

WINSLOW DINING HALL NUTRITION INFORMATION



[murraystate.edu/
dining/nutrition](http://murraystate.edu/dining/nutrition)

Breakfast

GRIDDLE ITEMS

Food Item	kCals	Fat	Pro	Carb
Blueberry Pancakes	102	1g	2g	27g
Chocolate Chip Pancakes	145	4g	3g	21g
Waffles	154	1g	3g	32g
Pancakes	231	2.5g	6g	46g
French Toast	350	4.5g	15g	61g

BREAKFAST SANDWICHES

Food Item	kCals	Fat	Pro	Carb
Bacon Muffin w/Egg	204	7g	10g	28g
Breakfast Burrito	246	8.5g	12g	30g
Bacon, Egg, & Cheese Bagel	246	14g	10g	17g
Bacon, Egg & Cheese McMuffin	285	14g	15g	28g
Ham, Egg & Cheese Croissant	377	23g	15g	28g
Sausage McMuffin w/Egg	392	24g	14g	29g
Sausage, Egg & Cheese Biscuit	457	31g	13g	33g

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

OTHER ENTRÉES

Food Item	kCals	Fat	Pro	Carb
Turkey Sausage Patty	106	8g	8g	.5g
Dwight Yoakam Skillet	303	9.5g	15g	41g
Omelet	309	14g	21g	5g
Sausage Patty	338	32g	10g	1g
Muhammad Ali Skillet	407	20g	18g	39g
Kit Carson Skillet	422	10g	19g	66g
Bill Monroe Skillet	504	27g	17g	45g
Loretta Lynn & Crystal Gayle Skillet	550	29g	15g	55g

SIDES

Food Item	kCals	Fat	Pro	Carb
Country Gravy	52	3g	0g	5g
Cream of Wheat	66	0g	2g	13g
Oatmeal	70	1g	2.5g	13g
Hard Cooked Eggs	71	5g	6g	0g
Cottage Cheese	81	1g	14g	3g
Fresh Fruit	105	0g	0g	27g
Grits	111	1g	3g	23g
Bacon	135	11g	8g	0g
Yogurt	140	1.5g	6g	27g
Turkey Bacon	147	11g	8.5g	2g
Scrambled Eggs	272	18g	26g	2g
Honey Peanut Granola	281	12g	6.5g	38g
Honey Almond Granola	295	16g	7g	33g
Eggs Benedict	344	10g	19g	45g

POTATOES

Food Item	kCals	Fat	Pro	Carb
Hash Browns	78	1g	2g	16g
Breakfast Potatoes	87	0g	2g	20g
Hash Brown Patty	139	8g	2g	15g
Hash Brown Casserole	234	5g	8g	29g

BREADS

Food Item	kCals	Fat	Pro	Carb
Ginger Peach Muffins	113	3g	2g	20g
English Muffins	130	1g	5g	27g
Apple Cinnamon Muffins	134	1g	4g	27g
Biscuit	138	4g	4g	23g
Apricot Muffins	155	4g	4g	26g
Honey Bran Muffins	180	5g	3g	31g
Blueberry Muffins	183	5g	2g	33g
Banana Bran Muffins	202	8g	3g	29g
Bagels	208	1.5g	6g	41g
Danish	239	11g	3g	32g

SPREADS

Food Item	kCals	Fat	Pro	Carb
Vegetable Cream Cheese	155	14g	3g	3g
Blueberry Cream Cheese	168	14g	3g	6g
Strawberry Cream Cheese	171	14g	3g	7g
Cinnamon Raisin Cream Cheese	195	14g	3g	12g

WINSLOW DINING HALL NUTRITION INFORMATION

Salad Bar



[murraystate.edu/
dining/nutrition](http://murraystate.edu/dining/nutrition)

VEGETABLES

Food Item	kCals	Fat	Pro	Carb
Cucumbers (1 Tbsp)	0	0g	0g	0g
Capers (1 Tbsp)	0	0g	0g	0g
Radishes (1 Tbsp)	1	0g	0g	0g
Mushrooms (1 Tbsp)	1	0g	0g	0g
Alfalfa Sprouts (1/4 cup)	5	0g	0.5g	0.5g
Pepperoncini Peppers (1 Tbsp)	3	0g	0g	0g
Carrots (1 Tbsp)	3	0g	0g	0g
Jalapeno Peppers (1 pepper)	4	0g	0g	0g
Cole Slaw (1/2 cup)	10	0g	0g	3g
Water Chestnuts (1 Tbsp)	5	0g	0g	1g
Peppers (1/2 cup)	47	0g	5g	9g
Red Onions (1 slice)	6	0g	0g	1g
Sliced Beets (1/4 cup)	20	0g	0g	4g
Corn (1 Tbsp)	10	0g	0g	2g
Broccoli (1/2 cup)	28	0g	0g	4g
Cherry Tomatoes (3 tomatoes)	11	0g	0g	2g
Iceberg Lettuce (1 cup)	11	0g	0g	2g
Edamame (1/2 cup)	83	3.5g	8g	5g
Spring Mix (1 cup)	21	2g	2g	2g
Romaine Lettuce (1 cup)	9	0g	1g	1g
Green Olives (1 Tbsp)	40	3.5g	0g	0g

MEAT, BEANS, & NUTS

Food Item	kCals	Fat	Pro	Carb
Tofu (1/2 cup)	42	2.5g	4g	1g
Garbanzo Beans (2 Tbsp)	29	0g	0.5g	4g
Three Bean Salad (2 Tbsp)	22	0g	.5g	4g
Bacon Bits (1 Tbsp)	35	1.5g	4g	3g
Chicken (1/4 cup)	40	1.5g	7g	0g
Ham (1/4 cup)	45	1.5g	5g	2g
Almonds (1 Tbsp)	36	3g	1g	1g
Sunflower Seeds (1 Tbsp)	83	7g	3g	3g
Diced Turkey (1/4 cup)	60	4g	4.5g	1g
Red Beans (2 Tbsp)	27	0g	2g	5g
Black Beans (2 Tbsp)	78	0g	5g	15g

DAIRY PRODUCTS

Food Item	kCals	Fat	Pro	Carb
Cottage Cheese (2 Tbsp)	28	1g	3g	0g
Cheddar Cheese (2 Tbsp)	57	4.5g	3g	0g
Plain Yogurt (1/2 cup)	60	0g	6g	9g
Blueberry Yogurt (1/2 cup)	100	1g	4g	19g
Strawberry Yogurt (1/2 cup)	100	1g	4g	19g

DRESSING

Food Item	kCals	Fat	Pro	Carb
Italian (2 Tbsp)	15	1g	0g	2g
Low Fat Ranch (2 Tbsp)	30	0g	0g	7g
Low Fat Vinaigrette (2 Tbsp)	31	0g	0g	7g
Low Fat Honey Mustard (2 Tbsp)	54	0g	0g	13g
1000 Island (2 Tbsp)	96	8g	0g	6g
French (2 Tbsp)	110	7g	0g	13g
Ranch (2 Tbsp)	110	11g	0g	2g
Honey Mustard (2 Tbsp)	133	12g	0g	5g
Bleu Cheese (2 Tbsp)	145	15g	1g	1g
Caesar (2 Tbsp)	160	17g	1g	1g
Peppercorn (2 Tbsp)	162	17g	0g	2g

OTHER

Food Item	kCals	Fat	Pro	Carb
Chow Mein Noodles (1/4 cup)	65	2.5g	1g	9g
Dried Cranberries (2 Tbsp)	49	0g	0g	12g
Seasoned Croutons (5 croutons)	15	0g	0g	2g
Eggs (1 egg)	70	4.5g	6g	1g
Tropical Fruit Salad (1/2 cup)	70	0g	0g	17g
Applesauce (1/2 cup)	94	0g	0g	23g
Pasta Salad (1/2 cup)	320	22g	4g	25g

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

WINSLOW DINING HALL
NUTRITION INFORMATION

HOT LINE ITEMS

Food Item	kCals	Fat	Pro	Carb
Seasoned Vegetables	51	2g	4g	7g
Steamed Vegetables	56	.5g	5g	10g
Grilled Chicken	122	4g	21g	0g
White Rice	141	0g	3g	31g
Rolls	178	5g	5.5g	28g

PASTA

Food Item	kCals	Fat	Pro	Carb
Marinara Sauce	118	.5g	.5g	3g
Alfredo Sauce	143	10g	4g	10g
Creamy Pesto Sauce	169	13g	4g	11g
Marinara Sauce w/ Meatballs	184	10g	8.5g	14g
Pasta	187	3g	5.5g	34g
Whole Wheat Pasta	189	3.5g	5.5g	33g

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



**murraystate.edu/
dining/nutrition**

Nutrition Facts

“To say that obesity is caused by merely consuming too many calories is like saying that the only cause of the American Revolution was the Boston Tea Party.”

Adelle Davis, American Nutritionist and Writer