

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)
Basmati Rice & Cranberry Beans	Y	180	1.5	9	33	8	160	0
Allspice Stuffed Apple	Y	160	1	1	39	5	25	0
Lentils & Rice	Y	160	1.5	4	32	3	20	0
(Thurs) Cajun Chicken	Y	110	2.5	18	1	0	510	50
Vegetable Fried Rice	N	150	7	3	18	2	540	0
Biryani	N	310	10	6	49	4	50	15
Asparagus, Salsify & Tomato	Y	140	5	5	15	4	90	0
Jasmine Rice	Y	150	0	3	34	0	310	0
(Fri) Dijon Crusted Club Steak	Y	210	10	26	5	1	570	65
Roasted Fingerlings & Dressing	N	170	13	2	14	2	65	0
Wild Rice Pilaf	Y	120	1.5	4	23	2	30	0
Brown Rice	Y	150	1.5	4	31	2	20	0
Medley of Fall Fruits	Y	70	0	0	17	2	0	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.