



Nutritional Analysis

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

US ONLY JAN 2024

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.	56	18	2	0	0	0	766	9	1	7	1
Garlic Bread	1 slice	140	75	8	2	0	0	215	14	1	0	2
Oven Roasted Chicken Half	1 serving	798	409	5	13	0	294	1168	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	22	2	0	0	408	21	2	1	2
Chocolate Éclair Mini Pastry	1 serving	150	8	6	1.5	0	45	120	24	0	27	3
Oven Roasted Chicken Quarter	1 serving	399	173	19	5	0	131	589	0	0	0	37
Chocolate Chip Cookie	1 package	340	150	17	6	1	10	220	44	2	22	4
3-Bean Stew / Hummus Plate	1 serving	998	348	40	4	0	0	2503	135	26	12	37
Pasta Salad w/ Vinaigrette	1 serving	400	200	22	4	0	4	627	45	3	11	9
Fresh Melon Salad	1 serving	66	3	0	0	0	0	23	16	1	14	1
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	1651	710	55	29	0	334	2733	104	4	55	101
Dinner Veg. (3-Bean Stew / Italian Ice)	1 serving	1173	348	40	4	0	0	2520	180	26	50	37
Educational Matinee Meal	1 serving	1326	598	73	16	1	141	1518	114	5	50	48
Educational Matinee Veg. Meal w/ Italian Ice	1 serving	1133	478	60	9	0	4	1366	151	7	68	17

US 2/2024