

Usdan Dining Hall Nutrient Information Tables\*  
 Balance: Week 3 Jan '10

| 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                            | 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) Braised Chicken, Tomato, Mushrooms   | Y                    | 170      | 4         | 26            | 6           | 1           | 60           | 65         |
| Cuban Black Beans & Rice                   | Y                    | 200      | 1.5       | 11            | 35          | 8           | 60           | 0          |
| Garlicky Broccoli Rabe w/ Tempeh           | Y                    | 100      | 4         | 7             | 9           | 2           | 230          | 0          |
| Brown Rice                                 | Y                    | 150      | 1.5       | 4             | 31          | 2           | 20           | 0          |
| Linguini w/Eggplant & Artichoke Sauce      | Y                    | 160      | 2.5       | 5             | 29          | 3           | 90           | 0          |
| (Tues) Curried Turkey w/ Apricot & Raisins | Y                    | 340      | 8         | 22            | 45          | 4           | 240          | 40         |
| Brown Rice w/Vegetables                    | Y                    | 180      | 2.5       | 5             | 35          | 3           | 75           | 0          |
| Vegetarian Pasta Fajiole                   | Y                    | 180      | 1         | 11            | 32          | 8           | 55           | 0          |
| Butternut Squash w/Currants                | Y                    | 100      | 2         | 1             | 22          | 4           | 300          | 0          |
| Spicy Rice                                 | Y                    | 140      | 1.5       | 3             | 29          | 1           | 20           | 0          |
| (Wed) Tangine of Chicken Stew              | Y                    | 210      | 4.5       | 22            | 20          | 4           | 85           | 50         |
| Brown Rice                                 | Y                    | 150      | 1.5       | 4             | 31          | 2           | 20           | 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