

Usdan Dining Hall Nutrient Information Tables*
Boulevard Deli

Item	Portion	Calories	Fat (gms)	Protein (gms)	Carbs (gms)	Fiber (gms)	Sodium (mgs)	Chol (mgs)
Ham	1 oz	35	1.5	5	0	0	315	12
Turkey	1 oz	25	.5	5	1	0	320	10
Smoked Turkey	1 oz	27	0	6	1	0	379	12
Tofurkey	1 oz	53	2	7	3	2	132	0
Roast Beef	1 oz	40	2	5	0	0	125	15
Grilled Chicken	3 oz piece	140	4	24	1	0	100	65
Pastrami	1 oz	37	1	7	0	0	230	9
Egg Salad	1 scoop	170	15	7	1	0	135	245
Tuna Salad	1 scoop	190	22	18	2	0	800	40
Chicken Salad	1 scoop	210	13	21	0	0	130	65
Lowfat American	1 oz	45	3	3	1	0	160	7
Provolone	1 oz	100	8	7	0	0	240	20
Swiss	1 oz	100	8	8	0	0	60	25
Cheddar	1 oz	110	9	7	1	0	180	30
Muenster	1 oz	100	8	6	0	0	180	25
Pepper Jack	1 oz	80	4	7	3	0	170	25
Hummus	1 oz	70	3.5	2	7	2	150	0
Braided Roll	½	360	4	12	72	4	740	0
Ciabatta	1 roll	130	0	5	26	1	290	0
Honey 12 Grain	1 slice	80	1	4	15	3	100	0
Jr Wheat Roll	1 roll	190	1.5	13	32	6	250	0
White Pullman	1 slice	60	.5	1.5	11.5	.5	120	0
White Wrap	1	310	9	8	49	3	600	0
Whole Wheat Wrap	1	320	9	10	49	7	800	0
Spinach Wrap	1	290	8	7	47	3	650	0

Tomato Wrap	1	310	9	7	49	3	580	0
Herb Garlic Wrap	1	300	9	8	48	3	640	0
Low Carb Whole Wheat Wrap	1	150	8	9	14	7	410	0
Everything Bagel	1	280	1	8	40	2	244	0
Sesame Bagel	1	400	1	8	40	1.5	245	0
Whole Wheat Multigrain Bagel	1	270	1	10	56	3	262	0
Plain Bagel	1	280	1	11	56	2	350	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.**