

HARVARD UNIVERSITY HOSPITALITY & DINING SERVICES

Undergraduates Graduate Students Faculty Staff & Administrators Parents / Families Campus Guests



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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

|                                                                                                                                                                 |                                                                                                                                                             |                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>St. Louis Style Pork Baby Back Ribs</b> Portion: 7 oz Qty: <input type="text" value="1"/>                                                                    |                                                                                                                                                             |                                                                                                                  |
| <b>Calories:</b> 620.972 kcal<br><b>Fat:</b> 45.661 g (68.43%)<br><b>Saturated Fat:</b> 17.562 g<br><b>Trans-Fat:</b> 0.000 g<br><b>Cholesterol:</b> 149.277 mg | <b>Protein:</b> 33.368 g (23.67%)<br><b>Carbs:</b> 12.279 g (7.90%)<br><b>Dietary Fiber:</b> 0.000 g<br><b>Sugar:</b> 11.512 g<br><b>Sodium:</b> 379.509 mg | <b>Vitamin A:</b> 0.000 iu<br><b>Vitamin C:</b> 2.763 mg<br><b>Iron:</b> 2.127 mg<br><b>Calcium:</b> 70.248 mg   |
| <b>Baked Beans</b> Portion: 4 oz Qty: <input type="text" value="1"/>                                                                                            |                                                                                                                                                             |                                                                                                                  |
| <b>Calories:</b> 107.964 kcal<br><b>Fat:</b> 0.393 g (2.95%)<br><b>Saturated Fat:</b> 0.077 g<br><b>Trans-Fat:</b> 0.000 g<br><b>Cholesterol:</b> 0.000 mg      | <b>Protein:</b> 5.037 g (17.89%)<br><b>Carbs:</b> 24.599 g (79.17%)<br><b>Dietary Fiber:</b> 4.397 g<br><b>Sugar:</b> 10.488 g<br><b>Sodium:</b> 358.835 mg | <b>Vitamin A:</b> 113.034 iu<br><b>Vitamin C:</b> 0.483 mg<br><b>Iron:</b> 1.258 mg<br><b>Calcium:</b> 37.044 mg |
| <b>Steamed Corn</b> Portion: 4 oz Qty: <input type="text" value="1"/>                                                                                           |                                                                                                                                                             |                                                                                                                  |
| <b>Calories:</b> 88.180 kcal<br><b>Fat:</b> 0.729 g (6.59%)<br><b>Saturated Fat:</b> 0.112 g<br><b>Trans-Fat:</b> 0.000 g<br><b>Cholesterol:</b> 0.000 mg       | <b>Protein:</b> 2.776 g (11.88%)<br><b>Carbs:</b> 21.011 g (81.52%)<br><b>Dietary Fiber:</b> 2.613 g<br><b>Sugar:</b> 3.342 g<br><b>Sodium:</b> 155.487 mg  | <b>Vitamin A:</b> 216.639 iu<br><b>Vitamin C:</b> 3.810 mg<br><b>Iron:</b> 0.512 mg<br><b>Calcium:</b> 3.266 mg  |
| <b>Chocolate Cream Pie</b> Portion: 1 slice Qty: <input type="text" value="1"/>                                                                                 |                                                                                                                                                             |                                                                                                                  |
| <b>Calories:</b> 242.156 kcal<br><b>Fat:</b> 12.994 g (49.03%)<br><b>Saturated Fat:</b> 7.088 g<br><b>Trans-Fat:</b> 1.477 g<br><b>Cholesterol:</b> 0.000 mg    | <b>Protein:</b> 1.772 g (3.17%)<br><b>Carbs:</b> 29.531 g (47.81%)<br><b>Dietary Fiber:</b> 0.591 g<br><b>Sugar:</b> 18.900 g<br><b>Sodium:</b> 177.188 mg  | <b>Vitamin A:</b> 0.000 iu<br><b>Vitamin C:</b> 0.000 mg<br><b>Iron:</b> 0.425 mg<br><b>Calcium:</b> 23.625 mg   |
| <b>Cornbread</b> Portion: 1 piece Qty: <input type="text" value="1"/>                                                                                           |                                                                                                                                                             |                                                                                                                  |
| <b>Calories:</b> 159.375 kcal<br><b>Fat:</b> 6.563 g (37.40%)                                                                                                   | <b>Protein:</b> 2.813 g (7.59%)<br><b>Carbs:</b> 22.500 g (55.01%)                                                                                          | <b>Vitamin A:</b> iu<br><b>Vitamin C:</b> mg                                                                     |

|                               |                               |                    |
|-------------------------------|-------------------------------|--------------------|
| <b>Saturated Fat:</b> 0.938 g | <b>Dietary Fiber:</b> 0.938 g | <b>Iron:</b> mg    |
| <b>Trans-Fat:</b> 0.000 g     | <b>Sugar:</b> g               | <b>Calcium:</b> mg |
| <b>Cholesterol:</b> 28.125 mg | <b>Sodium:</b> 225.000 mg     |                    |

Totals for the Meal

|                                |                                   |                              |
|--------------------------------|-----------------------------------|------------------------------|
| <b>Calories:</b> 1218.647 kcal | <b>Protein:</b> 45.766 g (16.03%) | <b>Vitamin A:</b> 329.673 iu |
| <b>Fat:</b> 66.34 g (49.08%)   | <b>Carbs:</b> 109.92 g (34.89%)   | <b>Vitamin C:</b> 7.056 mg   |
| <b>Saturated Fat:</b> 25.777 g | <b>Dietary Fiber:</b> 8.539 g     | <b>Iron:</b> 4.322 mg        |
| <b>Trans-Fat:</b> 1.477 g      | <b>Sugar:</b> 44.242 g            | <b>Calcium:</b> 134.183 mg   |
| <b>Cholesterol:</b> 177.402 mg | <b>Sodium:</b> 1296.019 mg        |                              |

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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.