

Usdan Dining Hall Nutrient Information Tables*

Balance: Week 2 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) Salmon in Roasted Pepper Sauce	Y	260	11	24	18	3	100	60
Brown Rice	Y	150	1.5	4	31	2	20	0
Penne Pasta Primavera	Y	160	2	6	32	3	250	0
Roasted Vegetables	Y	60	3.5	2	5	2	10	0
Quinoa Pilaf w/Corn	Y	160	2.5	4	30	3	60	0
(Tues) Chicken Cacciatore	Y	240	5	32	11	3	80	75
Rigatoni in Spicy Red Sauce	Y	250	3.5	8	47	4	160	0
Lentils & Brown Rice	Y	160	1.5	4	32	3	20	0
Roasted Beet Salad	N	120	10	1	7	2	125	0
Wild Rice Stuffing	Y	220	2.5	7	43	3	115	0
(Wed) Seared Sesame Tuna	Y	210	9	28	5	3	125	50
Buckwheat Noodles w/Tofu	N	170	3	11	27	2	670	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