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LEGEND

 VEGE. ALIAN

 VEGAN

 MOLLIE KATZEN

 COAI

 ORGANIC

Before placing your order, please inform your server if a person in your party has a food allergy.

MENUS:

THIS WEEK'S MENU

Wednesday, April 6, 2011

Nutrition information is approximate; based on product and recipe data. Percentage of total caloric intake is represented in parentheses (%). Due to rounding, total calories may vary slightly.

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Individual Nutrition Information

Cream of Mushroom Soup Portion: 6 fl. oz Qty: <input type="text" value="1"/>		
Calories: 104.076 kcal Fat: 5.715 g (49.17%) Saturated Fat: 1.315 g Trans-Fat: 0.015 g Cholesterol: 5.475 mg	Protein: 2.918 g (11.89%) Carbs: 10.549 g (38.94%) Dietary Fiber: 0.960 g Sugar: 3.784 g Sodium: 763.156 mg	Vitamin A: 55.885 iu Vitamin C: 0.111 mg Iron: 0.556 mg Calcium: 66.536 mg
Pulled Chicken Sandwich Portion: 1 SAND Qty: <input type="text" value="1"/>		
Calories: 415.782 kcal Fat: 12.790 g (27.97%) Saturated Fat: 2.951 g Trans-Fat: 0.000 g Cholesterol: 101.519 mg	Protein: 42.651 g (44.15%) Carbs: 29.724 g (27.89%) Dietary Fiber: 4.417 g Sugar: 9.639 g Sodium: 614.380 mg	Vitamin A: 115.668 iu Vitamin C: 21.670 mg Iron: 4.415 mg Calcium: 99.689 mg
Roast Russet Potato Wedges Portion: 4 oz Qty: <input type="text" value="1"/>		
Calories: 82.293 kcal Fat: 2.902 g (30.98%) Saturated Fat: 0.428 g Trans-Fat: 0.000 g Cholesterol: 0.000 mg	Protein: 1.596 g (8.07%) Carbs: 13.305 g (60.95%) Dietary Fiber: 1.523 g Sugar: 0.721 g Sodium: 842.710 mg	Vitamin A: 8.181 iu Vitamin C: 5.980 mg Iron: 0.859 mg Calcium: 12.190 mg
Steamed Broccoli Portion: 4 oz Qty: <input type="text" value="1"/>		
Calories: 37.706 kcal Fat: 0.442 g (8.89%) Saturated Fat: 0.085 g Trans-Fat: 0.000 g Cholesterol: 0.000 mg	Protein: 2.564 g (24.40%) Carbs: 7.735 g (66.71%) Dietary Fiber: 3.555 g Sugar: 1.497 g Sodium: 62.754 mg	Vitamin A: 1667.660 iu Vitamin C: 69.917 mg Iron: 0.722 mg Calcium: 43.092 mg
Carnival Cookie Portion: 1 each Qty: <input type="text" value="1"/>		
Calories: 118.800 kcal Fat: 4.950 g (37.89%)	Protein: 0.990 g (3.59%) Carbs: 17.820 g (58.52%)	Vitamin A: iu Vitamin C: 0.000 mg

Saturated Fat: 2.475 g	Dietary Fiber: 0.000 g	Iron: 0.030 mg
Trans-Fat: 0.000 g	Sugar: 10.890 g	Calcium: 0.000 mg
Cholesterol: 26.757 mg	Sodium: 108.900 mg	
Coconut Walnut Congo Bars		Portion: 1 piece Qty: <input type="text" value="1"/>
Calories: 200.000 kcal	Protein: 1.500 g (3.19%)	Vitamin A: iu
Fat: 10.000 g (44.85%)	Carbs: 27.000 g (51.96%)	Vitamin C: mg
Saturated Fat: 5.000 g	Dietary Fiber: 1.000 g	Iron: 0.540 mg
Trans-Fat: 0.000 g	Sugar: 16.000 g	Calcium: 13.500 mg
Cholesterol: 10.000 mg	Sodium: 95.000 mg	
Grilled Chicken		Portion: 1 each Qty: <input type="text" value="2"/>
Calories: 283.500 kcal	Protein: 50.626 g (74.74%)	Vitamin A: 0.000 iu
Fat: 8.100 g (25.26%)	Carbs: 0.000 g (0.00%)	Vitamin C: 0.000 mg
Saturated Fat: 4.050 g	Dietary Fiber: 0.000 g	Iron: 0.000 mg
Trans-Fat: 0.000 g	Sugar: 0.000 g	Calcium: 0.000 mg
Cholesterol: 131.626 mg	Sodium: 870.750 mg	
Veracruz Garbanzo Beans		Portion: 4 oz Qty: <input type="text" value="1"/>
Calories: 101.416 kcal	Protein: 4.608 g (20.41%)	Vitamin A: 92.196 iu
Fat: 1.384 g (12.95%)	Carbs: 16.596 g (66.63%)	Vitamin C: 0.000 mg
Saturated Fat: 0.000 g	Dietary Fiber: 3.688 g	Iron: 1.328 mg
Trans-Fat: 0.000 g	Sugar: 0.920 g	Calcium: 36.880 mg
Cholesterol: 0.000 mg	Sodium: 543.952 mg	
Totals for the Meal		
Calories: 1343.573 kcal	Protein: 107.453 g (33.96%)	Vitamin A: 1939.59 iu
Fat: 46.283 g (30.90%)	Carbs: 122.729 g (35.15%)	Vitamin C: 97.678 mg
Saturated Fat: 16.304 g	Dietary Fiber: 15.143 g	Iron: 8.45 mg
Trans-Fat: 0.015 g	Sugar: 43.451 g	Calcium: 271.887 mg
Cholesterol: 275.377 mg	Sodium: 3901.602 mg	
		UPDATE REPORT CLEAR QUANTITIES

FOOD SUSTAINABILITY, NUTRITION, PREPARATION AND COMMUNITY[VISIT THE FOOD LITERACY PROJECT](#)

*** CONSUMER RESPONSIBILITY *** Ingredients and nutritional content may vary. Manufacturers may change their product formulation or consistency of ingredients without our knowledge, and product availability may fluctuate. While we make every effort to identify ingredients, we cannot assure against these contingencies. Therefore, it is ultimately the responsibility of the consumer to judge whether or not to question ingredients or choose to eat selected foods. Food-allergic guests and those with specific concerns should speak with a manager for individualized assistance.

