

Sample Nutritional Information†

Your Company Name

For the week of:

	ITEM	SERV SIZE (oz)	CALORIE (kcal)	Protein (gm)	FAT (gm)	CARBO HYDRATE	FIBER	CHOL (mg)	SODIUM (mg)	FAT CAL (%)	To Your Health
Monday	Navy Bean Soup	8	219	11.4	6.9	28.6	7.4	8	1146	28	
	Vegetarian Jambalaya	8	281	6.5	4.6	47.6	4.5	.8	778	14	*
	Pasta w/Spaghetti Sauce (6 oz pasta, 4 oz meat sauce)	10	469	20.7	15.8	60.1	3.4	40	398	30	
	Chopped Sirloin w/Carmelized Onion	8	630	34.6	35.4	41.1	1.0	146	512	51	
	B.L.T. Wrap	5	389	11.6	18.8	43.6	3.2	16	1038	43	
Tuesday	Cream of Potato Soup	8	147	3.0	8.4	15.7	.8	18	750	51	
	Chili	8	124	7.5	3.5	17.3	4.7	11	724	24	*
	Beef Stew	6	187	17.9	8	10.9	.6	37	504	39	
	Italian Sausage w/ Peppers & Onions	5	410	16.2	27.2	24.2	1.6	51	1106	60	
	Americana Grille	7	751	30.2	55.7	32.5	1.0	148	2267	67	
Wednesday	Chicken Salad Croissant	6	505	24.6	28.1	36.2	.5	64	1389	51	
	Chicken Garden Vegetable	8	106	6.0	6.9	5.4	.9	15	247	58	
	Primavera Brown Rice	6	214	5.1	6.4	35.3	1.2	0	798	27	*
	Enchilada Casserole	6	321	18.5	16.2	25.5	2.2	52	921	45	
	Chicken Drummies	3	202	26	11.3	11.3	0	-	481	50	
Thursday	Reuben – Grilled (1/2 oz Margarine)	8	545	26.7	33.7	36.2	1.2	66	2025	55	
	Roast Beef & Cheese Sub	6	356	30.1	12.0	30.0	2.1	72	459	31	
	Cheddar Cheese & Sausage Soup	8	370	16.7	25.3	19.2	.9	59	1002	61	
	Sliced Breast Turkey w/Gravy	6	295	23.6	18.0	10.1	.3	0	2369	55	
	Whipped Potatoes (no butter)	4	90	1	1.0	17	2	0	400	1	*
Friday	Sage Dressing	4	203	2.8	11.8	20.5	.4	0	231	53	
	Texas Grille	7	968	38.2	61	66.3	2.7	161	2087	57	
	Chicken Cashew Wrap	7	436	30.2	15.0	42.5	2.1	74	1055	32	
	Chili	8	124	7.5	3.5	17.3	4.7	11	724	24	*
	Baked Ham w/Pineapple Sauce	4	211	23.9	6.3	13.3	.1	60	1366	28	
Friday	D & S Pepperoni Pizza	1 slice	570	27.9	27.5	52.5	1.5	28	1446	44	
	Turkey w/Pepper Cheese on Sour Dough	5	394	24.6	7.6	54.6	1.9	15	1170	18	
	Lyonnais Potatoes	4	272	2.9	18.3	25.3	2.5	0	571	59	
	Grilled Tuna Melt	6	436	26.2	20.8	34.1	.6	54	1245	44	

"To Your Health" identified items will contain NO MORE THAN:

1. 30% calories as Fat
2. 100 mg. cholesterol
3. 800 mg. sodium

While many individuals on modified diets will find numerous menu items meeting their needs, our "To Your Health" program is not designed for those with severe dietary restrictions. These individuals should follow their doctors' advice with regard to dietary intake.

†Source: Computrition - Computerized Nutritional Database