



# Nutritional Analysis

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

US 3-2023 REV1

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	1600	820	91	25	0	590	2340	0	0	0	182
Oven Roasted Chicken Quarter **	1 serving	800	410	46	13	0	295	1170	0	0	0	91
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
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
Regular Dinner Meal	1 serving	2607	1171.3	147	47.6	0.1	630	3833.5	130.1	4.6	58	193.8
Dinner Vegetarian Meal (3-Bean Stew w/ 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
Dinner Vegetarian Meal (3-Bean Stew w/ Choc Éclair)	1 serving	1303.3	355.5	50.8	14.7	0.1	40	2602.6	185.2	26.4	55.3	38.7
Dinner Vegetarian Meal (3-Bean Stew w/ Fresh Fruit - in season only)	1 serving	1159.5	350.4	40.1	3.8	0.1	0	2535.8	176.6	27.8	49.6	38
Matinee Meal w/ Italian Ice	1 serving	1372	685.3	83	17.6	0.1	295	1875.5	65.1	2.6	20	97.8
Matinee Meal w/ Choc Chip Cookie	1 serving	1632	835.3	100	23.6	0.6	305	2088.5	89.1	4.6	27	101.8
Matinee Vegetarian Meal w/ Italian Ice	1 serving	1038.3	478.4	59.6	9	0.1	3.7	1356	126.2	7.4	44.8	17
Matinee Vegetarian Meal w/ Chocolate Chip Cookie	1 serving	1298.3	628.4	76.6	15	0.6	13.7	1569	150.2	9.4	51.8	21

03/17/2023

\* *Naked Chicken (unseasoned) 480 mg sodium due to marination*

\*\* *Naked Quarter Chicken (unseasoned) has approximately 240 mg sodium due to marination*

**REGULAR SHOW  
DINNER MEAL**

**US 3-2023 R**

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	1600	820	91	25	0	590	2340	0	0	0	182
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
Beverage (Soda-non diet)	12 oz.	95	0	0	0	0	0	10	25	0	23	0
<b>Total Meal</b>		<b>2607</b>	<b>1171.3</b>	<b>147</b>	<b>47.6</b>	<b>0.1</b>	<b>630</b>	<b>3833.5</b>	<b>130.1</b>	<b>4.6</b>	<b>58</b>	<b>193.8</b>

3/17/2023

\* "Naked Chicken (unseasoned) 480 mg sodium due to marination

**REGULAR SHOW VEGETARIAN MEAL**

**US 3-2023 R**

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)
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
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
Total Meal with Italian Ice		1173.3	347.5	39.8	3.7	0.1	0	2519.6	180.2	26.4	50.3	36.7
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)
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
Chocolate Éclair Pastry	1 serving	210	8	11	11	0	40	90	25	0	20	2
Beverage (Soda-non diet)	12 oz.	95	0	0	0	0	0	10	25	0	23	0
Total Meal w/ Chocolate Éclair		1303.3	355.5	50.8	14.7	0.1	40	2602.6	185.2	26.4	55.3	38.7
Menu Item	Serving Size	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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
Fresh Fruit	1 serving	66.2	2.9	0.3	0.1	0	0	23.2	16.4	1.4	14.3	1.3
Beverage (Soda-non diet)	12 oz.	95	0	0	0	0	0	10	25	0	23	0
Total Meal with Fresh Fruit (in season only)		1159.5	350.4	40.1	3.8	0.1	0	2535.8	176.6	27.8	49.6	38

3/17/2023

**EDUCATIONAL MATINEE MEAL W/ CHOCOLATE CHIP COOKIE**

**US 3-2023 R**

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)
Garlic Bread	1 slice	140	75	8	2	0	0	215	14	0.5	0	2
Oven Roasted Chicken Quarter**	1 serving	800	410	46	13	0	295	1170	0	0	0	91
Herb Basted Potato	1 serving	284	194.3	22	1.6	0.1	0	407.5	21.1	2.1	1	1.8
Sweet Buttered Corn	1 cobbette	68	6	7	1	0	0	76	10	0	4	3
Chocolate Chip Cookie	1 package	340	150	17	6	0.5	10	220	44	2	22	4
Beverage (water)	12 oz.	0	0	0	0	0	0	0	0	0	0	0
Total Meal		1632	835.3	100	23.6	0.6	305	2088.5	89.1	4.6	27	101.8

3/17/2023

\*\* Naked Quarter Chicken (unseasoned) has approximately 240 mg sodium due to marination

**EDUCATIONAL MATINEE VEGETARIAN MEAL**

**US 3-2023 R**

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)
Garlic Bread	1 slice	140	75	8	2	0	0	215	14	0.5	0	2
Herb Basted Potato	1 serving	284	194.3	22	1.6	0.1	0	407.5	21.1	2.1	1	1.8
Sweet Buttered Corn	1 cobbette	68	6	7	1	0	0	76	10	0	4	3
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 (water)	12 oz.	0	0	0	0	0	0	0	0	0	0	0
Total Meal w/ Italian Ice		1038.3	478.4	59.6	9	0.1	3.7	1356	126.2	7.4	44.8	17
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)
Garlic Bread	1 slice	140	75	8	2	0	0	215	14	0.5	0	2
Herb Basted Potato	1 serving	284	194.3	22	1.6	0.1	0	407.5	21.1	2.1	1	1.8
Sweet Buttered Corn	1 cobbette	68	6	7	1	0	0	76	10	0	4	3
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
Chocolate Chip Cookie	1 package	340	150	17	6	0.5	10	220	44	2	22	4
Beverage (water)	12 oz.	0	0	0	0	0	0	0	0	0	0	0
Total Meal w/ Choc Chip Cookie		1298.3	628.4	76.6	15	0.6	13.7	1569	150.2	9.4	51.8	21

3/17/2023