



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

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
BBQ Kielbasa Sausage (substitute: Baltimore, Lyndhurst, Orlando, and Atlanta)	1 Piece	200	not avail	18	6	0	30	740	3	0	1	5
BBQ Kielbasa Sausage (substitute: Buena Park, Scottsdale, and Chicago)	1 Piece	180	not avail	16	5	0	50	470	1	0	1	9
BBQ Kielbasa Sausage (substitute: Myrtle Beach)	1 Piece	170	not avail	14	5	0	35	610	3	0	1	7
BBQ Boneless Pork Rib (substitute: Dallas)	1 Piece	280	240	26	26	0	90	90	22	0	16	17
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
Sliced Apples	1 serving	60	0	0	0	0	0	0	15	2	11	0
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
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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

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