

Usdan Dining Hall Nutrient Information Tables*

Balance: Week 1 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) Chicken Teriyaki	Y	160	3.5	25	5	0	590	65
Buckwheat Noodle Salad	Y	220	5	9	31	2	340	0
Ginger Spiced Carrots & Parsnips	Y	60	0	1	15	4	55	0
Basmati Rice Pilaf	Y	140	3	3	28	2	330	0
Kasha w/Bowtie Pasta	Y	160	3	6	29	3	30	0
(Tues) Poached Salmon	Y	200	11	19	1	0	55	55
Pasta with Peppers	Y	210	2.5	7	41	4	330	0
Blackeye Peas & Jasmine Rice	Y	160	0	4	36	1	350	0
Herbed Zucchini & Tomatoes	Y	45	0	2	9	2	160	0
Brown Rice	Y	150	1.5	4	31	2	20	0
(Wed) Spicy Red Curry Chicken	Y	160	4	26	3	0	100	65
Spinach & Shitake Salad	N	100	3.5	3	15	2	530	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.