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
▲	Brown Waffles	1 ea	193	29	5	7	40	484	27
▶	Hard Boiled Eggs	2 ea	147	1	13	10	423	140	53
▼	Grilled Ham Slices	2-1/2 oz	161	0	21	8	54	1361	7
▼	Grilled Bacon	2 slices	82	0	6	6	17	352	2
▼	Home Fried Potatoes	2/3 cup	203	28	2	9	0	7	11
▼	Cherry Topping	2 1/2 tbsp	40	10	0	0	0	1	4
	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
▼	Doughnuts, Assorted	1 each	166	18	2	9	4	221	10
▼	Apple Muffins	1 Muffin	356	56	4	13	56	400	44
	LUNCH								
	Main Entrees	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▶	Tortellini Soup	1 cup	110	16	4	3	13	280	83
▲	Herb Baked Chicken	2 pcs	300	1	45	12	139	135	38
▼	Cannon Ball Subs	1 sandwich	479	35	19	28	51	1336	103
	Sides	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Cream Style Corn	3/4 cup	122	31	3	1	0	485	5
▲	Steamed Carrots	1/2 cup	50	11	1	1	0	80	48
▶	Rice Pilaf	3/4 cup	214	39	4	4	1	133	41
▶	Cajun Oven Fries	4 ea	108	24	2	1	0	139	17
	DINNER								
	Main Entrees	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▶	Egg Drop Soup	1 cup	53	7	3	1	1	215	19
▲	Oriental Pepper Steak	5 1/2 oz	207	6	24	10	67	264	16
▲	Lemon and Herb Turkey Fillet	6 oz	309	53	17	4	25	547	0
	Sides	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**
▲	Glazed Carrots	1/2 cup	58	11	1	2	0	125	31
▶	Steamed Rice	3/4 cup	155	33	3	1	0	4	27
▶	Oriental Stir Fry	3/4 cup	47	9	1	0	0	40	27
▶	Potato Chips - Baked LAYS	1 container	130	26	2	2	0	200	20
	LUNCH & DINNER								
	Salad Bar	**Serving Size**	**Calories (kcal)**	**Carbs (gm)**	**Protein (gm)**	**Fat (gm)**	**Chol (mg)**	**Sodium (mg)**	**Calcium (mg)**

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▲	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	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
	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
▼	Banana Cake	1 piece	282	47	2	10	0	234	18
▼	Sugar Cookies	2 each	280	40	2	12	0	120	80

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	Dinner Roll	1 roll	105	19	3	2	7	196	32