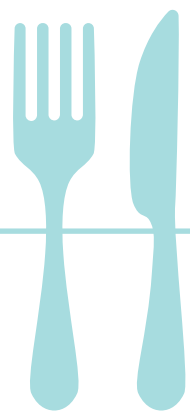


NIH Clinical Center

Room Service

**Menu**



Están disponibles menú en español

# At Your Service

*The Nutrition Department wants to make your visit as pleasant as possible by providing you with room service.*

## HOW TO PLACE YOUR ORDER

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**Dial 3 or 301-451-3663 (FOOD)** between the hours of 6:30am and 6:30pm.



Identify yourself to the Room Service Attendant who will verify your name, room number, date of birth, the diet ordered by your physicians, and any food allergies you may have.



Your meal will arrive in approximately one hour.

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To assist with service and delivery, please limit meals to one tray per call. The Room Service Attendant will inform you when an order has exceeded the amount allowed for one tray. If after consuming the first tray you would like another one, feel free to call for a second tray.

Your meal will be prepared to your specifications and served to you within 1 hour of your request.

**Won't be back until after 6:30pm?** Call in advance and ask to have your meal delivered when you return.

We offer a variety of special menus upon request including kosher, halal, gluten-free, vegan, and many others.

# For Your Health, Safety & Interest

*We strive to prepare delicious food that is both healthy for you and environmentally conscious. We source many sustainable ingredients and products and have multiple sustainable practices throughout our department.*

## **FOOD SAFETY IS OF UTMOST IMPORTANCE TO US.**

If you have indicated that you have a food allergy upon admission, any menu items that contain this food, or may have come in contact with this food, will be restricted.

Our omelets, scrambled eggs, hard boiled eggs, and fried eggs (including sunny side up and over easy) are pasteurized and safe for consumption.

If you have a weakened immune system (immunosuppression) due to a treatment

or condition, you may be asked to avoid specific foods due to your increased risk of food borne illness. More information is available from your dietitian.

For general food safety information, please see [www.foodsafety.gov](http://www.foodsafety.gov).



- All of our milk is free of added growth hormones.
- Items denoted with a **V** indicate a Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs.)
- Vegan items are available upon request.
- All of our menu items are free of added trans fat.

Room Service is for Clinical Center patients only. Cafeterias and coffee shops are available for visitors. Food in these locations is provided by a food service contractor.

The Nutrition Department is committed to providing you with excellent service. Feel free to let your Room Service Attendant know how we can help meet all of your food service needs.

*Please note that not all menu items are appropriate for all diets. If you are on a special/restricted diet, our Room Service Attendant will assist you with your meal selections.*

TO ORDER MEALS, PRESS 3, OR CALL 301-451-3663 (FOOD)  
Remember condiments when placing order



# Breakfast

## ENTRÉES

**Scrambled Eggs**/Cheese may be added  
*\*low cholesterol eggs available upon request*

**Fried Eggs**  
Sunny Side Up, Over Easy, Hard Fried

**Breakfast Panini**  
Grilled sandwich with bacon, eggs,  
and cheese

**Hard Boiled Egg**

**Omelet**  
*With your choice of:* Tomatoes, Onions,  
Green Peppers, Mushrooms, Spinach,  
Ham, Cheddar-Jack Cheese, Swiss Cheese,  
American Cheese, Low Fat American Cheese  
*\*low cholesterol eggs available upon request*

**Pancakes**

**Blueberry Pancakes**

**Cinnamon French Toast**

**Huevos Rancheros**  
Corn or Flour tortilla, refried beans,  
topped with over easy eggs and salsa **v**



*Our omelets, scrambled eggs, hard boiled eggs, and fried eggs (including sunny side up and over easy), are pasteurized and safe for consumption.*

## SIDES

**Tater Tots**

**Bacon**

**Pork Sausage**

**Turkey Sausage**

**Veggie Sausage **v****

**Cottage Cheese**

## CEREAL

**Oatmeal**

**Cream of Wheat**

**Grits**

**Honey Nut Cheerios**

**Raisin Bran**

**Corn Flakes**

**Low-Fat Granola**

**Corn Pops**

**Froot Loops**

**Rice Chex**

**Crispy Rice**  
Toasted rice cereal

**Granola Bar**

## BAKERY

**Blueberry Muffin**

**Cinnamon Coffee Cake**

**Croissant**

**English Muffin**

**Bagel: Plain,  
Cinnamon Raisin**

## YOGURT

**Lowfat: Plain, Blueberry**

**Non-Fat: Strawberry,  
Peach, Greek Vanilla**

**Yogurt Parfait**  
Granola, vanilla yogurt,  
and fresh strawberries



**TRY ADDING RAISINS AND  
CINNAMON TO YOUR OATMEAL!**

SERVED ALL DAY

*\*Lower sodium, fat and/or calorie versions of these foods are available.*

**v** Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)

**TO ORDER MEALS, PRESS 3, OR CALL 301-451-3663 (FOOD)**  
*Remember condiments when placing order*



## FRUIT

**Fresh Whole Fruit: Apple, Banana, Grapes, Oranges**  
*Fresh fruit can be quartered if desired*

**Fresh Fruit Cup**  
**Diced Pear Cup**  
**Mandarin Orange Cup**  
**Fruit In Season**  
**Peaches in Fruit Juice**  
**Pineapple Tidbits**  
**Mixed Tropical Fruit**  
**Applesauce**  
**Dried Apricots**  
**Dried Prunes**  
**Raisins**

## PURÉED FOOD

**Cream of Wheat, Grits, Oatmeal**  
**Puréed Bananas, Peaches, Pears**  
**Applesauce**  
**Puréed Chicken Breast**  
**Puréed Beef Steak**  
**Puréed Seafood Filet**  
**Mashed Potatoes**  
**Puréed Carrots, Green Beans, Peas, Corn**

*Clear liquid and full liquid items are usually allowed on pureed foods diet.*

## CONDIMENTS

**Ketchup**  
**Mustard**  
**Mayonnaise\***  
**Relish**  
**Pickle Chips**  
**Tartar Sauce**  
**Lemon Juice**  
**Salt**  
**Pepper**  
**Mrs. Dash**  
**Sour Cream**

**Parmesan Cheese**  
**Barbecue Sauce**  
**Hot Sauce**  
**Soy Sauce**  
**Sweet n' Sour Sauce**  
**Guacamole**  
**Salsa**  
**Jalapenos**  
**Hummus**  
**Half & Half**

**French Vanilla Creamer**  
**Hazelnut Creamer**  
**Non-Dairy Creamer**  
**Sugar**  
**Splenda**  
**Stevia**  
**Peanut Butter**  
**Cream Cheese**  
**Butter**  
**Margarine**

**Strawberry Jelly**  
**Grape Jelly**  
**Diet Strawberry/ Grape/Blackberry Jelly**  
**Pancake Syrup**  
**Diet Pancake Syrup**  
**Honey**  
**Brown Sugar**  
**Ground Cinnamon**



TO ORDER MEALS, PRESS 3, OR CALL 301-451-3663 (FOOD)  
Remember condiments when placing order



# Beverages

## COFFEE

regular/decaf

## TEA

**Black** regular/decaf

**Green** regular/decaf

**Earl Grey** regular/decaf

**Vanilla Chai**

## MILK

Skim, 2%, Whole

Chocolate (fat free)

Lactaid

Soy

## HERBAL TEAS

Chamomile

Cinnamon Apple

Lemon

Mint

Orange

Raspberry

## HOT CHOCOLATE

regular or sugar free

## JUICE

Apple

Orange

Cranberry

Grape

Prune

Tomato

Low Sodium V-8

Fruit Punch

## REFRESHING DRINKS

Decaf Iced Tea  
(unsweetened)

Lemonade

Crystal Lite Lemonade

Sparkling Cranberry

Ice Water

Gatorade

(Lemon Lime, Orange,  
Fruit Punch)

## SODA

Cola

Zero Sugar Cola

Ginger Ale

Diet Ginger Ale

Lemon Lime

Diet Lemon Lime

Root Beer

## SMOOTHIES

contains dairy

Strawberry/Banana

Mango



**ASK ABOUT  
OUR NUTRITION  
SUPPLEMENTS!**

SERVED ALL DAY

\*Lower sodium, fat and/or calorie versions of these foods are available.

 Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)

TO ORDER MEALS, PRESS 3, OR CALL 301-451-3663 (FOOD)  
*Remember condiments when placing order*

## CLEAR LIQUIDS

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### JUICE, FRUIT DRINKS, AND SODA

Apple  
Cranberry  
Grape  
Fruit Punch  
Lemonade  
Diet Lemonade  
Ginger Ale  
Diet Ginger Ale  
Sparkling Cranberry  
Ice Water

### HERBAL TEAS

Chamomile  
Cinnamon Apple  
Lemon  
Mint  
Orange  
Raspberry

### GELATIN CUP

Strawberry  
Lemon  
Sugar-Free Strawberry

### FRUIT ICE

Lemon, Cherry

### TEA

Black regular/decaf  
Green regular/decaf  
Earl Grey regular/decaf  
Vanilla Chai

### COFFEE

regular/decaf

### POPSICLE

Grape, Cherry, Orange

### BROTHS

Beef, Chicken,  
Vegetable

## FULL LIQUIDS

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### SOUP

Tomato  
Blended  
Chicken Noodle

### HOT CEREAL

Cream of Wheat  
Cream of Rice

### YOGURT

Plain  
Greek Yogurt:  
Fat Free Vanilla

### JUICE

Tomato  
Low Sodium V-8

### ICE CREAM AND SHERBET

Vanilla  
Chocolate  
Strawberry  
No Sugar Added  
Fat Free-Vanilla  
Orange Sherbet

### PUDDING

Vanilla  
Chocolate  
No Sugar  
Added Chocolate

### MILK

Skim, 2%, Whole  
Chocolate fat free  
Lactaid  
Soy

### MILK SHAKES

Vanilla  
Chocolate, Strawberry,  
Cookies and Cream

### HOT CHOCOLATE

regular or sugar free



TO ORDER MEALS, PRESS 3, OR CALL 301-451-3663 (FOOD)  
Remember condiments when placing order



# Lunch/Dinner

AVAILABLE AFTER 11AM

## DELI SANDWICH

Whole or Half

### CHOICE OF:

Turkey **I**

Ham **I**

Roast Beef **I**

Chicken Salad

Tuna Salad

Egg Salad **V**

Uncrustables **V**

Prepackaged Peanut Butter & Jelly on Wheat

Peanut Butter & Jelly **V**

BLT

Bacon, Lettuce & Tomato

**I** Cold deli meats are not recommended for immunosuppressed individuals. Heated deli meats are available at your request.

**TRY ADDING DICED AVOCADO TO YOUR BLT!**

## CHEESE:

Swiss

American

Low Fat American

Provolone

Cheddar

## BREAD:

White

Whole Wheat

Multi-Grain

Rye

Hoagie Roll

Corn Tortilla

Flour Tortilla

## ACCOMPANIMENTS:

Lettuce

Tomato

Onion

## GRILLED PANINI SANDWICH

### Roast Beef

with provolone, sliced onion, mustard, mayonnaise, on multigrain bread

### Vegan **V**

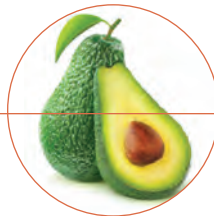
with garlic, onion, red and green peppers, mushrooms, and spinach on multigrain bread

### Turkey

with bacon, guacamole, and provolone, served on a toasted bagel

### Tomato Basil **V**

with mozzarella cheese, fresh tomatoes and basil, in a flour tortilla



## SNACKS

Potato Chips\*

Baked Potato Chips

Pretzels

Saltine Crackers

String Cheese

Corn Tortilla Chips

Guacamole

Salsa

Pita Chips

Hummus

Peanuts salted

Whole Grain

Goldfish Crackers

Graham Crackers

Granola Bar

Rice Krispies Treat

\*Lower sodium, fat and/or calorie versions of these foods are available.

**V** Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)



**TO ORDER MEALS, PRESS 3, OR CALL 301-451-3663 (FOOD)**  
*Remember condiments when placing order*



## BUILD YOUR OWN

### SALAD

**SMALL** 0-4 toppings      **MEDIUM** 5-8 toppings      **LARGE entrée** 9+ toppings

#### CHOOSE YOUR GREEN:

Spring Mix  
 Romaine Lettuce  
 Baby Spinach  
 Iceberg Lettuce



#### CHOOSE YOUR TOPPINGS:

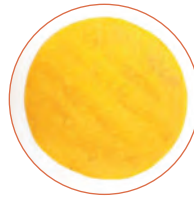
Sliced Mushrooms	Feta Cheese
Sliced Cucumbers	Grilled Chicken
Matchstick Carrots	Turkey
Diced Tomatoes	Ham
Diced Red Onions	Chickpeas
Red and Green Peppers	Beets
Crumbled Bacon	Radishes
Diced Hard Boiled Eggs	Sliced Black Olives
Diced Avocado	Dried Cranberries
Cheddar-Jack Cheese	Sunflower Seeds
	Couscous/Quinoa Blend
	Croutons

#### CHOOSE YOUR DRESSING:

Ranch	Italian
Honey Mustard	Caesar
Balsamic Vinegar	Olive Oil
French	Lite Italian
Blue Cheese	Fat-Free Ranch

### TACO

**Corn Tortilla**      **Seasoned Ground Beef**      **Seasoned Chicken**



**Cheddar-Jack Cheese**

**Lettuce**

**Diced Tomato**



**Diced Avocado**

**Guacamole**

**Salsa**



**Sour Cream**

**Pico de Gallo**

**Jalapenos**




TO ORDER MEALS, PRESS 3, OR CALL 301-451-3663 (FOOD)  
Remember condiments when placing order



# Lunch/Dinner

AVAILABLE AFTER 11AM

## GRILL

- Cheese Steak Sub**  
peppers and onions optional
- Hamburger**
- Cheeseburger**
- Veggie Burger** 
- Hot Dog\***
- Chicken Fingers**
- Caesar-marinated Grilled Chicken Sandwich**
- Grilled Cheese Sandwich\***  
on white, whole wheat, multigrain, or rye
- Fried Chicken Wings**
- Fish Sticks**

## ENTRÉE SALAD

- Grilled Chicken Caesar**
- Classic Cobb**

## PERSONAL PIZZA

- CHOICE OF:**
- Mozzarella Cheese Blend**
- Pepperoni**
- Mushrooms**
- Green Peppers**
- Pineapple**
- Diced Tomato**
- Onions**
- Ham**
- Diced Chicken**
- Spinach**



## APPETIZERS

### SOUP


- Chicken Noodle**
- Tomato**
- Vegetable**
- Mexican Chicken & Rice**

### SIDE SALAD



- Tossed Garden Salad**
- Fresh Vegetable Plate**

**ORDER HUMMUS TO GO ALONG WITH YOUR VEGETABLE PLATE FOR ADDED PROTEIN!**

## PASTA

- CHOICE OF PASTA**  :
- Spaghetti**
- Penne**
- Egg Noodles**
- Spinach Ricotta Ravioli**

## CHOICE OF SAUCE & MEAT:

- Marinara Sauce** 
- Meat Sauce**
- Olive Oil** 
- Meatballs**  
choose a sauce
- Creamy Butter Sauce**



\*Lower sodium, fat and/or calorie versions of these foods are available.

 Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)

TO ORDER MEALS, PRESS 3, OR CALL 301-451-3663 (FOOD)  
*Remember condiments when placing order*

## CHEF'S FAVORITES

### TILAPIA • BONELESS CHICKEN BREAST • BAKED SALMON

*With choice of seasoning: Cajun, Mrs. Dash, Lemon Pepper, Olive Oil-Lemon Juice*

**GRILLED CAESAR  
CHICKEN BREAST**

**GRILLED STEAK**

**ROAST TURKEY**  
with (or without) Gravy\*

**CHICKEN POT PIE**

**VEGETABLE  
LASAGNA** 

**BURRITO**


**CHOICE OF:**

Beef, Chicken, or  
Bean and Cheese 

## ON THE SIDE

Fresh Steamed Carrots  
Fresh Steamed  
Broccoli  
Sautéed Garlic  
Spinach  
Seasonal Vegetable  
Ratatouille  
Corn Kernels

Baked Sweet Potato  
Baked Potato  
French Fries  
small or large  
Sweet Potato Fries  
small or large  
Tater Tots  
Mashed Potatoes\*  
Brown Gravy\*

Macaroni & Cheese  
Basmati (White) Rice  
Brown Wild Rice Blend  
Rice and Beans  
Seasoned Black Beans  
Vegetarian Refried  
Beans   
Dinner Roll

## DESSERT

### COOKIES

Chocolate Chip  
Oatmeal Raisin  
Snickerdoodle  
Rice Krispies Treat

### CAKES & PIES

Chocolate Cake  
Carrot Cake  
Angel Food Cake  
Apple Pie

### PUDDING

Vanilla  
Chocolate  
Rice Pudding  
No Sugar Added  
Chocolate

### POPSICLE

Grape, Cherry,  
Orange

### GELATIN CUP

Strawberry  
Lemon  
Sugar-Free  
Strawberry

### MILK SHAKES

Vanilla  
Chocolate  
Strawberry  
Cookies and Cream

### FRUIT ICE

Lemon, Cherry

### ICE CREAM & SHERBET

Vanilla  
Strawberry  
Chocolate  
No Sugar Added  
Fat Free Vanilla  
Orange Sherbet

# Nutrition Information

APPETIZERS	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Salad, Tossed Garden	1 Cup	17	0	0	4	2	1	23
Soup, Chicken Noodle	6 oz	86	4	1	7	1	7	938
Soup, Mexican Chicken & Rice	6 oz	234	3	1	36	7	17	471
Soup, Tomato	6 oz	57	1	0	11	1	1	279
Soup, Tomato, Low Sodium	6 oz	88	2	1	18	2	2	20
Soup, Vegetable	6 oz	90	3	0	14	3	2	790
Vegetable Plate	1 Plate	24	0	0	5	2	1	55

## BEVERAGES

Coffee	8 oz	2	0	0	0	0	0	5
Coffee Decaf	8 oz	0	0	0	0	0	0	5
Hot Chocolate	8 oz	80	2	2	16	0	0	190
Hot Chocolate, Diet	8 oz	25	0	0	5	0	1	135
Juice, Apple	4 oz	60	0	0	14	0	0	10
Juice, Cranberry	4 oz	70	0	0	17	0	0	5
Juice, Fruit Punch	4 oz	60	0	0	14	0	0	5
Juice, Grape	4 oz	80	0	0	21	0	0	15
Juice, Orange	4 oz	60	0	0	13	0	1	15
Juice, Prune	4 oz	90	0	0	22	0	0	0
Juice, Tomato	5.5 oz	30	0	0	7	1	1	470
Juice, V-8 Low, Sodium	5.5 oz	30	0	0	6	1	1	95
Lemonade	4 oz	60	0	0	14	0	0	0
Lemonade, Diet	10 oz	5	0	0	0	0	0	41
Milk, 2%	8 oz	130	5	3	12	0	8	130
Milk, Chocolate	8 oz	130	0	0	23	0	8	230
Milk, Lactaid	8 oz	90	0	0	12	0	8	130
Milk, Skim	8 oz	90	0	0	13	0	9	135
Milk, Soy	8 oz	150	5	1	18	0	8	805
Milk, Whole	8 oz	150	8	5	12	0	8	120
Soda, Cola	8 oz	90	0	0	22	0	0	25
Soda, Zero Sugar Cola	8 oz	0	0	0	0	0	0	25
Soda, Diet Ginger Ale	8 oz	0	0	0	0	0	0	25
Soda, Diet Lemon Lime	8 oz	0	0	0	0	0	0	25
Soda, Ginger Ale	8 oz	70	0	0	17	0	0	25
Soda, Lemon Lime	8 oz	121	0	0	20	0	0	25
Soda, Root Beer	8 oz	133	0	0	36	0	0	58
Smoothie, Mango	12 oz	190	0	0	47	1	1	15
Smoothie, Strawberry Banana	12 oz	190	0	0	47	3	1	15
Sparkling Cranberry	10 oz	70	0	0	17	0	0	11
Tea, Assorted	8 oz	0	0	0	0	0	0	9
Tea, Decaf, Iced	10 oz	0	0	0	0	0	0	11
Water, Iced	10 oz	0	0	0	0	0	0	0

The Nutrition Department strives to ensure that the nutritional information is accurate; however variations due to product or preparation changes may slightly alter these values.

BREAKFAST	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Bacon	2 Slices	80	6	2	1	0	6	300
Bagel, Cinnamon Raisin	Whole	170	2	0	33	4	7	160
Bagel, Plain	Whole	210	1	0	43	2	8	380
Bread, English Muffin	Whole	130	1	0	25	0	4	250
Bread, Multigrain	2 Slices	260	4	1	46	4	10	380
Bread, Rye	2 Slices	180	2	0	34	2	6	440
Bread, Wheat	2 Slices	200	3	0	36	6	10	320
Bread, White	2 Slices	140	2	0	26	0	4	240
Cereal, Corn Flakes	Box	80	0	0	18	0	1	120
Cereal, Corn Pops Cereal	Box	80	0	0	19	0	1	85
Cereal, Cream of Wheat	1/2 Cup	57	0	0	12	0	2	0
Cereal, Crispy Rice	Box	70	0	0	16	0	1	105
Cereal, Froot Loops	Bowl	80	1	0	18	0	1	110
Cereal, Granola w/Raisin LF	Bowl	230	3	0.5	52	6	5	140
Cereal, Grits	1/2 Cup	91	0	0	20	1	2	0
Cereal, Honey Nut Cheerios	Bowl	110	1.5	0	23	2	2	160
Cereal, Oatmeal	1/2 Cup	91	2	0	17	2	2	0
Cereal, Raisin Bran	Box	110	0	0	28	4	3	120
Cereal, Rice Chex	Bowl	110	0.5	0	24	1	2	230
Cinnamon Coffee Cake	Each	390	16	6	58	1	4	250
Cottage Cheese, Low Fat	1/2 Cup	80	1	1	6	0	12	401
Croissant	1 Each	190	9	4	23	1	3	160
Egg, Fried	2 Eggs	177	11	3	0	0	15	144
Egg, Hard Boiled	1 Each	72	5	2	0	0	6	70
Egg, Scrambled	2 Eggs	140	9	3	0	0	12	130
Egg, Scrambled with Cheese	2 Eggs	284	19	8	0	0	22	528
Egg, Scrambled with Low Cholesterol Eggs	2 Eggs	48	0	0	2	0	10	128
French Toast	2 Slices	360	8	2	60	2	14	520
Granola Bar	1 Bar	100	4	0	15	1	2	70
Huevos Rancheros	2 Eggs	339	15	4	27	4	19	754
Muffin, Blueberry	1 Muffin	230	10	2	34	1	3	270
Omelet, Plain	2 Eggs	224	14	5	0	0	19	208
Pancakes, Blueberry	2 Each	159	1	1	33	1	4	535
Pancakes	2 Each	151	2	1	31	1	4	535
Panini, Breakfast	1 Each	418	21	8	29	0.5	25	988
Sausage, Pork	2 Each	225	21	8	0	0	9	400
Sausage, Turkey	3 Each	90	6	2	0	0	10	290
Sausage, Veggie	2 Each	80	3	0	3	2	9	300
With Cheese, Swiss	Slice	55	5	3	0	0	4	25
With Cheese, American	1 oz	60	5	3	0	0	3	320
With Cheese, Cheddar-Jack	1 oz	110	9	5	0	0	7	180
With Cheese, Low Fat American	Slice	45	3	2	2	0	4	230
With Chopped Tomato	1 oz	5	0	0	1	0	0	1
With Diced Ham	1 oz	35	1	0	1	0	5	328
With Green Pepper	1 oz	5	0	0	1	0	0	1
With Mushrooms Sliced	1 oz	6	0	0	1	0	1	2

# Nutrition Information

## BREAKFAST CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
With Onions Chopped	1 oz	1	0	0	3	0	0	1
With Spinach	1 oz	22	1	0	3	2	1	53
Yogurt, Blueberry, Low Fat	6 oz	140	2	1	28	0	5	85
Yogurt, Greek, Vanilla Fat Free	5 oz	100	0	0	12	0	14	50
Yogurt, Parfait	1 Serving	225	3	1	46	3	7	133
Yogurt, Peach, Nonfat	6 oz	80	0	0	15	0	5	75
Yogurt, Plain, Low Fat	6 oz	80	3	2	9	0	6	85
Yogurt, Strawberry, Nonfat	6 oz	80	0	0	15	0	5	75

## CHEF'S FAVORITES

Burrito, Bean and Cheese	Burrito	486	17	8	60	9	21	1174
Burrito, Beef	Burrito	545	31	14	39	2	29	636
Burrito, Chicken	Burrito	398	16	8	39	2	23	593
Chicken, Caesar	3 oz	128	5	1	1	0	17	358
Chicken, Cajun	3 oz	99	3	1	0	0	18	218
Chicken, Lemon Pepper	3 oz	102	3	1	1	0	18	588
Chicken, Mrs. Dash	3 oz	104	3	1	1	0	18	29
Chicken, Olive-Oil Lemon Juice	3 oz	104	3	1	0	0	18	28
Chicken, Plain	3 oz	99	3	1	0	0	18	28
Grilled Steak	3.5 oz	221	10	4	0	0	31	80
Pot Pie	1 Serving	610	36	15	55	2	17	950
Roast Turkey	4 oz	142	1	0	0	0	30	71
Salmon, Baked	1 Fillet	243	15	4	0	0	23	66
Salmon, Cajun	1 Fillet	243	15	4	0	0	23	446
Salmon, Lemon Pepper	1 Fillet	246	15	4	1	0	23	626
Salmon, Mrs. Dash	1 Fillet	248	15	4	1	0	23	67
Salmon, Olive-Oil Lemon Juice	1 Fillet	263	18	4	0	0	23	66
Tilapia, Cajun	1 Fillet	100	1	1	0	0	21	421
Tilapia, Lemon Pepper	1 Fillet	103	1	1	1	0	21	601
Tilapia, Mrs. Dash	1 Fillet	105	1	1	1	0	21	41
Tilapia, Olive-Oil Lemon Juice	1 Fillet	120	3	1	0	0	21	41
Tilapia, Plain	1 Fillet	100	1	1	0	0	21	41
Vegetable Lasagna	8 oz	300	14	7	28	2	15	760

## CONDIMENTS

Barbecue Sauce	Packet	40	0	0	10	0	0	270
Black Pepper	Packet	0	0	0	0	0	0	0
Butter, Salted	Packet	37	4	3	0	0	0	32
Cinnamon, Ground	1 Tsp	0	0	0	2	1	0	0
Cream Cheese	Packet	70	7	4	2	0	1	110
Creamer, French Vanilla	Each	30	2	1	5	0	0	0
Creamer, Half & Half	Each	15	1	0	0	0	0	10
Creamer, Hazelnut	Each	25	2	0	3	0	0	0
Creamer, Non-Dairy	Each	30	1	1	5	0	0	0
Creamer, Powdered	Packet	10	1	0	2	0	0	0
Guacamole	Each	120	11	2	4	2	1	190

## CONDIMENTS CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Honey	Packet	43	0	0	12	0	0	1
Hot Sauce	Packet	1	0	0	0	0	0	82
Hummus	1/2 Cup	324	24	0	16	12	8	445
Jalapeño Slices	7 slices	4	0	0	0	0	0	179
Jelly, Grape	Packet	35	0	0	9	0	0	0
Jelly, Strawberry	Packet	35	0	0	9	0	0	0
Jelly, Diet	Packet	10	0	0	3	0	0	0
Ketchup	Packet	10	0	0	2	0	0	90
Lemon Juice	1 Each	0	0	0	2	1	0	0
Margarine	Packet	20	3	1	0	0	0	35
Mayonnaise	Packet	90	10	2	0	0	0	65
Mayonnaise Light	Packet	30	3	0	0	0	0	85
Mrs Dash	Packet	0	0	0	0	0	0	0
Mustard	Packet	0	0	0	0	0	0	62
Parmesan Cheese	Packet	15	1	1	0	0	1	65
Peanut Butter	Packet	120	10	2	4	1	5	90
Pickle Chips	4 slices	0	0	0	0	0	0	188
Pickle Relish	Packet	0	0	0	0	0	0	60
Salsa	Packet	21	0	0	4	1	1	510
Salt	Packet	0	0	0	0	0	0	233
Sour Cream	1 oz	60	5	4	1	0	1	10
Soy Sauce	Packet	4	0	0	1	0	2	380
Splenda	Packet	0	0	0	0	0	0	0
Stevia	Packet	0	0	0	0	0	0	0
Sugar	Packet	10	0	0	3	0	0	0
Sugar, Brown	1 oz	53	0	0	14	0	0	4
Sweet/Sour Sauce	Packet	35	0	0	8	0	0	75
Syrup, Pancake	Packet	110	0	0	29	0	0	20
Syrup, Pancake Diet	Packet	10	0	0	4	0	0	75
Tartar Sauce	Packet	45	4.5	0.5	1	0	0	120

## DELI SANDWICH

Bacon	2 slices	80	6	2	0	0	6	300
Bread, Corn Tortilla	1 Each	38	0	0	8	1	1	0
Bread, Flour Tortilla	Tortilla	210	5	3	33	1	6	390
Bread, Hoagie Roll	Roll	190	2	0	39	0	6	390
Bread, Multigrain	2 Slices	260	4	1	46	4	10	380
Bread, Rye	2 Slices	180	2	0	34	2	6	440
Bread, White	2 Slices	140	2	0	26	0	4	240
Bread, Whole Wheat	2 Slices	200	3	0	36	8	10	320
Chicken Salad	1/2 Cup	111	8	1	2	0	6	400
Egg Salad	1/2 Cup	209	17	4	2	0	13	329
Ham	2 oz	66	2	1	3	0	10	624
Panini, Roast Beef	1 Each	500	20	9	50	5	31	1291
Panini, Tomato Basil	1 Each	561	31	17	37	2	32	1104
Panini, Turkey Bacon Guacamole	1 Each	450	16	6	48	2	30	1353
Panini, Vegan	1 Each	517	22	3	71	10	10	875



# Nutrition Information

## DELI SANDWICH CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Peanut Butter and Jelly on White	1 Each	360	16	3	46	4	10	382
Roast Beef	2 oz	71	3	1	0	0	10	156
Tuna Salad	1/2 Cup	151	6	1	2	0	20	651
Turkey	2 oz	61	2	0	1	0	11	466
Uncrustables	1 Each	320	17	4	32	3	10	320
With American	1 Slice	60	5	3	2	0	3	320
With American, Low Fat	1 Slice	45	3	2	2	0	4	210
With Cheddar Cheese	1 Slice	80	7	4	0	0	5	135
With Provolone	1 Slice	70	6	4	0	0	5	180
With Swiss	1 Slice	55	5	3	0	0	4	25
With Lettuce	1 Leaf	3	0	0	0	0	0	5
With Onions	2 Slices	18	0	0	4	1	0.5	2
With Tomato Slice	2 Slices	6	0	0	1	0	0	2

## DESSERTS

Cake, Angel Food	1 Slice	98	0	0	21	0	2	150
Cake, Carrot	1 Slice	358	17	4	47	1	4	334
Cake, Chocolate	1 Slice	401	16	6	60	3	4	421
Cookie, Chocolate Chip	1 Each	320	14	6	47	3	3	220
Cookie, Oatmeal Raisin	1 Each	290	10	4	48	2	4	290
Cookie, Snickerdoodle	1 Cookie	171	7	4	25	0	3	190
Fruit Ice, Cherry	4 oz	70	0	0	19	0	0	15
Fruit Ice, Lemon	4 oz	70	0	0	17	0	0	10
Gelatin, Lemon	1/2 Cup	81	0	0	19	0	2	102
Gelatin, Strawberry, Sugar Free	3.5 oz	2	0	0	1	0	0	13
Gelatin, Strawberry	1/2 Cup	90	0	0	23	0	0	40
Ice Cream, Chocolate	4 oz	125	6	4	16	1	2	34
Ice Cream, Strawberry	4 oz	125	7	4	14	0	2	34
Ice Cream, Vanilla	4 oz	130	7	4	15	0	2	35
Ice Cream, Vanilla, No Sugar Added	4 oz	80	0	0	18	4	3	70
Milkshake, Chocolate	12 oz	430	15	9	66	2	6	135
Milkshake Cookies and Cream	12 oz	535	19	11	78	1	11	243
Milkshake, Strawberry	8 oz	475	14	9	75	0	10	150
Milkshake, Vanilla	12 oz	400	14	9	57	0	10	150
Orange Sherbet	4 oz	110	0	0	26	0	0	20
Pie, Apple	1 Slice	240	10	4	33	1	2	272
Popsicle, Assorted	1.75 oz	60	0	0	16	0	0	10
Pudding, Chocolate	4 oz	110	3	2	20	1	1	135
Pudding, Chocolate, No Sugar Added	4 oz	90	2	1	13	3	4	160
Pudding, Rice	4 oz	120	2	1	21	0	4	125
Pudding, Vanilla	4 oz	100	3	2	18	1	0	125
Rice Krispies Treat	1 Bar	150	4	1	29	0	1	180

## FRUIT

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Apple	1 Each	70	0	0	19	3	0	1
Applesauce	4 oz	50	0	0	12	2	0	10
Apricot Halves, Dried	5 Each	83	0	0	22	3	1	0
Banana	1 Each	101	0	0	26	3	1	1
Fresh Fruit Cup, Large	Large	117	1	0	29	2	2	37
Fresh Fruit Cup, Small	Small	41	0	0	10	1	1	13
Grapes	1/2 Cup	58	0	0	15	1	1	2
Mixed Tropical Fruit	4 oz	60	0	0	15	1	0	5
Orange, Mandarin	4 oz	70	0	0	16	1	0	0
Orange, Whole	1 Each	107	0	0	26	8	2	3
Peaches in Fruit Juice	4 oz	60	0	0	14	0	0	0
Pears, Diced	4 oz	70	0	0	17	3	1	0
Pineapple Tidbits	4 oz	60	0	0	15	1	0	0
Prunes	3 Each	61	0	0	16	2	1	1
Strawberry Cup	1 Cup	48	0	0	12	3	1	2
Raisins	1 Box	140	0	0	34	2	0	10
Watermelon Cup	1 Cup	51	0	0	13	1	1	2

## GRILL

Caesar-Marinated Chicken Sandwich	1 Each	248	6	1	27	1	20	528
Cheeseburger	1 Each	446	29	13	30	1	25	897
Cheesesteak Sub	1 Each	462	17	8	42	3	36	1245
Chicken Fingers	4 oz	260	15	2	16	1	17	908
Fish Sticks	4 Each	233	9	2	23	1	15	415
Fried Chicken Wings	5 Each	306	21	5	6	0	21	884
Grilled Cheese, American on Wheat Bread	1 Each	420	24	8	40	8	16	1065
Grilled Cheese, American on White Bread	1 Each	360	23	8	30	1	10	985
Grilled Cheese, Low Fat American on Wheat Bread	1 Each	309	10	4	40	8	19	790
Grilled Cheese, Low Fat American on White Bread	1 Each	249	13	7	26	1	12	395
Hamburger on Bun	1 Each	326	19	7	26	1	19	257
Hot Dog on Bun	1 Each	309	19	7	25	0	10	817
Hot Dog on Bun, Turkey	1 Each	175	2	0	29	0	10	670
Veggie Burger on Bun	1 Each	271	4	0	49	6	13	782
With Lettuce	1 Leaf	3	0	0	0	0	0	5
With Onions Sliced	2 Slices	18	0	0	4	1	0.5	2
With Tomato Slice	2 Slices	6	0	0	1	0	0	2

# Nutrition Information

ON THE SIDE	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Basmati Rice	1/2 Cup	99	0	0	22	0	2	0
Broccoli	1/2 Cup	12	0	0	2	1	1	12
Brown Wild Rice Blend	1/2 Cup	107	0	0	23	1	3	333
Corn Kernels	1/2 Cup	98	1	0	23	3	3	1
Dinner Roll	1 Roll	90	2	0	18	1	3	190
French Fries	10 Fries	103	9	1	5	0	0	70
Fresh Steamed Carrots	1/2 Cup	46	0	0	11	3	1	78
Gravy, Brown	1 oz	26	2	0	2	0	0	169
Gravy, Brown, Low Sodium, Low Fat	1 oz	13	0	0	2	0	1	115
Garlic Spinach	1/2 Cup	35	0	0	6	2	3	449
Macaroni & Cheese	6 oz	264	12	5	28	2	12	762
Potato, Baked	1 Potato	120	0	0	32	2	4	5
Potato, Mashed	1/2 Cup	88	1	0	17	1	2	389
Potato, Mashed, Low Sodium	1/2 Cup	76	0	1	20	1	2	3
Ratatouille	1/2 Cup	78	3	0	11	2	1	189
Refried Beans, Vegetarian	1/2 Cup	90	1	0	15	5	5	440
Rice and Beans	1/2 Cup	165	2	0	30	8	7	358
Seasoned Black Beans	1/2 Cup	231	4	1	39	15	12	717
Seasonal Vegetable	1/2 Cup	14	0	0	2	1	0	12
Sweet Potato, Baked	1 Potato	170	0	0	40	6	3	109
Sweet Potato Fries	Small	200	15	1	15	1	1	223
Sweet Potato Fries	Large	400	30	2	30	3	1	446
Tater Tots	10 Tots	199	13	2	19	2	2	342
<b>PASTA &amp; PIZZA</b>								
Olive Oil	1 Tbsp	180	21	3	0	0	0	0
Pasta, Egg Noodles	1 Cup	218	3	1	40	2	8	12
Pasta, Penne	1 Cup	243	1	0	51	2	9	0
Pasta, Spaghetti	1 Cup	244	1	0	51	2	9	0
Pasta, Spinach Ravioli	6 Each	162	4	2	23	1	8	264
Pizza, Cheese	1 Pizza	506	14	6	71	2	25	1178
Pizza, Pepperoni	1 Pizza	539	17	7	71	3	27	1320
Sauce, Creamy Butter	2 oz	185	17	11	6	0	1	192
Sauce, Marinara	2 oz	54	2	0	7	1	1	249
Sauce, Meat	2 oz	79	4	1	5	0	4	187
Meatballs	6 each	230	17	6	6	2	13	270
With Chicken Breast	2.75 oz	99	3	1	0	0	18	28
With Diced Ham	1 oz	35	1	0	1	0	5	328
With Diced Tomato	2 Tbsp	5	0	0	1	0	0	1
With Green Pepper	1 oz	5	0	0	1	0	0	1
With Mushrooms Sliced	1 oz	6	0	0	3	0	1	2
With Onions Chopped	1 oz	6	0	0	3	0	0	1
With Pineapple	1 oz	30	0	0	8	1	0	0
With Spinach	1 oz	22	1	0	3	2	1	53

PURÉED FOODS & SUPPLEMENTS	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Pureed Bananas	4 oz	112	0	0	27	1	2	0
Pureed Beef Steak	Serving	140	7	3	4	0	14	360
Pureed Carrots	Serving	130	8	1	15	2	1	260
Pureed Chicken Breast	Serving	90	2	0	3	0	15	340
Pureed Corn	Serving	180	9	2	23	1	2	300
Pureed Green Beans	Serving	110	8	1	11	2	2	360
Pureed Peaches	4 oz	73	0	0	16	1	1	7
Pureed Pears	4 oz	54	0	0	14	5	0	3
Pureed Peas	Serving	130	7	1	17	3	4	340
Pureed Seafood Filet	Serving	100	1	0	4	0	19	270

SALAD BAR	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Avocado	0.75 oz	45	4	1	3	1	0	0
Baby Spinach	2 Cup	11	0	0	2	1	1	37
Bacon, Crumbled	1 Tbsp	40	3	1	1	0	3	150
Beets	1 oz	9	0	0	2	<1	0	33
Black Olives, Sliced	2 Tbsp	20	2	1	0	0	0	120
Carrots, Matchstick	2 Tbsp	23	0	0	5	2	1	39
Cheese, Cheddar-Jack	2 Tbsp	110	9	5	0	0	7	180
Chicken, Diced	2 Tbsp	40	1	0	0	0	7	11
Chickpeas	1 oz	26	0	0	5	2	2	82
Couscous/Quinoa Blend	1/3 cup	252	1	0	52	3	7	0
Crouton Packet	Each	30	1	0	5	0	1	95
Cucumber, Sliced	4 slices	9	0	0	2	0	0	1
Diced Tomato	1 oz	5	0	0	1	0	0	1
Dressing, Blue Cheese	Packet	170	17	3	1	0	1	450
Dressing, Caesar	Packet	160	16	3	3	0	2	450
Dressing, French	Packet	190	15	0	13	0	0	300
Dressing, Honey Mustard	Packet	150	12	2	10	0	1	350
Dressing, Italian	Packet	80	7	1	3	0	0	450
Dressing, Italian, Lite	Packet	20	0	0	4	0	0	670
Dressing, Olive Oil	Packet	180	21	2	0	0	0	0
Dressing, Ranch	Packet	150	16	3	3	0	0	370
Dressing, Ranch Fat Free	Packet	40	0	0	10	1	0	520
Dried Cranberries, Sweetened	1 Tbsp	23	0	0	6	0	0	0
Feta	1 oz	71	6	4	1	0	5	344
Ham, Diced	1 oz	35	1	0	1	0	5	328
Hard Boiled Egg, Diced	1 oz	41	3	1	0	0	4	40
Lettuce, Iceberg	2 Cup	16	0	0	3	1	1	11
Lettuce, Romaine Chopped	2 Cup	16	0	0	3	2	1	8
Mushrooms, Sliced	4 Slices	3	0	0	0	0	0	1
Radishes	1 oz	5	0	0	1	0	0	11
Red and Green Pepper, Diced	1 oz	4	0	0	1	0	0	1



# Nutrition Information

## SALAD BAR CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Red Onion, Diced	1 oz	10	0	0	2	0	0	1
Salad, Chicken Caesar	1 Salad	327	21	5	9	1	24	668
Salad, Cobb	1 Salad	336	18	7	18	4	27	1017
Spring Mix	2 Cup	9	0	0	2	1	1	15
Sunflower Seeds	1 Tbsp	43	4	1	2	1	2	0
Turkey, Diced	1 oz	24	0	0	1	0	5	221
Vinegar Balsamic	1 Tbsp	12	0	0	0	0	0	3

## SNACKS

Crackers, Goldfish	.75 oz	100	4	1	14	1	3	170
Crackers, Graham	Packet	60	0	0	11	0	1	60
Crackers, Saltine	2 Each	25	1	0	5	0	1	90
Granola Bar	1 Bar	100	4	0	15	1	2	70
Guacamole	1 Each	120	11	2	4	2	1	190
Hummus	1/2 Cup	324	24	0	16	12	8	445
Pita Chips	1.5 oz	200	8	1	28	1	5	390
Potato Chips	0.5 oz	80	5	1	8	1	1	85
Potato Chips, Baked	1.125 oz	140	4	1	24	2	2	150
Potato Chips, Low Sodium	1.25 oz	160	10	3	15	1	2	5
Pretzels	1 oz	110	1	0	23	1	2	450
Salsa	Packet	21	0	0	4	1	1	510
Salted, Peanuts	1 oz	170	14	2	5	2	7	95
String Cheese	1 Each	80	6	3	1	0	6	200
Tortilla Chips	1 oz	120	4	1	18	2	2	95

## TACO BAR

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Cheddar-Jack Cheese	1 oz	110	9	5	0	0	7	180
Corn Tortilla	1 Each	38	0	0	8	1	1	0
Diced Avocado	.75 oz	45	4	1	3	1	0	0
Diced Tomatoes	1 oz	5	0	0	1	0	0	1
Guacamole	1 Each	120	11	2	4	2	1	190
Jalapenos	7 pc	4	0	0	0	0	0	179
Lettuce	1 oz	4	0	0	1	0	0	3
Pico de Gallo	1 oz	14	1	0	1	0	0	19
Salsa	Packet	21	0	0	4	1	1	510
Sour Cream	1 oz	60	5	4	1	0	1	10
Taco Beef	3oz	140	8	3	7	3	11	534
Taco Chicken	3oz	126	5	1	5	2	16	379

