Winslow Dining Hall Nutrition Information

Salad Bar

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

Vegetables

Food Item	kCals	Fat	Pro	Carb
Iceberg Lettuce (3.5 oz)	15	0g	1g	3g
Romaine Lettuce (1 cup)	10	0g	0g	2g
Spinach (1 cup)	5	0g	1g	1g
Cucumbers (1/2 cup)	5	0g	0g	1g
Mushrooms (1/2 cup)	7	0g	1g	1g
Carrots (1/3 cup)	17	0g	0g	4g
Green Peppers (1/2 cup)	15	0g	0g	4g
Red Onions (1/2 cup)	20	0g	0g	5g
Broccoli (1/2 cup)	15	0g	1g	3g
Cherry Tomatoes (1/2 cup)	13	0g	0g	3g
Edamame (1 oz)	40	2g	3g	3g
Olives (2 Tbl.)	20	2g	0g	1g
Garbanzo Beans (1/4 cup)	55	0g	4g	10g

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

Protein, Nuts, & Dairy

Food Item	kCals	Fat	Pro	Carb
Popcorn Chicken (10 pc)	250	13g	16g	18g
Tofu (3 oz)	110	6g	11g	4g
Sunflower Seeds (1/4 cup)	170	15g	6g	6g
Bacon (1/3 cup)	135	12g	8g	0g
Cottage Cheese (1/2 c.)	110	5g	13g	5g
Shredded Cheese (1/4 cup)	110	9g	7g	1g
Eggs (3 Tbl)	80	5g	6g	1g

Other

Food Item	kCals	Fat	Pro	Carb
Chow Mein Noodles (1/4 cup)	65	3g	1g	10g
Dried Cranberries (1/3 cup)	150	0g	1g	37g
Seasoned Croutons (3 Tbl)	30	1g	1g	5g
Soy Bacon Bits (1 Tbl)	30	1g	3g	2g

Dressing

Food Item	kCals	Fat	Pro	Carb
Italian (2 Tbl)	110	12g	0g	2g
Ranch (2 Tbl)	150	16g	0g	1g
Fat Free Ranch (2 Tbl)	30	0g	0g	7g
Fat Free Raspberry Vinaigrette	35	0g	0g	8g
Honey Mustard	130	12g	0g	5g
1000 Island	100	9g	0g	6g
French	120	10g	0g	6g
Caesar	120	12g	1g	1g
Parmesan Peppercorn	160	17g	1g	2g

Pasta Bar

Pasta & Sauces

Food Item	kCals	Fat	Pro	Carb
Pasta (2 oz.)	210	1g	7g	42g
Whole Grain Pasta (2 oz.)	180	1g	7g	41g
Marinara Sauce (1/2 c.)	110	5g	2g	14g
Alfredo Sauce (1/2 c.)	220	8g	2g	36g
Meatballs (3)	260	19g	18g	7g
Italian Sausage (3 oz.)	281	26g	11g	0g

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Winslow Dining Hall Nutrition Information Deli

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Breads*

Food Item	kCals	Fat	Pro	Carb
Pita Bread (1)	190	5g	5g	32g
Wheat	100	1g	3g	20g
White	110	1g	3g	21g
Sourdough	100	1g	3g	20g
Honey Whole Wheat	130	2g	5g	24g
100% Whole Wheat	65	1g	3g	12g
Multigrain	150	3g	6g	24g
Sub Roll	260	2g	8g	54g
Croissant	180	10g	3g	20g
Spinach Wrap	290	8g	7g	47g
Honey Wheat Wrap	300	8g	8g	49g
White Wrap	310	9g	8g	49g
Jalapeno Cheddar Wrap	310	9g	7g	50g
Tomato Wrap	310	9g	7g	49g

*Nutritional values are for 1 slice of bread or 1 tortilla wrap.

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

Cheese

Food Item	kCals	Fat	Pro	Carb
Colby Jack	80	7g	5g	0g
American	70	6g	4g	1g
Provolone	80	6g	5g	0g
Pepper Jack	100	8g	7g	1g
Swiss Cheese	70	5g	4g	1g
Shredded Cheddar Blend (1/4 c.)	110	9g	7g	1g

Other

Food Item	kCals	Fat	Pro	Carb
Banana Peppers	5	0g	0g	1g
Pickles	0	0g	0g	0g
Jalapeno Peppers	5	0g	0g	1g
Iceberg Lettuce	5	0g	0g	1g
Spinach	2	0g	0g	0g
Mushrooms	7	0g	1g	1g
Onions	12	0g	0g	2g
Green Bell Peppers	5	0g	0g	1g
Tomato	10	0g	0g	2g
Cucumbers	10	0g	0g	1g
Avocado (2 Tbl.)	50	5g	1g	3g
Jelly (2 Tbl.)	100	0g	0g	26g
Peanut Butter (2 Tbl.)	200	16g	7g	6g

Condiments (1 Tbl.)

Food Item	kCals	Fat	Pro	Carb
Mustard	0	0g	0g	0g
Spicy Mustard	15	1g	1g	0g
Mayonnaise	100	11g	0g	0g
Chipotle Mayo	100	11g	0g	0g
Ranch	140	14g	0g	3g
Chipotle Ranch	75	8g	0g	1g
Caesar	60	6g	0g	1g
Honey Mustard	65	6g	0g	3g
BBQ	35	0g	0g	8g
Italian	110	12g	0g	2g
Parmesan Peppercorn	80	9g	0g	1g
Oil and Vinegar	40	5g	0g	0g

Meat

Food Item	kCals	Fat	Pro	Carb
Oven Roasted Turkey (3 oz.)	90	2g	15g	3g
Smoked Turkey (3 oz.)	90	2g	15g	3g
Roast Beef (3 oz.)	90	3g	15g	2g
Ham (3 oz.)	105	2g	16g	5g
Chicken Salad (1/2 cup)	290	23g	9g	11g
Tuna Salad (1/2 cup)	280	21g	10g	13g
Salami (4 slices)	120	10g	5g	0g
Pepperoni (4 slices)	60	6g	6g	1g

Winslow Dining Hall Nutrition Information

Breakfast

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

Griddle Items

Food Item	kCals	Fat	Pro	Carb
French Toast Sticks (4)	310	12g	5g	45g
Waffles (1)	210	4g	5g	39g
Pancake (1)	105	2g	3g	18g
Cheese Omelet	254	19g	19g	3g
Meat and Cheese Omelet	346	27g	24g	3g
Veggie Omelet	150	10g	13g	4g

Breakfast Sandwiches **

Food Item	kCals	Fat	Pro	Carb
Breakfast Burrito	531	36g	27g	25g
Meat, Egg, and Cheese Bagel	571	24g	29g	61g
Meat, Egg, and Cheese English Muffin	329	22g	23g	26g
Meat, Egg, and Cheese Croissant	510	34g	23g	28g
Meat English Muffin w/Egg	358	22g	15g	26g
Meat, Egg, and Cheese Biscuit	427	30g	15g	26g

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

**Nutrition may change depending on the type of meat. The highest calorie meat is represented.

Side Items

Food Item	kCals	Fat	Pro	Carb
Country Gravy (1/4 cup)	150	9g	0g	15g
Oatmeal	100	2g	4g	19g
Bacon (3 slices)	138	12g	8g	0g
Sausage Patty (2)	338	32g	10g	1g
Scrambled Eggs	140	10g	12g	2g
Eggs Benedict	227	8g	13g	26g
Hard Cooked Eggs	71	5g	6g	0g
Cottage Cheese (1/2 cup)	110	5g	13g	5g
Fresh Fruit	105	0g	0g	27g
Plain Yogurt (1/2 cup)	90	1g	5g	15g
Strawberry Yogurt (1/2 cup)	115	1g	4g	22g
Blueberry Yogurt (1/2 cup)	105	1g	4g	20g
Honey Granola (1/4 cup)	80	3g	2g	13g
Blueberries	40	0g	0g	10g
Strawberries	25	0g	0g	6g

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

Potatoes

Food Item	kCals	Fat	Pro	Carb
Hash Browns	200	14g	2g	16g
Breakfast Potatoes	110	3g	2g	20g
Hash Brown Patty	139	8g	2g	15g
Hash Brown Casserole	231	10g	8g	29g
Home Fries	259	22g	2g	13g
O'Brien Potatoes	226	8g	4g	35g

Breads

Food Item	kCals	Fat	Pro	Carb
English Muffins	121	1g	4g	24g
Cinnamon Raisin Biscuit	215	9g	4g	40g
Blueberry Muffins	160	4g	2g	29g
Apple Cinnamon Muffins	170	8g	3g	22g
Biscuit	190	9g	4g	24g
Bagels	301	3g	10g	59g
Toast (1 slice)	100	1g	3g	20g
Danish	260	12g	3g	35g
Cinnamon Roll	490	12g	10g	86g