFECTORY MAIN DINING

2/18/12

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 2/18/12 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 2/19/12 LUNCH

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 2/19/12 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 2/19/12 LUNCH

CHEESE RAVIOLI W/PINK VODKA SAUCE

RAVIOLI CHEESE FRZ, WATER, HEAVY CREAM, TOMATOES, GRATED ROMANO CHEESE , VODKA SMIRNOFF, 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	10 oz Portion
calories	547.70
fat (gm)	19.60
sat fat (gm)	4.90
chol (mg)	28.70
sodium (mg)	569.20
carbs (gm)	65.20
fiber (gm)	0.00
protein (gm)	29.50

REFECTORY MAIN DINING 2/19/12 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 2/19/12 LUNCH

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size 4 oz Portion
calories 177.30
fat (gm) 14.70
sat fat (gm) 3.40
chol (mg) 316.30
sodium (mg) 394.50
carbs (gm) 1.70
fiber (gm) 0.60
protein (gm) 9.60

REFECTORY MAIN DINING**2/19/12****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**2/19/12****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**2/19/12****LUNCH**

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

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 2/19/12 LUNCH

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 2/19/12 LUNCH

GRITS

CEREAL GRITS QUICK, SALT, WATER

Nutrition Facts	
Portion Size	6 oz Portion
calories	73.70
fat (gm)	0.30
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	72.30
carbs (gm)	16.40
fiber (gm)	0.00
protein (gm)	1.70

REFECTORY MAIN DINING 2/19/12 LUNCH

HAMBURGER ON A BUNBEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 2/19/12 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 2/19/12 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 2/19/12 LUNCH

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts

Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING

2/19/12

LUNCH

OMELETTE BAR

EGGS - LIQUID, MUSHROOMS FRESH,
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	276.10
fat (gm)	19.00
sat fat (gm)	7.30
chol (mg)	548.10
sodium (mg)	431.60
carbs (gm)	3.80
fiber (gm)	0.50
protein (gm)	22.60

REFECTORY MAIN DINING

2/19/12

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

2/19/12

LUNCH

PIZZA RUSTICA W/SPINACH

PASTRY FLOUR, TOMATOES, RICOTTA CHEESE PART SKIM, ALL PURPOSE SHORTENING, PIZZA BLEND CHEESE, SPINACH, WATER, GREEN PEPPERS, EGGS - LIQUID, HALF & HALF CREAM, GRATED ROMANO CHEESE , EGGS SHELL ORGANIC-CAGE FREE, SALT, NON-FAT MILK, GRANULATED CANE SUGAR, GARLIC CHOPPED/IN OIL, VIRGIN OLIVE OIL, OREGANO

<u>Nutrition Facts</u>	
Portion Size	6 oz Portion
calories	361.70
fat (gm)	23.80
sat fat (gm)	10.20
chol (mg)	55.10
sodium (mg)	438.50
carbs (gm)	26.40
fiber (gm)	0.90
protein (gm)	11.30

REFECTORY MAIN DINING 2/19/12 LUNCH

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 2/19/12 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 2/19/12 LUNCH

SLICED CHEDDAR

SLICED CHEDDAR CHEESE

Nutrition Facts

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**2/19/12****LUNCH**

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**2/19/12****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**2/19/12****LUNCH**

SPICY HERB BAKED CHICKEN

CHICKEN QUARTERS, DICED WHITE ONIONS, TABASCO/RED DEVIL HOT SAU, GRANULATED GARLIC, WHITE VINEGAR, KOSHER SALT, BAY LEAVES

Nutrition Facts

Portion Size	8 oz Portion
calories	353.80
fat (gm)	19.20
sat fat (gm)	5.30
chol (mg)	123.70
sodium (mg)	756.30
carbs (gm)	3.90
fiber (gm)	0.60
protein (gm)	39.10

REFECTORY MAIN DINING

2/19/12

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

2/19/12

LUNCH

VEGAN RED BEANS CREOLE

KIDNEY BEANS, SCALLIONS BUNCHES, GREEN PEPPERS, DICED WHITE ONIONS, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	8oz portion
calories	175.30
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	578.60
carbs (gm)	29.10
fiber (gm)	1.10
protein (gm)	11.90

REFECTORY MAIN DINING

2/19/12

LUNCH

CAJUN POTATOES

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

Nutrition Facts

Portion Size	3 oz Portion
calories	115.00
fat (gm)	4.50
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	101.60
carbs (gm)	17.30
fiber (gm)	1.60
protein (gm)	1.50

REFECTORY MAIN DINING

2/19/12

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

2/19/12

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

2/19/12

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 2/19/12 LUNCH

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE SAUCE, SALAD CHOPPED GREEN, KEN'S ITALIAN DRESSING, MUSHROOMS FRESH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, KEN'S PARM & PEPPERCORN DRESSING, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, RED ONIONS, TUNAFISH, MESCLUN SPRING MIX, PIZZA BLEND CHEESE, KEN'S BLUE CHEESE DRESSING, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, GREEN PEPPERS, GREAT NORTHERN BEANS, TOMATOES, KEN'S LITE RANCH DRESSING, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, KEN'S BALSAMIC VINAIGRETTT SWFFTFNFD DRIFD

Nutrition Facts	
Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING 2/19/12 LUNCH

DANISH BLUEBERRY '06

DANISH DOUGH , FILLING BLUEBERRY JAR , CONFECTIONARY SUGAR, EGGS - LIQUID, WATER, BAKING PAN LINERS 16X24

Nutrition Facts	
Portion Size	~DANISH
calories	3305.00
fat (gm)	207.80
sat fat (gm)	30.10
chol (mg)	113.10
sodium (mg)	1396.80
carbs (gm)	317.20
fiber (gm)	10.70
protein (gm)	43.30

REFECTORY MAIN DINING 2/19/12 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

2/19/12

LUNCH

HAM & BEAN SOUP

GREAT NORTHERN BEANS, WATER, HAM , DICED WHITE ONIONS, CARROTS, CELERY, TOMATO PASTE USDA GRD FCY, SLICED BACON, BASE CHICKEN SAVORY RSTD NO MSG, MARGARINE 1# SOLIDS (MILK FREE), GARLIC CHOPPED/IN OIL

Nutrition Facts

Portion Size	6 oz Portion
calories	95.60
fat (gm)	1.10
sat fat (gm)	0.30
chol (mg)	5.00
sodium (mg)	437.90
carbs (gm)	14.40
fiber (gm)	0.30
protein (gm)	6.60

REFECTORY MAIN DINING

2/19/12

DINNER

LIZ'S GREAT VEGAN VEG SOUP

WATER, POTATOES, ZUCCHINI SQUASH, CAULIFLOWER FLORETTE FRSH, CARROTS, DICED WHITE ONIONS, BURGUNDY WINE, MESCLUN SPRING MIX, VIRGIN OLIVE OIL, BASE VEGAN SAVORY RSTD VEGETABLE, SOY SAUCE, FRESH BASIL, GARLIC CHOPPED/IN OIL, SALT, ROSEMARY, GROUND BLACK PEPPER, SAGE

Nutrition Facts

Portion Size	6 oz Portion
calories	69.60
fat (gm)	2.10
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	178.30
carbs (gm)	11.00
fiber (gm)	1.90
protein (gm)	1.50

REFECTORY MAIN DINING

2/19/12

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 2/19/12 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 2/19/12 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 2/19/12 DINNER

EGG SALAD

EGGS SHELL ORGANIC-CAGE FREE, FRESH
CELERY STALKS, MAYONNAISE , SALT,
GROUND WHITE PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	177.30
fat (gm)	14.70
sat fat (gm)	3.40
chol (mg)	316.30
sodium (mg)	394.50
carbs (gm)	1.70
fiber (gm)	0.60
protein (gm)	9.60

REFECTORY MAIN DINING

2/19/12

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

2/19/12

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

2/19/12

DINNER

GRILLED ROTISSERIE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN
OLIVE OIL, SPICE ROTISSERIE

<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 2/19/12 DINNER

HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER
BUN

<u>Nutrition Facts</u>	
Portion Size	3.600 oz Portion
calories	98.40
fat (gm)	1.50
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	240.40
carbs (gm)	18.80
fiber (gm)	
protein (gm)	3.00

REFECTORY MAIN DINING 2/19/12 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 2/19/12 DINNER

MARINARA SAUCE (MEDITERRANEO)

PLUM TOMATOES, WATER, RED ONIONS,
VIRGIN OLIVE OIL, GARLIC, FRESH BASIL,
SALT, GROUND BLACK PEPPER, BASIL
LEAVES

Nutrition Facts	
Portion Size	4 OZ PORTION
calories	50.00
fat (gm)	2.30
sat fat (gm)	0.30
chol (mg)	0.00
sodium (mg)	279.10
carbs (gm)	6.10
fiber (gm)	0.20
protein (gm)	1.20

REFECTORY MAIN DINING 2/19/12 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 2/19/12 DINNER

SLICED CHEDDAR

SLICED CHEDDAR CHEESE

Nutrition Facts	
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 2/19/12 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**2/19/12****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**2/19/12****DINNER**

SPICY HERB BAKED CHICKEN

CHICKEN QUARTERS, DICED WHITE
ONIONS, TABASCO/RED DEVIL HOT SAU,
GRANULATED GARLIC, WHITE VINEGAR,
KOSHER SALT, BAY LEAVES**Nutrition Facts**

Portion Size	8 oz Portion
calories	353.80
fat (gm)	19.20
sat fat (gm)	5.30
chol (mg)	123.70
sodium (mg)	756.30
carbs (gm)	3.90
fiber (gm)	0.60
protein (gm)	39.10

REFECTORY MAIN DINING**2/19/12****DINNER**

SPINACH SOUFFLE

WHOLE MILK, SPINACH, EGGS - LIQUID,
EGG WHITES, SHREDDED CHEDDAR
CHEESE, MARGARINE 1# SOLIDS (MILK
FREE), UNBLEACHED FLOUR, GRATED
ROMANO CHEESE , TABASCO/RED DEVIL
HOT SAU

Nutrition Facts

Portion Size	8 oz Portion
calories	217.70
fat (gm)	12.50
sat fat (gm)	6.30
chol (mg)	120.60
sodium (mg)	273.20
carbs (gm)	12.10
fiber (gm)	0.70
protein (gm)	14.80

REFECTORY MAIN DINING

2/19/12

DINNER

VEGAN NOODLE BOWL BAR REFECTORY

WATER, RICE STICK NOODLES, EXTRA FIRM
TOFU, PEA PODS CHINESE IQF,
MUSHROOMS FRESH, BEANS SPROUTS,
RED PEPPERS, BOK CHOY, SLICED WATER
CHESTNUTS, CARROTS, SCALLIONS
BUNCHES, BASE VEGAN SAVORY RSTD
VEGETABLE

Nutrition Facts

Portion Size	10 OZ PORTION
calories	270.40
fat (gm)	0.70
sat fat (gm)	0.10
chol (mg)	0.00
sodium (mg)	35.20
carbs (gm)	59.40
fiber (gm)	1.00
protein (gm)	5.70

REFECTORY MAIN DINING

2/19/12

DINNER

VEGAN RED BEANS CREOLE

KIDNEY BEANS, SCALLIONS BUNCHES,
GREEN PEPPERS, DICED WHITE ONIONS,
GARLIC CHOPPED/IN OIL, GROUND BLACK
PEPPER

Nutrition Facts

Portion Size	8oz portion
calories	175.30
fat (gm)	0.10
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	578.60
carbs (gm)	29.10
fiber (gm)	1.10
protein (gm)	11.90

REFECTORY MAIN DINING

2/19/12

DINNER

BAKED POTATOES

BAKED POTATOES

<u>Nutrition Facts</u>	
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**2/19/12****DINNER**

CAJUN POTATOES

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

<u>Nutrition Facts</u>	
Portion Size	3 oz Portion
calories	115.00
fat (gm)	4.50
sat fat (gm)	0.40
chol (mg)	0.00
sodium (mg)	101.60
carbs (gm)	17.30
fiber (gm)	1.60
protein (gm)	1.50

REFECTORY MAIN DINING**2/19/12****DINNER**

CORN COBETTES

CORN COBETTES

<u>Nutrition Facts</u>	
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**2/19/12****DINNER**

FRESH BROCCOLI

BROCCOLI FLORETTE

Nutrition Facts

Portion Size	3 oz Portion
calories	28.70
fat (gm)	0.30
sat fat (gm)	0.00
chol (mg)	0.00
sodium (mg)	27.80
carbs (gm)	5.60
fiber (gm)	2.20
protein (gm)	2.40

REFECTORY MAIN DINING

2/19/12

DINNER

GLAZED BABY CARROTS W/SHALLOTS

BABY 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

2/19/12

DINNER

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

2/19/12

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

2/19/12

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

2/19/12

DINNER

VEGETABLE RICE SALAD

WHITE RICE, GARBANZO BEANS, GREEN
PEPPERS, RED PEPPERS, TOMATOES,
GREEN PEAS, VIRGIN OLIVE OIL, RED WINE
VINEGAR, OLIVES, SALT, GROUND BLACK
PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	145.00
fat (gm)	6.50
sat fat (gm)	0.90
chol (mg)	0.00
sodium (mg)	86.00
carbs (gm)	18.70
fiber (gm)	1.40
protein (gm)	2.90

REFECTORY MAIN DINING

2/19/12

DINNER

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 2/19/12 DINNER

SALAD BAR REF CYCLE 4

CUCUMBER, CHERRY TOMATOES, APPLE SAUCE, SALAD CHOPPED GREEN, KEN'S ITALIAN DRESSING, MUSHROOMS FRESH, LOW FAT COTTAGE CHEESE , TROPICAL FRUIT SALAD, KEN'S PARM & PEPPERCORN DRESSING, NONFAT PLAIN YOGURT, KEN'S CREAMY CAESAR DRESSING, RED ONIONS, TUNAFISH, MESCLUN SPRING MIX, PIZZA BLEND CHEESE, KEN'S BLUE CHEESE DRESSING, PEACHES, BROCCOLI FLORETTE, CARROTS, EXTRA FIRM TOFU, PEARS, PINEAPPLE , NONFAT STRAWBERRY YOGURT, GREEN PEPPERS, GREAT NORTHERN BEANS, TOMATOES, KEN'S LITE RANCH DRESSING, OLIVES, BALSAMIC VINEGAR, GARBANZO BEANS, VIRGIN OLIVE OIL, KEN'S BALSAMIC VINAIGRETTT SWFFTFNFD DRIFD

<u>Nutrition Facts</u>	
Portion Size	PORTIONS
calories	92.50
fat (gm)	6.70
sat fat (gm)	1.20
chol (mg)	4.30
sodium (mg)	217.20
carbs (gm)	6.10
fiber (gm)	0.50
protein (gm)	2.80

REFECTORY MAIN DINING 2/19/12 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 2/19/12 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

2/19/12

DINNER
