

Week 1 - Sunday
Breakfast-Entree

Memorial Cafe



Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Grits, Buttered	1 6oz ladle	109.4	0.8	22.6	0.0	2.5	0.5	256.5
Oatmeal, 6 oz	1 6oz ladle	107.4	1.8	19.2	0.0	3.7	2.9	253.2
Scrambled Egg	1/2 cup	199.0	14.5	1.6	462.9	13.4	0.0	175.8
Hard Cooked Egg	1 ea	55.4	3.8	0.3	163.8	4.9	0.0	54.2
Bacon	2 slice	73.6	5.7	0.2	15.0	5.0	0.0	314.3
Sausage Patty	1 ea	99.5	8.3	0.0	24.6	5.7	0.0	219.8
Turkey Sausage Links	1 ea	47.8	3.7	0.3	33.1	3.2	0.0	121.1
Breakfast Potatoes	1/2 cup	100.9	4.5	14.0	0.0	1.9	1.4	65.7
Buttermilk Biscuit	1 ea	223.9	11.2	27.5	0.6	3.5	0.7	615.1
Sausage Gravy	1 2oz ladle	131.3	9.7	5.1	16.7	5.6	0.1	309.7
Kielbasa	3 oz meat	315.0	28.2	1.5	63.5	12.8	0.0	794.7

Breakfast-Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Hard Fried Eggs	1 ea	89.1	7.6	0.3	163.8	4.9	0.0	91.4
Scrambled Egg Substitute	1/2 cup	93.6	3.6	1.1	1.3	13.2	0.0	194.5
French Toast	2 half	212.6	7.2	24.5	241.4	11.0	1.1	388.3
Pancakes	2 ea	170.6	2.2	32.3	9.5	4.6	1.2	552.7
Egg Omelette	1 serving	218.1	16.2	2.0	483.0	14.0	0.2	342.3
English Muffin-Cheese Steak Double Egg	1 sandwich	539.3	26.6	30.6	392.2	40.1	2.5	1444.4

Lunch - Entrée

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Garden Vegetable Soup (AuBonPain)	2 6oz ladle	76.0	1.4	13.7	0.0	3.0	3.0	1096.2
Chicken Florentine Soup (AuBonPain)	2 6oz ladle	259.2	12.2	25.9	38.0	7.6	1.5	1065.8
Potato Cheese Soup (AuBonPain)	2 6oz ladle	258.9	13.7	24.2	38.0	6.2	1.4	1278.7
Texas Pot Roast	8 oz (p)	278.8	11.8	16.5	66.8	25.0	2.0	326.4
Balanced Choice: Herb Roasted Artic Char	4 oz	195.4	11.0	1.7	50.3	21.7	0.3	131.1
Cheese Tortellini with Vegetables	5 oz (p)	282.7	12.8	33.8	8.4	7.9	1.0	447.8
Seasoned Rice Pilaf	1/2 cup	116.3	1.2	23.4	0.4	2.2	0.5	129.7
Oven Browned Potatoes	1/2 cup	110.4	3.7	18.2	0.0	1.6	1.6	181.7
Oven Browned Carrots	1/2 cup	177.8	10.7	17.8	4.6	3.9	3.2	248.0
Green Beans and Pimientos	1/2 cup	48.4	3.0	5.3	0.0	1.2	2.4	296.3
Dinner Roll	1 ea	175.8	3.7	29.5	2.3	6.2	1.1	303.9

Lunch - Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Deluxe Hamburger	1 ea	345.0	15.9	24.1	70.2	24.5	1.0	291.4
Cheeseburger	1 sandwich	398.2	20.3	24.3	83.5	27.6	1.0	383.5
Chicken Tenders	1 serving	492.5	26.4	24.5	81.5	30.6	0.0	509.4
Grilled Turkey Burger	1 ea	514.2	14.9	50.4	98.0	45.6	3.5	1178.6
Buffalo Chicken Sandwich w/ Blue Cheese Slaw	1 ea	966.9	44.5	77.4	136.3	57.0	4.6	2995.3
Malibu Patty Melt	1 serving	560.0	26.6	59.8	37.3	21.6	8.5	1449.0
French Fry Potatoes, Straight Cut	1/2 cup	197.2	11.1	22.5	0.0	2.0	1.7	303.8
Baked Onion Rings	4 ea	284.0	18.6	26.6	0.0	3.7	0.9	261.7
Three Cheese Grilled Cheese with Turkey Bacon	1 ea	588.7	33.8	47.5	66.8	22.7	2.2	1252.9

Week 1 - Monday

Memorial Cafe



Breakfast-Entree

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Grits, Buttered	1 6ozladle	109.4	0.8	22.6	0.0	2.5	0.5	256.5
Oatmeal, 6 oz	1 6ozladle	107.4	1.8	19.2	0.0	3.7	2.9	253.2
Cranberry Orange Sunrise Porridge	1 8ozladle	331.4	5.9	59.9	0.0	12.9	7.8	132.3
Scrambled Egg	1/2 cup	199.0	14.5	1.6	462.9	13.4	0.0	175.8
Hard Cooked Egg	1 ea	55.4	3.8	0.3	163.8	4.9	0.0	54.2
Bacon	2 slice	73.6	5.7	0.2	15.0	5.0	0.0	314.3
Sausage Patty	1 ea	99.5	8.3	0.0	24.6	5.7	0.0	219.8
Turkey Bacon	2 slice	70.0	5.7	0.5	25.2	4.2	0.0	339.6
Breakfast Potatoes	1/2 cup	100.9	4.5	14.0	0.0	1.9	1.4	65.7
Buttermilk Biscuit	1 ea	223.9	11.2	27.5	0.6	3.5	0.7	615.1
Sausage Gravy	1 2ozladle	131.3	9.7	5.1	16.7	5.6	0.1	309.7
Cheese and Spinach Quiche	1 slice	291.2	17.9	18.3	114.4	15.4	2.7	438.0

Breakfast - Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Hard Fried Eggs	1 ea	89.1	7.6	0.3	163.8	4.9	0.0	91.4
Scrambled Egg Substitute	1/2 cup	93.6	3.6	1.1	1.3	13.2	0.0	194.5
French Toast	2 half	212.6	7.2	24.5	241.4	11.0	1.1	388.3
Pancakes	2 ea	170.6	2.2	32.3	9.5	4.6	1.2	552.7
Egg Omelette	1 serving	218.1	16.2	2.0	483.0	14.0	0.2	342.3
Philly Steak Breakfast Flatbread Fold	1 ea	300.5	16.9	25.0	81.9	12.2	1.0	421.9

Lunch

Exhibition Station

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Wing Station Items	1 ea	923.9	64.1	58.3	96.1	27.0	5.4	2682.7
Honey Hoisin Sauce	1 1ozladle	56.8	0.3	13.6	0.2	0.8	0.4	395.9
Jamaican Caribbean Rum Sauce	1 1ozladle	33.0	0.1	7.4	0.0	0.2	0.3	217.8
Hot Chicken Wings	5 ea	394.8	32.1	2.5	68.2	22.1	0.2	735.3

Lunch - Entree

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Garden Vegetable Soup (AuBonPain)	2 6ozladle	76.0	1.4	13.7	0.0	3.0	3.0	1096.2
Corn Chowder (AuBonPain)	2 6ozladle	350.1	18.3	40.8	53.2	9.0	2.8	1141.8
Italian Wedding Soup (AuBonPain)	2 6ozladle	152.4	6.1	18.3	15.2	7.6	3.0	1462.9
2Mato- Spaghetti and Meatballs	2-1/4 cup	577.1	19.5	69.2	93.2	32.7	7.0	965.5
Balance Choice: Grilled Trout with Lemon Parsley B	5 oz	269.4	14.9	1.8	90.1	30.8	0.6	387.1
Manicotti Santa Fe	1 ea	230.4	11.3	23.4	35.9	8.9	1.7+	292.0
CousCous with Red Onion and Chives	1/2 cup	98.3	1.3	18.4	0.0	2.9	1.6	4.9
Herbed Brown Rice	1/2 cup	145.1	5.8	20.5	0.4	2.6	1.1	324.5
Grilled Zucchini	1/2 cup	42.7	3.4	3.0	0.0	1.0	1.0	55.9
Parsnips, Buttered	1/2 cup	90.1	3.0	15.7	7.3	1.3	3.3	30.0
Braised Leeks	1/2 cup	56.4	4.0	5.2	10.3	0.8	0.5+	187.0
Spaghetti Squash	1/2 cup	162.4	12.7	13.8	32.5	0.8	2.3	16.3
Dinner Roll	1 ea	175.8	3.7	29.5	2.3	6.2	1.1	303.9
Wheat Roll	1 ea	154.8	3.6	26.1	0.0	4.9	2.2	192.8
Cherry Bread Pudding	1 slice	293.1	6.7	48.8	57.5	9.0	1.6	455.6

DELI

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
BLTA Croissant (Bacon Lettuce Tomato Avocado)	1 sandwich	509.4	30.9	45.7	75.2	13.0	4.2	1041.8
Roast Beef & Cheddar Kaiser with Horseradish	1 sandwich	504.7	18.1	49.2	74.4	31.1	2.5	1376.7
Buffalo Chicken Wrap	1 ea	677.7	41.8	43.4	95.0	28.3	3.3	1575.1
Asian Tortellini Salad	1 serving	190.4	4.5	30.9	3.3	6.6	3.3	289.2
Fresh Broccoli and Cauliflower Salad	1/2 cup	28.0	1.2	4.1	0.0	1.1	1.3	108.4

GRILL

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Deluxe Hamburger	1 ea	345.0	15.9	24.1	70.2	24.5	1.0	291.4
Cheeseburger	1 sandwich	398.2	20.3	24.3	83.5	27.6	1.0	383.5
Chicken Tenders	1 serving	492.5	26.4	24.5	81.5	30.6	0.0	509.4
Grilled Turkey Burger	1 ea	514.2	14.9	50.4	98.0	45.6	3.5	1178.6
Buffalo Chicken Sandwich w/ Blue Cheese Slaw	1 ea	966.9	44.5	77.4	136.3	57.0	4.6	2995.3
Malibu Patty Melt	1 serving	560.0	26.6	59.8	37.3	21.6	8.5	1449.0
French Fry Potatoes	1/2 cup	197.2	11.1	22.5	0.0	2.0	1.7	303.8
Baked Onion Rings	4 ea	284.0	18.6	26.6	0.0	3.7	0.9	261.7
Grilled Santa Fe Chicken Sandwich	1 sandwich	592.0	19.8	48.8	112.5	48.3	3.4	868.9
Three Cheese Grilled Cheese with Turkey Bacon	1 ea	588.7	33.8	47.5	66.8	22.7	2.2	1252.9

Pizza, Pasta, Flatbreads

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Penne with Chicken, Spinach and Feta	10 oz (p)	283.9	8.2	27.1	57.5	25.1	3.4	564.1
Margherita Pizza	1 slice	488.5	14.2	67.7	20.4	18.5	3.4	982.5
Mushroom Flatbread	1 ea	407.6	23.9	29.3	28.8	19.9	1.7	805.1
Philly Cheese Steak Calzone	1 ea	762.8	35.5	77.1	105.2	34.4	5.9	1368.0

Week 1 - Tuesday
Breakfast-Entree

Memorial Cafe



Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Grits, Buttered	1 6oz ladle	109.4	0.8	22.6	0.0	2.5	0.5	256.5
Cream of Wheat (6 oz)	1 6oz ladle	104.6	0.1	22.1	0.0	3.0	0.5	252.4
Oatmeal, 6 oz	1 6oz ladle	107.4	1.8	19.2	0.0	3.7	2.9	253.2
Honey Orange Quinoa	1 6oz ladle	158.5	6.1	22.1	16.3	4.3	2.0	7.9
Scrambled Egg	1/2 cup	199.0	14.5	1.6	462.9	13.4	0.0	175.8
Hard Cooked Egg	1 ea	55.4	3.8	0.3	163.8	4.9	0.0	54.2
Bacon	2 slice	73.6	5.7	0.2	15.0	5.0	0.0	314.3
Sausage Patty	1 ea	99.5	8.3	0.0	24.6	5.7	0.0	219.8
Turkey Sausage Links	1 ea	47.8	3.7	0.3	33.1	3.2	0.0	121.1
Chorizo and Potatoes	1 serving	277.7	16.9	18.6	37.3	12.6	1.7	548.0
Buttermilk Biscuit	1 ea	223.9	11.2	27.5	0.6	3.5	0.7	615.1
Sausage Gravy	1 2oz ladle	131.3	9.7	5.1	16.7	5.6	0.1	309.7
Ham and Swiss Quiche	1 serving	330.3	18.9	23.7	123.2	16.2	1.0	489.1

Breakfast-Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Hard Fried Eggs	1 ea	89.1	7.6	0.3	163.8	4.9	0.0	91.4
Scrambled Egg Substitute	1/2 cup	93.6	3.6	1.1	1.3	13.2	0.0	194.5
French Toast	2 half	212.6	7.2	24.5	241.4	11.0	1.1	388.3
Pancakes	2 ea	180.8	2.3	35.0	9.5	4.7	1.5	552.7
Egg Omelette	1 serving	218.1	16.2	2.0	483.0	14.0	0.2	342.3
English Muffin Double Egg & Provolone	1 sandwich	724.9	49.6	34.5	416.2	35.5	2.0	1414.2

Lunch - Exhibition Station

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Urban Chopped Salad	1 ea	734.2	19.7	101.3	80.0	47.7	11.4	321.7
Pesto Buttermilk Dressing	1 1oz ladle	85.4	6.6	3.6	6.1	1.7	0.0	152.9

Lunch - Entree

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Garden Vegetable Soup (AuBonPain)	2 6oz ladle	76.0	1.4	13.7	0.0	3.0	3.0	1096.2
Split Pea Soup (AuBonPain)	2 6oz ladle	258.8	1.5	42.5	1.0	18.3	15.2	1233.1
Potato Leek Soup (AuBonPain)	2 6oz ladle	289.5	18.3	25.9	68.6	6.1	3.0	1554.3
Rotisserie Style Chicken	1 serving	254.7	15.5	0.6	85.1	26.4	0.1	205.8
Turkey Ragout with Pasta	10 oz (p)	235.9	4.1	30.7	33.0	19.7	3.4	260.5
Spaghetti Squash Primavera	1/2 cup	59.8	3.2	6.4	8.1	2.2	1.5	165.1
Macaroni and Cheese	3 oz	149.6	7.4	14.6	12.9	5.7	0.7	280.2
Mashed Potatoes	1/2 cup	112.0	3.7	18.3	0.2	1.6	1.6	182.6
Green Bean Casserole	1/2 cup	102.5	6.8	8.3	1.8	2.1	1.5	490.9
Fresh Cauliflower w/Chives and Nutmeg	1/2 cup	29.2	0.8	4.9	1.8	1.8	2.3	56.6
Roasted Beets	1/2 cup	52.4	0.9	10.4	0.0	1.7	2.1	86.2
Glazed Carrots and Parsnips	1/2 cup	97.5	3.3	17.3	7.6	0.8	2.9	51.8
Dinner Roll	1 ea	175.8	3.7	29.5	2.3	6.2	1.1	303.9
Garlic Toast	1 slice	79.9	3.1	10.7	0.0	2.2	0.5+	181.3
Rice Pudding	1/2 cup	224.3	7.6	34.9	124.4	4.5	0.4	88.1

Deli

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Salami and Provolone Panini	1 ea	806.8	47.6	61.8	89.7	32.2	4.5	2073.6
Roasted Italian Veg Sandwich w/ Portobello Mushroom	1 sandwich	546.0	19.2	75.4	22.4	20.0	8.4	1460.7
Ham and Havarti Wrap with Basil Cream Cheese	1 sandwich	649.6	33.9	42.6	119.4	41.6	3.2	2433.2
BLT Pasta Salad	6 oz (p)	331.5	15.2	43.4	20.3	7.5	2.0	625.1
Roasted Potato and Corn Salad	5 oz (p)	164.7	6.6	24.2	5.0	3.8	2.6	308.8

Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Deluxe Hamburger	1 ea	345.0	15.9	24.1	70.2	24.5	1.0	291.4
Cheeseburger	1 sandwich	398.2	20.3	24.3	83.5	27.6	1.0	383.5
Chicken Tenders	1 serving	492.5	26.4	24.5	81.5	30.6	0.0	509.4
Grilled Turkey Burger	1 ea	514.2	14.9	50.4	98.0	45.6	3.5	1178.6
Buffalo Chicken Sandwich w/ Blue Cheese Slaw	1 ea	966.9	44.5	77.4	136.3	57.0	4.6	2995.3
Malibu Patty Melt	1 serving	560.0	26.6	59.8	37.3	21.6	8.5	1449.0
French Fry Potatoes, Straight Cut	1/2 cup	197.2	11.1	22.5	0.0	2.0	1.7	303.8
Baked Onion Rings	4 ea	284.0	18.6	26.6	0.0	3.7	0.9	261.7
Philadelphia Cheese Steak Sandwich	1 ea	473.1	28.0	28.3	71.1	26.6	2.4	534.3
Three Cheese Grilled Cheese with Turkey Bacon	1 ea	588.7	33.8	47.5	66.8	22.7	2.2	1252.9

Pizza, Pasta, Flatbreads

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Cheese Ravioli with Meat Sauce	1 serving	495.0	14.2	67.5	106.1	27.8	4.0	409.0
Spicy Buffalo Chicken Pizza	6 slice	836.0	45.4	73.8	60.3	26.3	3.2	1483.7
Chicken Florentine Flatbread	1 ea	355.6	16.8	24.7	54.5	25.7	1.2	448.4
Chicken Cordon Bleu Calzone	1 ea	759.4	29.8	83.9	109.1	36.6	5.7	1566.4

Memorial Cafe



Week 1 - Wednesday
Breakfast-Entree

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Grits, Buttered	1 6ozladle	109.4	0.8	22.6	0.0	2.5	0.5	256.5
Oatmeal, 6 oz	1 6ozladle	107.4	1.8	19.2	0.0	3.7	2.9	253.2
Cinnamon Cranberry Buckwheat	1 6ozladle	138.8	4.9	23.1	16.3	2.6	2.2	8.6
Scrambled Egg	1/2 cup	199.0	14.5	1.6	462.9	13.4	0.0	175.8
Hard Cooked Egg	1 ea	55.4	3.8	0.3	163.8	4.9	0.0	54.2
Bacon	2 slice	73.6	5.7	0.2	15.0	5.0	0.0	314.3
Sausage Patty	1 ea	99.5	8.3	0.0	24.6	5.7	0.0	219.8
Turkey Bacon	2 slice	70.0	5.7	0.5	25.2	4.2	0.0	339.6
Parmesan Garlic Hashbrown Potatoes	1/2 cup	81.6	1.1	15.3	2.8	2.8	1.5	64.1
Buttermilk Biscuit	1 ea	223.9	11.2	27.5	0.6	3.5	0.7	615.1
Sausage Gravy	1 2ozladle	131.3	9.7	5.1	16.7	5.6	0.1	309.7
Chorizo and Potato Frittata	1 ea	662.8	50.8	14.7	584.7	34.7	1.3	938.4

Breakfast-Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Hard Fried Eggs	1 ea	89.1	7.6	0.3	163.8	4.9	0.0	91.4
Scrambled Egg Substitute	1/2 cup	93.6	3.6	1.1	1.3	13.2	0.0	194.5
French Toast	2 half	212.6	7.2	24.5	241.4	11.0	1.1	388.3
Pancakes	2 ea	170.6	2.2	32.3	9.5	4.6	1.2	552.7
Egg Omelette	1 serving	218.1	16.2	2.0	483.0	14.0	0.2	342.3
English Muffin-Bacon, Double Egg, Spinach & Swiss	1 sandwich	509.1	27.5	31.4	384.3	35.0	3.4	835.6

Lunch - Exhibition Station

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Small Bites Delights - Trio	1 ea	503.1	31.7	49.8	86.0	6.0	3.7	215.3

Lunch - Entree

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Garden Vegetable Soup (AuBonPain)	2 6ozladle	76.0	1.4	13.7	0.0	3.0	3.0	1096.2
Wild Mushroom Bisque (AuBonPain) (AuBonPain)	2 6ozladle	167.6	7.6	18.3	7.6	4.6	3.0	1401.9
French Onion Soup (AuBonPain)	2 6ozladle	121.0	3.8	18.3	13.8	3.1	1.4	2163.4
Chicken and Dumplings	6 oz	254.5	9.8	19.1	115.4	22.9	2.8	1069.2
Fish Almondine	1 serving	314.3	16.9	14.0	94.1	26.0	1.5	253.6
Broccoli, Lemon, & Garlic with Whole Wheat Penn	6 oz (p)	285.3	7.4	45.7	4.1	11.2	2.9+	319.1
Couscous	1/2 cup	90.2	0.1	18.7	0.0	3.1	1.2	5.0
Broccoli and Cauliflower	1/2 cup	24.3	0.2	4.9	0.0	2.0	2.0	71.8
Sauteed Fresh Spinach	1 serving	34.0	2.5	2.2	0.0	1.8	1.3	343.1
Vegetable Ratatouille	1/2 cup	42.8	2.2	5.3	0.8	1.6	1.8	110.1
Spaghetti Squash	1/2 cup	162.4	12.7	13.8	32.5	0.8	2.3	16.3
Braised Red Cabbage	1/2 cup	57.6	2.5	8.7	0.2	1.6	2.3	79.9
Dinner Roll	1 ea	175.8	3.7	29.5	2.3	6.2	1.1	303.9
Garlic Cheese Biscuit	1 ea	185.6	9.2	21.1	10.9	4.3	0.7	463.6
Strawberry Cobbler	1/2 cup	322.6	9.5	59.5	1.0	1.5	1.7	75.2

Lunch - Deli

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Balanced Choice: Hummus, Spinach, Feta and Tom	1 sandwich	217.4	9.1	26.8	15.2	9.9	5.8	548.3
Roast Beef & Arugula Croissant with Red Pepper &	1 sandwich	531.4	26.8	41.9	104.3	26.3	2.9	1846.8
Cuban Style Chicken	3 oz meat	178.1	3.1	8.5	70.4	27.5	2.2	451.5
Garlicky Chickpea Salad	1/2 cup	157.1	9.5	15.4	0.0	3.3	3.1	186.8
Cucumber and Tomato Salad	1/2 cup	31.3	1.7	3.9	0.0	0.5	0.7	141.5

Lunch - Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Deluxe Hamburger	1 ea	345.0	15.9	24.1	70.2	24.5	1.0	291.4
Cheeseburger	1 sandwich	398.2	20.3	24.3	83.5	27.6	1.0	383.5
Chicken Tenders	1 serving	492.5	26.4	24.5	81.5	30.6	0.0	509.4
Grilled Turkey Burger	1 ea	514.2	14.9	50.4	98.0	45.6	3.5	1178.6
Buffalo Chicken Sandwich w/ Blue Cheese Slaw	1 ea	966.9	44.5	77.4	136.3	57.0	4.6	2995.3
Malibu Patty Melt	1 serving	560.0	26.6	59.8	37.3	21.6	8.5	1449.0
French Fry Potatoes, Straight Cut	1/2 cup	197.2	11.1	22.5	0.0	2.0	1.7	303.8
Baked Onion Rings	4 ea	284.0	18.6	26.6	0.0	3.7	0.9	261.7
Cajun Chicken Breast with Pepper Jack Cheese	1 sandwich	760.2	29.2	74.6	114.2	48.4	5.6	1279.2
Three Cheese Grilled Cheese with Turkey Bacon	1 ea	588.7	33.8	47.5	66.8	22.7	2.2	1252.9

Pizza, Pasta, Flatbreads

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Bowtie Pasta and Chicken Alfredo	6 oz (p)	306.2	11.2	25.8	59.8	23.9	1.5	297.1
Thai Chicken Pizza	1 slice	574.6	16.8+	74.0	41.6+	26.7	3.5+	1100.5
Artichoke & Goat Cheese Flatbread	1 ea	329.7	17.2	32.0	17.0	13.6	6.2	652.4
Roasted Vegetable Calzone	1 ea	711.7	32.9	81.4	64.2	24.3	7.5	1317.3

Week 1 - Thursday
Breakfast-Entree

Memorial Cafe



Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Grits, Buttered	1 6oz ladle	109.4	0.8	22.6	0.0	2.5	0.5	256.5
Oatmeal, 6 oz	1 6oz ladle	107.4	1.8	19.2	0.0	3.7	2.9	253.2
Balanced Choice: Breakfast Farro Peach Cereal	1 cup	256.3	1.9	53.0	0.0	11.0	7.7	129.0
Scrambled Egg	1/2 cup	199.0	14.5	1.6	462.9	13.4	0.0	175.8
Scrambled Eggs with Cheese	1/2 cup	253.7	19.0	1.7	477.1	16.8	0.0	260.1
Hard Cooked Egg	1 ea	55.4	3.8	0.3	163.8	4.9	0.0	54.2
Bacon	2 slice	73.6	5.7	0.2	15.0	5.0	0.0	314.3
Sausage Patty	1 ea	99.5	8.3	0.0	24.6	5.7	0.0	219.8
Turkey Bacon	2 slice	70.0	5.7	0.5	25.2	4.2	0.0	339.6
Turkey Sausage Links	1 ea	47.8	3.7	0.3	33.1	3.2	0.0	121.1
Chicken Tenders	1 serving	492.5	26.4	24.5	81.5	30.6	0.0	509.4
Breakfast Potatoes	1/2 cup	100.9	4.5	14.0	0.0	1.9	1.4	65.7
Buttermilk Biscuit	1 ea	223.9	11.2	27.5	0.6	3.5	0.7	615.1
Sausage Gravy	1 2oz ladle	131.3	9.7	5.1	16.7	5.6	0.1	309.7
Quiche, Lorraine	1 slice	535.6	38.9	23.8	170.6	22.7	0.4	803.4
Potato Pancakes with Sour Cream and Applesauce	6 oz (p)	406.8	29.3	31.5	114.9	7.0	3.4	780.5

Breakfast-Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Hard Fried Eggs	1 ea	89.1	7.6	0.3	163.8	4.9	0.0	91.4
Scrambled Egg Substitute	1/2 cup	93.6	3.6	1.1	1.3	13.2	0.0	194.5
French Toast	2 half	212.6	7.2	24.5	241.4	11.0	1.1	388.3
Pancakes	2 ea	180.8	2.3	35.0	9.5	4.7	1.5	552.7
Egg Omelette	1 serving	218.1	16.2	2.0	483.0	14.0	0.2	342.3
Western Croissant Sandwich	1 sandwich	622.2	40.1	31.4	231.7	32.3	2.5	1966.6

Lunch - Exhibition

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Tilapia Tacos with Tomatoes, Lime and Cilantro	1 serving	321.6	11.6	29.5	80.5	26.3	5.6	547.3
Mexican Pinto Beans	1/2 cup	140.8	0.9	25.6	1.1	8.4	7.5+	154.8

Lunch - Entree

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Garden Vegetable Soup (AuBonPain)	2 6oz ladle	76.0	1.4	13.7	0.0	3.0	3.0	1096.2
Tomato Florentine Soup (AuBonPain)	2 6oz ladle	106.7	3.0	15.2	7.6	4.6	1.5	929.5
White Chicken Chili	1 8oz ladle	263.5	11.4	17.6	63.3	22.7	3.7	283.1
Chipotle Barbecue Turkey Meatloaf	4 oz (p)	175.8	7.6	10.2	88.9	15.4	0.9	501.3
Crispy Ranch Chicken	3 oz meat	237.9	11.6	5.4	74.9	26.3	0.2	259.2
Pasta with Roasted Pepper and Eggplant	8 oz (p)	203.0	6.9	30.1	0.4	5.5	2.8+	729.6
Spanish Rice	1/2 cup	104.7	2.5	18.8	0.0	2.0	1.1	91.0
Garlic Mashed Potatoes	1/2 cup	86.7	0.1	19.6	0.4	2.3	1.7	154.4
Roasted Winter Vegetables	1/2 cup	102.9	7.6	8.4	19.7	1.2	2.3+	241.1
Citrus Braised Swiss Chard	1/2 cup	7.3	0.1	1.6	0.1	0.5	0.4+	59.4
Roasted Beets	1/2 cup	52.4	0.9	10.4	0.0	1.7	2.1	86.2
Fried Okra	1/2 cup	113.8	10.3	5.2	0.0	1.9	2.5	2.7
Dinner Roll	1 ea	175.8	3.7	29.5	2.3	6.2	1.1	303.9
Cornbread	1 ea	168.3	5.8	28.8	20.2	3.6	3.2	669.3
Peach Cobbler	1/2 cup	358.8	19.0	44.9	1.9	2.7	1.5	193.6

Deli

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Italian Chicken Focaccia Panini	1 sandwich	722.7	40.2	42.5	163.4	46.9	2.7	1185.5
Bacon, Avocado, Tomato and Havarti Cheese	1 ea	363.4	29.6	7.4	55.6	18.7	4.8	644.6
Harvest Chicken Salad Croissant	1 sandwich	557.6	28.1	48.1	122.0	27.6	3.2	964.3
Colorful Quinoa Salad	1 cup	272.1	10.0	37.1	10.7	9.1	4.7+	603.5
Jicama and Mango Salad	1/2 cup	80.6	5.3	7.9	0.0	1.6	1.8	160.0

Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Deluxe Hamburger	1 ea	345.0	15.9	24.1	70.2	24.5	1.0	291.4
Cheeseburger	1 sandwich	398.2	20.3	24.3	83.5	27.6	1.0	383.5
Chicken Tenders	1 serving	492.5	26.4	24.5	81.5	30.6	0.0	509.4
Grilled Turkey Burger	1 ea	514.2	14.9	50.4	98.0	45.6	3.5	1178.6
Buffalo Chicken Sandwich w/ Blue Cheese Slaw	1 ea	966.9	44.5	77.4	136.3	57.0	4.6	2995.3
Malibu Patty Melt	1 serving	560.0	26.6	59.8	37.3	21.6	8.5	1449.0
French Fry Potatoes, Straight Cut	1/2 cup	197.2	11.1	22.5	0.0	2.0	1.7	303.8
Baked Onion Rings	4 ea	284.0	18.6	26.6	0.0	3.7	0.9	261.7
Grilled Reuben Sandwich	1 sandwich	853.6	62.3	44.0	115.3	28.9	6.3	2488.0
Three Cheese Grilled Cheese with Turkey Bacon	1 ea	588.7	33.8	47.5	66.8	22.7	2.2	1252.9

Pizza, Pasta, Flatbreads

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Baked Vegetable Ziti and Mozzarella	8 oz (p)	281.4	8.3	37.9	18.1	14.9	3.9	406.5
Grecian Vegetable Pizza	1 slice	566.8	21.0	68.1	35.0	22.4	3.4	1111.4
Double Pepperoni Flatbread	1 ea	486.8	30.6	29.5	50.5	23.4	1.7	1072.3
Chicken with Spinach and Artichoke Calzone	1 ea	679.0	22.8	81.7	99.4	38.0	9.3	1469.5

Week 1 - Friday
Breakfast-Entree

Memorial Cafe



Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Grits, Buttered	1 6oz ladle	109.4	0.8	22.6	0.0	2.5	0.5	256.5
Oatmeal, 6 oz	1 6oz ladle	107.4	1.8	19.2	0.0	3.7	2.9	253.2
Toasted Almond and Vanilla Quinoa Cereal	12 oz (p)	279.0	10.9	35.9	9.3	9.7	4.9	215.6
Scrambled Egg	1/2 cup	199.0	14.5	1.6	462.9	13.4	0.0	175.8
Hard Cooked Egg	1 ea	55.4	3.8	0.3	163.8	4.9	0.0	54.2
Bacon	2 slice	73.6	5.7	0.2	15.0	5.0	0.0	314.3
Sausage Patty	1 ea	99.5	8.3	0.0	24.6	5.7	0.0	219.8
Turkey Bacon	2 slice	70.0	5.7	0.5	25.2	4.2	0.0	339.6
Hash Brown Potato Patty	1 ea	217.8	13.3	23.9	0.0	2.7	1.7	64.6
Buttermilk Biscuit	1 ea	223.9	11.2	27.5	0.6	3.5	0.7	615.1
Sausage Gravy	1 2oz ladle	131.3	9.7	5.1	16.7	5.6	0.1	309.7
Quiche, Vegetable	1 slice	270.4	17.5	13.9	153.1	13.9	1.0	277.8

Breakfast-Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Hard Fried Eggs	1 ea	89.1	7.6	0.3	163.8	4.9	0.0	91.4
Scrambled Egg Substitute	1/2 cup	93.6	3.6	1.1	1.3	13.2	0.0	194.5
French Toast	2 half	212.6	7.2	24.5	241.4	11.0	1.1	388.3
Pancakes	2 ea	180.8	2.3	35.0	9.5	4.7	1.5	552.7
Egg Omelette	1 serving	218.1	16.2	2.0	483.0	14.0	0.2	342.3
Cheeseburger and Fried Egg Sandwich	1 serving	637.8	39.3	28.7	275.6	41.9	2.7	910.1

Lunch - Exhibition

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Spaghetti with Nuts and Roquefort	6 oz (p)	338.2	14.9	38.3	20.4	12.9	2.9	491.3
Whole Wheat Pasta Primavera	2 cup	507.5	31.8	49.9	0.0	10.1	7.6	304.4
Breadsticks	2 ea	123.5	3.2	20.3	0.0	3.5	0.0+	332.9

Lunch-Entrée

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Garden Vegetable Soup (AuBonPain)	2 6oz ladle	76.0	1.4	13.7	0.0	3.0	3.0	1096.2
Chicken Gumbo (AuBonPain)	2 6oz ladle	203.2	7.1	26.4	-	6.1	-	1178.4
Baked Stuffed Potato Soup (AuBonPain)	2 6oz ladle	365.7	22.9	30.5	38.1	9.1	1.5	1097.1
Grilled Pollock with Gremolata	3 oz meat	222.0	6.3	15.6	80.9	25.8	2.7+	726.7
Butternut Squash Risotto	1/2 cup	93.0	1.7	16.8	2.4	2.4	0.6+	110.4
Chicken Cacciatore over Spaghetti	1 serving	418.2	18.8	41.2	44.2	21.0	3.9	1021.9
Roasted Fingerling Potatoes	3 ea	144.2	5.7	21.6	0.0	2.2	2.0+	314.7
Basmati Rice with Saffron and Basil	1/2 cup	151.8	4.9	23.3	13.1	1.7	0.8	375.0
Turnip Greens	1/2 cup	40.6	0.6	5.5	0.2	3.3	3.4	78.6
Roasted Eggplant	1/2 cup	25.6	1.0	4.2	0.0	0.7	2.5	8.9
Carrots, Fresh Steamed	1/2 cup	37.4	0.2	8.7	0.0	0.9	2.6	156.9
Balanced Choice: Sauteed Green Beans and Cherry	4 oz	58.7	3.2	7.4	0.0	1.6	2.5	26.8
Dinner Roll	1 ea	175.8	3.7	29.5	2.3	6.2	1.1	303.9
Mexican Cornbread	1 slice	221.1	8.6	34.5	27.4	5.5	4.0	778.0
Bananas Foster Bread Pudding	1/2 cup	394.7	19.9	45.7	118.4	5.5	1.5	320.3

Deli

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Blackened Tuna Sandwich with Strawberry Salsa	1 ea	471.8	13.6	47.7	66.6+	38.4	2.8+	1490.2
Curry Chicken Salad on Wheat Bun	1 plate	384.4	7.7	61.7	41.8	20.3	6.3	372.1
Grilled Roast Beef with Pesto Sandwich	1 sandwich	471.9	19.6	34.4	76.1	35.2	4.4	613.1
Southwestern-Style Potato Salad	1/2 cup	168.2	6.9	25.7	5.1	2.3	2.0	387.4
Mozzarella Tomato Salad with Basil Vinaigrette	1 serving	168.5	14.6	3.1	22.4	6.9	0.8	300.9

Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Deluxe Hamburger	1 ea	345.0	15.9	24.1	70.2	24.5	1.0	291.4
Cheeseburger	1 sandwich	398.2	20.3	24.3	83.5	27.6	1.0	383.5
Chicken Tenders	1 serving	492.5	26.4	24.5	81.5	30.6	0.0	509.4
Grilled Turkey Burger	1 ea	514.2	14.9	50.4	98.0	45.6	3.5	1178.6
Buffalo Chicken Sandwich w/ Blue Cheese Slaw	1 ea	966.9	44.5	77.4	136.3	57.0	4.6	2995.3
Malibu Patty Melt	1 serving	560.0	26.6	59.8	37.3	21.6	8.5	1449.0
French Fry Potatoes, Straight Cut	1/2 cup	197.2	11.1	22.5	0.0	2.0	1.7	303.8
Baked Onion Rings	4 ea	284.0	18.6	26.6	0.0	3.7	0.9	261.7
Beer Battered Fish & Chip	1 serving	430.8	23.3	28.5	80.5	24.9	1.9	281.3
Three Cheese Grilled Cheese with Turkey Bacon	1 ea	588.7	33.8	47.5	66.8	22.7	2.2	1252.9

Pizza, Pasta, Flatbreads

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Penne with Sausage and Tomatoes	12 oz	409.8	16.2	47.8	27.3	19.0	5.3	1350.7
Garlic Chicken Pizza	1 slice	606.8	22.2	67.4	52.8	29.8	3.1	1064.3
Fresh Bruschetta Flatbread	1 ea	276.2	14.7	27.8	7.6	9.0	1.9	598.6
Broccoli and Three Cheese Calzone	1 ea	731.5	28.1	84.0	118.9	36.8	6.9	1530.6

Week 1 - Saturday
Breakfast-Entrée

Memorial Cafe



Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Grits, Buttered	1 6oz ladle	109.4	0.8	22.6	0.0	2.5	0.5	256.5
Oatmeal, 6 oz	1 6oz ladle	107.4	1.8	19.2	0.0	3.7	2.9	253.2
Scrambled Egg	1/2 cup	199.0	14.5	1.6	462.9	13.4	0.0	175.8
Hard Cooked Egg	1 ea	55.4	3.8	0.3	163.8	4.9	0.0	54.2
Bacon	2 slice	73.6	5.7	0.2	15.0	5.0	0.0	314.3
Sausage Patty	1 ea	99.5	8.3	0.0	24.6	5.7	0.0	219.8
Turkey Sausage Links	1 ea	47.8	3.7	0.3	33.1	3.2	0.0	121.1
Hash Brown Potato Patty	1 ea	217.8	13.3	23.9	0.0	2.7	1.7	64.6
Buttermilk Biscuit	1 ea	223.9	11.2	27.5	0.6	3.5	0.7	615.1
Sausage Gravy	1 2oz ladle	131.3	9.7	5.1	16.7	5.6	0.1	309.7
Ham, Country Breakfast	2 oz meat	94.9	4.8	0.0	31.4	12.1	0.0	799.5

Breakfast-Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Hard Fried Eggs	1 ea	89.1	7.6	0.3	163.8	4.9	0.0	91.4
Scrambled Egg Substitute	1/2 cup	93.6	3.6	1.1	1.3	13.2	0.0	194.5
French Toast	2 half	212.6	7.2	24.5	241.4	11.0	1.1	388.3
Pancakes	2 ea	170.6	2.2	32.3	9.5	4.6	1.2	552.7
Egg Omelette	1 serving	218.1	16.2	2.0	483.0	14.0	0.2	342.3
Scrambled Egg with Bacon on Biscuit	1 sandwich	358.3	20.4	25.3	250.4	16.3	0.8	859.5

Lunch - Entrée

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Garden Vegetable Soup (AuBonPain)	2 6oz ladle	76.0	1.4	13.7	0.0	3.0	3.0	1096.2
Red Beans, Italian Sausage & Rice Soup	2 6oz ladle	274.3	6.1	42.7	15.2	15.2	16.8	929.5
Broccoli Cheese Soup (AuBonPain)	2 6oz ladle	350.5	24.4	19.8	76.2	9.1	3.0	1462.9
Breaded Pork Chops (4616)	1 ea	289.2	13.3	14.3	90.5	26.1	0.8	810.8
Moroccan Vegetable Stew with Couscous	1 serving	290.1	1.4	61.5	0.0	8.9	6.8	121.8
Mashed Potatoes	1/2 cup	112.0	3.7	18.3	0.2	1.6	1.6	182.6
Candied Butternut Squash	1/2 cup	94.5	5.7	11.3	0.0	0.8	0.2+	211.3
Green Peas	1/2 cup	103.2	3.8	12.9	0.0	4.7	5.0	148.1
Glazed Carrots	1/2 cup	168.7	14.6	9.3	0.0	0.8	2.5	434.8
Dinner Roll	1 ea	175.8	3.7	29.5	2.3	6.2	1.1	303.9

Lunch - Grill

Menu Item	Portion Size	Calories	Fat (g)	Carbohydrate (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Deluxe Hamburger	1 ea	345.0	15.9	24.1	70.2	24.5	1.0	291.4
Cheeseburger	1 sandwich	398.2	20.3	24.3	83.5	27.6	1.0	383.5
Chicken Tenders	1 serving	492.5	26.4	24.5	81.5	30.6	0.0	509.4
Grilled Turkey Burger	1 ea	514.2	14.9	50.4	98.0	45.6	3.5	1178.6
Buffalo Chicken Sandwich w/ Blue Cheese Slaw	1 ea	966.9	44.5	77.4	136.3	57.0	4.6	2995.3
Malibu Patty Melt	1 serving	560.0	26.6	59.8	37.3	21.6	8.5	1449.0
French Fry Potatoes, Straight Cut	1/2 cup	197.2	11.1	22.5	0.0	2.0	1.7	303.8
Baked Onion Rings	4 ea	284.0	18.6	26.6	0.0	3.7	0.9	261.7
Three Cheese Grilled Cheese with Turkey Bacon	1 ea	588.7	33.8	47.5	66.8	22.7	2.2	1252.9