Galley Menu Nutrient Analysis

	BREAKFAST								
	Hot Entrees	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Hominy Grits	1/3 cup	84	16	2	1	2	81	4
▲	Farina	3/4cup	104	22	3	0	0	216	8
▲	Turkey Bacon	2 slices	57	0	4	4	21	308	9
▲	Hard Boiled Eggs	2 each	147	1	13	10	423	140	53
▲	Scrambled Eggs	1/3 cup	144	1	11	10	392	121	54
▲	Turkey Sausage Links	2 oz	82	0	9	4	30	176	14
▶	French Toast	2 slices	206	29	9	6	148	324	94
▶	Hash Brown Potatoes	2/3 cup	179	28	2	7	0	81	14
▼	Grilled Bacon	2 slices	88	0	5	8	13	243	2
	LUNCH								
	Main Entrees	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▶	Beef Noodle Soup	1 cup	55	6	4	2	9	1702	17
▲	Pepper Steak	5 1/2 oz	225	7	30	8	86	443	16
▲	Five Spice Chicken	2 pieces	273	2	40	10	119	760	31
	Sides	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Vegetable Stir Fry	1/2 cup	55	6	1	4	0	108	27
▲	Steamed Corn	3/4 cup	108	26	4	1	0	75	6
▶	Fried Rice	3/4 cup	211	29	8	6	55	462	38
▶	Steamed Rice	3/4 cup	148	32	3	1	0	214	26
▶	Egg Roll	1 roll	140	13	10	5	50	247	22
	DINNER								
	Main Entrees	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▶	Beef Noodle Soup	1 cup	55	6	4	2	9	1702	17
▲	Jerk Roasted Turkey	4 oz	210	3	34	6	86	554	41
▲	Herbed Baked Fish	4 oz	162	0	26	6	72	364	22
	Sides	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Spinach	3/4 cup	34	6	4	0	0	176	179
▲	Mixed Vegetables	3/4 cup	78	16	4	1	0	130	32
▶	Basil Topped Penne Pasta	1 cup	207	41	7	1	0	293	17
▶	Rice Pilaf	3/4 cup	201	37	4	4	4	927	41
	LUNCH & DINNER								
	Salad Bar	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Lettuce (mixed greens)	2 cup	15	3	1	0	0	10	20
▲	Tomato	4 wedges	22	5	1	0	0	6	12
▲	Onion	1/2 cup	24	6	1	0	0	2	13
▲	Bell Peppers	1/2 cup	9	2	0	0	0	1	5
▲	Broccoli, chopped	1/2 cup	15	3	1	0	0	0	21
▲	Carrots	1/2 cup	25	6	1	0	0	0	20

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▲	Black Beans	1/2 cup	105	23	7	1	0	240	0
▲	Garbanzo Beans	1/2 cup	105	20	6	2	0	230	40
▲	Cucumber	1/2 cup	7	1	0	0	0	1	8
▲	Cauliflower	1/2 cup	13	3	1	0	0	15	11
▲	Pepperochini	3 peppers	10	2	0	0	0	550	0
▲	Mushrooms (canned)	1/2 cup	20	4	2	0	0	332	9
▲	Slices Pears (canned)	1/2 cup	62	16	0	0	0	5	11
▲	Sliced Peaches (canned)	1/2 cup	55	15	0	0	0	5	7
▲	Tuna (canned)	3 oz	99	0	22	0	26	287	9
▲	Chicken (canned)	3 oz	106	0	23	2	38	273	0
▲	Egg, Hard Boiled Chopped	1/2 cup	105	1	9	7	288	84	34
▶	Shredded Cheddar Cheese	1/4 oz	114	0	7	9	30	175	204
▶	Low Fat Cottage Cheese	1/2 cup	102	4	16	2	9	459	78
▶	Lo Mein Noodles	1/4 cup	59	7	1	4	0	49	2
▼	Bacon Bits	1 oz	101	0	12	6	41	770	0
	Salad Dressings	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Olive Oil	1 Tbsp	119	0	0	14	0	0	0
▲	Balsamic Vinegar	2 Tbsp	28	5	0	0	0	7	9
▲	Red Wine Vinegar	2 Tbsp	6	0	0	0	0	2	2
▲	Free Honey Dijon	1.5 oz pkt	60	13	1	0	0	400	20
▲	Free Italian	1.5 oz pkt	15	5	0	0	0	700	0
▲	Free Raspberry Vinaigrette	1.5 oz pkt	45	11	0	0	0	330	0
▼	Creamy Ceaser	1.5 oz pkt	160	3	2	16	5	450	40
▼	Creamy French	1.5 oz pkt	180	9	0	16	0	360	0
▼	Blue Cheese	1 oz pkt	110	1	<1	11	<5	300	0
▼	1000 Island	1 oz pkt	130	6	0	12	10	220	0
▼	Ranch	1 oz pkt	110	2	0	11	0	240	0
▼	Creamy Italian	1 oz pkt	120	2	0	12	0	300	0
▼	Golden Italian	1.5 oz pkt	140	4	0	14	0	320	0