

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 Drumsticks | 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 | |
| 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