

WEDNESDAY

LUNCH

Food Item	kCals	Fat	Pro	Carb
Reuben	754	50g	24g	47g
Hawaiian Chicken	435	14g	51g	24g
Manicotti	311	11g	13g	40g
Southwest Veggie Burgers	285	7g	23g	36g
Tomato Bisque	276	20g	3g	20g
Loaded Potato Soup	200	16g	3g	12g
Carrots	74	3g	2g	5g

DINNER

Food Item	kCals	Fat	Pro	Carb
Sweet Heat BBQ Pork	290	8g	15g	13g
Chicken & Dumplings	319	13g	30g	20g
Mango Coconut Whitefish	312	8g	30g	36g
Fried Okra	287	21g	3g	27g
Vegetable & Mushroom Stew	212	5g	6g	19g
Green Beans Almandine	143	6g	2g	17g

THURSDAY

LUNCH

Food Item	kCals	Fat	Pro	Carb
Build Your Own Hamburger (chili, cheese)	529	31g	30g	30g
Macaroni & Cheese	417	21g	16g	42g
BYO Chicken Sandwich	377	17g	31g	36g
Veggie Quesadilla	360	27g	4g	27g
Corndogs	273	14g	10g	27g
Popcorn Chicken	200	10g	14g	12g
Loaded Potato Soup	200	16g	3g	12g
Alphabet Soup	72	3g	2g	9g

DINNER

Food Item	kCals	Fat	Pro	Carb
Blackened Chicken Alfredo	393	9g	29g	49g
Katsu Pork	390	10g	36g	32g
Blackened Tofu Alfredo	285	14g	25g	34g
Cincinnati 5-Way Chili	236	5g	2g	32g
Rice Pilaf	145	2g	3g	28g
Peas & Carrots	40	0g	1g	9g

FRIDAY

LUNCH

Food Item	kCals	Fat	Pro	Carb
Bacon Double Cheeseburger	509	36g	38g	32g
Nacho Bar	440	30g	12g	29g
Deluxe Fish Sandwich	402	14g	21g	42g
Loaded Potato Soup	200	16g	3g	12g
Minestrone	86	2g	3g	13g
Prince Charles Blend Vegetables	51	3g	2g	5g

DINNER

Food Item	kCals	Fat	Pro	Carb
Fried Egg Burger	714	32g	20g	54g
Creamy Chicken Marsala	528	41g	44g	52g
Fried Okra	287	21g	3g	27g
Tempura Whitefish	266	10g	30g	7g
Wild Rice	231	4g	5g	54g
Tempura Vegetables	210	12g	2g	31g

*Menu items are subject to change based on availability of ingredients.

WINSLOW DINING HALL NUTRITION INFORMATION

Daily Fare, Display, & Specials

FEB 4 – 10, 2012

SATURDAY

Food Item	kCals	Fat	Pro	Carb
Ham, Egg & Cheese Bagel	506	21g	36g	44g
Spicy Chicken Sandwich	423	35g	37g	28g
Sweet Potato Bar	413	10g	8g	27g
Shrimp Scampi	269	16g	8g	23g
Chicken Enchilada Casserole	266	16g	18g	12g
Broccoli & Cheddar Soup	258	16g	11g	17g
Omelet Bar	236	15g	12g	3g
Loaded Potato Soup	200	16g	3g	12g
Sautéed Green Beans	75	4g	2g	5g

SUNDAY

Food Item	kCals	Fat	Pro	Carb
Hot Dog Bar (chili, cheese)	530	35g	19g	35g
Grilled Burrito	487	26g	22g	38g
Sausage Egg Bake	461	31g	18g	23g
Italian Chicken Sandwich	431	9g	38g	31g
Pancake Bar	336	10g	7g	46g
BBQ Pork Sandwich	290	8g	15g	13g
Baked Beans	220	8g	13g	25g
French Onion Soup	213	7g	11g	26g
Loaded Potato Soup	200	16g	3g	12g
Fried Corn Nuggets	136	7g	2g	17g

MONDAY

LUNCH

Food Item	kCals	Fat	Pro	Carb
Build-Your-Own Panini (Turkey & Swiss)	471	19g	29g	45g
Italian Beef	397	21g	33g	25g
Guacamole Burger	215	13g	17g	47g
Kolache	210	6g	13g	18g
Loaded Potato Soup	200	16g	3g	12g
Corn on the Cobb	178	5g	5g	31g
Chicken Noodle Soup	105	2g	9g	14g

DINNER

Food Item	kCals	Fat	Pro	Carb
Hot Ham & Cheddar Melt	466	23g	27g	42g
Beef Fajitas	351	14g	26g	43g
Chicken Fajitas	313	12g	25g	43g
Refried Beans	269	4g	22g	43g
Roasted Vegetable & Black Bean Fajitas	245	12g	14g	23g
MexiRice	92	0g	2g	20g

TUESDAY

LUNCH

Food Item	kCals	Fat	Pro	Carb
Triple Pork Burger	680	52g	59g	38g
Grilled Bologna Sandwich	415	26g	21g	30g
Sautéed Veggie Panini	345	11g	20g	40g
Tuna Noodle Casserole	333	17g	19g	23g
Loaded Potato Soup	200	16g	3g	12g
Tortilla Soup	167	4g	10g	22g
Broccoli & Cheese	143	9g	2g	11g

DINNER

Food Item	kCals	Fat	Pro	Carb
Spicy Chicken Wrap	521	28g	32g	35g
Garlic Sesame Beef	354	22g	22g	16g
Sweet & Sour Chicken	263	6g	23g	29g
Sweet and Sour Tofu	228	2.5g	6g	26g
Fried Rice	199	6g	7g	29g
Far East Vegetable Blend	25	0g	1g	3g

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