

**Usdan Dining Hall Nutrient Information Tables\***  
**Balance: Week 2 Jan '10**

<b>Item</b>	<b>Eat Well Selection ?</b>	<b>Calories</b>	<b>Fat (gms)</b>	<b>Protein (gms)</b>	<b>Carbs (gms)</b>	<b>Fiber (gms)</b>	<b>Sodium (mgs)</b>	<b>Chol (mgs)</b>
<b>Sushi Rice</b>	<b>Y</b>	<b>180</b>	<b>1</b>	<b>4</b>	<b>38</b>	<b>3</b>	<b>10</b>	<b>0</b>
<b>Herbed Vegetable Medley</b>	<b>Y</b>	<b>45</b>	<b>0</b>	<b>2</b>	<b>9</b>	<b>2</b>	<b>160</b>	<b>0</b>
<b>Barley with Three Beans</b>	<b>Y</b>	<b>170</b>	<b>1.5</b>	<b>10</b>	<b>31</b>	<b>8</b>	<b>60</b>	<b>0</b>
<b>(Thurs) Grilled Salmon w/ Summer Fruit Relish</b>	<b>Y</b>	<b>210</b>	<b>9</b>	<b>22</b>	<b>9</b>	<b>1</b>	<b>160</b>	<b>60</b>
<b>Wild Greens w/Pepper Dressing</b>	<b>Y</b>	<b>60</b>	<b>4.5</b>	<b>1</b>	<b>4</b>	<b>1</b>	<b>25</b>	<b>0</b>
<b>Sweet Potato Cakes</b>	<b>Y</b>	<b>180</b>	<b>3</b>	<b>3</b>	<b>37</b>	<b>3</b>	<b>65</b>	<b>0</b>
<b>Spicy Black Eye Peas</b>	<b>Y</b>	<b>100</b>	<b>0</b>	<b>6</b>	<b>20</b>	<b>5</b>	<b>230</b>	<b>0</b>
<b>Brown Rice w/Toasted Barley</b>	<b>Y</b>	<b>170</b>	<b>1.5</b>	<b>5</b>	<b>36</b>	<b>4</b>	<b>50</b>	<b>0</b>
<b>(Fri) Black Bean Stir-Fry w/ Shrimp</b>	<b>Y</b>	<b>120</b>	<b>4</b>	<b>14</b>	<b>6</b>	<b>1</b>	<b>270</b>	<b>110</b>
<b>Coconut Rice</b>	<b>Y</b>	<b>170</b>	<b>0</b>	<b>3</b>	<b>38</b>	<b>1</b>	<b>0</b>	<b>0</b>
<b>Five Bean Salad</b>	<b>Y</b>	<b>70</b>	<b>1</b>	<b>4</b>	<b>12</b>	<b>4</b>	<b>210</b>	<b>0</b>
<b>Brown Rice</b>	<b>Y</b>	<b>150</b>	<b>1.5</b>	<b>4</b>	<b>31</b>	<b>2</b>	<b>20</b>	<b>0</b>
<b>Cream of Pumpkin Soup</b>	<b>Y</b>	<b>60</b>	<b>1.5</b>	<b>3</b>	<b>9</b>	<b>0</b>	<b>220</b>	<b>0</b>

\*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.