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
▶	Hard Boiled Eggs	2 each	147	1	13	10	423	140	53
▶	Buttermilk Pancakes	2 cakes	159	28	4	4	13	358	50
▼	Sausage Gravy W/Biscuit	2 oz	346	33	8	21	19	937	33
▼	Grilled Bacon	2 slices	82	0	6	6	17	352	2
▼	Hash Brown Potatoes	2/3 cup	179	28	2	7	0	81	14
▼	Strawberry Topping	2-1/2 Tbsp	36	9	0	0	0	1	7
	Cold Cereals	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Cheerios	1 cup	100	20	3	2	0	190	100
▲	Special K	1 cup	120	23	6	1	0	220	0
▶	Rice Krispies	1 cup	108	24	2	0	0	254	0
▶	Froot Loops	1 cup	110	25	1	1	0	6	0
▶	Apple Jacks	1 cup	100	25	1	0	0	130	0
	Sides	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Fresh Fruit	1 each	60	15	0	0	0	0	0
▲	Whole Wheat Toast	1 slice	74	13	3	1	0	150	30
▶	White Toast	1 slice	75	14	2	1	0	193	43
▼	Blueberry Muffin	1 muffin	167	29	3	4	18	269	34
▼	Apple Turnover	1 each	241	42	5	6	28	236	18
	LUNCH								
	Main Entrees	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▶	Logging Soup	1 cup	95	13	5	3	10	811	38
▲	Lemon Pepper Fish	6 oz	195	4	34	4	124	155	130
▶	Beef Stroganoff	6 oz	278	8	26	15	62	487	68
	Sides	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Steamed Broccoli	3/4 cup	38	7	4	0	0	86	45
▲	Fresh Summer Squash	3/4 cup	18	3.8	1	0	0	73	23
▶	Boiled Pasta	1 cup	174	31	6	1	0	284	8
▶	Wild Rice	1/2 cup	130	27	5.3	0	0	3	8
	DINNER								
	Main Entrees	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Tomato Soup	1 cup	62	14	2	1	0	49	16
▲	Herb Baked Chicken	2 pieces	300	1	45	12	139	135	38
▶	Meatloaf	6 oz	361	15	39	15	151	232	59
	Sides	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Steamed Carrots	3/4 cup	76	16	1	1	0	120	71
▲	Peas and Onions	3/4 cup	61	12	4	0	0	50	19
▶	Franconia Potatoes	1/2 cup	126	22	2	4	0	48	10
▶	Lyonnaise Rice	3/4 cup	163	33	3	2	0	5	28
▶	Chicken Gravy	1/4 cup	45	3	1	3	0	134	2
	LUNCH & DINNER								

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	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
▲	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
▲	Three Bean Salad	1/2 cup	97	21	7	0	0	197	40
▲	Carrot Salad	1/2 cup	128	12	1	8	5	210	29
▲	Broccoli Salad	1/2 cup	65	12	3	1	0.05	197	70
▲	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
▶	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
▶	Egg, Hard Boiled Chopped	1/2 cup	105	1	9	7	288	84	34
▶	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 French	1 pkt	15	4	0	0	0	105	0
▲	Free Italian	1 pkt	10	1	0	0	0	160	0
▲	Free 1000 Island	1 pkt	50	12	0	0	<5	350	0
▶	Golden Italian	1 pkt	160	4	0	17	0	410	0
▶	Balsamic Vinaigrette	1 pkt	120	5	0	11	0	430	0
▼	Ranch	1 pkt	230	2	1	24	10	220	40
▼	Creamy French	1 pkt	170	9	0	16	0	170	0
▼	Catalina	1 pkt	160	10	0	14	0	520	0
▼	Blue Cheese	1 pkt	230	2	1	24	20	320	20
▼	Creamy Caesar	1 pkt	190	3	2	18	20	460	60
▼	Honey Mustard	2 Tbsp	140	6	0	12	10	210	0
	Sandwich/Specialty Bar	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
	Meat								
▲	Turkey Breast*	3 oz	75	0	17	2	37	700	0

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	Roast Beef*	3 oz	75	2	14	2	22	660	0
	Ham*	3 oz	90	0	14	3	45	1020	0
	Chicken Salad	3 oz	324	2	31	19	101	225	45
	Tuna Salad	3 oz	261	6	22	17	110	476	21
	Salami*	3 oz	345	1	19	29	67	1915	11
	Bologna*	3 oz	207	1	13	17	50	995	9
	Pepperoni*	1 oz	140	0	5	13	35	470	0
	**Please note the sodium content of the deli meats.*								
	Cheese								
	American	1 slice	105	0	6	9	26	417	155
	Swiss	1 slice	106	2	8	8	26	54	222
	Provolone	1 slice	98	1	7	7	19	245	212
	Pepper Jack	1 slice	108	0	5	8	20	169	203
	Monterey	1 slice	110	0	7	9	25	190	200
	Bread								
	Whole Wheat	2 slices	133	24	5	2	0	260	71
	White	2 slices	133	25	4	2	0	256	76
	Hoagie Roll	1 roll	180	34	6	2	0	396	60
	Condiments								
	Vegetable Toppings	Varies							
	Pickle Relish	1 pkt	13	4	0	0	0	81	0
	Mustard	1 Tbsp	10	1	1	1	0	170	9
	Mayonnaise	1 Tbsp	103	0	0	12	0	73	1
	Pizza Bar (average)	1 slice	388	39	22	15	31	1040	292
	Speed Line	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
	Boca Burger**	3 oz	120	13	11	4	0	350	60
	Chicken Patty**	4 oz	110	0	23	3	65	180	0
	Hamburger**	3 oz	251	0	20	19	71	65	0
	Hot Dog on Bun	1 each	584	42	20	37	60	1689	65
	French Fries	3 1/2 oz	238	39	3	8	0	527	14
	Cheese Sauce	1 oz	110	4	4	8	18	522	116
	Chili	1/2 cup	111	14	8	3	7	433	33
	Hamburger Bun	1 bun	110	21	3	2	0	210	100
	**The nutrition information for these items do not include a bun, cheese or other condiments.								
	Bread/Dessert Block	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
	Fresh Fruit	1 each	60	15	0	0	0	0	0
	Oatmeal Cookies	2 each	240	36	4	10	10	250	0
	Chocolate Mousse Pie	1 slice	252	33	3	12	1	388	47
	Banana Cake	1 piece	282	47	2	10	0	234	18
	Chocolate Pudding	1/2 cup	135	30	3	1	1	465	80
	Dinner Roll	1 roll	105	19	3	2	7	196	32