

Usdan Dining Hall Nutrient Information Tables*

Balance: Week 4 Jan '10

*values in red exceed Eat Well Selection

Item	Eat Well Selection ?	Calories	Fat (gms)	Protein (gms)	Carbs (gms)	Fiber (gms)	Sodium (mgs)	Chol (mgs)
Zucchini Provencal	Y	50	3	1	7	2	20	0
(Thurs) Mango Salad w/Salmon	N	240	11	23	14	1	690	60
Spice Crusted Pork Tenderloin	Y	150	7	19	3	1	135	50
White Bean Chili	Y	100	2.5	4	17	5	30	0
Jasmine Rice w/Ginger	Y	150	0	3	34	0	310	0
Wilted Rabe w/Sweet n Sour Glaze	Y	35	0	3	8	0	40	0
Brown Rice w/Black Beans	Y	200	1.5	11	35	8	60	0
(Fri) Grilled Flank Steak w/ Tomato Relish	N	260	10	26	18	5	1260	55
Cold Salad of Assorted Fishes	Y	110	2.5	17	3	0	410	60
Arugula & Baby Greens	Y	15	0	1	3	1	10	0
Roasted Pineapple w/Jalapeno Lime	Y	80	2	1	18	1	20	0
Brown Rice w/Cannellini Beans	Y	140	1	4	28	2	240	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.