

Gundersen Lutheran Dining Room Nutrition Facts

The following items are served in the Gundersen Lutheran Dining Room (La Crosse Campus). Selections are subject to change without notice.

Headings are listed in alphabetical order: Beverages, Breads, Breakfast Items, Cold Meats & Cheese, Cold Sandwiches, Condiments, Dessert/Bars, Entrees, Fruit, Grab-N-Go Salads, Grab-N-Go Sandwiches, Hot Sandwiches, Muffins, Miscellaneous, Pies/Cakes, Potatoes/Rice/Pasta, Salads, Salad Dressings, Soups, Vegetables.

For additional nutrition information contact the Nutrition Clinic at 608-775-3447 or go to www.calorieking.com

* Denotes 500 Club entrées, soups, sandwiches, and desserts (less than 30% of calories from fat).

Beverages	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
1% Milk 8 oz.	100	2.5	11	0	115	7
2% Milk 8 oz.	120	4.5	12	0	115	7
Black Cherry Granita	130	0	35	0	30	0
Chocolate Milk 8 oz.	158	2.5	26	0	150	7
Peach Paradise Juice 8 oz	130	0	32	0	25	0
Crangrape Juice 8 oz.	150	0	37	0	15	0
French Vanilla Cappuccino 8 oz.	130	3	25	0	130	1
Grape Juice 8 oz.	120	0	29	0	10	0
Hot Chocolate	140	1	31	0	330	1
Irish Cream Cappuccino 8 oz.	150	5	24	0	290	0
Kiwi Strawberry Juice 8 oz.	110	0	26	0	15	0
Lemonade 8 oz.	110	0	26	0	0	0
Lemon Ice Granita 8 oz.	150	0	39	0	65	0
Orange Juice 8 oz.	110	0	27	0	0	0
Pumpkin Spice Cappuccino 8 oz	146	5.3	23	1	127	2
Ruby Red Grapefruit 8 oz.	170	0	41	0	10	0
Skim Milk 8 oz.	80	0	11	0	115	8
Unsweetened Tea 8 oz.	0	0	0	0	0	0
Vanilla Chai 8 oz.	140	4.5	26	0	20	0

Breads	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium(mg)	Protein (g)
Bagel 3 oz.	231	3	42	1	396	9
Baking Powder Biscuit (1)	129	6	16	0	219	3
Breadstick (1)	80	2	14	1	137	1.5
Cheese Bread 5 oz.	452	20	50	2	1000	18
Corn Bread 4 oz.	320	10	50	7	655	7.5
Croissant 2.5 oz.	320	10	50	7	655	7.5
Dinner Roll (1)	84	2	14	1	150	2.5
Multigrain Sub Roll 3.5 oz.	307	3	60	3	451	10
Pita Bread (1)	165	1	33	1	339	6
Wheat Kaiser 2.3 oz.	190	3	32	0	190	9
White Kaiser 2.3 oz.	202	3	39	1	294	5
Toast, wheat (1)	81	1	15	1	209	3
Toast, white (1)	86	1	16	1	170	3

Breakfast Items	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Apricot Scone (1)	400	12	65	2	1020	7
Bacon (2 slices)	73	6	0	0	202	5
Bacon Egg Bake	315	15	23	1	671	22
Blueberry Butterscotch Coffeecake	230	5	43	1	230	4
Bluberry Strudel Stick (1)	280	17	30	1	140	3
Caramel Cinnamon Roll (1)	431	22	56	2	722	2
Cheese Omelet	313	21	4	0	715	27
Cherry Almond Coffeecake	300	11	48	0	250	4
Cherry Coffeecake	300	11	49	0	280	4
Cinnamon Raisin Biscuit (1)	270	15	32	1	570	2
Cinnamon Scone (1)	226	13	22	0	4	5
Cinnamon Streusel Coffeecake	240	12	30	0	240	4
Cream of Wheat ¾ c.	129	0	26	2	4	6
Egg Beaters ¼ c.	25	0	1	0	80	5
Egg Muffin	352	16	28	2	1293	24
English Muffin (1)	134	1	26	2	264	5
French Toast (1 slice)	91	1	13	0	210	7.5
Frosted Sweet Roll	230	4.5	43	1	220	4
Ham Patty 2 oz.	192	17	1	0	597	9
Hard Cooked Egg (1)	79	6	1	0	65	5
Hash Browns 2 oz.	144	9	15	2	325	1
Low Cholesterol Egg 3 oz.	70	3	1	0	148	8
Malt O Meal ¾ c. cooked	126	1	28	2	2	1
Oatmeal ¾ c. cooked	109	2	19	3	2	4
Oatmeal Scone (1)	280	13	35	3	280	6
Overnight Crunch Coffeecake	230	3	48	0	260	4
Pancakes (2)	303	11	42	1	870	9
Pork Sausage Link 1 oz.	92	8	0	0	168	5
Pork Sausage Patty (1)	100	8	0	0	349	7
Sausage Muffin	484	29	29	2	1406	27
Sausage Gravy 4 oz.	200	16	6	0	480	8
Scrambled Eggs 5 oz.	158	10	3	0	148	9
Scrambled Eggs w/ Bacon/Cheddar	165	13	1	0	231	11
Scrambled Eggs 2/ Cheddar	157	11	2	0	259	12.5
Scrambled Eggs w/ Kielbasa/Cheddar	211	17	2	0	352	12.5
Scrambled Eggs w/ Veggie/Cheddar	169	13	2	0	199	11
Sour Cream Blueberry Coffeecake	223	10	31.1	.74	182	13
Spanish Potato Omelet	259	16	12	2	641	17
Strawberry Cr. Ch. Strudel Stick (1)	290	19	26	0	170	3
Waffle (1)	98	3	15	2	242	3
Western Eggs 2.5 oz.	15	8	2	0	185	7

Cold Meats & Cheese:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
American Cheese ¾ oz.	80	7	0	0	304	2
Cheddar Cheese 2/3 oz.	75	6	0	0	116	5
Corned Beef	22	1	0	0	215	3
Salami ¾ oz.	44	3	0	0	278	4
Sliced Roast Beef ¾ oz.	30	2	0	0	169	3
Sliced Ham ¾ oz.	21	1	0	0	273	3
Sliced Turkey ¾ oz.	19	1	1	0	296	1.5
Muenster Cheese 1 oz.	104	9	0	0	178	6
Provolone ¾ oz.	75	6	0	0	186	5
Swiss Cheese 2/3 oz.	70	5	1	0	49	5

Cold Sandwiches:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
*500 Club Sub	322	8	43	2	1458	19.5
*500 Club Sub--Square Meal	422	13	55	4	1600	21
BLT Sandwich	278	12	29	3	802	13.5
Chicken Salad Club on Wheat Bun	299	16	19	2	1315	20
Egg Salad Sandwich on Wheat	141	6	17	2	341	5
Surimi Salad on Croissant	480	26	39	2	1414	22.5

Condiments:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Butter 1 t.	34	4	0	0	39	0
Catsup 1/2 oz (1 tbsp)	15	0	4	0	168	0
Cream Cheese 1 oz	99	10	1	0	84	4
Cream Cheese Light 1 oz	62	4	2	0	133	4.5
Gyro Sauce 1.5 oz	91	9	2	0	23	.5
Honey 1/2 oz	43	0	12	0	1	0
Jelly ½ oz.	38	0	10	0	5	0
Light Ranch Dip 1 oz.	38	2	3	0	44	2
Light Sour Cream	37	2	2	0	18	3
Margarine 1 t.	34	4	0	0	51	0
Mayonnaise ½ oz. (1 T)	102	11	0	0	81	1
Miracle Whip Light ½ oz.	46	3	2	0	97	0
Mustard 1/5 oz.	6	0	2	0	67	0
Peanut Butter ¾ oz.	126	11	4	1	99	5
Sour Cream, 1 T.	26	3	1	0	15	0
Syrup, Pancake 1.5 oz.	124	9	32	0	19	0

Desserts/Bars:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
*500 Club Fruit Parfait	112	.6	23	2	44	4
Apple Bavarian Torte 5 oz	235	9	35	2	202	3.5
Apple Crisp 5 oz.	302	9	53	3	177	2
Baked Cherry Cheesecake 5 oz.	348	14	48	0	405	7.5
Baked Custard 6 oz	174	6	20	0	147	10
Banana Fudge Torte 5 oz	469	26	57	2	260	2
Banana Cake 5 oz sl	424	15	70	1	491	2
Berry Bavarian Creme 4 oz	162	2	36	1	122	0
Black Bottom Cupcakes 1 ea	262	12	37	2	186	1.5
*Bread Pudding 6 oz	191	5	28	1	160	10
Butter Caramel Sauce 1 oz	118	6	16	0	44	0
Breakfast Pizza, slice	244	11	24	2	471	12
Brownies 2 oz	231	9	37	1	130	.5
Brownie Macaroons 2.6 oz	275	11	41	2	150	2
Carter Peanut Dessert 3 oz	263	19	16	2	120	7
Cheesecake Brownies 2.5 oz	211	7	32	1	121	5
Cheesecake w/ Chocolate 5 oz. sl.	373	19	42	1	452	8.5
Cherry Berry on a Cloud 5 oz. sl.	346	8	68	1	137	.5
Cherry Crisp 7 oz.	358	11	64	2	101	1
Cherry Kuchen/Streusel Topping	511	23	76	2	498	0
Chewy Peanut Butter Bars 2 oz.	267	15	33	1	164	0
Chocolate Carrot Cake 5 oz.	487	24	66	2	342	2
Chocolate Cheesecake 5 oz sl	396	20	45	2	452	9
Chocolate Cherry Cheesecake 5 oz	305	12	42	1	347	7
Chocolate Chewy Scotch Bars 2 oz	289	14	39	1	214	2
Chocolate Chip Cheesecake 4 oz.	289	16	31	1	306	5
Chocolate Chip Cookie (1)	120	6	17	0	80	1
Chocolate Chip Cr. Ch. Bar 2 oz.	216	10	29	1	249	2.5
Chocolate Coconut Bundt Cake	580	27	80	3	530	9
Chocolate Frozen Yogurt ½ c.	140	0	28	1	80	3
Chocolate Layer Dessert 5 oz.	222	6	37	1	177	5
Chocolate Mint Dessert 5 oz	378	6	7	2	52	4
Chocolate Peanut Square 3 oz	303	21	26	3	191	2.5
Chocolate Streusel Bars 3 oz	266	9	47	2	34	5
Choc. Walnut Crumb Bar 2.5 oz	321	19	37	2	179	.5
Chunky Brownie Parfait 6 oz	389	16	61	1	452	0
Cinnamon Bread Pudding 5 oz	263	9	42	2	205	3.5
Cookies'n Cream Cheesecake 3 oz	259	13	32	1	353	3.5
Cottage Cheese Cheesecake 5 oz	314	13	40	1	490	9
Cranberry Torte 6 oz.	520	27	65	2	440	7
Cream Puff	271	16	30	0	218	2
Custard Rice Pudding 6 oz	246	4	46	1	274	6
Double Chocolate Chip Cookie 1	160	5	28	2	130	2
Double Choc. Crumble Bars 2 oz	252	15	26	2	187	3
Filled Eclairs (2)	551	31	64	3	347	4
Fruit Pizza 1 piece	409	20	52	2	205	5
*Frosted Raspberry Gelatin 5 oz	110	1	23	0	69	2
Fudge Peanut Butter Bar 2 oz	302	18	33	2	277	2
German Choc. Cheesecake 5 oz	352	19	40	1	437	5
Hershey Almond Dessert 3 oz	283	10	48	1	283	0
Hummingbird Cake 5 oz	531	24	77	2	277	2
Ice Cream Cone (1)	25	0	5	0	15	0

Krispy Coconut Dessert 5 oz	290	12	41	.6	328	4.5
Lemon Layer Dessert 6 oz	232	14	23	0	194	3.5
Marbelous Peanut Butter Dessert	327	22	28	2	207	7
M&M Bars	410	20	54	2	250	4
M&M Cookie (1)	120	6	17	0	85	2
Nutcracker Sweets Bar 3 oz	268	12	40	1	161	5
Oatmeal Cake 6 oz	528	27	66	3	519	5
*Oatmeal Raisin Cookie (1)	110	3.5	17	0	85	2
O'Henry Bars (Peanut Butter Bars)	260	11	36	1	209	4
Peach Almond Kuchen 6 oz	242	9	36	1	150	4
*Peach Vanilla Wafer Dessert 5 oz	145	4	26	1	70	1
Peanut Buster Dessert 3 oz	324	19	36	1	372	2
Peanut Butter Bars (O'Henry Bar)	260	11	36	1	209	4
Peanut Butter Fingers 2 oz	219	12	25	1	203	3
Peanut Butter Incredibles 2 oz	327	22	31	2	268	1
Peanut Butter Swirl Bar 2 oz	176	9	23	1	133	1
Peanut Choc. Parfait Desert 5 oz	401	18	51	2	476	9
Pineapple Delight 7 oz	403	12	70	1	385	4
Pumpkin Bar 3 oz	287	13	40	1	191	2.5
Pumpkin Dessert 5 oz	333	15	45	3	284	4.5
Purple Lady (Gelatin) 4 oz	142	7	19	2	26	1
Raisin Rice Custard	250	6	41	0	190	9
*Raspberry Angel Dessert 4 oz	144	1	30	2	189	4
Raspberry Banana Jubilee 5 oz	230	9	37	1	186	0
Raspberry Torte 5 oz	430	18	65	3	267	2
Reese's Pieces Cookie (1)	130	7	14	0	65	3
Rhubarb Cherry Crunch 7 oz	323	10	58	2	25	0
Rhubarb Patch Dessert 5 oz	332	14	49	2	294	2.5
Rhubarb Squares 6 oz	368	13	61	3	172	2
*Rice Krispies Treats 1 piece	207	7	36	0	254	0
Rocky Road Fudge Bar 2 oz	256	12	34	1	160	3
Salted Nut Roll Bar (1 Bar)	380	17	46	1	343	0
*Strawberry Jello Salad/Straw 6 oz	91	0	22	0	55	1
Strawberry Mellow Dessert 6 oz	322	6	63	2	202	4
Strawberry Mousse Parfait 5 oz	227	7	38	1	207	3
Strawberry Pretzel Dessert 5 oz	226	8	37	1	267	1.5
Strawberry Rhubarb Cheesecake	394	18	48	1	349	10
Strawberry Shortcake 4 oz	202	6	37	2	295	0
Sugar Cookie	120	6	17	0	85	2
*Sugarfree Cherry Gelatin 3 oz	54	2	2	0	138	7
*Sugarfree Chocolate Mint Mousse	140	5	19	0	80	4
*Sugarfree Chocolate Pudding 5 oz	114	4	15	0	343	4.5
*Sugarfree Gelatin All Flavors 5 oz	38	2	4	0	80	1
*Sugarfree Vanilla Pudding 5 oz	90	1	20	1	35	2
Waffle Cone (1)	90	1	20	1	35	2
Yummy Delight 5 oz.	306	16	37	1	401	3.5

Entrees:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Baked Chicken Breast w/Skin 4 oz	210	13	0	0	257	23
*Baked Chicken Breast w/o Skin 4 oz	109	2	0	0	49	23
*Baked Cod 4 oz.	95	1	0	0	86	21.5
Baked Filet of Cod 4 oz.	128	5	.5	.1	.01	20
*Baked Ham 3 oz	48	2	1	0	803	6.5
*Baked Potato w/ Broccoli/Cheese	440	8	80	8	550	14
*Baked Stuffed Chicken Breast/Gravy	340	9	13	0	150	48
BBQ Chicken Wing (1)	131	8	5	0	182	6
Beef Burrito	502	29	39	1	1305	21
Beef & Bean Burrito 6 oz	374	16	35	4	484	22.5
*Beef Goulash	195	6	23	2	653	12
Beef Pot Roast 4 oz	150	6	2	0	428	22
*Beef Stew 8 oz	151	4	14	1	999	15
Beef Stroganoff 5 oz	197	13	7	1	605	13
Beef Stroganoff w/4 oz Noodles	348	14	36	2	613	19.5
Breaded Cod 4 oz	224	11	9	0	343	22
*Brown Sugar Rosemary Pork Loin	176	6	5	0	431	25.5
*Butter & Parsley Baked Cod	200	3	0	0	250	41
*Cajun Style Cod 3 oz	101	1	1	0	530	22
Cheese Pizza Round (1)	400	16	47	2	730	15
Chicken Ala King (no biscuit)	145	7	9	1	383	11.5
Chicken Cordon Bleu (no rice)	340	21	1	0	580	37
*Chicken Burrito Ranchero	327	10	45	0	705	17
*Chicken & Dressing w/ Gravy	474	10	52	9	1203	44
*Chicken Fajita Pita	350	4.5	49	7	470	31
Chicken Forester	390	23	19	0	450	28
Chicken Parmesan on Bun	340	15	46	0	1087	29
Chicken Parmesan w/ Pasta	571	21	43	2	897	52.5
Chicken Strips (2)	190	13	7	0	390	10
*Chick/Wild Rice Med. 6oz 2 scoops	325	11	41	3	1246	15.5
Chimichangas (1)	455	22	43	2	956	21
*Deep Dish Burrito 7 oz	264	13	20	0	858	17
Egg Roll 6 oz	180	7	25	2	490	4
Filet of Cod Almondine	250	11	8	0	560	28
*Filet of Cod with Lemon Butter	140	4.5	4	0	420	21
Ground Beef Casserole 2 scoops	241	13	17	1	742	14
Ham Patty 2 oz	194	18	1	0	602	7
Herb Roasted Pork Loin	140	6	1	0	135	18
Ital. Meat Sauce for Spaghetti	152	9	9	1	393	9
Ital. Meat Sauce w/5 oz Spaghetti	351	10	49	5	395	16
Kielbasa 1 piece 2 oz	176	15	1	0	610	9
*Kung Pao Chicken (without rice)	140	4.5	9	1	630	15
Lasagna 1 piece	274	11	25	4	591	19
Macaroni and Cheese	242	10	25	1	643	13
*Manicotti Marinara	160	7	15	0	270	9
Meatloaf 3 oz	204	13	4	0	383	18
Mini Corn Dogs 4 oz	320	18	26	0	1240	13.5
*Penne Pasta w/Marinara 7 oz.	244	8	38	2	536	5
Pepperoni Deep Dish Pizza 1 sl.	304	14	29	2	636	15.5
Polish Sausage	246	22	1	0	662	11
Potato & Ham Casserole 1 scoop	139	6	11	2	569	10
*Ranch Beans 6 oz/2 scoops	350	11	45	9	564	18

*Red Beans & Rice 7 oz.	281	9	37	8	421	13
*Roast Beef 3 oz	184	11	0	0	122	21
* Roast Chicken Breast/Gravy	140	3	2	0	360	25
*Roast Chick Brst/Mushroom Sauce	343	22	1	0	575	35
*Roast Pork 3 oz	104	6	0	0	181	12.5
*Roast Turkey	150	6	0	0	50	22
Sausage & Mush Deep Dish Pizza	371	18	29	2	865	23
Sausage Pizza Round (1)	498	30	42	2	1093	16
Scalloped Potato/Ham 2 scoops	161	6	20	2	719	7
Shrimp & Fish Platter	670	8	1	0	560	139
Spaghetti with Meatballs Marinara	460	20	40	2	450	18
*Stuffed Shells in Sauce (1)	125	5	17	1	489	2
*Swedish Meatballs (3)	206	12	9	1	404	15.5
*Sweet & Sour Chicken. /Rice 9 oz	264	3	44	1	320	15.5
*Sweet and Sour Pork/ Rice 9 oz	240	3	40	2	311	13
Swiss Steak w/Mushroom Gravy	281	11	4	0	564	41.5
Supreme Deep Dish Pizza 1 piece	396	21	30	2	860	22
Szechwan Beef (without rice)	140	5	9	2	40	15
*Taco (1)	245	8	25	2	606	18
Taco Salad Bar 9 oz	225	12	13	3	713	16
Tator Tot Casserole 6 oz 2 scoops	262	15	20	2	678	12
Tenderloin Tips/Mush. Gravy 5 oz	208	13	3	0	612	20
T-loin Tips/Mush.Gravy &Noodles	396	15	38	2	622	27
*Teriyaki Chicken Breast 5 oz	188	3	9	0	2236	31
*Tom. & Pepper Meatballs w/Rice	288	12	34	2	629	11
Tortellini Veg. Cass. 6 oz 2 scoops	201	9	18	2	623	12
Tortellini w/ Garlic & Herb Butter	360	18	36	3	100	15
*Tuna Noodle Cass. 6 oz 2 scoops	179	6	17	1	393	14
Turkey & Dressing Bake 6 oz	237	12	23	0	924	9
*Turkey Breast 3 oz	59	1	0	0	280	12.5
*Turkey Filet/Gravy	194	2	24	4	1542	20
Turkey Parmesan 4 oz.	160	10	3	0	390	14.5
Turkey Parmesan w/ 4 oz. Fettuccini	387	15	20	2	500	43
*Turkey Tetrazini 2 scoops 6 oz	197	7	17	2	601	16.5
Turkey Veloute	210	8	0	0	100	31
*Vegetable Lasagna 1 Piece	252	13	21	0	590	13

Fruit	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Apple 1 medium	70	0	19	3	0	0
Banana 1 medium	110	0	27	3	0	1
Cantaloupe (1/2 fruit)	90	.5	23	2	45	2
Grapefruit wedges (1/2 c.)	80	0	20	0	0	1
Grapes (1 c.)	110	0	29	1	0	1
Orange 1 medium	70	0	17	4	0	1
Watermelon (2 c.)	80	0	27	2	10	1

Grab N Go Salads:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Asian Chicken Salad (No Dressing)	200	11	16	4	250	11
Cool Rainbow Chef Salad & breadstick	274	9	41	5	660	8
Fresh Spinach Salad (No Dressing)	318	11	35	4	373	20
Garlic Chicken Caesar Salad (No Dsg.)	290	19	5	2	895	25
Greek Pasta Chef Salad & breadstick	333	14	42	4	722	12
Honey Ham Chef Salad (No Dsg.)	307	18	18	3	805	18
Relish Box for 10 (w/ Dressing)	198	13	20	6	315	0
Sm. Turkey Chef Salad & breadstick	311	15	21	2	809	23
Strawberry Spinach Salad w/ Dressing	400	28	28	4	600	12
Veggie Chef Salad (No Dressing)	361	26	13	4	262	19

Grab N Go Sandwiches:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Classic BLT Wrap	450	26	29	3	1350	21
Country Club Wrap	390	18	30	3	1630	26
God Father Wrap	420	22	30	3	1500	25
Greek Smoked Turkey Wrap	270	8	30	3	1420	17
Honey Ham 500 Club Sub	360	13	39	5	1074	22
Honey Ham Sandwich on WW Bun	321	14	32	5	1086	17
Italian Stallion Sub	401	18	33	2	1385	27
Our Hero Sub	378	13	43	2	842	22
Perky Turkey Croissant	439	22	35	3	928	25
Porky's Delight	417	16	38	3	605	30
Raging Roast Beef 500 Club Sub	327	14	31	6	396	19
Roast Chicken Caesar Wrap	510	22	53	5	1060	35
*Roast Pork Loin Sandwich on Bun	288	7	39	6	212	17
*Roast Beef Sand on Wheat Kaiser	324	6	48	4	344	19.5
*Shaved Honey Ham on Onion Bun	418	13	53	3	1131	22
Smoked Turkey Croissant	423	21	34	3	983	24.5
*Tuna Sandwich	393	12	47	3	736	24
*Turkey 500 Club Sub	472	13	66	11	1159	23
*Turkey Bagel w/Swiss Cheese	388	9	51	2	1134	26
*Turkey on Sesame Bagel w/ CC	353	7	53	3	1144	19.5
*Very Veggie Sandwich	217	3	39	6	404	8.5

Hot Sandwiches:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Bacon Cheeseburger/Lettuce/Bun	528	33	24	2	808	34
BBQ Pork on a Bun	347	12	36	2	673	24
BBQ Beef (Sloppy Joe) & Bun	344	15	32	2	600	20
Bratwurst on a Bun	400	27	23	0	930	16
California Burger	380	24	21	1	390	18
Cheeseburger	457	30	24	1	565	23
Chicken Cordon Bleu Sandwich	472	17	43	1	1379	37
Chicken Hoagie on a Bun	360	9	44	2	721	26
Chicken Parmesan on Bun	430	14	47	2	1030	28
Chicken Philly Sandwich	483	16	35	2	454	50.5
Chili Dog on a Bun (1)	347	19	28	2	806	16
Country Fried Cod Sandwich	366	11	41	1	366	26
Grilled Cheese/Wheat Berry Bread	492	27	2	4	1357	20
*Grilled Tuna Melt	210	7	28	1	480	9
Grilled Ham & Cheese/Wheat Berry	370	20	28	4	1610	21
Grilled Veggie Sandwich	364	18	32	4	862	18.5
Gyro 1 sandwich w/ sauce	595	36	43	3	561	25

Hamburger	350	24	14	0	390	17
*Honey Ham/Cheddar Sesame Bagel	322	11	33	2	1107	23
*Hot Beef on a Bun	274	7	27	1	821	26
Hot Dog on a Bun	270	16	23	1	702	8.5
Mr. Ribb on a Bun	506	25	45	2	1639	25
Mushroom Burger on a Bun	441	27	21	2	587	28.5
Philly Steak Sandwich	659	44	35	2	518	31
Reuben Sandwich	445	28	24	8	1878	24
*Smoked Turkey/Swiss Bagel	323	7	42	3	1227	23
Teriyaki Chicken Sandwich on Bun	349	10	30	1	805	35
Tuna & Egg Salad for Sandwiches	92	3	3	0	240	13
*Turkey Bagel Melt	275	8	33	2	1461	18
*Turkey & Cheddar on Wheat Bagel	480	7	77	2	660	25

Muffins:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Almond Poppy Seed Muffin (1)	278	13	36	1	221	4
Apple Muffin (1)	287	12	41	1	296	4
Applesauce Bran Muffin (1)	360	9	68	3	200	7
Banana Muffin (1)	275	11	40	1	202	4
Banana Butterscotch Muffin (1)	259	10	40	1	287	2
Berry Corn Muffin (1)	214	7	35	1	400	3
Blueberry Buttermilk Muffin (1)	261	10	40	2	329	3
Blueberry Cran. Muffin-Lowfat (1)	176	1	39	1	312	3
Blueberry Muffin-Lowfat (1)	165	1	37	1	287	2
Bran Muffin (1)	244	6	46	6	398	1.5
Carrot Muffin (1)	251	11	33	2	310	5
Carrot-Pineapple Muffins (1)	240	7	40	1	230	4
Coconut Carrot Muffins (1)	279	12	40	2	312	3
Corn Muffin (1)	225	8	35	0	443	3
Cranberry Muffin (1)	226	5	41	1	270	4
Cranberry Orange Muffin-Lowfat (1)	210	1	46	1	358	4
Honey Bran Muffin-Lowfat (1)	250	3	51	4	312	6
Lemon Poppyseed Muffin-Lowfat (1)	215	2	46	1	359	3
Maple Corn Muffin (1)	236	9	37	0	464	2
Multi-Grain Sub Roll (3.5 oz)	307	3	60	3	451	5
Oatmeal Muffin	260	12	34	1	290	5
Oatmeal Raisin Muffin (1)	261	11	36	2	284	4.5
Orange Poppyseed Muffin (1)	281	8	48	1	167	4
Peach Coconut Muffin (1)	292	14	39	2	265	2.5
Poppyseed Almond Muffin (1)	280	13	36	0	220	5
Pumpkin Muffin (1)	260	9	43	1	124	2
Sour Cream Blueberry Muffin (1)	245	11	34	1	205	2.5
Sour Cream Streusel Muffin (1)	350	16	50	0	250	5
Strawberry Muffin (1)	297	14	42	1	242	1

Miscellaneous:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Breaded Cheddar Crisps 3 oz	275	14	22	3	880	15
Cheese Sauce 1 oz	44	3	2	0	238	2
Chili Sauce 2 oz	67	4	4	0	138	4
Chimichanga Sauce 1 oz	8	0	2	1	283	0
Cottage Cheese, ½ cup	80	1	3	0	460	14
Guacamole Sauce 1 oz	34	3	1	1	0	4.5
Gyro Sauce 1 tbsp	91	9	2	0	23	.5
Jalapeno CreamCheese Poppers (4)	290	14	34	1	960	7
Low-Fat Ranch Dip 1 oz.	38	2	3	0	44	2
Mozzarella Cheese Stic ks (4.8 oz)	470	29	34	2	1330	18
Onion Rings 3 oz	350	23	32	2	320	5
Turkey Gravy from Dry Mix, 1 oz	1	0	0	0	9	0

Pies/Cakes :	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Apple Cake w/ Frosting 5 oz	410	21	54	2	448	1
Apple Cranberry Pie 1 sl.	510	28	63	4	460	4
Apple Pie 1 piece	304	13	45	0	357	2
Apple Praline Pie 1 piece	526	20	872	0	469	4.5
Banana Cake with CC Frosting	320	2.5	70	1	340	5
Banana Cream Pie 1 piece	213	6	37	1	211	3
Black Forest Torte Cake 1 piece	378	23	13	2	412	30
Blueberry Pie 1 piece	390	16	60	3	30	1.5
Caramel Apple Nut Pie 1 slice	630	36	70	2	440	6
Carrot Cake 5 oz piece	475	24	63	1	369	2
Cherry Pie 1 piece	452	20	66	2	311	2
Chocolate Banana Coconut Cm Pie	259	1	37	2	301	3
Chocolate Cherry Cake 5 oz piece	398	10	73	2	401	4
Choc. Coconut Bundt Cake 6 oz	577	27	80	3	513	3.5
Chocolate Cookie Pie 1 sl.	327	19	37	2	375	2
Choc. Nut Layer Cake/CCFrosting	546	23	81	2	540	4
Chocolate Oatmeal Cake 5 oz sl	415	15	68	2	370	2
Chocolate Praline Layer Cake 4 oz	435	29	43	1	424	.5
Coconut Cream Pie 1 piece	291	12	40	1	331	6
Coconut Macaroon Pie 1 piece	492	28	58	2	487	2
Éclair Dessert 4 oz	238	14	25	1	239	3
Ellie's Chocolate Peanut Pie 1 sl	260	10	38	1	510	4.5
Fruit of the Forest Pie 1 sl	440	24	53	4	540	4
German Chocolate Cake	450	25	48	2	110	8
Ho Ho Cake	332	13	50	1	505	4
Hummingbird Cake 1 piece	478	19	75	2	214	2
Lemon Meringue Pie 1 piece	309	9	52	0	385	5
Lemon Poppyseed Cake--Red. Fat	266	5	53	1	264	2
Marbeled Chocolate Bundt Cake	421	16	66	1	650	3
Miss America Pie 1 sl	403	17	61	2	292	1.5
Peach Berry Pie	480	26	44	3	350	5
Peanut Butter 'n Banana Pie 1 sl	467	21	66	2	628	3.5
Peanut Butter Luster Pie 1 sl	589	34	66	3	445	5
Poppyseed Cake 1 piece	305	16	37	1	314	3
Poppyseed Sunshine Cake 1 piece	350	14	53	1	285	2
Pumpkin Cake 5 oz	483	24	64	2	437	3
Pumpkin Cheese Cake 6.5 oz	393	18	48	2	435	10
Pumpkin Pie 1 piece	372	18	47	5	460	5.5

Quick Chocolate Cake 4 oz piece	369	18	50	1	258	2
Raisin Spice Cake 6 oz	464	22	63	2	451	3.5
Raspberry Sunburst Cake 4 oz	250	10	37	1	277	3
*Strawberry Parfait Pie 5 oz	193	4	38	1	224	1
Strawberry Stuffed AngelFoodCake	200	9	28	0	230	3
Strawberry Yogurt Cake 5 oz	309	13	43	1	299	5

Potatoes, Rice, Pasta:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Baked Potato 1 large	153	2	31	3	8	3
Bread Stuffing 4 oz	207	10	23	2	384	6
Butter & Parsley Roasted Redskins	137	6	20	2	61	1
Buttered Noodles 3 oz.	131	8	13	1	75	2
Buttered Rice 3 oz	128	6	17	0	59	1.5
Cheesy Potato Bake 4 oz	217	13	18	1	322	7
Cooked Spaghetti, plain 3 oz.	73	2	12	1	20	2
Criss Cut Fries-Baked	126	5	20	2	32	0
Fettuccini/Parmesan Noodles 3 oz	164	6	20	1	85	7.5
French Fries 3 oz	238	13	30	2	163	0
Garden Rice Pilaf	80	2	14	0	330	2
Garlic Roasted Russets ½ c	172	8	21	4	206	4
Long Grain & Wild Rice 3 oz	89	1	17	0	336	3
Mashed Potatoes 1/3 c	65	1	12	1	168	2
Parsley Buttered Spaetzel	220	6	33	0	390	8
Ranch Fries 4 oz	325	17	41	3	223	2
Rice Pilaf 4 oz	135	2	25	0	392	4
Rosemary Oven Roasted Potatoes	220	6	38	4	548	3.5
Seasoned Stuffing 4 oz	194	11	20	1	590	4
Seasoned Wedge Fries 4 oz	203	10	26	0	446	2
Sour Cream & Chive French Fries	270	13	38	4	520	4
Spanish Rice 2 scoops 6 oz	216	10	25	1	670	6.5
Sweet Potatoes 4 oz	117	0	28	3	11	1
Wild Rice Blend 3 oz.	100	1	18	1	350	5

Salads:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Almond Crunch Chick. Salad 1/3 c	154	8	10	1	273	10.5
Apple Cider Salad 4 oz.	121	2	24	1	54	2
Bacon Curry Coleslaw 1/3 c	87	4	9	2	429	4
Broccoli Carrot Salad 1/3 c	106	4	18	2	299	0
Broccoli Cashew Salad 1/3 c	155	8	19	2	236	1.5
Broccoli Raisin Salad 1/3 c	129	7	13	2	167	3.5
Cauliflower Broc. Ched. Salad 1/3 c	125	8	9	1	358	4
Cauliflower Salad 1/3 c	67	5	4	1	173	1.5
Cherry Applesauce Salad 1/3 c	115	0	28	1	60	1
Cherry Gelatin Salad 1/2 c	71	0	17	0	65	1
Cherry Pear Gelatin Salad 1/2 c	79	0	19	0	60	1
Cherry Pecan Dream Salad 1/3 c	96	4	14	1	23	1
Chicken Salad 1/3 c	119	7	4	0	633	10
Chunky Chic. Salad w/Pecans 1/3 c	143	7	5	1	350	15
Club Salad 1/3 c	133	7	14	1	542	3.5
Cool Rainbow Salad 1/3 c	119	4	17	1	240	4
Cran-Raspberry Orange Salad 1/2 c	109	0	27	0	47	0
Creamy Cucunber Salad 1/3 c	74	4	7	1	238	2.5
Creamy Cole Slaw 1/3 c	149	11	11	2	385	1.5

Creamy Tomato/Cuke Salad 1/3 c	50	3	5	1	89	1
Crunchy Pea Salad 1/3 c	173	14	8	3	250	4
Cucumber/Tomato/Onion Salad	97	9	4	1	195	0
Delicious Strawberry Salad 1/3 c	83	2	14	0	85	2
Dilled Cucumber Salad 1/3 c	36	0	9	1	2	0
Fire & Ice Tomatoes 1/3 c	36	0	9	1	263	0
Fruited Coleslaw 1/3 c	125	6	19	1	195	1
Fruity Raspberry Yogurt Mold 1 pc	104	1	22	1	66	2
Garden Mac 1/3 c	99	3	14	1	300	4
Greek Pasta Salad 1/3 c	165	9	16	1	460	5
Ham/Cheese/Peas Shells Mac. 1/3 c	137	5	14	1	455	9
Ham/Cheese Salad for Sand 2T	128	8	5	0	697	9
Italian Marinated Veggie Sal 1/3 c	72	3	12	1	237	1
Italian Style Cauliflower Sal 1/3 c	73	6	4	1	106	1
Layered Lettuce Salad 1/2 c	165	11	12	2	436	4.5
Mandarin Orange Jello Salad 1 pc.	71	0	17	0	2	1
Marinated Bean Salad 1/3 c	125	1	29	3	397	0
Marinated Cabbage Salad 1/3 c	68	0	17	2	24	0
Marinated Pasta Salad 1/3 c	56	3	6	1	91	1
Marinated Veg. Salad 1/3 c	88	8	4	1	235	0
Parmesan Bacon Coleslaw 1/3 c	52	3	5	1	212	1
Pasta Nugget Medley 1/3 c	125	7	12	1	215	3.5
Peach Fruited Gelatin Salad 1 piece	79	0	19	0	47	1
Pear Lime Gelatin Salad 1 piece	83	0	20	1	56	1
Potato Salad 1/3 c	120	7	12	0	468	2
Raspberry Salad with Pears 1 piece	75	0	18	0	44	1
Strawberry Banana Jello Salad 1 pc	71	0	17	0	47	1
Straw. Jello Salad w/ Bananas 1 pc	91	0	22	1	44	1
Straw. Jello Salad w/ Straw. 4 oz	77	0	18	.2	46	1
Surimi Salad--mini deli 3 oz	75	4	4	0	210	2.5
Taco Salad Bar 9 oz	225	12	13	3	713	16
Taco Salad Meat (Turkey) 2 oz	64	3	2	0	264	7
Three Bean Salad 1/3 c	107	6	13	2	315	0
Tortellini Salad 1/3 c	184	12	13	1	578	6
Tuna and Egg Salad for Sand. 1/3 c	92	3	3	0	240	13
Tuna and Pea Salad 1/3 c	153	9	7	1	302	11
Tuna Salad for Sandwiches 1/3 c	90	3	4	0	280	12
Tuna with Almonds Salad 1/3 c	115	5	5	0	299	12.5
Vegetable Nugget Salad 1/3 c	167	9	19	3	57	2.5
Waldorf Salad 1/3 c	88	4	12	2	167	1
Watergate Salad 1/3 c	203	8	31	1	197	2
Zesty Veg. Pasta Salad 1/3 c	145	8	16	2	154	2

Salad Dressing 1 Ladle (2 tbsp):	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Fat Free Italian	10	0	2	0	290	.5
Low-Cal French	44	2	7	0	256	0
Ranch	180	18	2	0	270	2.5
Western	120	12	4	0	260	0

Soups:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
*Creamed soups are made with reduced-fat milk						
*Alpine Veggie Soup 6 oz	41	1	7	1	493	1
*Beef Barley Soup	190	4.5	21	5	2050	15
Broccoli Cheese Soup 6 oz	102	6	10	1	658	2
Cauliflower Cheese Soup 6 oz	125	8	8	1	776	5
*Chicken Dumpling Soup 6 oz	109	3	11	1	310	9.5
Chicken Florentine Soup	161	10	10	1	596	8
*Chicken Italian Soup 6 oz	98	2	10	2	137	10
*Chicken Noodle Soup 6 oz	110	4	13	1	535	5.5
*Chicken Wild Rice Soup 6 oz	194	9	19	1	1019	9
Chili Con Carne 6 oz	223	12	11	4	714	18
Cream of Broccoli Soup 6 oz	123	7	11	1	182	4
Cream of Mushroom Soup 6 oz.	110	5	11	0	390	5
Cream of Potato Soup 6 oz	114	6	11	0	230	4
Creamy Chicken Potato Soup 6 oz	109	5	10	1	615	6
Creamy Chicken Vegetable Soup	140	6	11	1	1090	11
Hearty Beef Stew 6 oz.	270	14	18	1	440	16
Homemade Cream of Mush. Soup	108	5	11	.5	399	5
*Italian Cream of Tomato Soup	86	2	14	1	499	3
Louisiana Sausage Soup 6 oz.	141	7	10	1	724	9.5
*Minestrone Soup 6 oz	51	1	10	1	581	.5
*Navy Bean Soup 6 oz	103	2	15	2	1	6
*Onion Soup w/Parmesan Dumplings	90	2	11	1	979	7
*Split Pea Soup 6 oz	110	2	15	3	605	8
*Tomato Soup 6 oz	83	2	14	0	519	2
*Vegetable Beef Soup 6 oz	51	1	5	1	425	5.5
Vermont Cheese Soup 6 oz	144	8	9	1	405	9
Wild Rice Soup 6 oz	107	5	10	0	768	5.5
Wisconsin Cheese Soup 6 oz.	160	11	10	0	610	6

Vegetables:	Kcal	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Protein (g)
Baby Whole Carrots 4 oz	40	1	9	2	40	1
Batter Fried Mushrooms 1/2 c	240	20	13	1	196	2
Broccoli Florets 1/2 c	32	0	6	3	31	2
Buttered Rutabagas 1/2 c	75	4	9	3	164	1
Butternut Squash 1/2 c	53	1	10	3	263	1
Buttered Zucchini & Carrot w/Dill	60	4	5	2	65	1
California Blend 1/2 c	34	0	6	3	152	2.5
Carrot Coins 1/2 c	41	0	9	4	67	1
Carrots with Bacon 1/2c	143	9	15	3	380	.5
Carrots Vichy 1/2 c	138	4	25	4	788	.5
Cauliflower 1/2 c	22	0	4	3	20	1.5
Cauliflower w/Cheese Sauce	81	4	9	3	424	2
Cut Green Beans 1/2 c	20	0	4	1	376	1
Glazed Carrots	110	4	18	1	116	.5
Glazed Sweet Potatoes	90	3	15	1	40	1
Green Beans Au Gratin 1/2 c	73	4	8	2	458	1
Green Bean Medley 1/2 c	38	0	9	3	56	.5
Green Beans Supreme 1/2 c	70	3	9	2	195	2
Green Beans with Almonds 1/2 c	68	3	8	3	99	2
Honey Glazed Squash	201	5	38	6	365	1

Italian Mixed Vegetables 1/2 c	52	0	12	4	31	1
Italian Style Zucchini 1/2 c	58	5	3	1	87	0
Leaf Spinach 1/2 c	49	0	6	5	121	6
Mixed Vegetables 1/2 c	73	1	15	5	53	1
Parmesan Zucchini 1/2 c	57	5	3	1	87	0
Prince Charles Blend 3/4 c.	30	0	5	2	25	1
Roasted Sweet Potatoes 1/2 c	140	4.5	4	4	330	2
Steamed Brussels Sprouts 1/2 c	41	0	8	4	24	2
Steamed Cabbage 1/2 c	77	5	7	1	283	1
Steamed Corn 1/2 c	66	0	16	2	333	.5
Steamed Peas 1/2 c	92	0	16	6	6	7
Steamed Peas & Carrots 1/2 c	68	0	14	5	46	3
Steamed Spinach 1/2 c	20	0	3	2	115	2
Stewed Tomatoes 1/2 c	29	0	7	2	288	0
Sugar Snap Peas w/ Carrots 1/2	38	0	8	3	43	1.5
Sweet and Sour Wax Beans 1/2 c	96	0	23	2	177	1
Whole Baby Beets 1/2 c	32	0	8	2	251	0
Whole Green Beans, 1/2 c.	25	0	6	2	0	1
Winter Mix Vegetables 1/2 c	40	0	7	3	24	3