

Usdan Dining Hall Nutrient Information Tables*

Balance: Week 4 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) |
|------------------------------------|----------------------|----------|-----------|---------------|-------------|-------------|--------------|------------|
| Grilled Salmon | Y | 180 | 11 | 19 | 0 | 0 | 50 | 55 |
| Grilled Chicken Breast | Y | 140 | 4 | 24 | 0 | 0 | 55 | 65 |
| Grilled Steak Tips | Y | 210 | 11 | 26 | 0 | 0 | 60 | 55 |
| Veggieburger | Y | 180 | 5 | 14 | 17 | 4 | 540 | 0 |
| (Mon) Tofu w/Yellow Bean Sauce | N | 120 | 5 | 10 | 12 | 4 | 950 | 0 |
| Coconut Rice | Y | 170 | 0 | 3 | 38 | 1 | 0 | 0 |
| Brown Rice | Y | 150 | 1.5 | 4 | 31 | 2 | 20 | 0 |
| Pickled Mixed Vegetables | Y | 130 | 2 | 1 | 18 | 1 | 260 | 0 |
| (Tues) Braised Chicken | N | 140 | 6 | 14 | 7 | 0 | 960 | 35 |
| Roasted Chinese Long Beans | Y | 70 | 3 | 2 | 10 | 4 | 80 | 0 |
| Sesame Rice Noodle Salad | N | 160 | 3.5 | 1 | 32 | 1 | 420 | 0 |
| B'nut Squash w/orange, chipotle | N | 150 | 8 | 1 | 19 | 2 | 840 | 20 |
| Brown Rice w/Toasted Barley | Y | 170 | 1.5 | 5 | 36 | 4 | 50 | 0 |
| (Wed) Spicy Shrimp | Y | 117 | 5 | 14 | 2 | 0 | 358 | 137 |
| Brown Rice w/Lentils | Y | 160 | 1.5 | 4 | 32 | 3 | 20 | 0 |
| Green Papaya & Carrot Salad | N | 50 | 0 | 2 | 12 | 3 | 510 | 0 |
| Roasted Red Bliss w/Garlic, Sesame | Y | 120 | 3 | 2 | 20 | 2 | 20 | 0 |

*The nutritional information provided may vary. Dining Services may at times substitute ingredients based on product