



Nutritional Analysis

ALL MENU ITEMS NUTRITIONAL ANALYSIS (Please see individual tabs below for details)

US ONLY 05-2022

Menu Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tomato Bisque	8 oz.	210	68	8	7	0	0	695	35	2	10	3
Garlic Bread	1 slice	140	75	8	2	0	0	215	14	0.5	0	2
Oven Roasted Chicken Half	1 serving	798	409	4.5	12.7	0	294.1	1168	0	0	0	91.3
Sweet Buttered Corn	1 cobbette	68	6	7	1	0	0	76	10	0	4	3
Herb Basted Potato	1 serving	284	194.3	22	1.6	0.1	0	407.5	21.1	2.1	1	1.8
Chocolate Éclair Pastry	1 serving	210	8	11	11	0	40	90	25	0	20	2
Oven Roasted Chicken Quarter	1 serving	399	173	19.2	5.3	0	131	589	0	0	0	37
Chocolate Chip Cookie	1 package	340	150	17	6	0.5	10	220	44	2	22	4
3-Bean Stew / Hummus Plate	1 serving	998.3	347.5	39.8	3.7	0.1	0	2502.6	135.2	26.4	12.3	36.7
Pasta Salad w/ Vinaigrette	1 serving	400.1	200.2	22.3	4.3	0	3.7	627.3	44.7	3.4	10.5	8.9
Fresh Melon Salad	1 serving	66.2	2.9	0.3	0.1	0	0	23.2	16.4	1.4	14.3	1.3
Italian Ice	1 serving	80	0	0	0	0	0	7	20	0	15	0
Beverage (Soda-non diet)	12 oz.	95	0	0	0	0	0	10	25	0	23	0
Vanilla Celebration Cake	3-4 oz.	420	220	24	9	0	45	230	48	0	36	2
Total Dinner Meal	1 serving	1805	760.3	60.5	35.3	0.1	334.1	2661.5	130.1	4.6	58	103.1
Dinner Veg. (3-Bean Stew / Italian Ice)	1 serving	1173.3	347.5	39.8	3.7	0.1	0	2519.6	180.2	26.4	50.3	36.7
Educational Matinee Meal	1 serving	1326	598.3	73.2	15.9	0.6	141	1517.5	114.1	4.6	50	47.8
Educational Matinee Veg. Meal w/ Italian Ice	1 serving	1133.3	478.4	59.6	9	0.1	3.7	1366	151.2	7.4	67.8	17

05/26/2022