

Usdan Dining Hall Nutrient Information Tables*

Balance: Week 3 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)
Steak Pizziola	Y	190	8	21	7	2	115	50
Fusilli w/Ratatouille	Y	190	4.5	6	33	5	160	0
Braised Mexican Spiced Vegetables	Y	100	3.5	3	17	4	130	0
(Thurs) Seared Scallops	Y	140	4.5	19	4	0	480	35
Florentine Brown Rice Pilaf	Y	160	1.5	6	30	2	70	0
Pasta in Black Olive Sauce	Y	170	3	5	30	2	130	0
Lentils w/White Beans	Y	110	3.5	7	14	4	115	0
Positive Power Salad	Y	140	6	7	16	4	105	5
(Fri) Pork Tenderloin w/Apples	Y	160	4	19	10	1	40	55
Vegetarian BBQ Pinto Beans	N	106	1	5	19	5	535	0
Brown Rice	Y	150	1.5	4	31	2	20	0
Wild Rice Stuffed Acorn Squash	Y	170	1	6	37	7	280	0
Golden Door Twice Baked Potatoes	Y	160	3	8	29	4	170	5
Barley w/Spinach & Mushrooms	Y	170	1.5	7	33	6	95	5

*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.