

Usdan Dining Hall Nutrient Information Tables\*  
 Boulevard Grill Jan '10

\*values in red exceed criteria for Eat Well Selection

Item	Eat Well Selection ?	Calories	Fat (gms)	Protein (gms)	Carbs (gms)	Fiber (gms)	Sodium (mgs)	Chol (mgs)
Hamburger	Y	340	15	22	28	1	330	65
Cheeseburger	N	530	19	30	57	3	760	70
Double Cheeseburger	N	770	36	51	58	3	980	140
Bacon Cheeseburger	N	550	29	32	38	2	930	95
Turkey Burger	N	370	17	23	28	1	300	100
Grilled Veggie Wrap	N	480	20	12	66	7	720	10
Chicken Fingers	N	900	35	75	75	0	1950	125
Fish Fillet Sandwich	N	450	19	20	47	2	570	30
Veggieburger	N	340	8	20	46	5	810	0
Grilled Chicken Sandwich	N	310	5	30	38	2	650	70
Steak & Cheese	N	470	19	30	41	2	1050	65
Double Steak & Cheese	N	700	33	51	42	2	1530	120
Chicken Cheese Steak	N	430	14	31	43	2	1380	55
Double Chicken Cheese Steak	N	620	23	53	46	2	2190	100
Asian Chicken Wrap	N	1070	52	52	99	4	2100	75
Hot Dog	N	500	35	17	28	0	1550	60
Small French Fries	N	360	19	5	45	4	240	0
Large French Fries	N	540	29	8	68	6	360	0

\*The nutritional information provided may vary. Dining Services may at times substitute ingredients based on product availability. Portion size can also affect the nutritional accuracy. For further menu information, please contact the appropriate Food Service Manager or the Campus Nutritionist.