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## BAGELS

BAGELS PRESLICED (FINAGLE)

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/13/12

BREAKFAST

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## Egg Bar VW

EGGS - LIQUID, WHOLE MILK, EGG WHITES,  
SHREDDED CHEDDAR CHEESE,  
MUSHROOMS FRESH, GREEN PEPPERS,  
HAM , DICED WHITE ONIONS, TOMATOES,  
OIL PAN COATING SPRAY AEROSOL SOY,  
SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	5oz portion
<b>calories</b>	203.90
<b>fat (gm)</b>	12.70
<b>sat fat (gm)</b>	4.80
<b>chol (mg)</b>	376.60
<b>sodium (mg)</b>	502.00
<b>carbs (gm)</b>	4.40
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	17.60

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VERNEY-WOOLLEY DINING 2/13/12

BREAKFAST

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## FRIED EGGS

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/13/12

BREAKFAST

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**GRILLED BREAKFAST SAUSAGE**

PORK SAUSAGE

<u>Nutrition Facts</u>	
<b>Portion Size</b>	2 oz Portion
<b>calories</b>	151.40
<b>fat (gm)</b>	11.50
<b>sat fat (gm)</b>	3.10
<b>chol (mg)</b>	55.60
<b>sodium (mg)</b>	306.20
<b>carbs (gm)</b>	0.00
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	11.20

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**VERNEY-WOOLLEY DINING      2/13/12      BREAKFAST**

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**HARD BOILED EGGS**

EGGS SHELL ORGANIC-CAGE FREE

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

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**VERNEY-WOOLLEY DINING      2/13/12      BREAKFAST**

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**PANCAKES**

WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

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

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**VERNEY-WOOLLEY DINING      2/13/12      BREAKFAST**

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## SCRAMBLED EGGS

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

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

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VERNEY-WOOLLEY DINING      2/13/12      BREAKFAST

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## TATER TOTS

POTATO PUFFS

<u>Nutrition Facts</u>	
<b>Portion Size</b>	3 oz Portion
<b>calories</b>	145.00
<b>fat (gm)</b>	7.70
<b>sat fat (gm)</b>	1.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	289.90
<b>carbs (gm)</b>	16.20
<b>fiber (gm)</b>	
<b>protein (gm)</b>	1.70

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VERNEY-WOOLLEY DINING      2/13/12      BREAKFAST

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## MUFFINS BANANA FROM MIX

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

<u>Nutrition Facts</u>	
<b>Portion Size</b>	MUFFIN 3 oz
<b>calories</b>	203.80
<b>fat (gm)</b>	5.00
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	6.70
<b>sodium (mg)</b>	268.20
<b>carbs (gm)</b>	36.80
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	3.90

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VERNEY-WOOLLEY DINING      2/13/12      BREAKFAST

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## KALE AND LINGUICA SOUP

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/13/12

LUNCH

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## VEGETARIAN WASHINGTON CHOWDER

TOMATOES, CREAMED CORN, POTATOES,  
WHOLE MILK, WATER, DICED WHITE  
ONIONS, CELERY, CORN STARCH,  
MARGARINE 1# SOLIDS (MILK FREE),  
GREEN PEPPERS, SALT,  
WORCESTERSHIRE SAUCE, GROUND  
WHITE PEPPER, THYME, BASIL LEAVES

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	107.40
<b>fat (gm)</b>	1.20
<b>sat fat (gm)</b>	0.60
<b>chol (mg)</b>	3.40
<b>sodium (mg)</b>	423.50
<b>carbs (gm)</b>	22.10
<b>fiber (gm)</b>	1.20
<b>protein (gm)</b>	2.90

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VERNEY-WOOLLEY DINING

2/13/12

LUNCH

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## CHICKEN CUTLET ON A BUN

CHICKEN, SESAME DELI KNOT ROLLS,  
JELLIED CRANBERRY SAUCE

### Nutrition Facts

<b>Portion Size</b>	3.750 oz Portion
<b>calories</b>	391.70
<b>fat (gm)</b>	17.50
<b>sat fat (gm)</b>	3.00
<b>chol (mg)</b>	35.10
<b>sodium (mg)</b>	671.70
<b>carbs (gm)</b>	41.70
<b>fiber (gm)</b>	0.20
<b>protein (gm)</b>	15.90

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VERNEY-WOOLLEY DINING

2/13/12

LUNCH

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**CORN SAL W/ZUCC & TOMATO**

ZUCCHINI SQUASH, CORN, TOMATOES, RED ONIONS, VIRGIN OLIVE OIL, RED WINE VINEGAR, CHILI GREEN CHOPPED, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, CHILI POWDER, SALT, BASIL LEAVES, GROUND BLACK PEPPER

**Nutrition Facts**

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	108.10
<b>fat (gm)</b>	7.30
<b>sat fat (gm)</b>	1.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	41.80
<b>carbs (gm)</b>	10.80
<b>fiber (gm)</b>	1.90
<b>protein (gm)</b>	1.70

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**VERNEY-WOOLLEY DINING      2/13/12****LUNCH**

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**HAMBURGER ON A BUN**

BEEF CHUCK ROLL NATURAL, HAMBURGER BUN

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING      2/13/12****LUNCH**

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**Italian Marinated Chicken**

CHICKEN BREAST BNLSKL 4oz, KEN'S ITALIAN LITE DRESSING, SALT, GRANULATED GARLIC, GROUND BLACK PEPPER

**Nutrition Facts**

<b>Portion Size</b>	portion
<b>calories</b>	210.20
<b>fat (gm)</b>	7.30
<b>sat fat (gm)</b>	1.40
<b>chol (mg)</b>	89.60
<b>sodium (mg)</b>	483.10
<b>carbs (gm)</b>	1.60
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	32.80

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**VERNEY-WOOLLEY DINING      2/13/12****LUNCH**

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## Mediterranean Bar

WHITE SYRIAN BREAD, GARBANZO BEANS, TOMATOES, COUSCOUS, KALMATA GREEK OLIVES, BULGUR CRACKED WHEAT , TAHINI PASTE, LEMON JUICE, KASHI PILAF HOT CEREAL, WHITE FLOUR TORTILLA, FRESH PARSLEY, VEGETABLE SALAD OIL, RED PEPPERS, VIRGIN OLIVE OIL, DICED WHITE ONIONS, RAISINS, SPINACH, CARROTS, GARLIC, CELERY, FRESH MINT LEAVES, BASE VEGAN SAVORY RSTD VEGETABLE, GARLIC CHOPPED/IN OIL, SALT, SALT, KOSHER SALT, GROUND ALL SPICE, SPICE CUMIN GROUND, GROUND CAYENNE PEPPER, MINT LEAVES, GROUND BLACK PEPPER, WATER

### Nutrition Facts

<b>Portion Size</b>	portion
<b>calories</b>	610.50
<b>fat (gm)</b>	26.20
<b>sat fat (gm)</b>	2.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	499.60
<b>carbs (gm)</b>	77.70
<b>fiber (gm)</b>	1.90
<b>protein (gm)</b>	15.00

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VERNEY-WOOLLEY DINING      2/13/12

LUNCH

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## SLICED AMERICAN CHEESE

AMERICAN CHEESE

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING      2/13/12

LUNCH

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## SLICED GENOA SALAMI

SALAMI GENOA DI LUSSO

### Nutrition Facts

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	219.20
<b>fat (gm)</b>	18.20
<b>sat fat (gm)</b>	6.40
<b>chol (mg)</b>	42.60
<b>sodium (mg)</b>	1217.30
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	12.20

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VERNEY-WOOLLEY DINING      2/13/12

LUNCH

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**SLICED PROVOLONE**

PROVOLONE CHEESE

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/13/12****LUNCH**

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**SLICED TURKEY**

TURKEY BREAST

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/13/12****LUNCH**

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**SPINACH & RICE BAKE**BROWN RICE, SPINACH, CHEDDAR  
CHEESE, WHOLE MILK, EGGS - LIQUID,  
MARGARINE 1# SOLIDS (MILK FREE), DICED  
WHITE ONIONS, SALT, THYME, WATER**Nutrition Facts**

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	325.10
<b>fat (gm)</b>	18.80
<b>sat fat (gm)</b>	10.10
<b>chol (mg)</b>	177.90
<b>sodium (mg)</b>	556.00
<b>carbs (gm)</b>	21.10
<b>fiber (gm)</b>	2.70
<b>protein (gm)</b>	18.30

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**VERNEY-WOOLLEY DINING****2/13/12****LUNCH**

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**TUNA SALAD**

TUNA WHITE SOLID IN WATER,  
MAYONNAISE , FRESH PARSLEY, SALT,  
FREEZE DRIED CHIVES, GROUND BLACK  
PEPPER

**Nutrition Facts**

**Portion Size** 4 oz Portion  
**calories** 315.90  
**fat (gm)** 22.00  
**sat fat (gm)** 3.70  
**chol (mg)** 76.20  
**sodium (mg)** 683.10  
**carbs (gm)** 0.30  
**fiber (gm)** 0.10  
**protein (gm)** 31.60

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**VERNEY-WOOLLEY DINING****2/13/12****LUNCH**

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**VEGAN BLACK BEAN LOUISIAN**

BLACK BEANS, TOMATOES, COLLARD  
GREENS FRZ, DICED WHITE ONIONS, RED  
PEPPERS, VIRGIN OLIVE OIL, CIDER  
VINEGAR, SALT, GROUND CAYENNE  
PEPPER

**Nutrition Facts**

**Portion Size** 8 oz Portion  
**calories** 155.50  
**fat (gm)** 6.20  
**sat fat (gm)** 0.90  
**chol (mg)** 0.00  
**sodium (mg)** 497.90  
**carbs (gm)** 19.00  
**fiber (gm)** 2.10  
**protein (gm)** 6.40

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**VERNEY-WOOLLEY DINING****2/13/12****LUNCH**

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**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

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**VERNEY-WOOLLEY DINING****2/13/12****LUNCH**

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## FRENCH FRIED POTATOES

FRENCH FRIES

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/13/12

LUNCH

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## GREEN BEANS W/ TOMATOES

GREEN BEANS, WATER, WHITE ONION,  
TOMATOES, RED PEPPERS, VIRGIN OLIVE  
OIL, GARLIC CHOPPED/IN OIL, SALT,  
TOMATO PASTE USDA GRD FCY

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	77.70
<b>fat (gm)</b>	6.50
<b>sat fat (gm)</b>	0.90
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	157.90
<b>carbs (gm)</b>	4.70
<b>fiber (gm)</b>	1.50
<b>protein (gm)</b>	1.00

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VERNEY-WOOLLEY DINING

2/13/12

LUNCH

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## VEGAN BROWN RICE PILAF

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/13/12

LUNCH

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### Italian Salad Bar Parstock VW

TOMATOES, CUCUMBER, ICEBERG LETTUCE, MESCLUN SPRING MIX, GREEN PEPPERS, SHREDDED MOZZARELLA CHEESE, MARINATED ARTICHOKEs, GARBANZO BEANS, RED PEPPERS, EGGS SHELL ORGANIC-CAGE FREE, KEN'S LITE OLIVE OIL VINAIGRETTE, CARROTS, TUNAFISH, OLIVES, KEN'S CAESAR CREAMY DRESSING, FETA CHEESE, BROCCOLI FLORETTE, RED ONIONS, TURKEY BREAST, KIDNEY BEANS, BUTTON MUSHROOMS, KEN'S RANCH DRESSING, KEN'S BLUE CHEESE DRESSING, KEN'S ITALIAN LITE DRESSING, GRATED ROMANO CHEESE , KEN'S THOUSAND ISLAND DRESSING, LOW FAT COTTAGE CHEESE , ROASTED SUNFLOWER SEEDS, VEGETABLE SALAD OIL CRK OYSTER DOTS 5 OZ CROUTONS

<b>Nutrition Facts</b>	
<b>Portion Size</b>	PORTIONS
<b>calories</b>	109.00
<b>fat (gm)</b>	8.00
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	20.70
<b>sodium (mg)</b>	256.00
<b>carbs (gm)</b>	5.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.00

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VERNEY-WOOLLEY DINING      2/13/12      LUNCH

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### 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

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

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VERNEY-WOOLLEY DINING      2/13/12      LUNCH

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### KALE AND LINGUICA SOUP

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

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

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VERNEY-WOOLLEY DINING      2/13/12      DINNER

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## VEGETARIAN WASHINGTON CHOWDER

TOMATOES, CREAMED CORN, POTATOES,  
WHOLE MILK, WATER, DICED WHITE  
ONIONS, CELERY, CORN STARCH,  
MARGARINE 1# SOLIDS (MILK FREE),  
GREEN PEPPERS, SALT,  
WORCESTERSHIRE SAUCE, GROUND  
WHITE PEPPER, THYME, BASIL LEAVES

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	107.40
<b>fat (gm)</b>	1.20
<b>sat fat (gm)</b>	0.60
<b>chol (mg)</b>	3.40
<b>sodium (mg)</b>	423.50
<b>carbs (gm)</b>	22.10
<b>fiber (gm)</b>	1.20
<b>protein (gm)</b>	2.90

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VERNEY-WOOLLEY DINING

2/13/12

DINNER

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## ALFREDO SAUCE

HEAVY CREAM, GRATED ROMANO CHEESE  
, MARGARINE 1# SOLIDS (MILK FREE),  
UNBLEACHED FLOUR, GARLIC CHOPPED/IN  
OIL, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	446.10
<b>fat (gm)</b>	43.40
<b>sat fat (gm)</b>	28.80
<b>chol (mg)</b>	178.30
<b>sodium (mg)</b>	78.70
<b>carbs (gm)</b>	1.20
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	2.80

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VERNEY-WOOLLEY DINING

2/13/12

DINNER

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## CORN SAL W/ZUCC & TOMATO

ZUCCHINI SQUASH, CORN, TOMATOES, RED  
ONIONS, VIRGIN OLIVE OIL, RED WINE  
VINEGAR, CHILI GREEN CHOPPED, FRESH  
PARSLEY, GARLIC CHOPPED/IN OIL, CHILI  
POWDER, SALT, BASIL LEAVES, GROUND  
BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	108.10
<b>fat (gm)</b>	7.30
<b>sat fat (gm)</b>	1.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	41.80
<b>carbs (gm)</b>	10.80
<b>fiber (gm)</b>	1.90
<b>protein (gm)</b>	1.70

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VERNEY-WOOLLEY DINING

2/13/12

DINNER

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**COUNTRY STYLE BAKED HAM**

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

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

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VERNEY-WOOLLEY DINING      2/13/12      DINNER

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**SLICED AMERICAN CHEESE**

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AMERICAN CHEESE

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

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VERNEY-WOOLLEY DINING      2/13/12      DINNER

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**SLICED GENOA SALAMI**

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SALAMI GENOA DI LUSSO

<b>Nutrition Facts</b>	
<b>Portion Size</b>	2 oz Portion
<b>calories</b>	219.20
<b>fat (gm)</b>	18.20
<b>sat fat (gm)</b>	6.40
<b>chol (mg)</b>	42.60
<b>sodium (mg)</b>	1217.30
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	12.20

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VERNEY-WOOLLEY DINING      2/13/12      DINNER

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**SLICED PROVOLONE**

PROVOLONE CHEESE

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/13/12****DINNER**

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**SLICED TURKEY**

TURKEY BREAST

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/13/12****DINNER**

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

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

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**VERNEY-WOOLLEY DINING****2/13/12****DINNER**

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**STIR FRY - SPICY CUBAN W/BEEF**

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WHITE RICE, WATER, BLACK BEANS, BEEF FLANK STEAK, RED PEPPERS, CORN, BABY SPINACH, JUICE LIME REALIME 1 GAL, VEGETABLE SALAD OIL, SALT, CHILI POWDER, GARLIC CHOPPED/IN OIL, SPICE CUMIN GROUND, GROUND BLACK PEPPER, CRUSHED RED PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	6oz portion
<b>calories</b>	237.50
<b>fat (gm)</b>	4.30
<b>sat fat (gm)</b>	1.10
<b>chol (mg)</b>	10.60
<b>sodium (mg)</b>	475.50
<b>carbs (gm)</b>	37.40
<b>fiber (gm)</b>	1.40
<b>protein (gm)</b>	11.50

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**VERNEY-WOOLLEY DINING      2/13/12      DINNER**

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**STIR FRY - SPICY VEGETARIAN CUBAN**

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WHITE RICE, WATER, PINTO BEANS, BLACK BEANS, RED PEPPERS, CORN, BABY SPINACH, JUICE LIME REALIME 1 GAL, SALT, VEGETABLE SALAD OIL, CHILI POWDER, GARLIC CHOPPED/IN OIL, SPICE CUMIN GROUND, GROUND BLACK PEPPER, CRUSHED RED PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	6oz portion
<b>calories</b>	274.50
<b>fat (gm)</b>	2.10
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	729.80
<b>carbs (gm)</b>	54.90
<b>fiber (gm)</b>	1.80
<b>protein (gm)</b>	8.50

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**VERNEY-WOOLLEY DINING      2/13/12      DINNER**

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**TUNA SALAD**

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TUNA WHITE SOLID IN WATER, MAYONNAISE , FRESH PARSLEY, SALT, FREEZE DRIED CHIVES, GROUND BLACK PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	4 oz Portion
<b>calories</b>	315.90
<b>fat (gm)</b>	22.00
<b>sat fat (gm)</b>	3.70
<b>chol (mg)</b>	76.20
<b>sodium (mg)</b>	683.10
<b>carbs (gm)</b>	0.30
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	31.60

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**VERNEY-WOOLLEY DINING      2/13/12      DINNER**

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## VEGAN BLACK BEAN LOUISIAN

BLACK BEANS, TOMATOES, COLLARD GREENS FRZ, DICED WHITE ONIONS, RED PEPPERS, VIRGIN OLIVE OIL, CIDER VINEGAR, SALT, GROUND CAYENNE PEPPER

### Nutrition Facts

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	155.50
<b>fat (gm)</b>	6.20
<b>sat fat (gm)</b>	0.90
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	497.90
<b>carbs (gm)</b>	19.00
<b>fiber (gm)</b>	2.10
<b>protein (gm)</b>	6.40

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VERNEY-WOOLLEY DINING

2/13/12

DINNER

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## VEGAN ROASTED VEGGIE STEW

ZUCCHINI SQUASH, BUTTERNUT SQUASH, GREEN BEANS, FRESH PLUM TOMATOES, RED PEPPERS, RED ONIONS, VIRGIN OLIVE OIL, RADISHES, SALT, GROUND BLACK PEPPER, THYME LEAF

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	122.80
<b>fat (gm)</b>	7.40
<b>sat fat (gm)</b>	1.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	466.50
<b>carbs (gm)</b>	14.30
<b>fiber (gm)</b>	4.00
<b>protein (gm)</b>	2.20

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VERNEY-WOOLLEY DINING

2/13/12

DINNER

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## BAKED SWEET POTATOES

YAMS

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/13/12

DINNER

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**GREEN PEAS, FROZEN**

GREEN PEAS

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING**

**2/13/12**

**DINNER**

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**ROTINI**

ROTINI, VIRGIN OLIVE OIL

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING**

**2/13/12**

**DINNER**

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**VEGAN BROWN RICE PILAF**

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

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING**

**2/13/12**

**DINNER**

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## VEGETABLES IN HONEY GINGER SAUCE

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/13/12

DINNER

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## Italian Salad Bar Parstock VW

TOMATOES, CUCUMBER, ICEBERG LETTUCE, MESCLUN SPRING MIX, GREEN PEPPERS, SHREDDED MOZZARELLA CHEESE, MARINATED ARTICHOKEs, GARBANZO BEANS, RED PEPPERS, EGGS SHELL ORGANIC-CAGE FREE, KEN'S LITE OLIVE OIL VINAIGRETTE, CARROTS, TUNAFISH, OLIVES, KEN'S CAESAR CREAMY DRESSING, FETA CHEESE, BROCCOLI FLORETTE, RED ONIONS, TURKEY BREST, KIDNEY BEANS, BUTTON MUSHROOMS, KEN'S RANCH DRESSING, KEN'S BLUE CHEESE DRESSING, KEN'S ITALIAN LITE DRESSING, GRATED ROMANO CHEESE , KEN'S THOUSAND ISLAND DRESSING, LOW FAT COTTAGE CHEESE , ROASTED SUNFLOWER SEEDS, VEGETABLE SALAD OIL CRK OYSTER DOTS 5 OZ CROUTONS

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	109.00
<b>fat (gm)</b>	8.00
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	20.70
<b>sodium (mg)</b>	256.00
<b>carbs (gm)</b>	5.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.00

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VERNEY-WOOLLEY DINING

2/13/12

DINNER

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## 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

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

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VERNEY-WOOLLEY DINING

2/13/12

DINNER

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## GARLIC BREAD

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/13/12

DINNER

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## BAGELS

BAGELS PRESLICED (FINAGLE)

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/14/12

BREAKFAST

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## Egg Bar VW

EGGS - LIQUID, WHOLE MILK, EGG WHITES, SHREDDED CHEDDAR CHEESE, MUSHROOMS FRESH, GREEN PEPPERS, HAM, DICED WHITE ONIONS, TOMATOES, OIL PAN COATING SPRAY AEROSOL SOY, SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	5oz portion
<b>calories</b>	203.90
<b>fat (gm)</b>	12.70
<b>sat fat (gm)</b>	4.80
<b>chol (mg)</b>	376.60
<b>sodium (mg)</b>	502.00
<b>carbs (gm)</b>	4.40
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	17.60

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VERNEY-WOOLLEY DINING

2/14/12

BREAKFAST

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## FRENCH TOAST

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/14/12

BREAKFAST

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## FRIED EGGS

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/14/12

BREAKFAST

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## GRILLED SLICED BACON

SLICED BACON

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/14/12

BREAKFAST

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## HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/14/12

BREAKFAST

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## SCRAMBLED EGGS

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/14/12

BREAKFAST

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## HOME FRIES W/ GARLIC

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

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	94.70
<b>fat (gm)</b>	0.70
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	168.90
<b>carbs (gm)</b>	20.80
<b>fiber (gm)</b>	2.00
<b>protein (gm)</b>	1.80

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VERNEY-WOOLLEY DINING

2/14/12

BREAKFAST

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**SCONES CRANBERRY ('08)**

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

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

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**VERNEY-WOOLLEY DINING      2/14/12      BREAKFAST**

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**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

<b>Nutrition Facts</b>	
<b>Portion Size</b>	6 oz Portion
<b>calories</b>	92.10
<b>fat (gm)</b>	1.40
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	45.00
<b>sodium (mg)</b>	44.70
<b>carbs (gm)</b>	12.60
<b>fiber (gm)</b>	0.40
<b>protein (gm)</b>	7.20

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**VERNEY-WOOLLEY DINING      2/14/12      LUNCH**

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**CUPCAKES ASSORTED SMALL**

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

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

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**VERNEY-WOOLLEY DINING      2/14/12      LUNCH**

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## VEGETARIAN CHEESE SOUP

WATER, WHOLE MILK, SHREDDED CHEDDAR CHEESE, CARROTS, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, ONION SALT, GROUND WHITE PEPPER, GROUND CAYENNE PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	101.50
<b>fat (gm)</b>	4.90
<b>sat fat (gm)</b>	2.50
<b>chol (mg)</b>	15.00
<b>sodium (mg)</b>	94.70
<b>carbs (gm)</b>	9.90
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	4.40

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VERNEY-WOOLLEY DINING

2/14/12

LUNCH

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## CHICKEN SALAD COLD PLATE

CHICKEN MEAT CKD 1/2" FRZ, FRESH CELERY STALKS, MAYONNAISE , SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	266.50
<b>fat (gm)</b>	20.40
<b>sat fat (gm)</b>	3.30
<b>chol (mg)</b>	59.40
<b>sodium (mg)</b>	415.10
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	18.60

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VERNEY-WOOLLEY DINING

2/14/12

LUNCH

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## FRENCH BREAD PEPPERONI PIZZA

FRENCH BREAD, TOMATOES, SLICED PEPPERONI, PIZZA BLEND CHEESE, SHREDDED CHEDDAR CHEESE, WATER, GRATED ROMANO CHEESE , VEGETABLE SALAD OIL, GARLIC CHOPPED/IN OIL, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, OREGANO

### Nutrition Facts

<b>Portion Size</b>	4.190 oz Portion
<b>calories</b>	369.20
<b>fat (gm)</b>	17.40
<b>sat fat (gm)</b>	7.50
<b>chol (mg)</b>	42.50
<b>sodium (mg)</b>	965.10
<b>carbs (gm)</b>	34.90
<b>fiber (gm)</b>	1.40
<b>protein (gm)</b>	19.90

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VERNEY-WOOLLEY DINING

2/14/12

LUNCH

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## FRENCH BREAD PIZZA

FRENCH BREAD, TOMATOES, PIZZA BLEND CHEESE, SHREDDED CHEDDAR CHEESE, WATER, GRATED ROMANO CHEESE , VEGETABLE SALAD OIL, GARLIC CHOPPED/IN OIL, SALT, GRANULATED CANE SUGAR, GROUND BLACK PEPPER, OREGANO

### Nutrition Facts

<b>Portion Size</b>	4.190 oz Portion
<b>calories</b>	299.20
<b>fat (gm)</b>	11.10
<b>sat fat (gm)</b>	5.40
<b>chol (mg)</b>	27.60
<b>sodium (mg)</b>	730.80
<b>carbs (gm)</b>	34.90
<b>fiber (gm)</b>	1.40
<b>protein (gm)</b>	16.70

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## GRILLED CAJUN CHICKEN

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

### Nutrition Facts

<b>Portion Size</b>	4oz portion
<b>calories</b>	184.50
<b>fat (gm)</b>	4.90
<b>sat fat (gm)</b>	1.20
<b>chol (mg)</b>	89.60
<b>sodium (mg)</b>	90.10
<b>carbs (gm)</b>	0.10
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	32.70

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## HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER BUN

### Nutrition Facts

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

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### Mediterranean Bar

WHITE SYRIAN BREAD, GARBANZO BEANS, TOMATOES, COUSCOUS, KALMATA GREEK OLIVES, BULGUR CRACKED WHEAT , TAHINI PASTE, LEMON JUICE, KASHI PILAF HOT CEREAL, WHITE FLOUR TORTILLA, FRESH PARSLEY, VEGETABLE SALAD OIL, RED PEPPERS, VIRGIN OLIVE OIL, DICED WHITE ONIONS, RAISINS, SPINACH, CARROTS, GARLIC, CELERY, FRESH MINT LEAVES, BASE VEGAN SAVORY RSTD VEGETABLE, GARLIC CHOPPED/IN OIL, SALT, SALT, KOSHER SALT, GROUND ALL SPICE, SPICE CUMIN GROUND, GROUND CAYENNE PEPPER, MINT LEAVES, GROUND BLACK PEPPER, WATER

#### Nutrition Facts

<b>Portion Size</b>	portion
<b>calories</b>	610.50
<b>fat (gm)</b>	26.20
<b>sat fat (gm)</b>	2.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	499.60
<b>carbs (gm)</b>	77.70
<b>fiber (gm)</b>	1.90
<b>protein (gm)</b>	15.00

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### SLICED AMERICAN CHEESE

AMERICAN CHEESE

#### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

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### SLICED GENOA SALAMI

SALAMI GENOA DI LUSSO

#### Nutrition Facts

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	219.20
<b>fat (gm)</b>	18.20
<b>sat fat (gm)</b>	6.40
<b>chol (mg)</b>	42.60
<b>sodium (mg)</b>	1217.30
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	12.20

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VERNEY-WOOLLEY DINING

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**SLICED PROVOLONE**

PROVOLONE CHEESE

**Nutrition Facts**

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

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**SLICED TURKEY**

TURKEY BREAST

**Nutrition Facts**

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

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**VEGAN CARIBBEAN BEANS**

BLACK EYE PEAS, DICED WHITE ONIONS,  
VEGETABLE SALAD OIL, TOMATOES,  
WATER, JALAPENO PEPPERS, JUICE  
TOMATO 46 OZ, CHILI GREEN CHOPPED,  
JUICE FZ CON ORANGE 5:1, GARLIC  
CHOPPED/IN OIL, SPICE GINGER GRD,  
CIDER VINEGAR, THYME LEAF,  
TABASCO/RED DEVIL HOT SAU, GROUND  
BLACK PEPPER, GROUND CAYENNE  
PEPPER

**Nutrition Facts**

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	163.70
<b>fat (gm)</b>	5.00
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	475.20
<b>carbs (gm)</b>	22.60
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	7.70

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**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

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**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)**

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**GARDEN PASTA SALAD**

LOW FAT COTTAGE CHEESE , EGG  
NOODLES , SOUR CREAM, ZUCCHINI  
SQUASH, CARROTS, BROCCOLI, DICED  
WHITE ONIONS, MARGARINE 1# SOLIDS  
(MILK FREE), SALT, ROSEMARY, THYME  
LEAF

**Nutrition Facts**

**Portion Size** 4 oz Portion  
**calories** 180.40  
**fat (gm)** 5.40  
**sat fat (gm)** 3.10  
**chol (mg)** 73.60  
**sodium (mg)** 257.70  
**carbs (gm)** 24.60  
**fiber (gm)** 0.70  
**protein (gm)** 8.80

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## STEAMED VEGETABLE MELANGE

RED PEPPERS, CARROTS, ZUCCHINI  
SQUASH, CAULIFLOWER FLORETTE FRSH,  
YELLOW SUMMER SQUASH, BROCCOLI

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	21.40
<b>fat (gm)</b>	0.20
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	17.20
<b>carbs (gm)</b>	4.50
<b>fiber (gm)</b>	1.60
<b>protein (gm)</b>	1.00

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## VEGAN BROWN RICE PILAF

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

### Nutrition Facts

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

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## Italian Salad Bar Parstock VW

TOMATOES, CUCUMBER, ICEBERG  
LETTUCE, MESCLUN SPRING MIX, GREEN  
PEPPERS, SHREDDED MOZZARELLA  
CHEESE, MARINATED ARTICHOKE,  
GARBANZO BEANS, RED PEPPERS, EGGS  
SHELL ORGANIC-CAGE FREE, KEN'S LITE  
OLIVE OIL VINAIGRETTE, CARROTS,  
TUNAFISH, OLIVES, KEN'S CAESAR CREAMY  
DRESSING, FETA CHEESE, BROCCOLI  
FLORETTE, RED ONIONS, TURKEY BREAD,  
KIDNEY BEANS, BUTTON MUSHROOMS,  
KEN'S RANCH DRESSING, KEN'S BLUE  
CHEESE DRESSING, KEN'S ITALIAN LITE  
DRESSING, GRATED ROMANO CHEESE,  
KEN'S THOUSAND ISLAND DRESSING, LOW  
FAT COTTAGE CHEESE, ROASTED  
SUNFLOWER SEEDS, VEGETABLE SALAD  
OIL CRK OYSTER DOTS 5 OZ CROUTONS

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	109.00
<b>fat (gm)</b>	8.00
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	20.70
<b>sodium (mg)</b>	256.00
<b>carbs (gm)</b>	5.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.00

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## ZUCCHINI SUMMER SQUASH SA

WHITE ONION, ZUCCHINI SQUASH, YELLOW SUMMER SQUASH, VEGETABLE SALAD OIL, OLIVES, TOMATOES, LEMON JUICE, GARLIC CHOPPED/IN OIL, FRESH PARSLEY, SALT, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	4oz portion
<b>calories</b>	142.40
<b>fat (gm)</b>	12.30
<b>sat fat (gm)</b>	1.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	216.40
<b>carbs (gm)</b>	7.10
<b>fiber (gm)</b>	1.70
<b>protein (gm)</b>	1.10

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## CHERRY FROSTING

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

### Nutrition Facts

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

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## CHOCOLATE FROSTING

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

### Nutrition Facts

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

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## WHITE FROSTING

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

### Nutrition Facts

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

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## 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

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

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## 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

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	92.10
<b>fat (gm)</b>	1.40
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	45.00
<b>sodium (mg)</b>	44.70
<b>carbs (gm)</b>	12.60
<b>fiber (gm)</b>	0.40
<b>protein (gm)</b>	7.20

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## VEGETARIAN CHEESE SOUP

WATER, WHOLE MILK, SHREDDED CHEDDAR CHEESE, CARROTS, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, ONION SALT, GROUND WHITE PEPPER, GROUND CAYENNE PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	101.50
<b>fat (gm)</b>	4.90
<b>sat fat (gm)</b>	2.50
<b>chol (mg)</b>	15.00
<b>sodium (mg)</b>	94.70
<b>carbs (gm)</b>	9.90
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	4.40

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## ALFREDO SAUCE

HEAVY CREAM, GRATED ROMANO CHEESE , MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	446.10
<b>fat (gm)</b>	43.40
<b>sat fat (gm)</b>	28.80
<b>chol (mg)</b>	178.30
<b>sodium (mg)</b>	78.70
<b>carbs (gm)</b>	1.20
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	2.80

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## ARTICHOKE AND RED PEPPER FRITTATA

ARTICHOKE HEARTS , RED PEPPERS, EGGS - LIQUID, EGG WHITES, GRATED ROMANO CHEESE , GARLIC CHOPPED/IN OIL, SALT, VIRGIN OLIVE OIL, GROUND BLACK PEPPER, CRUSHED RED PEPPER, OREGANO

### Nutrition Facts

<b>Portion Size</b>	6.500 oz Portion
<b>calories</b>	128.20
<b>fat (gm)</b>	5.00
<b>sat fat (gm)</b>	1.60
<b>chol (mg)</b>	129.50
<b>sodium (mg)</b>	446.50
<b>carbs (gm)</b>	13.10
<b>fiber (gm)</b>	5.90
<b>protein (gm)</b>	10.10

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## CARROTS IN PARSLEY SAUCE

CARROTS, WATER, VIRGIN OLIVE OIL,  
MARGARINE 1# SOLIDS (MILK FREE),  
UNBLEACHED FLOUR, FRESH PARSLEY,  
BASE VEGAN SAVORY RSTD VEGETABLE,  
SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	58.70
<b>fat (gm)</b>	3.80
<b>sat fat (gm)</b>	0.60
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	86.30
<b>carbs (gm)</b>	6.00
<b>fiber (gm)</b>	1.50
<b>protein (gm)</b>	0.60

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## CHICKEN SALAD COLD PLATE

CHICKEN MEAT CKD 1/2" FRZ, FRESH  
CELERY STALKS, MAYONNAISE , SALT,  
GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	266.50
<b>fat (gm)</b>	20.40
<b>sat fat (gm)</b>	3.30
<b>chol (mg)</b>	59.40
<b>sodium (mg)</b>	415.10
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	18.60

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VERNEY-WOOLLEY DINING

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## CURRY CHICKEN SAUTE

TOMATOES, CHICKEN BREAST BNLSKL 4oz,  
DICED WHITE ONIONS, NONFAT PLAIN  
YOGURT, CARROTS, GREEN PEPPERS,  
VEGETABLE SALAD OIL, LEMON JUICE,  
GARLIC CHOPPED/IN OIL, SPICE CURRY  
POWDER, FRESH GINGER ROOT, SALT,  
SPICE CARDAMOM GROUND, GROUND  
NUTMEG, SPICE CUMIN SEED, CINNAMON  
SPICE, GROUND BLACK PEPPER, GROUND  
CLOVES

### Nutrition Facts

<b>Portion Size</b>	6oz portion
<b>calories</b>	119.90
<b>fat (gm)</b>	3.50
<b>sat fat (gm)</b>	0.50
<b>chol (mg)</b>	25.40
<b>sodium (mg)</b>	209.60
<b>carbs (gm)</b>	11.80
<b>fiber (gm)</b>	2.10
<b>protein (gm)</b>	11.10

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### Curry Tempeh Saute

TOMATOES, TEMPEH SOY RICE BULK, DICED WHITE ONIONS, NONFAT PLAIN YOGURT, CARROTS, GREEN PEPPERS, VEGETABLE SALAD OIL, LEMON JUICE, GARLIC CHOPPED/IN OIL, SPICE CURRY POWDER, FRESH GINGER ROOT, SALT, SPICE CARDAMOM GROUND, GROUND NUTMEG, SPICE CUMIN SEED, CINNAMON SPICE, GROUND BLACK PEPPER, GROUND CLOVES

#### Nutrition Facts

<b>Portion Size</b>	6oz portion
<b>calories</b>	130.90
<b>fat (gm)</b>	5.20
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	0.90
<b>sodium (mg)</b>	190.70
<b>carbs (gm)</b>	15.70
<b>fiber (gm)</b>	2.10
<b>protein (gm)</b>	7.10

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### MASHED POTATOES W/GARLIC + BASIL OIL

POTATOES, HEAVY CREAM, BUTTER, VIRGIN OLIVE OIL, SOUR CREAM, SALT, GARLIC CHOPPED/IN OIL, FRESH BASIL, GROUND WHITE PEPPER

#### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	131.10
<b>fat (gm)</b>	4.80
<b>sat fat (gm)</b>	2.50
<b>chol (mg)</b>	12.50
<b>sodium (mg)</b>	265.20
<b>carbs (gm)</b>	20.20
<b>fiber (gm)</b>	1.80
<b>protein (gm)</b>	1.80

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### MEATLOAF W/ MUSHROOM SCE

BEEF CHUCK ROLL NATURAL, WATER, MUSHROOMS FRESH, DEMI GLACE BASE, BREAD CRUMBS, WHOLE MILK, UNBLEACHED FLOUR, DICED WHITE ONIONS, CELERY, GREEN PEPPERS, SALT, GROUND BLACK PEPPER

#### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	52.50
<b>fat (gm)</b>	0.80
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	1.00
<b>sodium (mg)</b>	282.90
<b>carbs (gm)</b>	9.40
<b>fiber (gm)</b>	0.70
<b>protein (gm)</b>	2.10

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**SLICED AMERICAN CHEESE**

AMERICAN CHEESE

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

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**SLICED GENOA SALAMI**

SALAMI GENOA DI LUSSO

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	2 oz Portion
<b>calories</b>	219.20
<b>fat (gm)</b>	18.20
<b>sat fat (gm)</b>	6.40
<b>chol (mg)</b>	42.60
<b>sodium (mg)</b>	1217.30
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	12.20

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VERNEY-WOOLLEY DINING      2/14/12      DINNER

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**SLICED PROVOLONE**

PROVOLONE CHEESE

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

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VERNEY-WOOLLEY DINING      2/14/12      DINNER

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## SLICED TURKEY

TURKEY BREAST

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/14/12

DINNER

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## SPAGHETTI SAUCE

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/14/12

DINNER

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## Stir Fried Tofu

EXTRA FIRM TOFU, VIRGIN OLIVE OIL,  
GARLIC CHOPPED/IN OIL, SALT, GROUND  
BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	4oz portion
<b>calories</b>	162.10
<b>fat (gm)</b>	11.50
<b>sat fat (gm)</b>	1.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	180.50
<b>carbs (gm)</b>	3.60
<b>fiber (gm)</b>	1.50
<b>protein (gm)</b>	11.60

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VERNEY-WOOLLEY DINING

2/14/12

DINNER

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## VEGAN CARIBBEAN BEANS

BLACK EYE PEAS, DICED WHITE ONIONS,  
VEGETABLE SALAD OIL, TOMATOES,  
WATER, JALAPENO PEPPERS, JUICE  
TOMATO 46 OZ, CHILI GREEN CHOPPED,  
JUICE FZ CON ORANGE 5:1, GARLIC  
CHOPPED/IN OIL, SPICE GINGER GRD,  
CIDER VINEGAR, THYME LEAF,  
TABASCO/RED DEVIL HOT SAU, GROUND  
BLACK PEPPER, GROUND CAYENNE  
PEPPER

### Nutrition Facts

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	163.70
<b>fat (gm)</b>	5.00
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	475.20
<b>carbs (gm)</b>	22.60
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	7.70

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VERNEY-WOOLLEY DINING

2/14/12

DINNER

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## ZUCCHINI & ONIONS SAUTE

ZUCCHINI SQUASH, WHITE ONION,  
VEGETABLE SALAD OIL

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	25.60
<b>fat (gm)</b>	1.00
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	1.20
<b>carbs (gm)</b>	4.00
<b>fiber (gm)</b>	1.10
<b>protein (gm)</b>	0.70

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VERNEY-WOOLLEY DINING

2/14/12

DINNER

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## GARDEN PASTA SALAD

LOW FAT COTTAGE CHEESE , EGG  
NOODLES , SOUR CREAM, ZUCCHINI  
SQUASH, CARROTS, BROCCOLI, DICED  
WHITE ONIONS, MARGARINE 1# SOLIDS  
(MILK FREE), SALT, ROSEMARY, THYME  
LEAF

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	180.40
<b>fat (gm)</b>	5.40
<b>sat fat (gm)</b>	3.10
<b>chol (mg)</b>	73.60
<b>sodium (mg)</b>	257.70
<b>carbs (gm)</b>	24.60
<b>fiber (gm)</b>	0.70
<b>protein (gm)</b>	8.80

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VERNEY-WOOLLEY DINING

2/14/12

DINNER

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**MACARONI SHELLS**

MEDIUM SHELLS, VIRGIN OLIVE OIL

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/14/12****DINNER**

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**PARSLIED RICE**WHITE RICE, SALT, FRESH PARSLEY,  
GROUND WHITE PEPPER, WATER**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	155.60
<b>fat (gm)</b>	0.30
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	200.00
<b>carbs (gm)</b>	33.70
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	3.20

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**VERNEY-WOOLLEY DINING****2/14/12****DINNER**

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**Italian Salad Bar Parstock VW**TOMATOES, CUCUMBER, ICEBERG  
LETTUCE, MESCLUN SPRING MIX, GREEN  
PEPPERS, SHREDDED MOZZARELLA  
CHEESE, MARINATED ARTICHOKE,  
GARBANZO BEANS, RED PEPPERS, EGGS  
SHELL ORGANIC-CAGE FREE, KEN'S LITE  
OLIVE OIL VINAIGRETTE, CARROTS,  
TUNAFISH, OLIVES, KEN'S CAESAR CREAMY  
DRESSING, FETA CHEESE, BROCCOLI  
FLORETTE, RED ONIONS, TURKEY BREAST,  
KIDNEY BEANS, BUTTON MUSHROOMS,  
KEN'S RANCH DRESSING, KEN'S BLUE  
CHEESE DRESSING, KEN'S ITALIAN LITE  
DRESSING, GRATED ROMANO CHEESE ,  
KEN'S THOUSAND ISLAND DRESSING, LOW  
FAT COTTAGE CHEESE , ROASTED  
SUNFLOWER SEEDS, VEGETABLE SALAD  
OIL CRK OYSTER DOTS 5 OZ CROUTONS**Nutrition Facts**

<b>Portion Size</b>	PORTIONS
<b>calories</b>	109.00
<b>fat (gm)</b>	8.00
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	20.70
<b>sodium (mg)</b>	256.00
<b>carbs (gm)</b>	5.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.00

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**VERNEY-WOOLLEY DINING****2/14/12****DINNER**

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## OATMEAL BREAD

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

<u>Nutrition Facts</u>	
<b>Portion Size</b>	SLICE 2.4 oz
<b>calories</b>	164.90
<b>fat (gm)</b>	2.30
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	1.10
<b>sodium (mg)</b>	248.60
<b>carbs (gm)</b>	30.80
<b>fiber (gm)</b>	1.60
<b>protein (gm)</b>	4.90

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VERNEY-WOOLLEY DINING      2/14/12      DINNER

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## BAGELS

BAGELS PRESLICED (FINAGLE)

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

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VERNEY-WOOLLEY DINING      2/15/12      BREAKFAST

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## CHOURICO RECIPE

CHOURICO

<u>Nutrition Facts</u>	
<b>Portion Size</b>	2 oz Portion
<b>calories</b>	
<b>fat (gm)</b>	
<b>sat fat (gm)</b>	
<b>chol (mg)</b>	
<b>sodium (mg)</b>	
<b>carbs (gm)</b>	
<b>fiber (gm)</b>	
<b>protein (gm)</b>	

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VERNEY-WOOLLEY DINING      2/15/12      BREAKFAST

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## Egg Bar VW

EGGS - LIQUID, WHOLE MILK, EGG WHITES,  
SHREDDED CHEDDAR CHEESE,  
MUSHROOMS FRESH, GREEN PEPPERS,  
HAM , DICED WHITE ONIONS, TOMATOES,  
OIL PAN COATING SPRAY AEROSOL SOY,  
SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	5oz portion
<b>calories</b>	203.90
<b>fat (gm)</b>	12.70
<b>sat fat (gm)</b>	4.80
<b>chol (mg)</b>	376.60
<b>sodium (mg)</b>	502.00
<b>carbs (gm)</b>	4.40
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	17.60

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VERNEY-WOOLLEY DINING

2/15/12

BREAKFAST

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## FRIED EGGS

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/15/12

BREAKFAST

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## HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/15/12

BREAKFAST

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**PANCAKES**

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WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

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

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**VERNEY-WOOLLEY DINING      2/15/12      BREAKFAST**

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**SCRAMBLED EGGS**

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

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

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**VERNEY-WOOLLEY DINING      2/15/12      BREAKFAST**

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**LYONNAISE POTATOES**

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

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	3.800 oz Portion
<b>calories</b>	124.80
<b>fat (gm)</b>	3.80
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	171.10
<b>carbs (gm)</b>	21.10
<b>fiber (gm)</b>	2.00
<b>protein (gm)</b>	1.80

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**VERNEY-WOOLLEY DINING      2/15/12      BREAKFAST**

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## BLUEBERRY CAKE BREAD

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/15/12

BREAKFAST

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## BROCCOLI AND HAM SOUP

WATER, BROCCOLI, ELBOW MACARONI, TOMATOES, HAM , DICED WHITE ONIONS, MARGARINE 1# SOLIDS (MILK FREE), BASE CHICKEN SAVORY RSTD NO MSG, GARLIC CHOPPED/IN OIL, GROUND NUTMEG

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	130.40
<b>fat (gm)</b>	2.20
<b>sat fat (gm)</b>	0.60
<b>chol (mg)</b>	10.10
<b>sodium (mg)</b>	285.80
<b>carbs (gm)</b>	21.00
<b>fiber (gm)</b>	1.20
<b>protein (gm)</b>	7.30

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VERNEY-WOOLLEY DINING 2/15/12

LUNCH

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## VEGETARIAN CHEESE SOUP

WATER, WHOLE MILK, SHREDDED CHEDDAR CHEESE, CARROTS, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, ONION SALT, GROUND WHITE PEPPER, GROUND CAYENNE PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	101.50
<b>fat (gm)</b>	4.90
<b>sat fat (gm)</b>	2.50
<b>chol (mg)</b>	15.00
<b>sodium (mg)</b>	94.70
<b>carbs (gm)</b>	9.90
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	4.40

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VERNEY-WOOLLEY DINING 2/15/12

LUNCH

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## CHEESE CREAM SAUCE

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/15/12

LUNCH

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## HAM SALAD

HAM , GREEN PEPPERS, MAYONNAISE ,  
CELERY, RELISH SWEET GREEN, DICED  
WHITE ONIONS, MUSTARD SALAD

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	142.40
<b>fat (gm)</b>	9.80
<b>sat fat (gm)</b>	2.30
<b>chol (mg)</b>	34.80
<b>sodium (mg)</b>	817.60
<b>carbs (gm)</b>	3.10
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	10.10

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VERNEY-WOOLLEY DINING

2/15/12

LUNCH

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## HAMBURGER ON A BUN

BEEF CHUCK ROLL NATURAL, HAMBURGER  
BUN

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/15/12

LUNCH

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### Italian Marinated Chicken

CHICKEN BREAST BNLSKL 4oz, KEN'S ITALIAN LITE DRESSING, SALT, GRANULATED GARLIC, GROUND BLACK PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	portion
<b>calories</b>	210.20
<b>fat (gm)</b>	7.30
<b>sat fat (gm)</b>	1.40
<b>chol (mg)</b>	89.60
<b>sodium (mg)</b>	483.10
<b>carbs (gm)</b>	1.60
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	32.80

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VERNEY-WOOLLEY DINING      2/15/12      LUNCH

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### ITALIAN MEATBALLS W/SAUCE

BEEF CHUCK ROLL NATURAL, WATER, TOMATOES, BREAD CRUMBS, WHOLE MILK, DICED WHITE ONIONS, GRATED ROMANO CHEESE , VIRGIN OLIVE OIL, SALT, GRANULATED CANE SUGAR, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, GRANULATED GARLIC, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

<b>Nutrition Facts</b>	
<b>Portion Size</b>	6 oz Portion
<b>calories</b>	81.60
<b>fat (gm)</b>	2.60
<b>sat fat (gm)</b>	0.80
<b>chol (mg)</b>	2.80
<b>sodium (mg)</b>	522.90
<b>carbs (gm)</b>	11.30
<b>fiber (gm)</b>	0.40
<b>protein (gm)</b>	3.10

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VERNEY-WOOLLEY DINING      2/15/12      LUNCH

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### MEDITERRANEAN EGGPLANT SAUTE

TOMATOES, EGG PLANT, ZUCCHINI SQUASH, CAPERS, VIRGIN OLIVE OIL, LEMON JUICE, GARLIC CHOPPED/IN OIL, GROUND BASIL, GROUND OREGANO, SALT, CRUSHED RED PEPPER, GROUND BLACK PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	2oz portion
<b>calories</b>	27.40
<b>fat (gm)</b>	1.90
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	58.00
<b>carbs (gm)</b>	2.70
<b>fiber (gm)</b>	1.10
<b>protein (gm)</b>	0.50

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VERNEY-WOOLLEY DINING      2/15/12      LUNCH

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**SLICED AMERICAN CHEESE**

AMERICAN CHEESE

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

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**VERNEY-WOOLLEY DINING      2/15/12      LUNCH**

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**SLICED GENOA SALAMI**

SALAMI GENOA DI LUSSO

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	2 oz Portion
<b>calories</b>	219.20
<b>fat (gm)</b>	18.20
<b>sat fat (gm)</b>	6.40
<b>chol (mg)</b>	42.60
<b>sodium (mg)</b>	1217.30
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	12.20

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**VERNEY-WOOLLEY DINING      2/15/12      LUNCH**

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**SLICED PROVOLONE**

PROVOLONE CHEESE

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

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**VERNEY-WOOLLEY DINING      2/15/12      LUNCH**

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## SLICED TURKEY

TURKEY BREAST

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/15/12

LUNCH

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## SPAGHETTI SAUCE

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/15/12

LUNCH

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## SWISS STEAK

BEEF CHUCK ROLL NATURAL, WATER,  
TOMATO PUREE USDA GRD FCY, DICED  
WHITE ONIONS, DEMI GLACE BASE, BASE  
BEEF SAVORY RSTD NO MSG, SALT,  
GRANULATED GARLIC, GROUND BLACK  
PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	23.30
<b>fat (gm)</b>	0.00
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	182.80
<b>carbs (gm)</b>	4.90
<b>fiber (gm)</b>	0.40
<b>protein (gm)</b>	0.70

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VERNEY-WOOLLEY DINING

2/15/12

LUNCH

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**VEGAN BLEYED PEAS W/SP&BU**

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BULGUR CRACKED WHEAT , BLACKEYE PEAS, DICED WHITE ONIONS, SPINACH, VEGETABLE SALAD OIL, BASE VEGAN SAVORY RSTD VEGETABLE, SALT, GROUND BLACK PEPPER, WATER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	6 OZ
<b>calories</b>	501.40
<b>fat (gm)</b>	3.40
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	306.90
<b>carbs (gm)</b>	103.50
<b>fiber (gm)</b>	0.70
<b>protein (gm)</b>	17.00

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**VERNEY-WOOLLEY DINING      2/15/12      LUNCH**

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**VEGAN CHILI**

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KIDNEY BEANS, CORN, TOMATO PUREE USDA GRD FCY, CELERY, DICED WHITE ONIONS, GREEN PEPPERS, VEGETABLE SALAD OIL, GRANULATED CANE SUGAR, SALT, CHILI POWDER, SPICE CUMIN GROUND, GROUND BLACK PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	8oz portion
<b>calories</b>	234.10
<b>fat (gm)</b>	8.80
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	755.50
<b>carbs (gm)</b>	28.90
<b>fiber (gm)</b>	1.60
<b>protein (gm)</b>	8.70

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**VERNEY-WOOLLEY DINING      2/15/12      LUNCH**

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**VEGGIE PATTIES ORIGINAL**

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VEG PATTY ORIGINAL, ROLLS BULKIE WHEAT CALISE

<b>Nutrition Facts</b>	
<b>Portion Size</b>	4 oz Portion
<b>calories</b>	204.30
<b>fat (gm)</b>	5.00
<b>sat fat (gm)</b>	1.60
<b>chol (mg)</b>	8.20
<b>sodium (mg)</b>	680.30
<b>carbs (gm)</b>	31.30
<b>fiber (gm)</b>	
<b>protein (gm)</b>	10.40

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**VERNEY-WOOLLEY DINING      2/15/12      LUNCH**

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**BROCCOLI CUTS/LEMON SAUCE**

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BROCCOLI, WATER, BUTTER, UNBLEACHED  
FLOUR, BASE VEGAN SAVORY RSTD  
VEGETABLE, LEMON JUICE

<b>Nutrition Facts</b>	
<b>Portion Size</b>	3 oz Portion
<b>calories</b>	39.20
<b>fat (gm)</b>	1.10
<b>sat fat (gm)</b>	0.50
<b>chol (mg)</b>	2.00
<b>sodium (mg)</b>	30.70
<b>carbs (gm)</b>	6.40
<b>fiber (gm)</b>	2.20
<b>protein (gm)</b>	2.50

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VERNEY-WOOLLEY DINING      2/15/12      LUNCH

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**FRENCH FRIES KRINKLE CUT**

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FRENCH FRIES

<b>Nutrition Facts</b>	
<b>Portion Size</b>	3 oz Portion
<b>calories</b>	124.60
<b>fat (gm)</b>	6.70
<b>sat fat (gm)</b>	1.60
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	75.90
<b>carbs (gm)</b>	14.70
<b>fiber (gm)</b>	
<b>protein (gm)</b>	1.50

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VERNEY-WOOLLEY DINING      2/15/12      LUNCH

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**PARSLIED RICE**

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WHITE RICE, SALT, FRESH PARSLEY,  
GROUND WHITE PEPPER, WATER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	4 oz Portion
<b>calories</b>	155.60
<b>fat (gm)</b>	0.30
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	200.00
<b>carbs (gm)</b>	33.70
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	3.20

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VERNEY-WOOLLEY DINING      2/15/12      LUNCH

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**ROTINI**

ROTINI, VIRGIN OLIVE OIL

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/15/12****LUNCH**

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**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**

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

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**VERNEY-WOOLLEY DINING****2/15/12****LUNCH**

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**VEGAN BROWN RICE PILAF**

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

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/15/12****LUNCH**

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**COLE SLAW**

COLE SLAW MIX VAC PK, DRESSING COLE SLAW

**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	207.60
<b>fat (gm)</b>	15.10
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	24.40
<b>sodium (mg)</b>	485.30
<b>carbs (gm)</b>	19.00
<b>fiber (gm)</b>	1.30
<b>protein (gm)</b>	1.10

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**VERNEY-WOOLLEY DINING 2/15/12****LUNCH**

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**Italian Salad Bar Parstock VW**

TOMATOES, CUCUMBER, ICEBERG LETTUCE, MESCLUN SPRING MIX, GREEN PEPPERS, SHREDDED MOZZARELLA CHEESE, MARINATED ARTICHOKEs, GARBANZO BEANS, RED PEPPERS, EGGS SHELL ORGANIC-CAGE FREE, KEN'S LITE OLIVE OIL VINAIGRETTE, CARROTS, TUNAFISH, OLIVES, KEN'S CAESAR CREAMY DRESSING, FETA CHEESE, BROCCOLI FLORETTE, RED ONIONS, TURKEY BREAST, KIDNEY BEANS, BUTTON MUSHROOMS, KEN'S RANCH DRESSING, KEN'S BLUE CHEESE DRESSING, KEN'S ITALIAN LITE DRESSING, GRATED ROMANO CHEESE , KEN'S THOUSAND ISLAND DRESSING, LOW FAT COTTAGE CHEESE , ROASTED SUNFLOWER SEEDS, VEGETABLE SALAD OIL CRK OYSTER DOTS 5 OZ CROUTONS

**Nutrition Facts**

<b>Portion Size</b>	PORTIONS
<b>calories</b>	109.00
<b>fat (gm)</b>	8.00
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	20.70
<b>sodium (mg)</b>	256.00
<b>carbs (gm)</b>	5.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.00

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**VERNEY-WOOLLEY DINING 2/15/12****LUNCH**

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**COOKIES PUMPKIN/WHITE CHOCOLATE '09**

FLOUR, BUTTER, GRANULATED CANE SUGAR, CANNED PUMPKIN, WHITE CHOCOLATE CHIPS, EGGS - LIQUID, BAKING POWDER, BAKING SODA , SPICE GINGER GRD, GROUND NUTMEG, CINNAMON SPICE

**Nutrition Facts**

<b>Portion Size</b>	~COOKIES
<b>calories</b>	146.10
<b>fat (gm)</b>	7.60
<b>sat fat (gm)</b>	2.00
<b>chol (mg)</b>	7.30
<b>sodium (mg)</b>	72.60
<b>carbs (gm)</b>	19.20
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	1.60

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**VERNEY-WOOLLEY DINING 2/15/12****LUNCH**

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## BROCCOLI AND HAM SOUP

WATER, BROCCOLI, ELBOW MACARONI,  
TOMATOES, HAM , DICED WHITE ONIONS,  
MARGARINE 1# SOLIDS (MILK FREE), BASE  
CHICKEN SAVORY RSTD NO MSG, GARLIC  
CHOPPED/IN OIL, GROUND NUTMEG

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	130.40
<b>fat (gm)</b>	2.20
<b>sat fat (gm)</b>	0.60
<b>chol (mg)</b>	10.10
<b>sodium (mg)</b>	285.80
<b>carbs (gm)</b>	21.00
<b>fiber (gm)</b>	1.20
<b>protein (gm)</b>	7.30

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VERNEY-WOOLLEY DINING 2/15/12

DINNER

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## VEGETARIAN CHEESE SOUP

WATER, WHOLE MILK, SHREDDED  
CHEDDAR CHEESE, CARROTS, MARGARINE  
1# SOLIDS (MILK FREE), UNBLEACHED  
FLOUR, DICED WHITE ONIONS, BASE  
VEGAN SAVORY RSTD VEGETABLE, ONION  
SALT, GROUND WHITE PEPPER, GROUND  
CAYENNE PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	101.50
<b>fat (gm)</b>	4.90
<b>sat fat (gm)</b>	2.50
<b>chol (mg)</b>	15.00
<b>sodium (mg)</b>	94.70
<b>carbs (gm)</b>	9.90
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	4.40

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VERNEY-WOOLLEY DINING 2/15/12

DINNER

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## ALFREDO SAUCE

HEAVY CREAM, GRATED ROMANO CHEESE  
, MARGARINE 1# SOLIDS (MILK FREE),  
UNBLEACHED FLOUR, GARLIC CHOPPED/IN  
OIL, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	446.10
<b>fat (gm)</b>	43.40
<b>sat fat (gm)</b>	28.80
<b>chol (mg)</b>	178.30
<b>sodium (mg)</b>	78.70
<b>carbs (gm)</b>	1.20
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	2.80

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VERNEY-WOOLLEY DINING 2/15/12

DINNER

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**HAM SALAD**

HAM , GREEN PEPPERS, MAYONNAISE ,  
CELERY, RELISH SWEET GREEN, DICED  
WHITE ONIONS, MUSTARD SALAD

**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	142.40
<b>fat (gm)</b>	9.80
<b>sat fat (gm)</b>	2.30
<b>chol (mg)</b>	34.80
<b>sodium (mg)</b>	817.60
<b>carbs (gm)</b>	3.10
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	10.10

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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**SLICED AMERICAN CHEESE**

AMERICAN CHEESE

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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**SLICED GENOA SALAMI**

SALAMI GENOA DI LUSSO

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	219.20
<b>fat (gm)</b>	18.20
<b>sat fat (gm)</b>	6.40
<b>chol (mg)</b>	42.60
<b>sodium (mg)</b>	1217.30
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	12.20

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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**SLICED PROVOLONE**

PROVOLONE CHEESE

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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**SLICED TURKEY**

TURKEY BREAST

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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

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

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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**STIR FRY - JAMAICAN PORK + APRICOT**

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BASMATI RICE, PORK BUTT BOSTON #406  
4-8, WATER, RED ONIONS, RED PEPPERS,  
APRICOT HALVS LITE CH, SCALLIONS  
BUNCHES, JUICE FZ CON ORANGE 5:1,  
CORN STARCH, VEGETABLE SALAD OIL,  
CARIBBEAN JERK SPICE, SALT, GROUND  
CAYENNE PEPPER, GROUND BLACK  
PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	6oz portion
<b>calories</b>	255.10
<b>fat (gm)</b>	9.50
<b>sat fat (gm)</b>	2.80
<b>chol (mg)</b>	34.00
<b>sodium (mg)</b>	809.90
<b>carbs (gm)</b>	26.30
<b>fiber (gm)</b>	1.50
<b>protein (gm)</b>	14.50

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**VERNEY-WOOLLEY DINING      2/15/12      DINNER**

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**STIR FRY - JAMAICAN TOFU + APRICOT**

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BASMATI RICE, EXTRA FIRM TOFU,  
EDAMAME , WATER, RED ONIONS, RED  
PEPPERS, APRICOT HALVS LITE CH,  
SCALLIONS BUNCHES, JUICE FZ CON  
ORANGE 5:1, CORN STARCH, VEGETABLE  
SALAD OIL, CARIBBEAN JERK SPICE, SALT,  
GROUND CAYENNE PEPPER, GROUND  
BLACK PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	6oz portion
<b>calories</b>	201.00
<b>fat (gm)</b>	5.10
<b>sat fat (gm)</b>	0.60
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	229.80
<b>carbs (gm)</b>	30.70
<b>fiber (gm)</b>	2.30
<b>protein (gm)</b>	7.30

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**VERNEY-WOOLLEY DINING      2/15/12      DINNER**

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**TEQUILA LIME CHICKEN**

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CHICKEN BREAST, HALF & HALF CREAM,  
TOMATOES, JUICE LIME REALIME 1 liter,  
TEQUILA MONTEZUMA, SHREDDED  
MONTERAY JACK CHEESE , MARGARINE 1#  
SOLIDS (MILK FREE), FLOUR, SALT,  
GROUND WHITE PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	7 oz Portion
<b>calories</b>	279.80
<b>fat (gm)</b>	7.60
<b>sat fat (gm)</b>	3.00
<b>chol (mg)</b>	120.60
<b>sodium (mg)</b>	182.80
<b>carbs (gm)</b>	2.70
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	42.30

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**VERNEY-WOOLLEY DINING      2/15/12      DINNER**

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**VEGAN BLEYED PEAS W/SP&BU**

BULGUR CRACKED WHEAT , BLACKEYE PEAS, DICED WHITE ONIONS, SPINACH, VEGETABLE SALAD OIL, BASE VEGAN SAVORY RSTD VEGETABLE, SALT, GROUND BLACK PEPPER, WATER

**Nutrition Facts**

<b>Portion Size</b>	8oz portion
<b>calories</b>	501.40
<b>fat (gm)</b>	3.40
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	306.90
<b>carbs (gm)</b>	103.50
<b>fiber (gm)</b>	0.70
<b>protein (gm)</b>	17.00

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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**VEGAN BLEYED PEAS W/SP&BU**

BULGUR CRACKED WHEAT , BLACKEYE PEAS, DICED WHITE ONIONS, SPINACH, VEGETABLE SALAD OIL, BASE VEGAN SAVORY RSTD VEGETABLE, SALT, GROUND BLACK PEPPER, WATER

**Nutrition Facts**

<b>Portion Size</b>	6 OZ
<b>calories</b>	501.40
<b>fat (gm)</b>	3.40
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	306.90
<b>carbs (gm)</b>	103.50
<b>fiber (gm)</b>	0.70
<b>protein (gm)</b>	17.00

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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**VEGAN RATATOUILLE**

TOMATOES, ZUCCHINI SQUASH, EGG PLANT, OLIVES, DICED WHITE ONIONS, VIRGIN OLIVE OIL, CHILI GREEN CHOPPED, GREEN PEPPERS, GARLIC CHOPPED/IN OIL, SALT, GROUND BLACK PEPPER, BASIL LEAVES, OREGANO

**Nutrition Facts**

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	190.60
<b>fat (gm)</b>	16.20
<b>sat fat (gm)</b>	2.70
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	444.90
<b>carbs (gm)</b>	11.60
<b>fiber (gm)</b>	3.80
<b>protein (gm)</b>	2.00

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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## HERB RICE

WHITE RICE, MARGARINE 1# SOLIDS (MILK FREE), DICED WHITE ONIONS, CELERY, SOY SAUCE, BASE VEGAN SAVORY RSTD VEGETABLE, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, SEASONING VEGAN, GROUND MUSTARD, OREGANO, WATER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	140.20
<b>fat (gm)</b>	0.70
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	54.90
<b>carbs (gm)</b>	29.60
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	3.00

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VERNEY-WOOLLEY DINING

2/15/12

DINNER

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## STEWED TOMATOES

TOMATOES STEWED HUNTS

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	32.30
<b>fat (gm)</b>	0.00
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	248.90
<b>carbs (gm)</b>	7.40
<b>fiber (gm)</b>	
<b>protein (gm)</b>	0.90

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VERNEY-WOOLLEY DINING

2/15/12

DINNER

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## VEGAN BROWN RICE PILAF

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/15/12

DINNER

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**WHOLE GREEN BEANS FZ**

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WHOLE GREEN BEANS

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

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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**ZITI**

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ZITI CUT, VIRGIN OLIVE OIL

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

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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**COLE SLAW**

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COLE SLAW MIX VAC PK, DRESSING COLE SLAW

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	Ounce
<b>calories</b>	207.60
<b>fat (gm)</b>	15.10
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	24.40
<b>sodium (mg)</b>	485.30
<b>carbs (gm)</b>	19.00
<b>fiber (gm)</b>	1.30
<b>protein (gm)</b>	1.10

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**VERNEY-WOOLLEY DINING****2/15/12****DINNER**

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## Italian Salad Bar Parstock VW

TOMATOES, CUCUMBER, ICEBERG LETTUCE, MESCLUN SPRING MIX, GREEN PEPPERS, SHREDDED MOZZARELLA CHEESE, MARINATED ARTICHOKEs, GARBANZO BEANS, RED PEPPERS, EGGS SHELL ORGANIC-CAGE FREE, KEN'S LITE OLIVE OIL VINAIGRETTE, CARROTS, TUNAFISH, OLIVES, KEN'S CAESAR CREAMY DRESSING, FETA CHEESE, BROCCOLI FLORETTE, RED ONIONS, TURKEY BREAST, KIDNEY BEANS, BUTTON MUSHROOMS, KEN'S RANCH DRESSING, KEN'S BLUE CHEESE DRESSING, KEN'S ITALIAN LITE DRESSING, GRATED ROMANO CHEESE , KEN'S THOUSAND ISLAND DRESSING, LOW FAT COTTAGE CHEESE , ROASTED SUNFLOWER SEEDS, VEGETABLE SALAD OIL CRK OYSTER DOTS 5 OZ CROUTONS

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	109.00
<b>fat (gm)</b>	8.00
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	20.70
<b>sodium (mg)</b>	256.00
<b>carbs (gm)</b>	5.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.00

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VERNEY-WOOLLEY DINING 2/15/12

DINNER

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## ANADAMA BREAD

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/15/12

DINNER

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## BAGELS

BAGELS PRESLICED (FINAGLE)

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/16/12

BREAKFAST

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## Egg Bar VW

EGGS - LIQUID, WHOLE MILK, EGG WHITES, SHREDDED CHEDDAR CHEESE, MUSHROOMS FRESH, GREEN PEPPERS, HAM , DICED WHITE ONIONS, TOMATOES, OIL PAN COATING SPRAY AEROSOL SOY, SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	5oz portion
<b>calories</b>	203.90
<b>fat (gm)</b>	12.70
<b>sat fat (gm)</b>	4.80
<b>chol (mg)</b>	376.60
<b>sodium (mg)</b>	502.00
<b>carbs (gm)</b>	4.40
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	17.60

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VERNEY-WOOLLEY DINING

2/16/12

BREAKFAST

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## FRENCH TOAST

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/16/12

BREAKFAST

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## FRIED EGGS

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/16/12

BREAKFAST

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**GRILLED SLICED BACON**

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SLICED BACON

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/16/12****BREAKFAST**

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**HARD BOILED EGGS**

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EGGS SHELL ORGANIC-CAGE FREE

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/16/12****BREAKFAST**

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**SCRAMBLED EGGS**

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EGGS - LIQUID, WHOLE MILK, SALT,  
GROUND WHITE PEPPER**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/16/12****BREAKFAST**

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## PAPRIKA BREAKFAST POTATOES

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/16/12

BREAKFAST

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## RASPBERRY CORN MUFFINS

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/16/12

BREAKFAST

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## BEEF VEGETABLE SOUP

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

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	52.20
<b>fat (gm)</b>	0.70
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	5.50
<b>sodium (mg)</b>	64.00
<b>carbs (gm)</b>	8.10
<b>fiber (gm)</b>	1.70
<b>protein (gm)</b>	3.70

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VERNEY-WOOLLEY DINING 2/16/12

LUNCH

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## VEGAN ESCAROLE & BEAN SOUP

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

### Nutrition Facts

<b>Portion Size</b>	6 OZ SERVING
<b>calories</b>	66.40
<b>fat (gm)</b>	3.20
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	153.50
<b>carbs (gm)</b>	7.00
<b>fiber (gm)</b>	0.80
<b>protein (gm)</b>	2.70

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VERNEY-WOOLLEY DINING 2/16/12

LUNCH

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## BUFFALO WINGS V.W.

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

### Nutrition Facts

<b>Portion Size</b>	7 oz Portion
<b>calories</b>	572.50
<b>fat (gm)</b>	38.30
<b>sat fat (gm)</b>	10.20
<b>chol (mg)</b>	136.20
<b>sodium (mg)</b>	1037.90
<b>carbs (gm)</b>	20.40
<b>fiber (gm)</b>	0.70
<b>protein (gm)</b>	34.60

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VERNEY-WOOLLEY DINING 2/16/12

LUNCH

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## GRILLED SANTA FE CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN  
OLIVE OIL, SPICE SANTA FE

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/16/12

LUNCH

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**HAMBURGER ON A BUN**

BEEF CHUCK ROLL NATURAL, HAMBURGER  
BUN

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

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**VERNEY-WOOLLEY DINING      2/16/12      LUNCH**

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**Mediterranean Bar**

WHITE SYRIAN BREAD, GARBANZO BEANS,  
TOMATOES, COUSCOUS, KALMATA GREEK  
OLIVES, BULGUR CRACKED WHEAT , TAHINI  
PASTE, LEMON JUICE, KASHI PILAF HOT  
CEREAL, WHITE FLOUR TORTILLA, FRESH  
PARSLEY, VEGETABLE SALAD OIL, RED  
PEPPERS, VIRGIN OLIVE OIL, DICED WHITE  
ONIONS, RAISINS, SPINACH, CARROTS,  
GARLIC, CELERY, FRESH MINT LEAVES,  
BASE VEGAN SAVORY RSTD VEGETABLE,  
GARLIC CHOPPED/IN OIL, SALT, SALT,  
KOSHER SALT, GROUND ALL SPICE, SPICE  
CUMIN GROUND, GROUND CAYENNE  
PEPPER, MINT LEAVES, GROUND BLACK  
PEPPER, WATER

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	portion
<b>calories</b>	610.50
<b>fat (gm)</b>	26.20
<b>sat fat (gm)</b>	2.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	499.60
<b>carbs (gm)</b>	77.70
<b>fiber (gm)</b>	1.90
<b>protein (gm)</b>	15.00

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**VERNEY-WOOLLEY DINING      2/16/12      LUNCH**

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**SLICED AMERICAN CHEESE**

AMERICAN CHEESE

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

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**VERNEY-WOOLLEY DINING      2/16/12      LUNCH**

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**SLICED GENOA SALAMI**

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SALAMI GENOA DI LUSSO

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	219.20
<b>fat (gm)</b>	18.20
<b>sat fat (gm)</b>	6.40
<b>chol (mg)</b>	42.60
<b>sodium (mg)</b>	1217.30
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	12.20

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**VERNEY-WOOLLEY DINING****2/16/12****LUNCH**

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**SLICED PROVOLONE**

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PROVOLONE CHEESE

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/16/12****LUNCH**

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**SLICED TURKEY**

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TURKEY BREAST

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/16/12****LUNCH**

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**VEGAN BLACK BEAN FUL**

BLACK BEANS, TOMATOES, FRESH  
PARSLEY, LEMON JUICE, VIRGIN OLIVE OIL,  
GARLIC CHOPPED/IN OIL, SALT, GROUND  
BLACK PEPPER

**Nutrition Facts**

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	208.20
<b>fat (gm)</b>	11.60
<b>sat fat (gm)</b>	1.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	601.70
<b>carbs (gm)</b>	19.70
<b>fiber (gm)</b>	1.10
<b>protein (gm)</b>	7.10

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**VERNEY-WOOLLEY DINING****2/16/12****LUNCH**

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**VEGGIE PATTIES ORIGINAL**

VEG PATTY ORIGINAL, ROLLS BULKIE  
WHEAT CALISE

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/16/12****LUNCH**

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**WISCONSIN ZITI W/FOUR CHEESES**

ZITI CUT, TOMATOES, SWISS CHEESE,  
DICED WHITE ONIONS, LOW FAT COTTAGE  
CHEESE , SHREDDED MOZZARELLA  
CHEESE, PROVOLONE CHEESE, FRESH  
PARSLEY, GROUND BASIL, GROUND BLACK  
PEPPER, WATER

**Nutrition Facts**

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	301.80
<b>fat (gm)</b>	10.20
<b>sat fat (gm)</b>	6.20
<b>chol (mg)</b>	29.10
<b>sodium (mg)</b>	261.50
<b>carbs (gm)</b>	35.90
<b>fiber (gm)</b>	2.30
<b>protein (gm)</b>	17.40

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**VERNEY-WOOLLEY DINING****2/16/12****LUNCH**

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**DIJON PASTA SALAD**

ELBOW MACARONI, TOMATOES, GREY  
POUPON DIJON MUSTARD, VIRGIN OLIVE  
OIL, RED WINE VINEGAR, BROCCOLI  
FLORETTE, PEA PODS CHINESE IQF,  
GREEN PEAS, SCALLIONS BUNCHES,  
GARLIC CHOPPED/IN OIL, SALT

**Nutrition Facts**

**Portion Size** 4 oz Portion  
**calories** 401.50  
**fat (gm)** 9.40  
**sat fat (gm)** 1.10  
**chol (mg)** 0.00  
**sodium (mg)** 280.00  
**carbs (gm)** 66.40  
**fiber (gm)** 0.50  
**protein (gm)** 11.60

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**VERNEY-WOOLLEY DINING****2/16/12****LUNCH**

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**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

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**VERNEY-WOOLLEY DINING****2/16/12****LUNCH**

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**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

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**VERNEY-WOOLLEY DINING****2/16/12****LUNCH**

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## COUSCOUS AND CHICKPEA SALAD

COUSCOUS, GARBANZO BEANS, RED PEPPERS, CARROTS, VIRGIN OLIVE OIL, SCALLIONS BUNCHES, OLIVES, WHITE VINEGAR, GREY POUPON DIJON MUSTARD, GRANULATED CANE SUGAR, GRANULATED GARLIC, MINT LEAVES, WATER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	343.20
<b>fat (gm)</b>	5.10
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	97.10
<b>carbs (gm)</b>	62.10
<b>fiber (gm)</b>	4.20
<b>protein (gm)</b>	10.50

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VERNEY-WOOLLEY DINING

2/16/12

LUNCH

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## Italian Salad Bar Parstock VW

TOMATOES, CUCUMBER, ICEBERG LETTUCE, MESCLUN SPRING MIX, GREEN PEPPERS, SHREDDED MOZZARELLA CHEESE, MARINATED ARTICHOKEs, GARBANZO BEANS, RED PEPPERS, EGGS SHELL ORGANIC-CAGE FREE, KEN'S LITE OLIVE OIL VINAIGRETTE, CARROTS, TUNAFISH, OLIVES, KEN'S CAESAR CREAMY DRESSING, FETA CHEESE, BROCCOLI FLORETTE, RED ONIONS, TURKEY BREAST, KIDNEY BEANS, BUTTON MUSHROOMS, KEN'S RANCH DRESSING, KEN'S BLUE CHEESE DRESSING, KEN'S ITALIAN LITE DRESSING, GRATED ROMANO CHEESE , KEN'S THOUSAND ISLAND DRESSING, LOW FAT COTTAGE CHEESE , ROASTED SUNFLOWER SEEDS, VEGETABLE SALAD OIL CRK OYSTER DOTS 5 OZ CROUTONS

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	109.00
<b>fat (gm)</b>	8.00
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	20.70
<b>sodium (mg)</b>	256.00
<b>carbs (gm)</b>	5.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.00

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VERNEY-WOOLLEY DINING

2/16/12

LUNCH

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## 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

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

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VERNEY-WOOLLEY DINING

2/16/12

LUNCH

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## BEEF VEGETABLE SOUP

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

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	52.20
<b>fat (gm)</b>	0.70
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	5.50
<b>sodium (mg)</b>	64.00
<b>carbs (gm)</b>	8.10
<b>fiber (gm)</b>	1.70
<b>protein (gm)</b>	3.70

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VERNEY-WOOLLEY DINING

2/16/12

DINNER

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## VEGAN ESCAROLE & BEAN SOUP

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

### Nutrition Facts

<b>Portion Size</b>	6 OZ SERVING
<b>calories</b>	66.40
<b>fat (gm)</b>	3.20
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	153.50
<b>carbs (gm)</b>	7.00
<b>fiber (gm)</b>	0.80
<b>protein (gm)</b>	2.70

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VERNEY-WOOLLEY DINING

2/16/12

DINNER

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## ALFREDO SAUCE

HEAVY CREAM, GRATED ROMANO CHEESE , MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	446.10
<b>fat (gm)</b>	43.40
<b>sat fat (gm)</b>	28.80
<b>chol (mg)</b>	178.30
<b>sodium (mg)</b>	78.70
<b>carbs (gm)</b>	1.20
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	2.80

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VERNEY-WOOLLEY DINING

2/16/12

DINNER

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## CHEESE CREAM SAUCE

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/16/12

DINNER

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## POT ROAST JARDINIERE

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

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

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VERNEY-WOOLLEY DINING 2/16/12

DINNER

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## SLICED AMERICAN CHEESE

AMERICAN CHEESE

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/16/12

DINNER

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**SLICED GENOA SALAMI**

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SALAMI GENOA DI LUSSO

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	219.20
<b>fat (gm)</b>	18.20
<b>sat fat (gm)</b>	6.40
<b>chol (mg)</b>	42.60
<b>sodium (mg)</b>	1217.30
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	12.20

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**VERNEY-WOOLLEY DINING****2/16/12****DINNER**

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**SLICED PROVOLONE**

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PROVOLONE CHEESE

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/16/12****DINNER**

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**SLICED TURKEY**

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TURKEY BREAST

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/16/12****DINNER**

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## SPAGHETTI SAUCE

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/16/12

DINNER

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## VEGAN BLACK BEAN FUL

BLACK BEANS, TOMATOES, FRESH  
PARSLEY, LEMON JUICE, VIRGIN OLIVE OIL,  
GARLIC CHOPPED/IN OIL, SALT, GROUND  
BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	208.20
<b>fat (gm)</b>	11.60
<b>sat fat (gm)</b>	1.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	601.70
<b>carbs (gm)</b>	19.70
<b>fiber (gm)</b>	1.10
<b>protein (gm)</b>	7.10

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VERNEY-WOOLLEY DINING 2/16/12

DINNER

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## VEGETABLE STRUDEL

PUFF PASTRY SHEETS, SHREDDED  
CHEDDAR CHEESE, CARROTS, BROCCOLI,  
CAULIFLOWER, EGGS - LIQUID, DICED  
WHITE ONIONS, HALF & HALF CREAM,  
EGGS SHELL ORGANIC-CAGE FREE, SALT,  
GARLIC CHOPPED/IN OIL, GROUND BLACK  
PEPPER, GROUND BASIL, PARSLEY  
FLAKES, TARRAGON LEAVES

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	548.50
<b>fat (gm)</b>	39.60
<b>sat fat (gm)</b>	12.90
<b>chol (mg)</b>	91.50
<b>sodium (mg)</b>	457.00
<b>carbs (gm)</b>	35.00
<b>fiber (gm)</b>	1.90
<b>protein (gm)</b>	15.10

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VERNEY-WOOLLEY DINING 2/16/12

DINNER

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**VW STIR FRY - PASTA VEGETABLE**

ZITI CUT, WATER, MUSHROOMS FRESH, RED PEPPERS, ZUCCHINI SQUASH, HEAVY CREAM, FRESH PARMESAN CHEESE, FRESH BASIL, CORN STARCH, BASE VEGAN SAVORY RSTD VEGETABLE

**Nutrition Facts**

<b>Portion Size</b>	6oz portion
<b>calories</b>	236.30
<b>fat (gm)</b>	6.70
<b>sat fat (gm)</b>	3.90
<b>chol (mg)</b>	22.60
<b>sodium (mg)</b>	43.00
<b>carbs (gm)</b>	34.70
<b>fiber (gm)</b>	2.60
<b>protein (gm)</b>	7.70

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**VERNEY-WOOLLEY DINING****2/16/12****DINNER**

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**VW STIR FRY - PASTA VEGGIE + CHICKEN**

ZITI CUT, CHICKEN BREAST BNLSKL 4oz, WATER, MUSHROOMS FRESH, RED PEPPERS, ZUCCHINI SQUASH, HEAVY CREAM, FRESH PARMESAN CHEESE, FRESH BASIL, CORN STARCH, BASE VEGAN SAVORY RSTD VEGETABLE

**Nutrition Facts**

<b>Portion Size</b>	6oz portion
<b>calories</b>	323.30
<b>fat (gm)</b>	8.60
<b>sat fat (gm)</b>	4.40
<b>chol (mg)</b>	67.40
<b>sodium (mg)</b>	82.00
<b>carbs (gm)</b>	34.70
<b>fiber (gm)</b>	2.60
<b>protein (gm)</b>	24.00

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**VERNEY-WOOLLEY DINING****2/16/12****DINNER**

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**ASPARAGUS W/TRI COLORED PEPPERS**

FRESH ASPARAGUS, RED PEPPERS, YELLOW PEPPERS, ORANGE PEPPERS, VIRGIN OLIVE OIL, GARLIC, LEMON JUICE, FRESH PARSLEY, KOSHER SALT, GROUND BLACK PEPPER

**Nutrition Facts**

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	51.10
<b>fat (gm)</b>	3.30
<b>sat fat (gm)</b>	0.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	60.00
<b>carbs (gm)</b>	5.00
<b>fiber (gm)</b>	1.60
<b>protein (gm)</b>	1.60

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**VERNEY-WOOLLEY DINING****2/16/12****DINNER**

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**BAKED ACORN SQUASH**

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ACORN SQUASH

**Nutrition Facts**

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	38.70
<b>fat (gm)</b>	0.10
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	2.90
<b>carbs (gm)</b>	10.10
<b>fiber (gm)</b>	1.50
<b>protein (gm)</b>	0.80

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**VERNEY-WOOLLEY DINING****2/16/12****DINNER**

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**DIJON PASTA SALAD**

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ELBOW MACARONI, TOMATOES, GREY  
POUPON DIJON MUSTARD, VIRGIN OLIVE  
OIL, RED WINE VINEGAR, BROCCOLI  
FLORETTE, PEA PODS CHINESE IQF,  
GREEN PEAS, SCALLIONS BUNCHES,  
GARLIC CHOPPED/IN OIL, SALT**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	401.50
<b>fat (gm)</b>	9.40
<b>sat fat (gm)</b>	1.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	280.00
<b>carbs (gm)</b>	66.40
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	11.60

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**VERNEY-WOOLLEY DINING****2/16/12****DINNER**

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**GARLIC AND BUTTER INFUSED RICE**

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GARLIC &amp; BUTTER INFUSED RICE, WATER

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/16/12****DINNER**

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## SPAGHETTI

SPAGHETTI, VIRGIN OLIVE OIL

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/16/12

DINNER

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## VEGAN BROWN RICE PILAF

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING 2/16/12

DINNER

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## COUSCOUS AND CHICKPEA SALAD

COUSCOUS, GARBANZO BEANS, RED  
PEPPERS, CARROTS, VIRGIN OLIVE OIL,  
SCALLIONS BUNCHES, OLIVES, WHITE  
VINEGAR, GREY POUAPON DIJON MUSTARD,  
GRANULATED CANE SUGAR, GRANULATED  
GARLIC, MINT LEAVES, WATER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	343.20
<b>fat (gm)</b>	5.10
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	97.10
<b>carbs (gm)</b>	62.10
<b>fiber (gm)</b>	4.20
<b>protein (gm)</b>	10.50

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VERNEY-WOOLLEY DINING 2/16/12

DINNER

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## Italian Salad Bar Parstock VW

TOMATOES, CUCUMBER, ICEBERG LETTUCE, MESCLUN SPRING MIX, GREEN PEPPERS, SHREDDED MOZZARELLA CHEESE, MARINATED ARTICHOKEs, GARBANZO BEANS, RED PEPPERS, EGGS SHELL ORGANIC-CAGE FREE, KEN'S LITE OLIVE OIL VINAIGRETTE, CARROTS, TUNAFISH, OLIVES, KEN'S CAESAR CREAMY DRESSING, FETA CHEESE, BROCCOLI FLORETTE, RED ONIONS, TURKEY BREAST, KIDNEY BEANS, BUTTON MUSHROOMS, KEN'S RANCH DRESSING, KEN'S BLUE CHEESE DRESSING, KEN'S ITALIAN LITE DRESSING, GRATED ROMANO CHEESE , KEN'S THOUSAND ISLAND DRESSING, LOW FAT COTTAGE CHEESE , ROASTED SUNFLOWER SEEDS, VEGETABLE SALAD OIL CRK OYSTER DOTS 5 OZ CROUTONS

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	109.00
<b>fat (gm)</b>	8.00
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	20.70
<b>sodium (mg)</b>	256.00
<b>carbs (gm)</b>	5.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.00

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VERNEY-WOOLLEY DINING

2/16/12

DINNER

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## CARROT CAKE MIX; CR CHEESE FROST

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/16/12

DINNER

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## KOSHER SALTED ITALIAN BREAD

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/16/12

DINNER

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## BAGELS

BAGELS PRESLICED (FINAGLE)

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

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BREAKFAST

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## CANADIAN BACON

CANADIAN BACON

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/17/12

BREAKFAST

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## Egg Bar VW

EGGS - LIQUID, WHOLE MILK, EGG WHITES,  
SHREDDED CHEDDAR CHEESE,  
MUSHROOMS FRESH, GREEN PEPPERS,  
HAM , DICED WHITE ONIONS, TOMATOES,  
OIL PAN COATING SPRAY AEROSOL SOY,  
SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	5oz portion
<b>calories</b>	203.90
<b>fat (gm)</b>	12.70
<b>sat fat (gm)</b>	4.80
<b>chol (mg)</b>	376.60
<b>sodium (mg)</b>	502.00
<b>carbs (gm)</b>	4.40
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	17.60

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VERNEY-WOOLLEY DINING

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BREAKFAST

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**FRIED EGGS**

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

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

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**VERNEY-WOOLLEY DINING      2/17/12      BREAKFAST**

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**HARD BOILED EGGS**

EGGS SHELL ORGANIC-CAGE FREE

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

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**VERNEY-WOOLLEY DINING      2/17/12      BREAKFAST**

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**PANCAKES**

WATER, PANCAKE MIX DELUXE, MAPLE  
SYRUP

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

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**VERNEY-WOOLLEY DINING      2/17/12      BREAKFAST**

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## SCRAMBLED EGGS

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

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BREAKFAST

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## HOME FRIES FRZ

POTATOES, GRANULATED GARLIC, SALT,  
GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	198.30
<b>fat (gm)</b>	10.40
<b>sat fat (gm)</b>	4.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	66.10
<b>carbs (gm)</b>	25.60
<b>fiber (gm)</b>	1.80
<b>protein (gm)</b>	2.90

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VERNEY-WOOLLEY DINING

2/17/12

BREAKFAST

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## 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

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

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VERNEY-WOOLLEY DINING

2/17/12

BREAKFAST

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## CLAM BISQUE

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/17/12

LUNCH

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## VEGAN MUSHROOM BARLEY SOUP

WATER, MUSHROOMS FRESH, BARLEY  
PEARL, CELERY, BASE VEGAN SAVORY  
RSTD VEGETABLE, GROUND WHITE  
PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	43.90
<b>fat (gm)</b>	0.30
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	22.20
<b>carbs (gm)</b>	9.40
<b>fiber (gm)</b>	1.60
<b>protein (gm)</b>	1.80

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VERNEY-WOOLLEY DINING

2/17/12

LUNCH

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## BREADED CHICKEN FINGERS

BREADED CHICKEN TENDERS

### Nutrition Facts

<b>Portion Size</b>	4 piece
<b>calories</b>	425.80
<b>fat (gm)</b>	28.30
<b>sat fat (gm)</b>	5.70
<b>chol (mg)</b>	65.00
<b>sodium (mg)</b>	775.50
<b>carbs (gm)</b>	20.90
<b>fiber (gm)</b>	
<b>protein (gm)</b>	20.60

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VERNEY-WOOLLEY DINING

2/17/12

LUNCH

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**CURRIED CHICKPEAS/GINGER**

GARBANZO BEANS, POTATOES,  
TOMATOES, DICED WHITE ONIONS,  
CARROTS, VIRGIN OLIVE OIL, GARLIC  
CHOPPED/IN OIL, SALT, GROUND  
CORIANDER, SPICE GINGER GRD, SPICE  
CARDAMOM GROUND, GROUND CAYENNE  
PEPPER

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	8 oz Portion
<b>calories</b>	243.60
<b>fat (gm)</b>	6.00
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	857.60
<b>carbs (gm)</b>	38.10
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	11.50

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**VERNEY-WOOLLEY DINING      2/17/12      LUNCH**

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**HAMBURGER ON A BUN**

BEEF CHUCK ROLL NATURAL, HAMBURGER  
BUN

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

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**VERNEY-WOOLLEY DINING      2/17/12      LUNCH**

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**HOT DOG ON A BUN**

BEEF FRANKS, HOT DOG BUN

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

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**VERNEY-WOOLLEY DINING      2/17/12      LUNCH**

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## Mediterranean Bar

WHITE SYRIAN BREAD, GARBANZO BEANS, TOMATOES, COUSCOUS, KALMATA GREEK OLIVES, BULGUR CRACKED WHEAT , TAHINI PASTE, LEMON JUICE, KASHI PILAF HOT CEREAL, WHITE FLOUR TORTILLA, FRESH PARSLEY, VEGETABLE SALAD OIL, RED PEPPERS, VIRGIN OLIVE OIL, DICED WHITE ONIONS, RAISINS, SPINACH, CARROTS, GARLIC, CELERY, FRESH MINT LEAVES, BASE VEGAN SAVORY RSTD VEGETABLE, GARLIC CHOPPED/IN OIL, SALT, SALT, KOSHER SALT, GROUND ALL SPICE, SPICE CUMIN GROUND, GROUND CAYENNE PEPPER, MINT LEAVES, GROUND BLACK PEPPER, WATER

### Nutrition Facts

<b>Portion Size</b>	portion
<b>calories</b>	610.50
<b>fat (gm)</b>	26.20
<b>sat fat (gm)</b>	2.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	499.60
<b>carbs (gm)</b>	77.70
<b>fiber (gm)</b>	1.90
<b>protein (gm)</b>	15.00

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VERNEY-WOOLLEY DINING

2/17/12

LUNCH

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## SEAFOOD SALAD

CRAB SEAFOOD BLD LEG SUPR, CELERY, MAYONNAISE , SCALLIONS BUNCHES, LEMON JUICE, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	221.40
<b>fat (gm)</b>	18.50
<b>sat fat (gm)</b>	2.80
<b>chol (mg)</b>	65.40
<b>sodium (mg)</b>	342.70
<b>carbs (gm)</b>	1.30
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	11.70

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VERNEY-WOOLLEY DINING

2/17/12

LUNCH

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## SLICED AMERICAN CHEESE

AMERICAN CHEESE

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/17/12

LUNCH

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**SLICED GENOA SALAMI**

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SALAMI GENOA DI LUSSO

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	219.20
<b>fat (gm)</b>	18.20
<b>sat fat (gm)</b>	6.40
<b>chol (mg)</b>	42.60
<b>sodium (mg)</b>	1217.30
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	12.20

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**VERNEY-WOOLLEY DINING****2/17/12****LUNCH**

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**SLICED PROVOLONE**

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PROVOLONE CHEESE

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/17/12****LUNCH**

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**SLICED TURKEY**

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TURKEY BREAST

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING****2/17/12****LUNCH**

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**VEGAN NUGGETS**

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VEGAN NUGGETS BREADED FRZN

**Nutrition Facts**

<b>Portion Size</b>	6 piece
<b>calories</b>	47.60
<b>fat (gm)</b>	1.40
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	129.30
<b>carbs (gm)</b>	6.80
<b>fiber (gm)</b>	1.40
<b>protein (gm)</b>	4.10

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**VERNEY-WOOLLEY DINING**      **2/17/12****LUNCH**

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**VEGGIE PATTIES ORIGINAL**

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VEG PATTY ORIGINAL, ROLLS BULKIE  
WHEAT CALISE**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING**      **2/17/12****LUNCH**

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**CORN COBETTES**

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CORN COBETTES

**Nutrition Facts**

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

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**VERNEY-WOOLLEY DINING**      **2/17/12****LUNCH**

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**VEGAN BROWN RICE PILAF**

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

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

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**VERNEY-WOOLLEY DINING      2/17/12      LUNCH**

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**VEGETARIAN BAKED BEANS**

VEGETARIAN BAKED BEANS

<b>Nutrition Facts</b>	
<b>Portion Size</b>	3 oz Portion
<b>calories</b>	107.70
<b>fat (gm)</b>	0.50
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	430.70
<b>carbs (gm)</b>	21.50
<b>fiber (gm)</b>	
<b>protein (gm)</b>	5.90

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**VERNEY-WOOLLEY DINING      2/17/12      LUNCH**

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**Italian Salad Bar Parstock VW**

TOMATOES, CUCUMBER, ICEBERG  
LETTUCE, MESCLUN SPRING MIX, GREEN  
PEPPERS, SHREDDED MOZZARELLA  
CHEESE, MARINATED ARTICHOKE,  
GARBANZO BEANS, RED PEPPERS, EGGS  
SHELL ORGANIC-CAGE FREE, KEN'S LITE  
OLIVE OIL VINAIGRETTE, CARROTS,  
TUNAFISH, OLIVES, KEN'S CAESAR CREAMY  
DRESSING, FETA CHEESE, BROCCOLI  
FLORETTE, RED ONIONS, TURKEY BREAST,  
KIDNEY BEANS, BUTTON MUSHROOMS,  
KEN'S RANCH DRESSING, KEN'S BLUE  
CHEESE DRESSING, KEN'S ITALIAN LITE  
DRESSING, GRATED ROMANO CHEESE ,  
KEN'S THOUSAND ISLAND DRESSING, LOW  
FAT COTTAGE CHEESE , ROASTED  
SUNFLOWER SEEDS, VEGETABLE SALAD  
OIL CRK OYSTER DOTS 5 OZ CROUTONS

<b>Nutrition Facts</b>	
<b>Portion Size</b>	PORTIONS
<b>calories</b>	109.00
<b>fat (gm)</b>	8.00
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	20.70
<b>sodium (mg)</b>	256.00
<b>carbs (gm)</b>	5.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.00

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**VERNEY-WOOLLEY DINING      2/17/12      LUNCH**

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### THREE BEAN & CHEESE SALAD

GREEN BEANS, KIDNEY BEANS, GARBANZO BEANS, SWISS CHEESE, VEGETABLE SALAD OIL, CHILI SAUCE, CIDER VINEGAR, GRANULATED CANE SUGAR, SALT

#### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	148.30
<b>fat (gm)</b>	8.80
<b>sat fat (gm)</b>	3.40
<b>chol (mg)</b>	15.40
<b>sodium (mg)</b>	304.50
<b>carbs (gm)</b>	10.20
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	7.50

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VERNEY-WOOLLEY DINING

2/17/12

LUNCH

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### M&M COOKIE

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

#### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/17/12

LUNCH

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### CLAM BISQUE

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

#### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/17/12

DINNER

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## VEGAN MUSHROOM BARLEY SOUP

WATER, MUSHROOMS FRESH, BARLEY PEARL, CELERY, BASE VEGAN SAVORY RSTD VEGETABLE, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	43.90
<b>fat (gm)</b>	0.30
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	22.20
<b>carbs (gm)</b>	9.40
<b>fiber (gm)</b>	1.60
<b>protein (gm)</b>	1.80

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VERNEY-WOOLLEY DINING

2/17/12

DINNER

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## ALFREDO SAUCE

HEAVY CREAM, GRATED ROMANO CHEESE , MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	446.10
<b>fat (gm)</b>	43.40
<b>sat fat (gm)</b>	28.80
<b>chol (mg)</b>	178.30
<b>sodium (mg)</b>	78.70
<b>carbs (gm)</b>	1.20
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	2.80

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VERNEY-WOOLLEY DINING

2/17/12

DINNER

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## BEEF LO MEIN

LINGUINI, BEEF FLANK STEAK, CARROTS, SOY SAUCE, GREEN PEPPERS, RED PEPPERS, CELERY, WHITE ONION, SCALLIONS BUNCHES, WORCESTERSHIRE SAUCE, OIL SESAME SEED RST, GRANULATED GARLIC, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	410.40
<b>fat (gm)</b>	4.90
<b>sat fat (gm)</b>	0.90
<b>chol (mg)</b>	8.00
<b>sodium (mg)</b>	612.80
<b>carbs (gm)</b>	73.20
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	18.50

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VERNEY-WOOLLEY DINING

2/17/12

DINNER

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## CURRIED CHICKPEAS/GINGER

GARBANZO BEANS, POTATOES,  
TOMATOES, DICED WHITE ONIONS,  
CARROTS, VIRGIN OLIVE OIL, GARLIC  
CHOPPED/IN OIL, SALT, GROUND  
CORIANDER, SPICE GINGER GRD, SPICE  
CARDAMOM GROUND, GROUND CAYENNE  
PEPPER

### Nutrition Facts

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	243.60
<b>fat (gm)</b>	6.00
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	857.60
<b>carbs (gm)</b>	38.10
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	11.50

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VERNEY-WOOLLEY DINING

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DINNER

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## EGG FOO YOUNG

EGGS - LIQUID, MUSHROOMS FRESH,  
BEANS SPROUTS, SCALLIONS BUNCHES,  
UNBLEACHED FLOUR, SALT, GRANULATED  
GARLIC, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	5 oz Portion
<b>calories</b>	109.30
<b>fat (gm)</b>	6.00
<b>sat fat (gm)</b>	1.80
<b>chol (mg)</b>	249.00
<b>sodium (mg)</b>	317.90
<b>carbs (gm)</b>	4.60
<b>fiber (gm)</b>	0.80
<b>protein (gm)</b>	9.40

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VERNEY-WOOLLEY DINING

2/17/12

DINNER

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## SEAFOOD SALAD

CRAB SEAFOOD BLD LEG SUPR, CELERY,  
MAYONNAISE , SCALLIONS BUNCHES,  
LEMON JUICE, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	221.40
<b>fat (gm)</b>	18.50
<b>sat fat (gm)</b>	2.80
<b>chol (mg)</b>	65.40
<b>sodium (mg)</b>	342.70
<b>carbs (gm)</b>	1.30
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	11.70

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VERNEY-WOOLLEY DINING

2/17/12

DINNER

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**SLICED AMERICAN CHEESE**

AMERICAN CHEESE

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

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**VERNEY-WOOLLEY DINING      2/17/12      DINNER**

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**SLICED GENOA SALAMI**

SALAMI GENOA DI LUSSO

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	2 oz Portion
<b>calories</b>	219.20
<b>fat (gm)</b>	18.20
<b>sat fat (gm)</b>	6.40
<b>chol (mg)</b>	42.60
<b>sodium (mg)</b>	1217.30
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	12.20

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**VERNEY-WOOLLEY DINING      2/17/12      DINNER**

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**SLICED PROVOLONE**

PROVOLONE CHEESE

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

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**VERNEY-WOOLLEY DINING      2/17/12      DINNER**

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## SLICED TURKEY

TURKEY BREAST

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

2/17/12

DINNER

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## SPAGHETTI SAUCE

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

### Nutrition Facts

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

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VERNEY-WOOLLEY DINING

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DINNER

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## STIR FRY - CARIBBEAN CHICKEN + MINT

CHICKEN BREAST BNLSKL 4oz, WHITE  
ONIONS, RED PEPPERS, WATER, JUICE  
LIME REALIME 1 GAL, FRESH MINT LEAVES,  
SCALLIONS BUNCHES, CORN STARCH,  
FRESH GINGER ROOT, VEGETABLE SALAD  
OIL, SAUCE CHILI ASIAN, JUICE FZ CON  
ORANGE 5:1, GARLIC CHOPPED/IN OIL,  
GROUND PAPRIKA, SPICE GINGER GRD,  
GROUND CORIANDER, GRATED ORANGE  
PEEL, GROUND ALL SPICE, GROUND BLACK  
PEPPER, GROUND CAYENNE PEPPER,  
GROUND NUTMEG

### Nutrition Facts

<b>Portion Size</b>	6oz portion
<b>calories</b>	174.90
<b>fat (gm)</b>	4.70
<b>sat fat (gm)</b>	0.90
<b>chol (mg)</b>	53.80
<b>sodium (mg)</b>	56.00
<b>carbs (gm)</b>	11.40
<b>fiber (gm)</b>	2.00
<b>protein (gm)</b>	21.00

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## STIR FRY - CARIBBEAN TOFU + MINT

EXTRA FIRM TOFU, WHITE ONIONS, RED PEPPERS, WATER, JUICE LIME REALIME 1 GAL, FRESH MINT LEAVES, SCALLIONS BUNCHES, CORN STARCH, FRESH GINGER ROOT, VEGETABLE SALAD OIL, SAUCE CHILI ASIAN, JUICE FZ CON ORANGE 5:1, GARLIC CHOPPED/IN OIL, GROUND PAPRIKA, SPICE GINGER GRD, GROUND CORIANDER, GRATED ORANGE PEEL, GROUND ALL SPICE, GROUND BLACK PEPPER, GROUND CAYENNE PEPPER, GROUND NUTMEG

### Nutrition Facts

<b>Portion Size</b>	6oz portion
<b>calories</b>	130.60
<b>fat (gm)</b>	5.70
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	11.30
<b>carbs (gm)</b>	12.70
<b>fiber (gm)</b>	2.80
<b>protein (gm)</b>	7.90

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## GREEN PEAS, FROZEN

GREEN PEAS

### Nutrition Facts

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

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## STICKY RICE

JAPANESE RICE, WATER

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	134.80
<b>fat (gm)</b>	0.40
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	2.20
<b>carbs (gm)</b>	28.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	3.20

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## STIR FRY - VEGETABLE MEDLEY

BEANS SPROUTS, WHITE ONION, CELERY, BROCCOLI, CAULIFLOWER, CUT ITALIAN GREEN BEANS, SCALLIONS BUNCHES, MUSHROOMS FRESH, PIMENTOS, SOY SAUCE, SLICED WATER CHESTNUTS, VEGETABLE SALAD OIL, SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	28.10
<b>fat (gm)</b>	0.60
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	207.40
<b>carbs (gm)</b>	4.80
<b>fiber (gm)</b>	1.20
<b>protein (gm)</b>	1.40

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## WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN OLIVE OIL

### Nutrition Facts

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

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## Italian Salad Bar Parstock VW

TOMATOES, CUCUMBER, ICEBERG LETTUCE, MESCLUN SPRING MIX, GREEN PEPPERS, SHREDDED MOZZARELLA CHEESE, MARINATED ARTICHOKEs, GARBANZO BEANS, RED PEPPERS, EGGS SHELL ORGANIC-CAGE FREE, KEN'S LITE OLIVE OIL VINAIGRETTE, CARROTS, TUNAFISH, OLIVES, KEN'S CAESAR CREAMY DRESSING, FETA CHEESE, BROCCOLI FLORETTE, RED ONIONS, TURKEY BREAST, KIDNEY BEANS, BUTTON MUSHROOMS, KEN'S RANCH DRESSING, KEN'S BLUE CHEESE DRESSING, KEN'S ITALIAN LITE DRESSING, GRATED ROMANO CHEESE, KEN'S THOUSAND ISLAND DRESSING, LOW FAT COTTAGE CHEESE, ROASTED SUNFLOWER SEEDS, VEGETABLE SALAD OIL CRK OYSTER DOTS 5 OZ CROUTONS

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	109.00
<b>fat (gm)</b>	8.00
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	20.70
<b>sodium (mg)</b>	256.00
<b>carbs (gm)</b>	5.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.00

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### THREE BEAN & CHEESE SALAD

GREEN BEANS, KIDNEY BEANS, GARBANZO BEANS, SWISS CHEESE, VEGETABLE SALAD OIL, CHILI SAUCE, CIDER VINEGAR, GRANULATED CANE SUGAR, SALT

<b>Nutrition Facts</b>	
<b>Portion Size</b>	4 oz Portion
<b>calories</b>	148.30
<b>fat (gm)</b>	8.80
<b>sat fat (gm)</b>	3.40
<b>chol (mg)</b>	15.40
<b>sodium (mg)</b>	304.50
<b>carbs (gm)</b>	10.20
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	7.50

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### FOCACCIA W/ROSEMARY

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

<b>Nutrition Facts</b>	
<b>Portion Size</b>	PORTIONS
<b>calories</b>	172.20
<b>fat (gm)</b>	5.20
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	167.80
<b>carbs (gm)</b>	27.10
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	3.70

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### PEACHES

<b>Nutrition Facts</b>	
<b>Portion Size</b>	6 Slices
<b>calories</b>	37.80
<b>fat (gm)</b>	0.00
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	5.40
<b>carbs (gm)</b>	9.20
<b>fiber (gm)</b>	
<b>protein (gm)</b>	0.00

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**POUND CAKE**

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CAKE FLOUR, GRANULATED CANE SUGAR,  
WATER, EGGS - LIQUID, POUND CAKE MIX,  
VEGETABLE SHORTENING

**Nutrition Facts**

<b>Portion Size</b>	SLICE
<b>calories</b>	238.30
<b>fat (gm)</b>	9.80
<b>sat fat (gm)</b>	3.60
<b>chol (mg)</b>	44.30
<b>sodium (mg)</b>	70.90
<b>carbs (gm)</b>	34.60
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	2.90

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**WHIPPED CREAM**

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HEAVY CREAM, GRANULATED CANE  
SUGAR, VANILLA EXTRACT

**Nutrition Facts**

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

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