Winslow Dining Hall Nutrition Information

Late Night

Murraystate.edu/campus/dining/healthyeating

Highlighted Items: Less than 250 kcal *or* Under 5 g Fat

Entrees

Food Item	kCals	Fat	Pro	Carb
BYO Burger w/Cheese	550	36g	29g	29g
Grilled Chicken Sandwich	272	4g	26g	29g
BYO Deli Sandwich w/ Ham, Turkey, and Cheese	430	14g	31g	46g
Chicken Strips (2)	240	13g	12g	20g
Hot Dog on a Pretzel Roll	450	20g	13g	55g
BBQ Pork Sandwich	290	6g	13g	45g
BBQ Beef	320	13g	40g	10g
Fried Chicken Sandwich	340	6g	34g	45g
Mac and Cheese Burger	630	40g	31g	37g
Italian Chicken Cordon Bleu	291	14g	37g	3g
Nacho Bar– Beef	400	14g	14g	41g
Nacho Bar– Chicken	360	9g	16g	41g
Burrito Bar– Beef	445	22g	22g	43g
Burrito Bar– Chicken	405	17g	24g	43g

*Total kCal for sandwiches and wraps do not include condiments.

Menu Items are subject to change based on availability of ingredients.

Appetizers/Sides

Food Item	kCals	Fat	Pro	Carb
Fries- 3 oz.	150	6g	2g	22g
Fried Pickles (7)	140	9g	1g	12g
Funnel Cake Fries (10)	160	6g	2g	24g
Fried Mini Tacos (6)	115	4g	5g	16g
Southwest Chicken Pinwheels	370	21g	17g	20g
Jalapeno Bites (4)	220	7g	8g	30g
Pretzel Bites (4)	260	6g	8g	44g
Fried Oreos (2)	312	20g	4g	32g
Rib Tips	226	13g	21g	1g
Mac and Cheese Bites (3)	270	17g	7g	23g
BBQ Baked Beans	220	8g	13g	29g
Chicken and Cheese Quesadillas	371	19g	21g	28g
Firecracker Chicken Taquitos	222	10g	7g	27g
Sopapillas	127	6g	2g	16g
Chili Cheese Tots	277	13g	7g	29g

Wing Wednesday

Food Item	kCals	Fat	Pro	Carb
Traditional Wings (5)	250	18g	18g	0g
Boneless Wings (6)	320	12g	30g	20g
Honey BBQ Sauce	80	0g	0g	21g
Hot Wing Sauce	10	0g	0g	0g
Garlic Parmesan	170	18g	1g	1g
Boom Boom Sauce	160	17g	0g	2g
Thai Chili Sauce	60	0g	0g	18g
Honey Mustard	120	11g	0g	5g
Chipotle Ranch	150	16g	0g	1g

**These nutrition facts are for 2 Tablespoons of sauce.

Pizza

Food Item	kCals	Fat	Pro	Carb
Cheese Pizza	350	7g	14g	26g
Pepperoni Pizza	370	8g	16g	25g
Sausage Pizza	380	9g	16g	25g
Garlic Cheese Sticks (2)	260	12g	12g	26g
Cinnamon Sticks (2)	160	5g	4g	26g