
CREAM OF WHEAT

WATER,SALT,CREAM OF WHEAT HOT

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 50 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 79.0 |
| carbs (gm) | 10.5 |
| protein (gm) | 1.4 |
| calcium (gm) | 19.14 |
| iron (gm) | 3.91 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

Egg White Omelet

FROZEN EGG WHITES,PAN COATING SPRAY
PAM**Nutrition Facts**

| | |
|---------------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 134 |
| fat (gm) | 9.0 |
| sat fat (gm) | 2.8 |
| chol (mg) | 379.9 |
| sodium (mg) | 251.4 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.2 |
| calcium (gm) | 44.00 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 7.230 oz Portion |
| calories | 405 |
| fat (gm) | 7.6 |
| sat fat (gm) | 2.2 |
| chol (mg) | 158.5 |
| sodium (mg) | 724.9 |
| carbs (gm) | 72.3 |
| protein (gm) | 12.6 |
| calcium (gm) | 141.79 |
| iron (gm) | 3.57 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

GRILLED SLICED BACON

BACON

Nutrition Facts

| | |
|---------------------|---------|
| Portion Size | 2 SLICE |
| calories | 28 |
| fat (gm) | 2.4 |
| sat fat (gm) | 0.9 |
| chol (mg) | 4.2 |
| sodium (mg) | 78.8 |
| carbs (gm) | 0.0 |
| protein (gm) | 1.5 |
| calcium (gm) | 0.59 |
| iron (gm) | 0.08 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

LYONNAISE POTATOES**VV**

CKD WHOLE PEELED POTATOES,ONIONS
SLICED 1/8" WHITE,CHOPPED FRESH
PARSLEY,SALT,WHITE PEPPER,MARGARINE
MELTED,PAPRIKA

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.800 oz Portion |
| calories | 108 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 193.1 |
| carbs (gm) | 21.1 |
| protein (gm) | 1.9 |
| calcium (gm) | 11.37 |
| iron (gm) | 0.38 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

MUFFINS RASPBERRY CORN FROM MIX '06

Corn Meal Yellow 50 lb,MUFFIN MIX
DELUXE,WATER,VEGETABLE SALAD
OIL,RASPBERRY FILLING,BAKING CUP 4-1/2 "

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | MUFFIN 3 oz |
| calories | 264 |
| fat (gm) | 11.3 |
| sat fat (gm) | 1.7 |
| chol (mg) | 0.0 |
| sodium (mg) | 301.0 |
| carbs (gm) | 40.1 |
| protein (gm) | 3.8 |
| calcium (gm) | 16.99 |
| iron (gm) | 1.87 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

OMELETTE BAR

FRESH TOMATOES DICED,AMERICAN CHEESE
DICED,SHREDDED MOZZARELLA
CHESE,LIQUID EGGS,SAUTEED DICED
ONIONS,SAUTEED DICED GREEN
PEPPERS,HAM BNLS SMK OVAL FDL,SAUTEED
SLICED MUSHROOMS,VEGETABLE SALAD OIL

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

PANCAKES - APPLE

WATER,EGG PANCAKE MIX,CANNED SLICED APPLES

Nutrition Facts

| | |
|---------------------|----------------|
| Portion Size | 3.58oz portion |
| calories | 145 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 539.2 |
| carbs (gm) | 31.2 |
| protein (gm) | 3.3 |
| calcium (gm) | 169.81 |
| iron (gm) | 1.20 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

SCRAMBLED EGGS

LIQUID EGGS,WHITE PEPPER,SALT,HOMOGENIZED MILK

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 162 |
| fat (gm) | 10.6 |
| sat fat (gm) | 3.5 |
| chol (mg) | 420.7 |
| sodium (mg) | 534.8 |
| carbs (gm) | 2.4 |
| protein (gm) | 13.1 |
| calcium (gm) | 77.36 |
| iron (gm) | 1.45 |

REFECTORY MAIN DINING 9/28/09

BREAKFAST

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 9/28/09

LUNCH

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 9/28/09

LUNCH

BROWNIES/FROSTED '06

VEG SHORTENING ALL PRPOSE,ROYAL
DUTCH COCOA,GRANULATED SUGAR,LIQUID
EGGS,SALT,VANILLA EXTRACT,CAKE
FLOUR,CAKE CHOCOLATE BATTER FROM
MIX,FROSTING CHOCOLATE RTU

Nutrition Facts

| | |
|---------------------|----------------|
| Portion Size | BROWNIE 3.54 c |
| calories | 358 |
| fat (gm) | 16.4 |
| sat fat (gm) | 5.7 |
| chol (mg) | 51.5 |
| sodium (mg) | 219.7 |
| carbs (gm) | 51.7 |
| protein (gm) | 2.8 |
| calcium (gm) | 34.61 |
| iron (gm) | 1.52 |

REFECTORY MAIN DINING 9/28/09

LUNCH

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 9/28/09

LUNCH

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 9/28/09

LUNCH

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE
BREAD,TORTILLA WHITE,TORTILLA
SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD
LARGE 7",WHITE PULLMAN BREAD,BREAD
RYE VIENNA LVR CAL,BREAD WHEAT VIENNA
CAL,BREAD MULTIGRAIN RND,BREAD RYE
FRENCH,BREAD WHOLE WHEAT SVN
STRS,ROLLS BULKIE CORNML CAL,BREAD
WHITE VIENNA CAL,WHOLE WHEAT TORTILLA
10"

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 9/28/09

LUNCH

Egg White Omelet

FROZEN EGG WHITES,PAN COATING SPRAY
PAM

Nutrition Facts

| | |
|---------------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 9/28/09

LUNCH

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 134 |
| fat (gm) | 9.0 |
| sat fat (gm) | 2.8 |
| chol (mg) | 379.9 |
| sodium (mg) | 251.4 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.2 |
| calcium (gm) | 44.00 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 9/28/09

LUNCH

Flame Grilled Veggie Patty

Rolls Wheat Bulkie 6pk ,Veg Patty Flame
Grilled,HAMBURGER ROLL

Nutrition Facts

| | |
|---------------------|--------|
| Portion Size | burger |
| calories | 231 |
| fat (gm) | 5.8 |
| sat fat (gm) | 0.6 |
| chol (mg) | 1.8 |
| sodium (mg) | 510.0 |
| carbs (gm) | 27.5 |
| protein (gm) | 17.7 |
| calcium (gm) | 49.70 |
| iron (gm) | 1.38 |

REFECTORY MAIN DINING 9/28/09

LUNCH

FRENCH FRIES STR 3/8" SPICY

POTATOES FRIES 3/8" SPICY

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 187 |
| fat (gm) | 7.1 |
| sat fat (gm) | 1.8 |
| chol (mg) | 0.0 |
| sodium (mg) | 204.0 |
| carbs (gm) | 28.6 |
| protein (gm) | 3.1 |
| calcium (gm) | 7.65 |
| iron (gm) | 1.53 |

REFECTORY MAIN DINING 9/28/09

LUNCH

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 7.230 oz Portion |
| calories | 405 |
| fat (gm) | 7.6 |
| sat fat (gm) | 2.2 |
| chol (mg) | 158.5 |
| sodium (mg) | 724.9 |
| carbs (gm) | 72.3 |
| protein (gm) | 12.6 |
| calcium (gm) | 141.79 |
| iron (gm) | 3.57 |

REFECTORY MAIN DINING 9/28/09

LUNCH

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 9/28/09

LUNCH

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS,HAMBURG ROLLS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 9/28/09

LUNCH

HOT DOG ON A BUN

FRANKFURTERS BEEF,ROLLS HOT DOG NE STYLE STRIP

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 9/28/09

LUNCH

ITALIAN MEATBALLS W/SAUCE LUNCH

MEATBALLS ITALIAN RAW,SPAGHETTI SAUCE (AMT REQ),PARMESAN CHEESE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 248 |
| fat (gm) | 12.4 |
| sat fat (gm) | 4.5 |
| chol (mg) | 73.9 |
| sodium (mg) | 645.6 |
| carbs (gm) | 10.1 |
| protein (gm) | 23.3 |
| calcium (gm) | 66.88 |
| iron (gm) | 3.50 |

REFECTORY MAIN DINING 9/28/09

LUNCH

ITALIAN VEGETABLE SAUTE

CARROT STICKS,FRESH CAULIFLOWER
FLORETT,ZUCCHINI SLICED CHTE SD
2,ONIONS SLICED 1/8" WHITE,OLIVE
OIL,GARLIC CHOPPED/IN OIL,BASE
MIREPOIX,HOT WATER

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 39 |
| fat (gm) | 2.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 26.9 |
| carbs (gm) | 4.2 |
| protein (gm) | 0.9 |
| calcium (gm) | 12.67 |
| iron (gm) | 0.24 |

REFECTORY MAIN DINING 9/28/09

LUNCH

LYONNAISE POTATOES**VV**

CKD WHOLE PEELED POTATOES,ONIONS
SLICED 1/8" WHITE,CHOPPED FRESH
PARSLEY,SALT,WHITE PEPPER,MARGARINE
MELTED,PAPRIKA

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.800 oz Portion |
| calories | 108 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 193.1 |
| carbs (gm) | 21.1 |
| protein (gm) | 1.9 |
| calcium (gm) | 11.37 |
| iron (gm) | 0.38 |

REFECTORY MAIN DINING 9/28/09

LUNCH

MULTI-GRAIN BREAD '09

BIGA/STARTER '09,WATER,YEAST,FLOUR
SUNSHINE,GRAIN MIX '09,VEGAN BROWN
RICE PILAF,LIGHT BROWN SUGAR,SALT BULK
80 lb bag,BUTTERMILK,HONEY,LIQUID
EGGS,GRAIN MIX '09

Nutrition Facts

| | |
|---------------------|-----------|
| Portion Size | ~PORTIONS |
| calories | 140 |
| fat (gm) | 0.8 |
| sat fat (gm) | 0.1 |
| chol (mg) | 4.0 |
| sodium (mg) | 118.4 |
| carbs (gm) | 30.4 |
| protein (gm) | 3.8 |
| calcium (gm) | 18.17 |
| iron (gm) | 0.88 |

REFECTORY MAIN DINING 9/28/09

LUNCH

OMELETTE BAR

FRESH TOMATOES DICED,AMERICAN CHEESE DICED,SHREDDED MOZZARELLA CHESE,LIQUID EGGS,SAUTEED DICED ONIONS,SAUTEED DICED GREEN PEPPERS,HAM BNLS SMK OVAL FDL,SAUTEED SLICED MUSHROOMS,VEGETABLE SALAD OIL

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 9/28/09

LUNCH

ONION SOUP (FRENCH)

ONIONS SLICED 1/8"
WHITE,MARGARINE,FLOUR UNBLEACHED UNBR SPRING KING,ONION SOUP BASE,CHICKEN BASE,WATER - MARK ON KETTLE,COOKING SHERRY,CROUTONS HOMESTYLE SYSCO,CHEESE SWISS BULK SHREDDED

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 68 |
| fat (gm) | 2.6 |
| sat fat (gm) | 0.8 |
| chol (mg) | 2.6 |
| sodium (mg) | 640.4 |
| carbs (gm) | 9.0 |
| protein (gm) | 2.2 |
| calcium (gm) | 41.63 |
| iron (gm) | 0.27 |

REFECTORY MAIN DINING 9/28/09

LUNCH

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 9/28/09

LUNCH

PIZZA CHEESE '04

PIZZA DOUGH,PIZZA SAUCE COLD MIX,OREGANO LEAF,ROMANO CHEESE GRATED,PIZZA BLEND CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 9/28/09

LUNCH

PIZZA MEAT LOVERS '04

PIZZA SAUCE COLD MIX,ROMANO CHEESE GRATED,SLICED CAPICOLA (HOT HAM),SLICED PEPPERONI,SPICE OREGANO LEAF WHL XX,PIZZA BLEND CHEESE,SLICED GENOA SALAMI,PIZZA DOUGH

| Nutrition Facts | |
|------------------------|----------------|
| Portion Size | ~3.75 OZ. PORT |
| calories | 251 |
| fat (gm) | 12.5 |
| sat fat (gm) | 4.6 |
| chol (mg) | 23.5 |
| sodium (mg) | 724.1 |
| carbs (gm) | 25.3 |
| protein (gm) | 11.1 |
| calcium (gm) | 109.53 |
| iron (gm) | 1.01 |

REFECTORY MAIN DINING 9/28/09

LUNCH

PIZZA PESTO W/ TOMATO/FR MOZZAREL

FRESH TOMATOES JULIENNE,CH MOZZARELLA FRESH SLICE,FROZEN PESTO SAUCE,KOSHER SALT,GROUND BLACK PEPPER,PIZZA DOUGH

| Nutrition Facts | |
|------------------------|-----------------|
| Portion Size | 3.40 oz Portion |
| calories | 177 |
| fat (gm) | 4.9 |
| sat fat (gm) | 2.4 |
| chol (mg) | 16.9 |
| sodium (mg) | 329.2 |
| carbs (gm) | 24.8 |
| protein (gm) | 9.1 |
| calcium (gm) | 99.86 |
| iron (gm) | 1.20 |

REFECTORY MAIN DINING 9/28/09

LUNCH

Popcorn Chicken

Popcorn Chicken - Agar

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 6oz portion |
| calories | 477 |
| fat (gm) | 29.2 |
| sat fat (gm) | 9.1 |
| chol (mg) | 100.8 |
| sodium (mg) | 893.7 |
| carbs (gm) | 25.5 |
| protein (gm) | 27.8 |
| calcium (gm) | 26.88 |
| iron (gm) | 2.10 |

REFECTORY MAIN DINING 9/28/09

LUNCH

RICE KRISPIE TREATS

MARGARINE,MINI MARSHMALLOWS,CEREAL
RICE KRISPIES BULK

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 1.220 oz Portion |
| calories | 142 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.6 |
| chol (mg) | 0.0 |
| sodium (mg) | 200.5 |
| carbs (gm) | 27.5 |
| protein (gm) | 1.3 |
| calcium (gm) | 3.56 |
| iron (gm) | 0.86 |

REFECTORY MAIN DINING 9/28/09

LUNCH

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

Nutrition Facts

| | |
|---------------------|--------|
| Portion Size | SLICES |
| calories | 91 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.8 |
| chol (mg) | 39.1 |
| sodium (mg) | 35.2 |
| carbs (gm) | 0.0 |
| protein (gm) | 16.4 |
| calcium (gm) | 2.83 |
| iron (gm) | 1.11 |

REFECTORY MAIN DINING 9/28/09

LUNCH

ROTINI

ROTINI,OLIVE OIL

Nutrition Facts

| Portion Size | 8 oz Portion |
|--------------|--------------|
| calories | 261 |
| fat (gm) | 3.0 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 1.7 |
| carbs (gm) | 49.3 |
| protein (gm) | 8.3 |
| calcium (gm) | 12.17 |
| iron (gm) | 2.44 |

REFECTORY MAIN DINING 9/28/09

LUNCH

SALAD POTATO COUNTRY STYLE V.C.M.

MAYONNAISE,FRSH PARSLEY PRECUT 1" PC,ONIONS WHITE DICED 1/4",PEPPERS GRN DICED 1/4,CELERY DICED 1/4",POTATOES COOKED,WHITE VINEGAR,RELISH SWEET,POTATOES COOKED(1 BASKET),SALT,WHITE PEPPER

Nutrition Facts

| Portion Size | 4OZ SERVING |
|--------------|-------------|
| calories | 142 |
| fat (gm) | 4.6 |
| sat fat (gm) | 0.7 |
| chol (mg) | 3.5 |
| sodium (mg) | 337.0 |
| carbs (gm) | 24.2 |
| protein (gm) | 1.9 |
| calcium (gm) | 15.59 |
| iron (gm) | 0.46 |

REFECTORY MAIN DINING 9/28/09

LUNCH

Sauces for Chicken Fingers

Honey Mustard PC 1 oz,BBQ Sauce PC 1 oz,Sweet & Sour PC 1 oz

Nutrition Facts

| Portion Size | Each |
|--------------|------|
| calories | 13 |
| fat (gm) | 0.1 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 47.7 |
| carbs (gm) | 3.7 |
| protein (gm) | 0.0 |
| calcium (gm) | 9.32 |
| iron (gm) | 1.82 |

REFECTORY MAIN DINING 9/28/09

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 9/28/09

LUNCH

SLICED PROVOLONE

PROVOLONE CHEESE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 100 |
| fat (gm) | 7.5 |
| sat fat (gm) | 4.8 |
| chol (mg) | 19.5 |
| sodium (mg) | 248.2 |
| carbs (gm) | 0.6 |
| protein (gm) | 7.3 |
| calcium (gm) | 214.29 |
| iron (gm) | 0.15 |

REFECTORY MAIN DINING 9/28/09

LUNCH

SLICED TURKEY

COOKED TURKEY BREAST

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 9/28/09

LUNCH

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 9/28/09

LUNCH

SPINACH FETTUCCINI

OLIVE OIL,SPINACH FETTUCCINE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 311 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 31.8 |
| carbs (gm) | 59.3 |
| protein (gm) | 10.4 |
| calcium (gm) | 68.04 |
| iron (gm) | 2.37 |

REFECTORY MAIN DINING 9/28/09

LUNCH

TURKEY BREAKFAST SAUSAGE RECP

TURKEY BREAKFAST SAUSAGE

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 1.390 oz Portion |
| calories | 81 |
| fat (gm) | 6.2 |
| sat fat (gm) | 1.8 |
| chol (mg) | 37.0 |
| sodium (mg) | 208.3 |
| carbs (gm) | 0.3 |
| protein (gm) | 5.6 |
| calcium (gm) | 0.00 |
| iron (gm) | 0.00 |

REFECTORY MAIN DINING 9/28/09

LUNCH

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4", WATER TO MARK
ON KETTLE, BROWN RICE, WHITE
PEPPER, BASE MIREPOIX

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 152 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.1 |
| sodium (mg) | 213.4 |
| carbs (gm) | 31.1 |
| protein (gm) | 3.7 |
| calcium (gm) | 16.41 |
| iron (gm) | 0.59 |

REFECTORY MAIN DINING 9/28/09

LUNCH

VEGAN MOROCCAN BEANS W/ RAISINS

ONIONS WHITE SLICED 1/4, GARLIC
CHOPPED/IN OIL, VEGETABLE SALAD
OIL, BUTTERNUT SQUASH CUBE
3/4, WATER, RAISINS, GROUND
TURMERIC, GROUND CINNAMON, GROUND
GINGER, GARBANZO BEANS, BASE MIREPOIX

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 274 |
| fat (gm) | 5.7 |
| sat fat (gm) | 0.5 |
| chol (mg) | 0.2 |
| sodium (mg) | 674.1 |
| carbs (gm) | 49.9 |
| protein (gm) | 8.5 |
| calcium (gm) | 87.80 |
| iron (gm) | 2.91 |

REFECTORY MAIN DINING 9/28/09

LUNCH

Vegan Patties

VEG PATTY VEGAN, HAMBURGER ROLL, Rolls
Wheat Bulkie 6pk

| Nutrition Facts | |
|------------------------|---------|
| Portion Size | BURGERS |
| calories | 309 |
| fat (gm) | 8.9 |
| sat fat (gm) | 0.7 |
| chol (mg) | 1.2 |
| sodium (mg) | 592.6 |
| carbs (gm) | 36.6 |
| protein (gm) | 20.7 |
| calcium (gm) | 70.55 |
| iron (gm) | 1.68 |

REFECTORY MAIN DINING 9/28/09

LUNCH

VEGETARIAN GNOCCHI ALLA SORRENTINA

MARINARA SAUCE (MEDITERRANEO),CHEESE
MOZZARELLA CHILIEGINE,FRESH BASIL
CHIFFONNADE,CHEESE PARMESAN
SHREDDED,PASTA GNOCCHI POTATO
JOSEPH'S

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 OZ PORTION |
| calories | 77 |
| fat (gm) | 4.4 |
| sat fat (gm) | 2.2 |
| chol (mg) | 10.2 |
| sodium (mg) | 207.1 |
| carbs (gm) | 4.1 |
| protein (gm) | 6.0 |
| calcium (gm) | 186.47 |
| iron (gm) | 1.09 |

REFECTORY MAIN DINING 9/28/09

LUNCH

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS,MUSHROOMS
FRESH SLICED,FRESH
RARE RIPPES SLICED,BASE
MIREPOIX,WATER,PASTA THAI RICE STICK
NOODLES,FRZ PEA PODS CHINESE
IQF,CARROTS MATCH STICKS FRESH,TOFU
EXTRA FIRM 1/4"DICE,RED PEPPERS SMALL
JULIENNE,BOK CHOY SHREDDED,TOFU
CHINESE SPICE,FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 9/28/09

LUNCH

VEGETARIAN VEGETABLE BARLEY SOUP

PEARL BARLEY,CARROTS DICED/1/4",CELERY
DICED 1/4",ONIONS WHITE DICED
1/4",MARGARINE,BASE MIREPOIX,WATER TO
MARK ON KETTLE,TOMATO PUREE 1.06,BLACK
PEPPER,PEAS, FROZEN,TOMATOS,
DICED,WATER TO MARK ON KETTLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 83 |
| fat (gm) | 2.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.5 |
| sodium (mg) | 751.4 |
| carbs (gm) | 14.0 |
| protein (gm) | 2.6 |
| calcium (gm) | 22.21 |
| iron (gm) | 0.69 |

REFECTORY MAIN DINING 9/28/09

LUNCH

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 9/28/09

DINNER

BAKED POTATOES

BAKING POTATOES

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 247 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 18.1 |
| carbs (gm) | 57.2 |
| protein (gm) | 5.2 |
| calcium (gm) | 22.68 |
| iron (gm) | 3.08 |

REFECTORY MAIN DINING 9/28/09

DINNER

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 9/28/09

DINNER

BELGIAN CARROTS

BELGIUM CARROTS

Nutrition Facts

| Portion Size | 3 oz Portion |
|--------------|--------------|
| calories | 20 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 206.0 |
| carbs (gm) | 4.7 |
| protein (gm) | 0.5 |
| calcium (gm) | 21.37 |
| iron (gm) | 0.55 |

REFECTORY MAIN DINING 9/28/09

DINNER

BREAD FOCACCIA W/MIXED HERBS ('08)

YEAST, GRANULATED
SUGAR, SALT, WATER, OLIVE OIL, FRESH
THYME, OLIVE OIL, GROUND OREGANO, SPICE
CELERY SEED GROUND, SPICE SAGE, FLOUR
SUNSHINE, FRESH PARSLEY

Nutrition Facts

| Portion Size | ~PORTIONS |
|--------------|-----------|
| calories | 381 |
| fat (gm) | 10.7 |
| sat fat (gm) | 1.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 523.9 |
| carbs (gm) | 65.8 |
| protein (gm) | 8.0 |
| calcium (gm) | 33.29 |
| iron (gm) | 2.23 |

REFECTORY MAIN DINING 9/28/09

DINNER

BREAD GERMAN RYE CT-10 ('09)

WATER, MOLASSES, WHITE
VINEGAR, YEAST, SUGAR, SALT, MARGARINE, CHOCOLATE
FUDGE BASE, BRAN TABLE 50 lb, WHOLE
CARAWAY SEED, ONIONS WHITE DICED 1/4";
sauteed, WHOLE FENNEL SEED, WHITE RYE
FLOUR, FLOUR SUNSHINE, WATER, CORN
STARCH, CONFECT PASTE MOCCA

Nutrition Facts

| Portion Size | 2.400 oz Portion |
|--------------|------------------|
| calories | 141 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 172.8 |
| carbs (gm) | 27.8 |
| protein (gm) | 3.3 |
| calcium (gm) | 19.26 |
| iron (gm) | 0.96 |

REFECTORY MAIN DINING 9/28/09

DINNER

BROWN RICE GARDEN CASSEROLE

BROWN RICE RAW WEIGHT, BROCCOLI CUTS FROZEN, CARROTS, SLICED FROZEN, GREEN BEANS, CUT FROZEN, PIZZA SAUCE, SHREDDED MOZZARELLA CHEESE, SHREDDED CHEDDAR CHEESE, ZUCCHINI-SLICED 1/4"

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 226 |
| fat (gm) | 9.2 |
| sat fat (gm) | 4.4 |
| chol (mg) | 20.3 |
| sodium (mg) | 317.5 |
| carbs (gm) | 26.2 |
| protein (gm) | 10.5 |
| calcium (gm) | 230.23 |
| iron (gm) | 1.14 |

REFECTORY MAIN DINING 9/28/09

DINNER

CAKE AMBROSIA CT-54

CAKE BATTER YELLOW FROM MIX, TROPICAL FRUIT SALAD, MARGARINE, LIGHT BROWN SUGAR, HOMOGENIZED MILK, COCONUT

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 4.460 oz Portion |
| calories | 278 |
| fat (gm) | 8.9 |
| sat fat (gm) | 2.5 |
| chol (mg) | 1.0 |
| sodium (mg) | 277.2 |
| carbs (gm) | 49.0 |
| protein (gm) | 1.9 |
| calcium (gm) | 64.12 |
| iron (gm) | 1.03 |

REFECTORY MAIN DINING 9/28/09

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 9/28/09

DINNER

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 9/28/09

DINNER

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE
BREAD,TORTILLA WHITE,TORTILLA
SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD
LARGE 7",WHITE PULLMAN BREAD,BREAD
RYE VIENNA LVR CAL,BREAD WHEAT VIENNA
CAL,BREAD MULTIGRAIN RND,BREAD RYE
FRENCH,BREAD WHOLE WHEAT SVN
STRS,ROLLS BULKIE CORNML CAL,BREAD
WHITE VIENNA CAL,WHOLE WHEAT TORTILLA
10"

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 9/28/09

DINNER

FRENCH FRIES STR 3/8" SPICY

POTATOES FRIES 3/8" SPICY

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 187 |
| fat (gm) | 7.1 |
| sat fat (gm) | 1.8 |
| chol (mg) | 0.0 |
| sodium (mg) | 204.0 |
| carbs (gm) | 28.6 |
| protein (gm) | 3.1 |
| calcium (gm) | 7.65 |
| iron (gm) | 1.53 |

REFECTORY MAIN DINING 9/28/09

DINNER

GRILLED CHEESE ON WHEAT

AMERICAN CHEESE WHITE,OIL PAN & GRILL
SUNBURST,BREAD WHEAT VIENNA CAL

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | SAND |
| calories | 377 |
| fat (gm) | 17.1 |
| sat fat (gm) | 9.4 |
| chol (mg) | 36.2 |
| sodium (mg) | 953.7 |
| carbs (gm) | 42.7 |
| protein (gm) | 18.6 |
| calcium (gm) | 362.43 |
| iron (gm) | 3.00 |

REFECTORY MAIN DINING 9/28/09

DINNER

GRILLED CHEESE ON WHITE

AMERICAN CHEESE WHITE,OIL PAN & GRILL
SUNBURST,BREAD WHITE VIENNA CAL

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | SAND |
| calories | 347 |
| fat (gm) | 15.8 |
| sat fat (gm) | 9.2 |
| chol (mg) | 36.2 |
| sodium (mg) | 897.1 |
| carbs (gm) | 41.4 |
| protein (gm) | 17.9 |
| calcium (gm) | 379.27 |
| iron (gm) | 2.92 |

REFECTORY MAIN DINING 9/28/09

DINNER

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz,OLIVE
OIL,SPICE ROTISSERIE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 9/28/09

DINNER

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS,HAMBURG ROLLS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 9/28/09

DINNER

HOT DOG ON A BUN

FRANKFURTERS BEEF,ROLLS HOT DOG NE STYLE STRIP

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 9/28/09

DINNER

ITALIAN MEATBALLS/SAUCE (DINNER)

MEATBALLS ITALIAN RAW,SPAGHETTI SAUCE (AMT REQ),PARMESAN CHEESE

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 6.510 oz Portion |
| calories | 330 |
| fat (gm) | 16.4 |
| sat fat (gm) | 6.0 |
| chol (mg) | 98.1 |
| sodium (mg) | 856.7 |
| carbs (gm) | 13.3 |
| protein (gm) | 31.0 |
| calcium (gm) | 88.75 |
| iron (gm) | 4.65 |

REFECTORY MAIN DINING 9/28/09

DINNER

ITALIAN VEGETABLE SAUTE

CARROT STICKS,FRESH CAULIFLOWER
FLORETT,ZUCCHINI SLICED CHTE SD
2,ONIONS SLICED 1/8" WHITE,OLIVE
OIL,GARLIC CHOPPED/IN OIL,BASE
MIREPOIX,HOT WATER

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 39 |
| fat (gm) | 2.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 26.9 |
| carbs (gm) | 4.2 |
| protein (gm) | 0.9 |
| calcium (gm) | 12.67 |
| iron (gm) | 0.24 |

REFECTORY MAIN DINING 9/28/09

DINNER

LEMON RICE

GARLIC CHOPPED/IN OIL,WHITE
RICE,ROSEMARY
WHOLE,LEMONS,MARGARINE,BASE
MIREPOIX,FRESH RARERIPES,WATER

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 4oz portion |
| calories | 183 |
| fat (gm) | 7.5 |
| sat fat (gm) | 1.5 |
| chol (mg) | 0.3 |
| sodium (mg) | 508.8 |
| carbs (gm) | 25.5 |
| protein (gm) | 2.9 |
| calcium (gm) | 27.93 |
| iron (gm) | 1.20 |

REFECTORY MAIN DINING 9/28/09

DINNER

ONION SOUP (FRENCH)

ONIONS SLICED 1/8"
WHITE,MARGARINE,FLOUR UNBLEACHED
UNBR SPRING KING,ONION SOUP
BASE,CHICKEN BASE,WATER - MARK ON
KETTLE,COOKING SHERRY,CROUTONS
HOMESTYLE SYSCO,CHEESE SWISS BULK
SHREDDED

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 68 |
| fat (gm) | 2.6 |
| sat fat (gm) | 0.8 |
| chol (mg) | 2.6 |
| sodium (mg) | 640.4 |
| carbs (gm) | 9.0 |
| protein (gm) | 2.2 |
| calcium (gm) | 41.63 |
| iron (gm) | 0.27 |

REFECTORY MAIN DINING 9/28/09

DINNER

PIRATE SHIP PORK LOIN

BONELESS PORK LOIN,BBQ RUB RECIPE BELOW,GRANULATED SUGAR,BROWN SUGAR,SPICE PAPRIKA SYSCO,SPICE GARLIC GRANULATED SYSCO,SPICE CUMIN GROUND SYSCO,KOSHER SALT,GROUND BLACK PEPPER

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 4 OZ PORTIONS |
| calories | 375 |
| fat (gm) | 29.0 |
| sat fat (gm) | 10.8 |
| chol (mg) | 96.4 |
| sodium (mg) | 169.0 |
| carbs (gm) | 2.0 |
| protein (gm) | 25.1 |
| calcium (gm) | 39.81 |
| iron (gm) | 1.60 |

REFECTORY MAIN DINING 9/28/09

DINNER

PIZZA CHEESE '04

PIZZA DOUGH,PIZZA SAUCE COLD MIX,OREGANO LEAF,ROMANO CHEESE GRATED,PIZZA BLEND CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 9/28/09

DINNER

PIZZA MEAT LOVERS '04

PIZZA SAUCE COLD MIX,ROMANO CHEESE GRATED,SLICED CAPICOLA (HOT HAM),SLICED PEPPERONI,SPICE OREGANO LEAF WHL XX,PIZZA BLEND CHEESE,SLICED GENOA SALAMI,PIZZA DOUGH

| Nutrition Facts | |
|------------------------|----------------|
| Portion Size | ~3.75 OZ. PORT |
| calories | 251 |
| fat (gm) | 12.5 |
| sat fat (gm) | 4.6 |
| chol (mg) | 23.5 |
| sodium (mg) | 724.1 |
| carbs (gm) | 25.3 |
| protein (gm) | 11.1 |
| calcium (gm) | 109.53 |
| iron (gm) | 1.01 |

REFECTORY MAIN DINING 9/28/09

DINNER

PIZZA PESTO W/ TOMATO/FR MOZZAREL

FRESH TOMATOES JULIENNE,CH
MOZZARELLA FRESH SLICE,FROZEN PESTO
SAUCE,KOSHER SALT,GROUND BLACK
PEPPER,PIZZA DOUGH

| Nutrition Facts | |
|------------------------|-----------------|
| Portion Size | 3.40 oz Portion |
| calories | 177 |
| fat (gm) | 4.9 |
| sat fat (gm) | 2.4 |
| chol (mg) | 16.9 |
| sodium (mg) | 329.2 |
| carbs (gm) | 24.8 |
| protein (gm) | 9.1 |
| calcium (gm) | 99.86 |
| iron (gm) | 1.20 |

REFECTORY MAIN DINING 9/28/09

DINNER

RABE - cat 08

FRESH RABE,OLIVE OIL,GARLIC PEELED
SLICED,KOSHER SALT,GROUND BLACK
PEPPER,CRUSHED RED PEPPER,JUICE
LEMON REALEMON 48 oz

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 39 |
| fat (gm) | 2.5 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 125.6 |
| carbs (gm) | 4.2 |
| protein (gm) | 0.9 |
| calcium (gm) | 38.50 |
| iron (gm) | 0.43 |

REFECTORY MAIN DINING 9/28/09

DINNER

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | SLICES |
| calories | 91 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.8 |
| chol (mg) | 39.1 |
| sodium (mg) | 35.2 |
| carbs (gm) | 0.0 |
| protein (gm) | 16.4 |
| calcium (gm) | 2.83 |
| iron (gm) | 1.11 |

REFECTORY MAIN DINING 9/28/09

DINNER

ROTINI

ROTINI,OLIVE OIL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 261 |
| fat (gm) | 3.0 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 1.7 |
| carbs (gm) | 49.3 |
| protein (gm) | 8.3 |
| calcium (gm) | 12.17 |
| iron (gm) | 2.44 |

REFECTORY MAIN DINING 9/28/09

DINNER

SALAD POTATO COUNTRY STYLE V.C.M.

MAYONNAISE,FRSH PARSLEY PRECUT 1"
PC,ONIONS WHITE DICED 1/4",PEPPERS GRN
DICED 1/4,CELERY DICED 1/4",POTATOES
COOKED,WHITE VINEGAR,RELISH
SWEET,POTATOES COOKED(1
BASKET),SALT,WHITE PEPPER**Nutrition Facts**

| | |
|---------------------|-------------|
| Portion Size | 4OZ SERVING |
| calories | 142 |
| fat (gm) | 4.6 |
| sat fat (gm) | 0.7 |
| chol (mg) | 3.5 |
| sodium (mg) | 337.0 |
| carbs (gm) | 24.2 |
| protein (gm) | 1.9 |
| calcium (gm) | 15.59 |
| iron (gm) | 0.46 |

REFECTORY MAIN DINING 9/28/09

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts

| | |
|---------------------|-------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 9/28/09

DINNER

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 100 |
| fat (gm) | 7.5 |
| sat fat (gm) | 4.8 |
| chol (mg) | 19.5 |
| sodium (mg) | 248.2 |
| carbs (gm) | 0.6 |
| protein (gm) | 7.3 |
| calcium (gm) | 214.29 |
| iron (gm) | 0.15 |

REFECTORY MAIN DINING 9/28/09

DINNER

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 9/28/09

DINNER

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 9/28/09

DINNER

SPINACH FETTUCCINI

OLIVE OIL, SPINACH FETTUCCINE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 311 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 31.8 |
| carbs (gm) | 59.3 |
| protein (gm) | 10.4 |
| calcium (gm) | 68.04 |
| iron (gm) | 2.37 |

REFECTORY MAIN DINING 9/28/09

DINNER

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4", WATER TO MARK
ON KETTLE, BROWN RICE, WHITE
PEPPER, BASE MIREPOIX

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 152 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.1 |
| sodium (mg) | 213.4 |
| carbs (gm) | 31.1 |
| protein (gm) | 3.7 |
| calcium (gm) | 16.41 |
| iron (gm) | 0.59 |

REFECTORY MAIN DINING 9/28/09

DINNER

VEGAN MOROCCAN BEANS W/ RAISINS

ONIONS WHITE SLICED 1/4, GARLIC
CHOPPED/IN OIL, VEGETABLE SALAD
OIL, BUTTERNUT SQUASH CUBE
3/4, WATER, RAISINS, GROUND
TURMERIC, GROUND CINNAMON, GROUND
GINGER, GARBANZO BEANS, BASE MIREPOIX

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 274 |
| fat (gm) | 5.7 |
| sat fat (gm) | 0.5 |
| chol (mg) | 0.2 |
| sodium (mg) | 674.1 |
| carbs (gm) | 49.9 |
| protein (gm) | 8.5 |
| calcium (gm) | 87.80 |
| iron (gm) | 2.91 |

REFECTORY MAIN DINING 9/28/09

DINNER

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS,MUSHROOMS
FRESH SLICED,FRESH
RARE RIPPED SLICED,BASE
MIREPOIX,WATER,PASTA THAI RICE STICK
NOODLES,FRZ PEA PODS CHINESE
IQF,CARROTS MATCH STICKS FRESH,TOFU
EXTRA FIRM 1/4"DICE,RED PEPPERS SMALL
JULIENNE,BOK CHOY SHREDDED,TOFU
CHINESE SPICE,FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 9/28/09

DINNER

VEGETARIAN VEGETABLE BARLEY SOUP

PEARL BARLEY,CARROTS DICED/1/4",CELERY
DICED 1/4",ONIONS WHITE DICED
1/4",MARGARINE,BASE MIREPOIX,WATER TO
MARK ON KETTLE,TOMATO PUREE 1.06,BLACK
PEPPER,PEAS, FROZEN,TOMATOS,
DICED,WATER TO MARK ON KETTLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 83 |
| fat (gm) | 2.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.5 |
| sodium (mg) | 751.4 |
| carbs (gm) | 14.0 |
| protein (gm) | 2.6 |
| calcium (gm) | 22.21 |
| iron (gm) | 0.69 |

REFECTORY MAIN DINING 9/28/09

DINNER

BELGIAN WAFFLES

BELGIAN WAFFLES

| Nutrition Facts | |
|------------------------|----------|
| Portion Size | SERVINGS |
| calories | 337 |
| fat (gm) | 15.5 |
| sat fat (gm) | 3.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 619.2 |
| carbs (gm) | 44.4 |
| protein (gm) | 5.3 |
| calcium (gm) | 84.03 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

Egg White Omelet

FROZEN EGG WHITES,PAN COATING SPRAY
PAM

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

EGGS HARD BOILED

FRESH EGGS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 134 |
| fat (gm) | 9.0 |
| sat fat (gm) | 2.8 |
| chol (mg) | 379.9 |
| sodium (mg) | 251.4 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.2 |
| calcium (gm) | 44.00 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 7.230 oz Portion |
| calories | 405 |
| fat (gm) | 7.6 |
| sat fat (gm) | 2.2 |
| chol (mg) | 158.5 |
| sodium (mg) | 724.9 |
| carbs (gm) | 72.3 |
| protein (gm) | 12.6 |
| calcium (gm) | 141.79 |
| iron (gm) | 3.57 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

HOME FRIED RED POTATOES with onion

SALT,WHITE PEPPER,MARGARINE,ONIONS
WHITE CUBED 3/4",RED POTATOES
QUARTERED**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 115 |
| fat (gm) | 3.9 |
| sat fat (gm) | 0.8 |
| chol (mg) | 0.0 |
| sodium (mg) | 288.3 |
| carbs (gm) | 18.3 |
| protein (gm) | 2.3 |
| calcium (gm) | 12.85 |
| iron (gm) | 0.63 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

HOT CROSS BUNS

YEAST,WATER,LIQUID EGGS,LEMON
EXTRACT,SUGAR,MARGARINE,NULOMOLINE
(INVERT SUGAR),SALT,MILK POWDER,FLOUR
UNBLEACHED UNBR SPRING
KING,RAISINS,DICED FRUIT,ICING**Nutrition Facts**

| | |
|---------------------|------------------|
| Portion Size | 2.500 oz Portion |
| calories | 199 |
| fat (gm) | 4.6 |
| sat fat (gm) | 1.0 |
| chol (mg) | 20.3 |
| sodium (mg) | 152.9 |
| carbs (gm) | 36.7 |
| protein (gm) | 3.7 |
| calcium (gm) | 40.78 |
| iron (gm) | 1.75 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

KIELBASA

KIELBASA

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 165 |
| fat (gm) | 14.5 |
| sat fat (gm) | 5.3 |
| chol (mg) | 35.7 |
| sodium (mg) | 573.5 |
| carbs (gm) | 1.1 |
| protein (gm) | 7.1 |
| calcium (gm) | 23.45 |
| iron (gm) | 0.77 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

OATMEAL

WATER,QUICK OATMEAL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 605 |
| fat (gm) | 11.9 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 50.2 |
| carbs (gm) | 105.2 |
| protein (gm) | 20.7 |
| calcium (gm) | 1114.24 |
| iron (gm) | 111.88 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

OMELETTE BAR

FRESH TOMATOES DICED,AMERICAN CHEESE
DICED,SHREDDED MOZZARELLA
CHEESE,LIQUID EGGS,SAUTEED DICED
ONIONS,SAUTEED DICED GREEN
PEPPERS,HAM BNLS SMK OVAL FDL,SAUTEED
SLICED MUSHROOMS,VEGETABLE SALAD OIL

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

SCRAMBLED EGGS

LIQUID EGGS,WHITE
PEPPER,SALT,HOMOGENIZED MILK

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 162 |
| fat (gm) | 10.6 |
| sat fat (gm) | 3.5 |
| chol (mg) | 420.7 |
| sodium (mg) | 534.8 |
| carbs (gm) | 2.4 |
| protein (gm) | 13.1 |
| calcium (gm) | 77.36 |
| iron (gm) | 1.45 |

REFECTORY MAIN DINING 9/29/09

BREAKFAST

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 9/29/09

LUNCH

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 9/29/09

LUNCH

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 9/29/09

LUNCH

CHICKEN RICE SOUP

ONIONS WHITE DICED 1/4",CELERY DICED
1/4",CARROTS
DICED/1/4",MARGARINE,CHICKEN
BASE,WATER TO MARK ON KETTLE,WHITE
RICE,CKD CHICKEN MEAT 3/8 DICE,WATER TO
MARK ON KETTLE,PARSLEY CHOPPED

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 87 |
| fat (gm) | 3.6 |
| sat fat (gm) | 0.8 |
| chol (mg) | 13.7 |
| sodium (mg) | 838.2 |
| carbs (gm) | 7.3 |
| protein (gm) | 6.0 |
| calcium (gm) | 19.39 |
| iron (gm) | 0.60 |

REFECTORY MAIN DINING 9/29/09

LUNCH

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 9/29/09

LUNCH

COOKIES WHITE CHOCOLATE CHIP '07

BUTTER SALT FREE PRINTS,GRANULATED
SUGAR,LIGHT BROWN SUGAR,LIQUID
EGGS,VANILLA EXTRACT,SOUR
CREAM,ROYAL DUTCH COCOA,FLOUR
SUNSHINE,BAKING SODA,SALT BULK 80 lb
bag,CHOC DROPS WHITE 25 lb,BAKING PAN
LINERS 16X24,PRUNE PUREE '07

| Nutrition Facts | |
|------------------------|----------|
| Portion Size | ~COOKIES |
| calories | 93 |
| fat (gm) | 3.5 |
| sat fat (gm) | 2.1 |
| chol (mg) | 18.0 |
| sodium (mg) | 137.6 |
| carbs (gm) | 14.7 |
| protein (gm) | 1.2 |
| calcium (gm) | 18.73 |
| iron (gm) | 0.40 |

REFECTORY MAIN DINING 9/29/09

LUNCH

CORN & SWEET PEPPER SAUTE

FRZ CORN WHOLE KERNEL,GREEN PEPPERS
1/4" DICE,RED PEPPERS 1/4"
DICE,MARGARINE,HALF AND HALF
CREAM,SALT,GROUND BLACK PEPPER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 134 |
| fat (gm) | 7.6 |
| sat fat (gm) | 1.9 |
| chol (mg) | 3.2 |
| sodium (mg) | 143.5 |
| carbs (gm) | 16.8 |
| protein (gm) | 2.7 |
| calcium (gm) | 14.70 |
| iron (gm) | 0.32 |

REFECTORY MAIN DINING 9/29/09

LUNCH

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE BREAD,TORTILLA WHITE,TORTILLA SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD LARGE 7",WHITE PULLMAN BREAD,BREAD RYE VIENNA LVR CAL,BREAD WHEAT VIENNA CAL,BREAD MULTIGRAIN RND,BREAD RYE FRENCH,BREAD WHOLE WHEAT SVN STRS,ROLLS BULKIE CORNML CAL,BREAD WHITE VIENNA CAL,WHOLE WHEAT TORTILLA 10"

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 9/29/09

LUNCH

Egg White Omelet

FROZEN EGG WHITES,PAN COATING SPRAY PAM

Nutrition Facts

| | |
|---------------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 9/29/09

LUNCH

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 134 |
| fat (gm) | 9.0 |
| sat fat (gm) | 2.8 |
| chol (mg) | 379.9 |
| sodium (mg) | 251.4 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.2 |
| calcium (gm) | 44.00 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 9/29/09

LUNCH

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 7.230 oz Portion |
| calories | 405 |
| fat (gm) | 7.6 |
| sat fat (gm) | 2.2 |
| chol (mg) | 158.5 |
| sodium (mg) | 724.9 |
| carbs (gm) | 72.3 |
| protein (gm) | 12.6 |
| calcium (gm) | 141.79 |
| iron (gm) | 3.57 |

REFECTORY MAIN DINING 9/29/09

LUNCH

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 9/29/09

LUNCH

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz,OLIVE
OIL,SPICE ROTISSERIE

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 9/29/09

LUNCH

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS,HAMBURG ROLLS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 9/29/09

LUNCH

HOME FRIED RED POTATOES with onion

SALT,WHITE PEPPER,MARGARINE,ONIONS WHITE CUBED 3/4",RED POTATOES QUARTERED

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 115 |
| fat (gm) | 3.9 |
| sat fat (gm) | 0.8 |
| chol (mg) | 0.0 |
| sodium (mg) | 288.3 |
| carbs (gm) | 18.3 |
| protein (gm) | 2.3 |
| calcium (gm) | 12.85 |
| iron (gm) | 0.63 |

REFECTORY MAIN DINING 9/29/09

LUNCH

HOT DOG ON A BUN

FRANKFURTERS BEEF,ROLLS HOT DOG NE STYLE STRIP

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 9/29/09

LUNCH

KIELBASA

KIELBASA

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 165 |
| fat (gm) | 14.5 |
| sat fat (gm) | 5.3 |
| chol (mg) | 35.7 |
| sodium (mg) | 573.5 |
| carbs (gm) | 1.1 |
| protein (gm) | 7.1 |
| calcium (gm) | 23.45 |
| iron (gm) | 0.77 |

REFECTORY MAIN DINING 9/29/09

LUNCH

LINGUICA SANDWICH

New York Roll,LINGUICA CUT
1/2"SQUARE,ONIONS RED SLICED,GREEN
PEPPERS**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 543 |
| fat (gm) | 34.8 |
| sat fat (gm) | 12.7 |
| chol (mg) | 89.0 |
| sodium (mg) | 1202.4 |
| carbs (gm) | 32.0 |
| protein (gm) | 24.4 |
| calcium (gm) | 43.23 |
| iron (gm) | 3.20 |

REFECTORY MAIN DINING 9/29/09

LUNCH

LINGUINI

LINGUINI,OLIVE OIL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 312 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 59.6 |
| protein (gm) | 10.0 |
| calcium (gm) | 14.71 |
| iron (gm) | 2.95 |

REFECTORY MAIN DINING 9/29/09

LUNCH

MULTI-GRAIN BREAD '09

BIGA/STARTER '09,WATER,YEAST,FLOUR
SUNSHINE,GRAIN MIX '09,VEGAN BROWN
RICE PILAF,LIGHT BROWN SUGAR,SALT BULK
80 lb bag,BUTTERMILK,HONEY,LIQUID
EGGS,GRAIN MIX '09

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | ~PORTIONS |
| calories | 140 |
| fat (gm) | 0.8 |
| sat fat (gm) | 0.1 |
| chol (mg) | 4.0 |
| sodium (mg) | 118.4 |
| carbs (gm) | 30.4 |
| protein (gm) | 3.8 |
| calcium (gm) | 18.17 |
| iron (gm) | 0.88 |

REFECTORY MAIN DINING 9/29/09

LUNCH

OMELETTE BAR

FRESH TOMATOES DICED,AMERICAN CHEESE
DICED,SHREDDED MOZZARELLA
CHEESE,LIQUID EGGS,SAUTEED DICED
ONIONS,SAUTEED DICED GREEN
PEPPERS,HAM BNLS SMK OVAL FDL,SAUTEED
SLICED MUSHROOMS,VEGETABLE SALAD OIL

| Nutrition Facts | |
|------------------------|--------------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 9/29/09

LUNCH

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

| Nutrition Facts | |
|------------------------|---------------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 9/29/09

LUNCH

PARSLIED RICE

WATER MEASURED,SALT,WHITE PEPPER,CHOPPED FRESH PARSLEY,WHITE RICE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 136 |
| fat (gm) | 0.3 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 202.4 |
| carbs (gm) | 29.6 |
| protein (gm) | 2.8 |
| calcium (gm) | 23.74 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 9/29/09

LUNCH

PIZZA BBQ CHICKEN '04

BBQ SAUCE CATTLEMEN'S,ROMANO CHEESE GRATED,CHICKEN MEAT,PIZZA DOUGH,SPICE OREGANO LEAF WHL XX,PIZZA BLEND CHEESE

Nutrition Facts

| | |
|---------------------|--------|
| Portion Size | slice |
| calories | 195 |
| fat (gm) | 6.5 |
| sat fat (gm) | 2.4 |
| chol (mg) | 22.5 |
| sodium (mg) | 355.9 |
| carbs (gm) | 25.4 |
| protein (gm) | 12.2 |
| calcium (gm) | 122.87 |
| iron (gm) | 4.64 |

REFECTORY MAIN DINING 9/29/09

LUNCH

PIZZA CHEESE '04

PIZZA DOUGH,PIZZA SAUCE COLD MIX,OREGANO LEAF,ROMANO CHEESE GRATED,PIZZA BLEND CHEESE

Nutrition Facts

| | |
|---------------------|-------|
| Portion Size | SLICE |
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 9/29/09

LUNCH

PIZZA HERB AND OLIVE OIL

OLIVE OIL, OREGANO LEAF, BASIL LEAVES, GRANULATED GARLIC, CRUSHED RED PEPPER, GROUND BLACK PEPPER, ROMANO CHEESE GRATED, SHREDDED MOZZARELLA CHEESE, PIZZA DOUGH

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | ROUND PIZZA |
| calories | 1763 |
| fat (gm) | 86.0 |
| sat fat (gm) | 24.1 |
| chol (mg) | 78.4 |
| sodium (mg) | 2486.6 |
| carbs (gm) | 195.7 |
| protein (gm) | 59.0 |
| calcium (gm) | 1053.91 |
| iron (gm) | 6.22 |

REFECTORY MAIN DINING 9/29/09

LUNCH

RED RICE

MARGARINE, ONIONS WHITE DICED 1/4", CHOPPED RED PEPPERS SMALL DICE, WHITE RICE, TABASCO, PAPRIKA, SUGAR, SALT, WATER TO MARK ON KETTLE, WHOLE TOMATOES READY CUT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 115 |
| fat (gm) | 1.2 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 118.2 |
| carbs (gm) | 23.5 |
| protein (gm) | 2.3 |
| calcium (gm) | 27.12 |
| iron (gm) | 1.24 |

REFECTORY MAIN DINING 9/29/09

LUNCH

SHRIMP/ TOMATO SC (SALTA DOMATO)

Corn Meal Yellow 50 lb, OLIVE OIL, ONIONS WHITE DICED 1/4", BAY LEAF IN SACHET BAG, GROUND CINNAMON, GROUND OREGANO, FRESH PARSLEY, GROUND BLACK PEPPER, SALT, GRANULATED SUGAR, WATER, SHRIMP LG P+D 70/90 CT, WHOLE TOMATOES READY CUT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 143 |
| fat (gm) | 6.2 |
| sat fat (gm) | 0.9 |
| chol (mg) | 115.1 |
| sodium (mg) | 430.1 |
| carbs (gm) | 9.0 |
| protein (gm) | 13.3 |
| calcium (gm) | 53.64 |
| iron (gm) | 2.55 |

REFECTORY MAIN DINING 9/29/09

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 9/29/09

LUNCH

SLICED BOILED DELI HAM

HAM BNLS SMK OVAL FDL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 83 |
| fat (gm) | 3.9 |
| sat fat (gm) | 1.3 |
| chol (mg) | 28.8 |
| sodium (mg) | 698.9 |
| carbs (gm) | 0.3 |
| protein (gm) | 11.1 |
| calcium (gm) | 4.04 |
| iron (gm) | 0.71 |

REFECTORY MAIN DINING 9/29/09

LUNCH

SLICED SWISS CHEESE

SWISS CHEESE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 107 |
| fat (gm) | 7.8 |
| sat fat (gm) | 5.0 |
| chol (mg) | 26.1 |
| sodium (mg) | 73.7 |
| carbs (gm) | 1.0 |
| protein (gm) | 8.1 |
| calcium (gm) | 272.44 |
| iron (gm) | 0.06 |

REFECTORY MAIN DINING 9/29/09

LUNCH

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 9/29/09

LUNCH

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 9/29/09

LUNCH

SPICY BLACK BEAN VEG PATTY

VEG PATTY SPICY BLACK BEAN,HAMBURGER
ROLL,Rolls Wheat Bulkie 6pk

Nutrition Facts

| | |
|---------------------|--------|
| Portion Size | burger |
| calories | 98 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.5 |
| chol (mg) | 1.3 |
| sodium (mg) | 150.9 |
| carbs (gm) | 17.0 |
| protein (gm) | 2.8 |
| calcium (gm) | 37.11 |
| iron (gm) | 1.03 |

REFECTORY MAIN DINING 9/29/09

LUNCH

SPIRALS TRI COLORED

TRI COLORED PASTA SPIRALS,OLIVE OIL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 307 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 58.5 |
| protein (gm) | 9.8 |
| calcium (gm) | 14.45 |
| iron (gm) | 2.90 |

REFECTORY MAIN DINING 9/29/09

LUNCH

STEAK FRIES

STEAK FRIES

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 199 |
| fat (gm) | 9.6 |
| sat fat (gm) | 2.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 4.3 |
| carbs (gm) | 26.1 |
| protein (gm) | 3.1 |
| calcium (gm) | 10.87 |
| iron (gm) | 0.94 |

REFECTORY MAIN DINING 9/29/09

LUNCH

TARTS CHERRY 4" WITH BAV CREAM '06

CUP FOIL BAKING 4 OZ,BAVARIAN
CREAM,CHERRY FILLING,TART SHELL MINI 4"**Nutrition Facts**

| | |
|---------------------|----------|
| Portion Size | ~TART 4" |
| calories | 180 |
| fat (gm) | 1.0 |
| sat fat (gm) | 0.2 |
| chol (mg) | 3.2 |
| sodium (mg) | 16.4 |
| carbs (gm) | 43.7 |
| protein (gm) | 1.2 |
| calcium (gm) | 16.50 |
| iron (gm) | 0.48 |

REFECTORY MAIN DINING 9/29/09

LUNCH

VEGAN SPICY VEGETABLE STEW

GROUND BLACK PEPPER, OLIVE OIL, FRESH RABE; BLANCH, RED BLISS; BLANCH FOR 12 MINS., GARLIC CHOPPED/IN OIL, EGG PLANT, KOSHER SALT, WINE WHITE CASTILLO, CRUSHED RED PEPPER, WHOLE TOMATOES READY CUT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | ~8 OUNCE POR |
| calories | 283 |
| fat (gm) | 22.7 |
| sat fat (gm) | 3.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 539.0 |
| carbs (gm) | 19.9 |
| protein (gm) | 3.0 |
| calcium (gm) | 62.24 |
| iron (gm) | 1.43 |

REFECTORY MAIN DINING 9/29/09

LUNCH

VEGAN TEMPEH FAJITA W/ PICO de GA

PICO DE GALLO SAUCE, GARLIC CHOPPED/IN OIL, ONIONS WHITE DICED 1/4", FRESH TOMATOES CHOPPED, CILANTRO FRESH CHOPPED, FR JALAPENO FINE CHOPPED, SALT, FAJITAS MIXTURE YIELD, GARLIC CHOPPED/IN OIL, JUICE LIME REALIME 1 liter, TEMPEH BULK JULIENNE, OLIVE OIL, WATER, SOY SAUCE GALS, FLOUR TORTILLA 6", BASE MIREPOIX

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 7 oz Portion |
| calories | 346 |
| fat (gm) | 18.1 |
| sat fat (gm) | 2.5 |
| chol (mg) | 0.1 |
| sodium (mg) | 753.6 |
| carbs (gm) | 33.3 |
| protein (gm) | 17.1 |
| calcium (gm) | 122.82 |
| iron (gm) | 3.12 |

REFECTORY MAIN DINING 9/29/09

LUNCH

VEGAN TOFU HOT DOGS

TOFU FRANKFURTERS, ROLLS HOT DOG NE STYLE STRIP

| Nutrition Facts | |
|------------------------|---------|
| Portion Size | portion |
| calories | 187 |
| fat (gm) | 9.1 |
| sat fat (gm) | 0.4 |
| chol (mg) | 1.9 |
| sodium (mg) | 312.0 |
| carbs (gm) | 21.8 |
| protein (gm) | 11.2 |
| calcium (gm) | 23.60 |
| iron (gm) | 0.89 |

REFECTORY MAIN DINING 9/29/09

LUNCH

VEGETARIAN LENTIL SOUP

LENTILS, WATER, ONIONS WHITE DICED
1/4", CARROTS DICED/1/4", CELERY DICED
1/4", GRANULATED GARLIC, OLIVE OIL, TOMATO
PASTE, SALT, BLACK PEPPER, BAY LEAF IN
SACHET BAG, OREGANO LEAVES, WATER TO
MARK ON KETTLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 159 |
| fat (gm) | 5.5 |
| sat fat (gm) | 0.7 |
| chol (mg) | 0.0 |
| sodium (mg) | 265.0 |
| carbs (gm) | 20.5 |
| protein (gm) | 8.4 |
| calcium (gm) | 24.80 |
| iron (gm) | 3.22 |

REFECTORY MAIN DINING 9/29/09

LUNCH

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS, MUSHROOMS
FRESH SLICED, FRESH
RARE RIPPED SLICED, BASE
MIREPOIX, WATER, PASTA THAI RICE STICK
NOODLES, FRZ PEA PODS CHINESE
IQF, CARROTS MATCH STICKS FRESH, TOFU
EXTRA FIRM 1/4" DICE, RED PEPPERS SMALL
JULIENNE, BOK CHOY SHREDDED, TOFU
CHINESE SPICE, FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 9/29/09

LUNCH

Acorn Squash w/ Curried Rice & Chickpeas

ACORN SQUASH, OLIVE OIL, GROUND CURRY
POWDER, GROUND CUMIN, GROUND
GINGER, WHITE
RICE, HONEY, WATER, GARBANZO
BEANS, FRESH PARSLEY, WHOLE TOMATOES
READY CUT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 10oz portion |
| calories | 181 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 114.8 |
| carbs (gm) | 38.4 |
| protein (gm) | 4.0 |
| calcium (gm) | 69.22 |
| iron (gm) | 2.34 |

REFECTORY MAIN DINING 9/29/09

DINNER

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 9/29/09

DINNER

AU GRATIN POTATOES/FRESH HERBS

PAN COATING SPRAY PAM,GARLIC
CHOPPED/IN OIL,WHITE POTATO 3/8"
SLICED,KOSHER SALT,GROUND BLACK
PEPPER,HERB SAGE FRESH,ROSEMARY
FRESH,CHEESE SWISS BULK,
SHREDDED,WHITE POTATO 3/8"
SLICED,KOSHER SALT,GROUND BLACK
PEPPER,HERB SAGE FRESH,ROSEMARY
FRESH,GARLIC CHOPPED/IN OIL,SHREDDED
CHEDDAR CHEESE,CREAM HEAVY 20
QUART,FRESH THYME,FRESH THYME

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6.29 PORTION |
| calories | 385 |
| fat (gm) | 28.2 |
| sat fat (gm) | 17.5 |
| chol (mg) | 98.5 |
| sodium (mg) | 212.0 |
| carbs (gm) | 22.1 |
| protein (gm) | 12.2 |
| calcium (gm) | 315.04 |
| iron (gm) | 0.96 |

REFECTORY MAIN DINING 9/29/09

DINNER

BAKED SWEET POTATOES

POTATOES YAMS FRESH

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 5.3oz portion |
| calories | 149 |
| fat (gm) | 0.4 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 18.5 |
| carbs (gm) | 34.5 |
| protein (gm) | 2.3 |
| calcium (gm) | 29.85 |
| iron (gm) | 0.80 |

REFECTORY MAIN DINING 9/29/09

DINNER

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 9/29/09

DINNER

BREAD CHEESE ZUDER '06

WATER,HOMOGENIZED MILK,GRANULATED
SUGAR,MOZZARELLA CHEESE;
SHREDDED,YEAST,BUTTER SALT FREE
PRINTS,FRESH EGGS,SALT,MUENSTER
CHEESE; SHREDDED,FLOUR UNBLEACHED
UNBR SPRING KING,PARCHMENT PAN LINER
16X24"

Nutrition Facts

| | |
|---------------------|-----------------|
| Portion Size | ~LOAVES (10 ct) |
| calories | 1777 |
| fat (gm) | 51.2 |
| sat fat (gm) | 28.1 |
| chol (mg) | 318.3 |
| sodium (mg) | 3354.9 |
| carbs (gm) | 263.9 |
| protein (gm) | 72.9 |
| calcium (gm) | 1160.71 |
| iron (gm) | 8.76 |

REFECTORY MAIN DINING 9/29/09

DINNER

BREAD GERMAN RYE CT-10 ('09)

WATER,MOLASSES,WHITE
VINEGAR,YEAST,SUGAR,SALT,MARGARINE,CHI
FUDGE BASE,BRAN TABLE 50 lb,WHOLE
CARAWAY SEED,ONIONS WHITE DICED 1/4";
sauteed ,WHOLE FENNEL SEED,WHITE RYE
FLOUR,FLOUR SUNSHINE,WATER,CORN
STARCH,CONFECT PASTE MOCCA

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 2.400 oz Portion |
| calories | 141 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 172.8 |
| carbs (gm) | 27.8 |
| protein (gm) | 3.3 |
| calcium (gm) | 19.26 |
| iron (gm) | 0.96 |

REFECTORY MAIN DINING 9/29/09

DINNER

CAKE ROLL CHOCOLATE MARSHMALLOW

SUGAR,NULOMOLINE (INVERT SUGAR),HIGH RATIO SHORTENING,COCOA,BAKING POWDER X,BAKING SODA,CAKE FLOUR,MILK POWDER,SALT,COLD WATER,LIQUID EGGS,VANILLA,WATER,CONFECTIONARY SUGAR,HIGH RATIO SHORTENING,SALT,MILK POWDER,ICING BASE,ICED WATER,ICED WATER,VANILLA,LIQUID EGGS

Nutrition Facts

| | |
|---------------------|----------|
| Portion Size | 1" slice |
| calories | 343 |
| fat (gm) | 17.6 |
| sat fat (gm) | 5.0 |
| chol (mg) | 57.9 |
| sodium (mg) | 461.3 |
| carbs (gm) | 40.9 |
| protein (gm) | 5.5 |
| calcium (gm) | 77.90 |
| iron (gm) | 1.32 |

REFECTORY MAIN DINING 9/29/09

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 9/29/09

DINNER

CHICKEN RICE SOUP

ONIONS WHITE DICED 1/4",CELERY DICED 1/4",CARROTS DICED/1/4",MARGARINE,CHICKEN BASE,WATER TO MARK ON KETTLE,WHITE RICE,CKD CHICKEN MEAT 3/8 DICE,WATER TO MARK ON KETTLE,PARSLEY CHOPPED

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 87 |
| fat (gm) | 3.6 |
| sat fat (gm) | 0.8 |
| chol (mg) | 13.7 |
| sodium (mg) | 838.2 |
| carbs (gm) | 7.3 |
| protein (gm) | 6.0 |
| calcium (gm) | 19.39 |
| iron (gm) | 0.60 |

REFECTORY MAIN DINING 9/29/09

DINNER

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 9/29/09

DINNER

CORN & SWEET PEPPER SAUTE

FRZ CORN WHOLE KERNEL,GREEN PEPPERS
1/4" DICE,RED PEPPERS 1/4"
DICE,MARGARINE,HALF AND HALF
CREAM,SALT,GROUND BLACK PEPPER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 134 |
| fat (gm) | 7.6 |
| sat fat (gm) | 1.9 |
| chol (mg) | 3.2 |
| sodium (mg) | 143.5 |
| carbs (gm) | 16.8 |
| protein (gm) | 2.7 |
| calcium (gm) | 14.70 |
| iron (gm) | 0.32 |

REFECTORY MAIN DINING 9/29/09

DINNER

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE
BREAD,TORTILLA WHITE,TORTILLA
SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD
LARGE 7",WHITE PULLMAN BREAD,BREAD
RYE VIENNA LVR CAL,BREAD WHEAT VIENNA
CAL,BREAD MULTIGRAIN RND,BREAD RYE
FRENCH,BREAD WHOLE WHEAT SVN
STRS,ROLLS BULKIE CORNML CAL,BREAD
WHITE VIENNA CAL,WHOLE WHEAT TORTILLA
10"

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 9/29/09

DINNER

FRESH VEGETABLE MELANGE

FRESH ZUCHINI,FRESH CARROTS SLICED
1/8",SUMMER SQUASH,FRESH CAULIFLOWER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 23 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 21.9 |
| carbs (gm) | 5.2 |
| protein (gm) | 1.0 |
| calcium (gm) | 19.99 |
| iron (gm) | 0.38 |

REFECTORY MAIN DINING 9/29/09

DINNER

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz,OLIVE
OIL,SPICE ROTISSERIE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 9/29/09

DINNER

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS,HAMBURG
ROLLS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 9/29/09

DINNER

HERBED TURNIPS

MARGARINE, ONIONS WHITE DICED
1/4", CELERY DICED 1/4", FRESH
PARSLEY, MUSTARD POWDER, GRANULATED
GARLIC, TURNIPS CUT 1/2 " CUBES

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 48 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.6 |
| chol (mg) | 0.0 |
| sodium (mg) | 82.2 |
| carbs (gm) | 5.5 |
| protein (gm) | 0.9 |
| calcium (gm) | 25.87 |
| iron (gm) | 0.33 |

REFECTORY MAIN DINING 9/29/09

DINNER

HOT DOG ON A BUN

FRANKFURTERS BEEF, ROLLS HOT DOG NE
STYLE STRIP

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 9/29/09

DINNER

LINGUINI

LINGUINI, OLIVE OIL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 312 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 59.6 |
| protein (gm) | 10.0 |
| calcium (gm) | 14.71 |
| iron (gm) | 2.95 |

REFECTORY MAIN DINING 9/29/09

DINNER

ORANGE CRUSTED TURKEY W/ OR SAUCE

TURKEY CUTLETS 4 OZ ,BREAD CRUMBS,GRATED ORANGE PEEL,FRESH PARSLEY CHOPPED,SALT,GROUND BLACK PEPPER,OLIVE OIL,WHITE WINE (NOT CHABLIS),ORANGE JUICE,HEAVY CREAM,ORANGES SLICED THEN HALF,FRESH PARSLEY CHOPPED

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 320 |
| fat (gm) | 19.1 |
| sat fat (gm) | 7.0 |
| chol (mg) | 71.5 |
| sodium (mg) | 1601.7 |
| carbs (gm) | 8.8 |
| protein (gm) | 24.0 |
| calcium (gm) | 50.30 |
| iron (gm) | 1.21 |

REFECTORY MAIN DINING 9/29/09

DINNER

PARSLIED RICE

WATER MEASURED,SALT,WHITE PEPPER,CHOPPED FRESH PARSLEY,WHITE RICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 136 |
| fat (gm) | 0.3 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 202.4 |
| carbs (gm) | 29.6 |
| protein (gm) | 2.8 |
| calcium (gm) | 23.74 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 9/29/09

DINNER

PIZZA BBQ CHICKEN '04

BBQ SAUCE CATTLEMEN'S,ROMANO CHEESE GRATED,CHICKEN MEAT,PIZZA DOUGH,SPICE OREGANO LEAF WHL XX,PIZZA BLEND CHEESE

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | slice |
| calories | 195 |
| fat (gm) | 6.5 |
| sat fat (gm) | 2.4 |
| chol (mg) | 22.5 |
| sodium (mg) | 355.9 |
| carbs (gm) | 25.4 |
| protein (gm) | 12.2 |
| calcium (gm) | 122.87 |
| iron (gm) | 4.64 |

REFECTORY MAIN DINING 9/29/09

DINNER

PIZZA CHEESE '04

PIZZA DOUGH,PIZZA SAUCE COLD
MIX,OREGANO LEAF,ROMANO CHEESE
GRATED,PIZZA BLEND CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 9/29/09

DINNER

PIZZA HERB AND OLIVE OIL

OLIVE OIL,OREGANO LEAF,BASIL
LEAVES,GRANULATED GARLIC,CRUSHED RED
PEPPER,GROUND BLACK PEPPER,ROMANO
CHEESE GRATED,SHREDDED MOZZARELLA
CHESE,PIZZA DOUGH

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | ROUND PIZZA |
| calories | 1763 |
| fat (gm) | 86.0 |
| sat fat (gm) | 24.1 |
| chol (mg) | 78.4 |
| sodium (mg) | 2486.6 |
| carbs (gm) | 195.7 |
| protein (gm) | 59.0 |
| calcium (gm) | 1053.91 |
| iron (gm) | 6.22 |

REFECTORY MAIN DINING 9/29/09

DINNER

PUDDING CHOCOLATE CT-48

INSTANT CHOCOLATE
PUDDING,HOMOGENIZED MILK

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 4.880 oz Portion |
| calories | 158 |
| fat (gm) | 4.3 |
| sat fat (gm) | 2.7 |
| chol (mg) | 15.8 |
| sodium (mg) | 141.5 |
| carbs (gm) | 26.9 |
| protein (gm) | 4.4 |
| calcium (gm) | 149.09 |
| iron (gm) | 0.50 |

REFECTORY MAIN DINING 9/29/09

DINNER

SHRIMP/ TOMATO SC (SALTA DOMATO)

Corn Meal Yellow 50 lb,OLIVE OIL,ONIONS
WHITE DICED 1/4",BAY LEAF IN SACHET
BAG,GROUND CINNAMON,GROUND
OREGANO,FRESH PARSLEY,GROUND BLACK
PEPPER,SALT,GRANULATED
SUGAR,WATER,SHRIMP LG P+D 70/90
CT,WHOLE TOMATOES READY CUT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 143 |
| fat (gm) | 6.2 |
| sat fat (gm) | 0.9 |
| chol (mg) | 115.1 |
| sodium (mg) | 430.1 |
| carbs (gm) | 9.0 |
| protein (gm) | 13.3 |
| calcium (gm) | 53.64 |
| iron (gm) | 2.55 |

REFECTORY MAIN DINING 9/29/09

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 9/29/09

DINNER

SLICED BOILED DELI HAM

HAM BNLS SMK OVAL FDL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 83 |
| fat (gm) | 3.9 |
| sat fat (gm) | 1.3 |
| chol (mg) | 28.8 |
| sodium (mg) | 698.9 |
| carbs (gm) | 0.3 |
| protein (gm) | 11.1 |
| calcium (gm) | 4.04 |
| iron (gm) | 0.71 |

REFECTORY MAIN DINING 9/29/09

DINNER

SLICED SWISS CHEESE

SWISS CHEESE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 107 |
| fat (gm) | 7.8 |
| sat fat (gm) | 5.0 |
| chol (mg) | 26.1 |
| sodium (mg) | 73.7 |
| carbs (gm) | 1.0 |
| protein (gm) | 8.1 |
| calcium (gm) | 272.44 |
| iron (gm) | 0.06 |

REFECTORY MAIN DINING 9/29/09

DINNER

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 9/29/09

DINNER

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 9/29/09

DINNER

SPICY BLACK BEAN VEG PATTY

VEG PATTY SPICY BLACK BEAN,HAMBURGER
ROLL,Rolls Wheat Bulkie 6pk

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | burger |
| calories | 98 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.5 |
| chol (mg) | 1.3 |
| sodium (mg) | 150.9 |
| carbs (gm) | 17.0 |
| protein (gm) | 2.8 |
| calcium (gm) | 37.11 |
| iron (gm) | 1.03 |

REFECTORY MAIN DINING 9/29/09

DINNER

SPIRALS TRI COLORED

TRI COLORED PASTA SPIRALS,OLIVE OIL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 307 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 58.5 |
| protein (gm) | 9.8 |
| calcium (gm) | 14.45 |
| iron (gm) | 2.90 |

REFECTORY MAIN DINING 9/29/09

DINNER

STEAK FRIES

STEAK FRIES

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 199 |
| fat (gm) | 9.6 |
| sat fat (gm) | 2.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 4.3 |
| carbs (gm) | 26.1 |
| protein (gm) | 3.1 |
| calcium (gm) | 10.87 |
| iron (gm) | 0.94 |

REFECTORY MAIN DINING 9/29/09

DINNER

VEGAN SPICY VEGETABLE STEW

GROUND BLACK PEPPER, OLIVE OIL, FRESH RABE; BLANCH, RED BLISS; BLANCH FOR 12 MINS., GARLIC CHOPPED/IN OIL, EGG PLANT, KOSHER SALT, WINE WHITE CASTILLO, CRUSHED RED PEPPER, WHOLE TOMATOES READY CUT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | ~8 OUNCE POR |
| calories | 283 |
| fat (gm) | 22.7 |
| sat fat (gm) | 3.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 539.0 |
| carbs (gm) | 19.9 |
| protein (gm) | 3.0 |
| calcium (gm) | 62.24 |
| iron (gm) | 1.43 |

REFECTORY MAIN DINING 9/29/09

DINNER

VEGETARIAN LENTIL SOUP

LENTILS, WATER, ONIONS WHITE DICED 1/4", CARROTS DICED 1/4", CELERY DICED 1/4", GRANULATED GARLIC, OLIVE OIL, TOMATO PASTE, SALT, BLACK PEPPER, BAY LEAF IN SACHET BAG, OREGANO LEAVES, WATER TO MARK ON KETTLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 159 |
| fat (gm) | 5.5 |
| sat fat (gm) | 0.7 |
| chol (mg) | 0.0 |
| sodium (mg) | 265.0 |
| carbs (gm) | 20.5 |
| protein (gm) | 8.4 |
| calcium (gm) | 24.80 |
| iron (gm) | 3.22 |

REFECTORY MAIN DINING 9/29/09

DINNER

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS, MUSHROOMS FRESH SLICED, FRESH RARERIPESLICED, BASE MIREPOIX, WATER, PASTA THAI RICE STICK NOODLES, FRZ PEA PODS CHINESE IQF, CARROTS MATCH STICKS FRESH, TOFU EXTRA FIRM 1/4" DICE, RED PEPPERS SMALL JULIENNE, BOK CHOY SHREDDED, TOFU CHINESE SPICE, FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 9/29/09

DINNER

Egg White Omelet

FROZEN EGG WHITES,PAN COATING SPRAY
PAM

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

EGGS HARD BOILED

FRESH EGGS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 134 |
| fat (gm) | 9.0 |
| sat fat (gm) | 2.8 |
| chol (mg) | 379.9 |
| sodium (mg) | 251.4 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.2 |
| calcium (gm) | 44.00 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 7.230 oz Portion |
| calories | 405 |
| fat (gm) | 7.6 |
| sat fat (gm) | 2.2 |
| chol (mg) | 158.5 |
| sodium (mg) | 724.9 |
| carbs (gm) | 72.3 |
| protein (gm) | 12.6 |
| calcium (gm) | 141.79 |
| iron (gm) | 3.57 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

GRILLED BREAKFAST HAM**V**

HAM BNLS SMK OVAL FDL; 2 OZ. PORTIONS

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 94 |
| fat (gm) | 4.3 |
| sat fat (gm) | 1.5 |
| chol (mg) | 32.3 |
| sodium (mg) | 785.3 |
| carbs (gm) | 0.3 |
| protein (gm) | 12.5 |
| calcium (gm) | 4.54 |
| iron (gm) | 0.79 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

GRITS

WATER,SALT,Cereal Quick Grits

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 13 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 124.8 |
| carbs (gm) | 2.7 |
| protein (gm) | 0.3 |
| calcium (gm) | 1.13 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

MUFFINS OATMEAL RAISIN FROM MIX

OATMEAL, WATER, MOLASSES, RAISINS, MUFFIN MIX DELUXE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 220 |
| fat (gm) | 5.6 |
| sat fat (gm) | 1.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 320.2 |
| carbs (gm) | 43.2 |
| protein (gm) | 3.7 |
| calcium (gm) | 30.32 |
| iron (gm) | 2.07 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

OMELETTE BAR

FRESH TOMATOES DICED, AMERICAN CHEESE DICED, SHREDDED MOZZARELLA CHEESE, LIQUID EGGS, SAUTEED DICED ONIONS, SAUTEED DICED GREEN PEPPERS, HAM BNLS SMK OVAL FDL, SAUTEED SLICED MUSHROOMS, VEGETABLE SALAD OIL

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

PANCAKES

WATER, EGG PANCAKE MIX, SYRUP MAPLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

PANCAKES - BANANA

WATER,EGG PANCAKE MIX,BANANAS W/
SKINS

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 4.670 oz Portion |
| calories | 174 |
| fat (gm) | 0.9 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 520.5 |
| carbs (gm) | 38.8 |
| protein (gm) | 3.6 |
| calcium (gm) | 166.20 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

PAPRIKA BREAKFAST POTATOES

RED POTATO QUARTERED RAW,GRANULATED
GARLIC,GROUND WHITE PEPPER,ONION
SALT,GROUND PAPRIKA,VEGETABLE SALAD
OIL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 202 |
| fat (gm) | 12.5 |
| sat fat (gm) | 1.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 381.4 |
| carbs (gm) | 20.0 |
| protein (gm) | 2.5 |
| calcium (gm) | 9.78 |
| iron (gm) | 0.81 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

SCRAMBLED EGGS

LIQUID EGGS,WHITE
PEPPER,SALT,HOMOGENIZED MILK

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 162 |
| fat (gm) | 10.6 |
| sat fat (gm) | 3.5 |
| chol (mg) | 420.7 |
| sodium (mg) | 534.8 |
| carbs (gm) | 2.4 |
| protein (gm) | 13.1 |
| calcium (gm) | 77.36 |
| iron (gm) | 1.45 |

REFECTORY MAIN DINING 9/30/09

BREAKFAST

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 9/30/09

LUNCH

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 9/30/09

LUNCH

BEEF TIPS WITH CURRY

MARGARINE,ONIONS WHITE DICED
1/4",CELERY DICED 1/4",GROUND BLACK
PEPPER,THYME LEAF,GROUND CURRY
POWDER,GROUND MACE,BAY LEAF IN
SACHET BAG,FLOUR SUNSHINE,BEEF
BASE,WATER (HOT),COCONUT CREAM,BEEF
STRIP 3"LONG X1/2 BU,SLICED FRESH APPLES

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 414 |
| fat (gm) | 24.0 |
| sat fat (gm) | 8.4 |
| chol (mg) | 101.3 |
| sodium (mg) | 592.7 |
| carbs (gm) | 17.4 |
| protein (gm) | 32.3 |
| calcium (gm) | 62.57 |
| iron (gm) | 5.79 |

REFECTORY MAIN DINING 9/30/09

LUNCH

CHEESE ENCHILADAS

OIL, ONIONS WHITE DICED 1/4", TOMATOES (SMALL DICE), CHOPPED GREEN CHILI, HALF & HALF, CORN TORTILLA SHELL
5"FRZ, SHREDDED CHEDDAR CHEESE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 474 |
| fat (gm) | 39.9 |
| sat fat (gm) | 20.2 |
| chol (mg) | 98.3 |
| sodium (mg) | 638.5 |
| carbs (gm) | 9.8 |
| protein (gm) | 22.5 |
| calcium (gm) | 676.85 |
| iron (gm) | 45.43 |

REFECTORY MAIN DINING 9/30/09

LUNCH

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 9/30/09

LUNCH

CHICKEN SALAD COLD PLATE

FRESH CELERY STALKS, MAYONNAISE, SALT, GROUND WHITE PEPPER, CHICKEN MEAT

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 9/30/09

LUNCH

COOKIES SUGAR '06

GRANULATED SUGAR,BUTTER BLEND ZERO
TRANS bksbp - jar,CAKE FLOUR,BAKING
POWDER X,LIQUID EGGS,WATER,DRY
MILK POWDER

Nutrition Facts

| | |
|---------------------|----------------|
| Portion Size | ~1.25 OZ. COOK |
| calories | 91 |
| fat (gm) | 0.4 |
| sat fat (gm) | 0.1 |
| chol (mg) | 10.3 |
| sodium (mg) | 71.2 |
| carbs (gm) | 20.3 |
| protein (gm) | 1.6 |
| calcium (gm) | 13.89 |
| iron (gm) | 1.01 |

REFECTORY MAIN DINING 9/30/09

LUNCH

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE
BREAD,TORTILLA WHITE,TORTILLA
SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD
LARGE 7",WHITE PULLMAN BREAD,BREAD
RYE VIENNA LVR CAL,BREAD WHEAT VIENNA
CAL,BREAD MULTIGRAIN RND,BREAD RYE
FRENCH,BREAD WHOLE WHEAT SVN
STRS,ROLLS BULKIE CORNML CAL,BREAD
WHITE VIENNA CAL,WHOLE WHEAT TORTILLA
10"

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 9/30/09

LUNCH

Egg White Omelet

FROZEN EGG WHITES,PAN COATING SPRAY
PAM

Nutrition Facts

| | |
|---------------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 9/30/09

LUNCH

EGGS HARD BOILED

FRESH EGGS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 134 |
| fat (gm) | 9.0 |
| sat fat (gm) | 2.8 |
| chol (mg) | 379.9 |
| sodium (mg) | 251.4 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.2 |
| calcium (gm) | 44.00 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 9/30/09

LUNCH

FETTUCCINE

FETTUCCINE NOODLES,OLIVE OIL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 295 |
| fat (gm) | 4.9 |
| sat fat (gm) | 0.9 |
| chol (mg) | 69.4 |
| sodium (mg) | 14.7 |
| carbs (gm) | 52.2 |
| protein (gm) | 10.0 |
| calcium (gm) | 25.22 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 9/30/09

LUNCH

FRENCH FRIES SEASONED

POTATOES FRIES THIN SEASONED

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 277 |
| fat (gm) | 15.9 |
| sat fat (gm) | 6.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 521.0 |
| carbs (gm) | 32.1 |
| protein (gm) | 3.0 |
| calcium (gm) | 10.20 |
| iron (gm) | 1.41 |

REFECTORY MAIN DINING 9/30/09

LUNCH

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 7.230 oz Portion |
| calories | 405 |
| fat (gm) | 7.6 |
| sat fat (gm) | 2.2 |
| chol (mg) | 158.5 |
| sodium (mg) | 724.9 |
| carbs (gm) | 72.3 |
| protein (gm) | 12.6 |
| calcium (gm) | 141.79 |
| iron (gm) | 3.57 |

REFECTORY MAIN DINING 9/30/09

LUNCH

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 9/30/09

LUNCH

GRILLED BREAKFAST HAM

V

HAM BNLS SMK OVAL FDL; 2 OZ. PORTIONS

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 94 |
| fat (gm) | 4.3 |
| sat fat (gm) | 1.5 |
| chol (mg) | 32.3 |
| sodium (mg) | 785.3 |
| carbs (gm) | 0.3 |
| protein (gm) | 12.5 |
| calcium (gm) | 4.54 |
| iron (gm) | 0.79 |

REFECTORY MAIN DINING 9/30/09

LUNCH

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz, OLIVE
OIL, SPICE ROTISSERIE

| <u>Nutrition Facts</u> | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 9/30/09

LUNCH

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS, HAMBURG
ROLLS

| <u>Nutrition Facts</u> | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 9/30/09

LUNCH

HOT DOG ON A BUN

FRANKFURTERS BEEF, ROLLS HOT DOG NE
STYLE STRIP

| <u>Nutrition Facts</u> | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 9/30/09

LUNCH

ITALIAN SAUSAGE W/SAUCE

ITALIAN PORK SAUSAGE MILD
LINKS, SPAGHETTI SAUCE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 188 |
| fat (gm) | 14.2 |
| sat fat (gm) | 4.7 |
| chol (mg) | 39.3 |
| sodium (mg) | 729.0 |
| carbs (gm) | 4.3 |
| protein (gm) | 10.7 |
| calcium (gm) | 22.02 |
| iron (gm) | 1.17 |

REFECTORY MAIN DINING 9/30/09

LUNCH

MULTI-GRAIN BREAD '09

BIGA/STARTER '09, WATER, YEAST, FLOUR
SUNSHINE, GRAIN MIX '09, VEGAN BROWN
RICE PILAF, LIGHT BROWN SUGAR, SALT BULK
80 lb bag, BUTTERMILK, HONEY, LIQUID
EGGS, GRAIN MIX '09

| Nutrition Facts | |
|------------------------|-----------|
| Portion Size | ~PORTIONS |
| calories | 140 |
| fat (gm) | 0.8 |
| sat fat (gm) | 0.1 |
| chol (mg) | 4.0 |
| sodium (mg) | 118.4 |
| carbs (gm) | 30.4 |
| protein (gm) | 3.8 |
| calcium (gm) | 18.17 |
| iron (gm) | 0.88 |

REFECTORY MAIN DINING 9/30/09

LUNCH

OMELETTE BAR

FRESH TOMATOES DICED, AMERICAN CHEESE
DICED, SHREDDED MOZZARELLA
CHEESE, LIQUID EGGS, SAUTEED DICED
ONIONS, SAUTEED DICED GREEN
PEPPERS, HAM BNLS SMK OVAL FDL, SAUTEED
SLICED MUSHROOMS, VEGETABLE SALAD OIL

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 9/30/09

LUNCH

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 9/30/09

LUNCH

PAPRIKA BREAKFAST POTATOES

RED POTATO QUARTERED RAW,GRANULATED GARLIC,GROUND WHITE PEPPER,ONION SALT,GROUND PAPRIKA,VEGETABLE SALAD OIL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 202 |
| fat (gm) | 12.5 |
| sat fat (gm) | 1.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 381.4 |
| carbs (gm) | 20.0 |
| protein (gm) | 2.5 |
| calcium (gm) | 9.78 |
| iron (gm) | 0.81 |

REFECTORY MAIN DINING 9/30/09

LUNCH

PASTA SALAD GREEK

JUICE LEMON REALEMON 48 oz,MEDIUM SHELLS,FRESH TOMATOES LG CUBED,CUCUMBER QTR SLICE UNPEEL,RIPE OLIVES PITTED,FETA CHEESE CRUMBLED,FRESH RARERIPES SLICED,FRESH PARSLEY CHOPPED,SALT,GROUND BLACK PEPPER,GRANULATED SUGAR,MINT LEAVES,OREGANO LEAF,ROSEMARY WHOLE,OLIVE OIL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 186 |
| fat (gm) | 9.5 |
| sat fat (gm) | 2.7 |
| chol (mg) | 10.1 |
| sodium (mg) | 460.4 |
| carbs (gm) | 20.8 |
| protein (gm) | 5.0 |
| calcium (gm) | 77.83 |
| iron (gm) | 1.61 |

REFECTORY MAIN DINING 9/30/09

LUNCH

PEPPERS STIR FRY

GREEN PEPPERS JULIENNE, PEPPERS
YELLOW JULIENNE, RED PEPPERS
JULIENNE, PEPPERS ORANGE
JULIENNE, SAUCE YIELD, GARLIC CHOPPED/IN
OIL, GROUND GINGER, SOY SAUCE
GALS, COOKING
SHERRY, WATER, GRANULATED
SUGAR, GROUND BLACK
PEPPER, WATER, CORN STARCH

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 3oz portion |
| calories | 27 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 32.2 |
| carbs (gm) | 6.2 |
| protein (gm) | 0.8 |
| calcium (gm) | 8.03 |
| iron (gm) | 0.42 |

REFECTORY MAIN DINING 9/30/09

LUNCH

PIZZA CHEESE '04

PIZZA DOUGH, PIZZA SAUCE COLD
MIX, OREGANO LEAF, ROMANO CHEESE
GRATED, PIZZA BLEND CHEESE

Nutrition Facts

| | |
|---------------------|-------|
| Portion Size | SLICE |
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 9/30/09

LUNCH

PIZZA CHIPOTLE CHICKEN '04

PIZZA DOUGH, PIZZA BLEND CHEESE, SPICE
OREGANO LEAF WHL XX, PIZZA SAUCE COLD
MIX, ROMANO CHEESE GRATED, PEPPERS
CHIPOTLE, CHICKEN MEAT

Nutrition Facts

| | |
|---------------------|----------------|
| Portion Size | ~3.25 OZ. PORT |
| calories | 190 |
| fat (gm) | 6.5 |
| sat fat (gm) | 2.3 |
| chol (mg) | 20.8 |
| sodium (mg) | 353.4 |
| carbs (gm) | 23.0 |
| protein (gm) | 11.4 |
| calcium (gm) | 102.21 |
| iron (gm) | 0.93 |

REFECTORY MAIN DINING 9/30/09

LUNCH

PIZZA GARDEN VEGETABLE, ROUND

PIZZA DOUGH,PIZZA SAUCE,PIZZA BLEND
CHEESE,MUSHROOMS FRSH SL TUBE,RED
PEPPERS SLICED,PEPPERS GRN
SLICED,ONIONS SLICED 1/8"
WHITE,ARTICHOKE HEARTS JULIENNE

| Nutrition Facts | |
|------------------------|-----------------|
| Portion Size | 4.25 OZ Portion |
| calories | 179 |
| fat (gm) | 5.3 |
| sat fat (gm) | 1.9 |
| chol (mg) | 7.9 |
| sodium (mg) | 441.6 |
| carbs (gm) | 27.6 |
| protein (gm) | 7.8 |
| calcium (gm) | 111.70 |
| iron (gm) | 1.06 |

REFECTORY MAIN DINING 9/30/09

LUNCH

RASPBERRY STICKS, NO NUTS

PUFF PASTRY SHEETS
10x14"FRZ,RASPBERRY FILLING,CINNAMON
SUGAR MIX

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 146 |
| fat (gm) | 9.6 |
| sat fat (gm) | 2.4 |
| chol (mg) | 5.1 |
| sodium (mg) | 27.7 |
| carbs (gm) | 13.5 |
| protein (gm) | 1.8 |
| calcium (gm) | 4.20 |
| iron (gm) | 0.65 |

REFECTORY MAIN DINING 9/30/09

LUNCH

RATATOUILLE POLYNESIAN

EGG PLANT 1/4" CUBES,ZUCCHINI 1/4"
CUBES,YELLOW SQUASH 1/4" CUBES,ONIONS
WHITE DICED 1/4",SESAME SEEDS,FRESH
GINGER ROOT CHOPPED,TOMATOES
CHOPPED,SOY SAUCE GALS,GRANULATED
SUGAR,WHITE VINEGAR,VEGETABLE SALAD
OIL

| Nutrition Facts | |
|------------------------|----------|
| Portion Size | 4 OUNCES |
| calories | 54 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 262.6 |
| carbs (gm) | 8.1 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.48 |

REFECTORY MAIN DINING 9/30/09

LUNCH

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | SLICES |
| calories | 91 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.8 |
| chol (mg) | 39.1 |
| sodium (mg) | 35.2 |
| carbs (gm) | 0.0 |
| protein (gm) | 16.4 |
| calcium (gm) | 2.83 |
| iron (gm) | 1.11 |

REFECTORY MAIN DINING 9/30/09

LUNCH

ROLLS DINNER CALISE MINI

SNOWFLAKE ROLLS,SCALLOP ROLLS

| Nutrition Facts | |
|------------------------|---------------------|
| Portion Size | 1.5 ROLL/PSN |
| calories | 229 |
| fat (gm) | 4.3 |
| sat fat (gm) | 1.0 |
| chol (mg) | 4.6 |
| sodium (mg) | 388.5 |
| carbs (gm) | 40.7 |
| protein (gm) | 6.3 |
| calcium (gm) | 56.82 |
| iron (gm) | 2.15 |

REFECTORY MAIN DINING 9/30/09

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 9/30/09

LUNCH

SLICED CHEDDAR

SLICED CHEDDAR CHEESE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 114 |
| fat (gm) | 9.4 |
| sat fat (gm) | 6.0 |
| chol (mg) | 29.7 |
| sodium (mg) | 175.9 |
| carbs (gm) | 0.4 |
| protein (gm) | 7.1 |
| calcium (gm) | 204.48 |
| iron (gm) | 0.19 |

REFECTORY MAIN DINING 9/30/09

LUNCH

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 9/30/09

LUNCH

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 9/30/09

LUNCH

SPLIT PEA SOUP W/ HAM

ONIONS WHITE DICED 1/4",CELERY DICED
1/4",CARROTS
DICED/1/4",MARGARINE,WATER,SALT,DRIED
GREEN SPLIT PEAS,DICED POTATOES
1/2",HAM SMK OVAL FDL 1/4"DICE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 118 |
| fat (gm) | 4.9 |
| sat fat (gm) | 1.2 |
| chol (mg) | 14.4 |
| sodium (mg) | 540.8 |
| carbs (gm) | 10.1 |
| protein (gm) | 8.4 |
| calcium (gm) | 14.32 |
| iron (gm) | 0.85 |

REFECTORY MAIN DINING 9/30/09

LUNCH

STICKY RICE W/EDAMAME BEANS

RICE JAPANESE,WATER MEASURED,edamame
beans

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 118 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 3.9 |
| carbs (gm) | 24.1 |
| protein (gm) | 3.1 |
| calcium (gm) | 28.90 |
| iron (gm) | 1.25 |

REFECTORY MAIN DINING 9/30/09

LUNCH

TRI COLOR BOW TIES

Tri Color Bow Tie Pasta,OLIVE OIL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 336 |
| fat (gm) | 3.3 |
| sat fat (gm) | 0.5 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.3 |
| carbs (gm) | 64.3 |
| protein (gm) | 10.8 |
| calcium (gm) | 15.88 |
| iron (gm) | 3.18 |

REFECTORY MAIN DINING 9/30/09

LUNCH

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4", WATER TO MARK
ON KETTLE, BROWN RICE, WHITE
PEPPER, BASE MIREPOIX

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 152 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.1 |
| sodium (mg) | 213.4 |
| carbs (gm) | 31.1 |
| protein (gm) | 3.7 |
| calcium (gm) | 16.41 |
| iron (gm) | 0.59 |

REFECTORY MAIN DINING 9/30/09

LUNCH

VEGAN GUMBO CASSEROLE

ONIONS WHITE DICED 1/4", CUT OKRA
CANNED, DRAINED, RED CRUSHED
PEPPER, SALT, BEAN BLACKEYED CANNED,
DRAINED, OIL OLIVE, PEPPERS GRN
DICED/1/4, WHOLE TOMATOES READY CUT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 118 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 702.5 |
| carbs (gm) | 23.5 |
| protein (gm) | 5.2 |
| calcium (gm) | 78.74 |
| iron (gm) | 1.92 |

REFECTORY MAIN DINING 9/30/09

LUNCH

Vegan Patties

VEG PATTY VEGAN, HAMBURGER ROLL, Rolls
Wheat Bulkie 6pk

| Nutrition Facts | |
|------------------------|---------|
| Portion Size | BURGERS |
| calories | 309 |
| fat (gm) | 8.9 |
| sat fat (gm) | 0.7 |
| chol (mg) | 1.2 |
| sodium (mg) | 592.6 |
| carbs (gm) | 36.6 |
| protein (gm) | 20.7 |
| calcium (gm) | 70.55 |
| iron (gm) | 1.68 |

REFECTORY MAIN DINING 9/30/09

LUNCH

VEGETARIAN CREAM OF TOMATO SOUP

MARGARINE,CELERY DICED 1/4",ONIONS
WHITE DICED 1/4",BAY LEAF USE SACHET
BAG,TOMATO PUREE 1.06,TOMATO PASTE
USDA GRD FCY,SALT,SUGAR,WHITE
PEPPER,WATER TO MARK ON
KETTLE,SIMMER TO MARK ON KETTLE,CREAM
SAUCE AMT REQUIRED,MARGARINE,FLOUR
UNBLEACHED UNBR SPRING KING,FRESH
MILK (HOT),SALT,WHITE PEPPER,CARROTS
DICED/1/4"

Nutrition Facts

| Portion Size | 6 oz Portion |
|--------------|--------------|
| calories | 116 |
| fat (gm) | 6.2 |
| sat fat (gm) | 2.3 |
| chol (mg) | 10.4 |
| sodium (mg) | 667.7 |
| carbs (gm) | 12.6 |
| protein (gm) | 3.9 |
| calcium (gm) | 104.15 |
| iron (gm) | 0.75 |

REFECTORY MAIN DINING 9/30/09

LUNCH

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS,MUSHROOMS
FRESH SLICED,FRESH
RARE RIPPESLICED,BASE
MIREPOIX,WATER,PASTA THAI RICE STICK
NOODLES,FRZ PEA PODS CHINESE
IQF,CARROTS MATCH STICKS FRESH,TOFU
EXTRA FIRM 1/4"DICE,RED PEPPERS SMALL
JULIENNE,BOK CHOY SHREDDDED,TOFU
CHINESE SPICE,FRESH BEAN SPROUTS

Nutrition Facts

| Portion Size | 10 OZ PORTION |
|--------------|---------------|
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 9/30/09

LUNCH

VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL,HAMBURGER ROLL

Nutrition Facts

| Portion Size | 4 oz Portion |
|--------------|--------------|
| calories | 251 |
| fat (gm) | 6.9 |
| sat fat (gm) | 0.5 |
| chol (mg) | 2.3 |
| sodium (mg) | 513.4 |
| carbs (gm) | 30.1 |
| protein (gm) | 16.6 |
| calcium (gm) | 28.85 |
| iron (gm) | 1.09 |

REFECTORY MAIN DINING 9/30/09

LUNCH

BAKED POTATOES

BAKING POTATOES

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 247 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 18.1 |
| carbs (gm) | 57.2 |
| protein (gm) | 5.2 |
| calcium (gm) | 22.68 |
| iron (gm) | 3.08 |

REFECTORY MAIN DINING 9/30/09

DINNER

BAKED SWEET POTATO W/HONEY CHIVES

POTATOES YAMS FRESH,HONEY,HERB
CHIVES FRESH,SUNFLOWER KERNELS
TOASTED**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 5 oz Portion |
| calories | 241 |
| fat (gm) | 2.8 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 19.7 |
| carbs (gm) | 53.1 |
| protein (gm) | 3.3 |
| calcium (gm) | 34.76 |
| iron (gm) | 1.09 |

REFECTORY MAIN DINING 9/30/09

DINNER

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 9/30/09

DINNER

BREAD AFRICAN HONEY

WATER, YEAST, LIQUID EGGS, HONEY, BUTTER SOLIDS, FLOUR SUNSHINE, DRY MILK POWDER, GROUND CORIANDER, GROUND CINNAMON, GROUND CLOVES, SALT

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | LOAF |
| calories | 2018 |
| fat (gm) | 55.1 |
| sat fat (gm) | 30.1 |
| chol (mg) | 223.2 |
| sodium (mg) | 2434.8 |
| carbs (gm) | 350.8 |
| protein (gm) | 46.0 |
| calcium (gm) | 383.38 |
| iron (gm) | 10.98 |

REFECTORY MAIN DINING 9/30/09

DINNER

BREAD GERMAN RYE CT-10 ('09)

WATER, MOLASSES, WHITE VINEGAR, YEAST, SUGAR, SALT, MARGARINE, CHOCOLATE, FUDGE BASE, BRAN TABLE 50 lb, WHOLE CARAWAY SEED, ONIONS WHITE DICED 1/4"; sauteed, WHOLE FENNEL SEED, WHITE RYE FLOUR, FLOUR SUNSHINE, WATER, CORN STARCH, CONFECT PASTE MOCCA

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 2.400 oz Portion |
| calories | 141 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 172.8 |
| carbs (gm) | 27.8 |
| protein (gm) | 3.3 |
| calcium (gm) | 19.26 |
| iron (gm) | 0.96 |

REFECTORY MAIN DINING 9/30/09

DINNER

CAKE DECORATED 10" ROUND

CONFECTIONARY SUGAR, HIGH RATIO SHORTENING, S&M-131, SALT, VANILLA, COLD WATER, FUDGE BASE MELTED, COFFEE FLAVOR, CAKE FLOUR, HIGH RATIO SHORTENING, SUGAR, CAKE FLOUR, FLOUR UNBLEACHED UNBR SPRING KING, SALT, BAKING POWDER X, MILK POWDER, WATER, FROZEN EGG WHITES, WATER

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | CAKE |
| calories | 4652 |
| fat (gm) | 218.4 |
| sat fat (gm) | 58.7 |
| chol (mg) | 7.0 |
| sodium (mg) | 3756.0 |
| carbs (gm) | 642.0 |
| protein (gm) | 44.2 |
| calcium (gm) | 320.53 |
| iron (gm) | 15.62 |

REFECTORY MAIN DINING 9/30/09

DINNER

CAKE DECORATED FULL SHEET

CONFECTIONARY SUGAR,HIGH RATIO
SHORTENING,S&M-131,SALT,VANILLA,COLD
WATER,FUDGE BASE MELTED,COFFEE
FLAVOR,CAKE FLOUR,HIGH RATIO
SHORTENING,SUGAR,CAKE FLOUR,FLOUR
UNBLEACHED UNBR SPRING
KING,SALT,BAKING POWDER X,MILK
POWDER,WATER,FROZEN EGG
WHITES,WATER,VANILLA EXTRACT

Nutrition Facts

| | |
|---------------------|-------------------|
| Portion Size | 155.520 oz Portic |
| calories | 16369 |
| fat (gm) | 764.2 |
| sat fat (gm) | 205.3 |
| chol (mg) | 24.6 |
| sodium (mg) | 13145.8 |
| carbs (gm) | 2246.7 |
| protein (gm) | 154.8 |
| calcium (gm) | 1121.80 |
| iron (gm) | 54.70 |

REFECTORY MAIN DINING 9/30/09

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 9/30/09

DINNER

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 9/30/09

DINNER

CHICKEN STIR FRY

BNLS WHITE CHICKEN (RAW),ONIONS WHITE SLICED 1/4,FRESH SNOW PEAS,MUSHROOMS FRESH,FRZ CARROTS SLICED,SAUCE YIELD,GARLIC CHOPPED/IN OIL,GROUND GINGER,SOY SAUCE GALS,COOKING SHERRY,WATER,GRANULATED SUGAR,GROUND BLACK PEPPER,WATER,CORN STARCH

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 171 |
| fat (gm) | 2.8 |
| sat fat (gm) | 0.8 |
| chol (mg) | 66.5 |
| sodium (mg) | 146.7 |
| carbs (gm) | 8.2 |
| protein (gm) | 26.7 |
| calcium (gm) | 34.01 |
| iron (gm) | 1.64 |

REFECTORY MAIN DINING 9/30/09**DINNER**

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE BREAD,TORTILLA WHITE,TORTILLA SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD LARGE 7",WHITE PULLMAN BREAD,BREAD RYE VIENNA LVR CAL,BREAD WHEAT VIENNA CAL,BREAD MULTIGRAIN RND,BREAD RYE FRENCH,BREAD WHOLE WHEAT SVN STRS,ROLLS BULKIE CORNML CAL,BREAD WHITE VIENNA CAL,WHOLE WHEAT TORTILLA 10"

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 9/30/09**DINNER**

FETTUCCINE

FETTUCCINE NOODLES,OLIVE OIL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 295 |
| fat (gm) | 4.9 |
| sat fat (gm) | 0.9 |
| chol (mg) | 69.4 |
| sodium (mg) | 14.7 |
| carbs (gm) | 52.2 |
| protein (gm) | 10.0 |
| calcium (gm) | 25.22 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 9/30/09**DINNER**

FRENCH FRIES SEASONED

POTATOES FRIES THIN SEASONED

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 277 |
| fat (gm) | 15.9 |
| sat fat (gm) | 6.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 521.0 |
| carbs (gm) | 32.1 |
| protein (gm) | 3.0 |
| calcium (gm) | 10.20 |
| iron (gm) | 1.41 |

REFECTORY MAIN DINING 9/30/09

DINNER

GRILLED CHEESE ON WHEAT

AMERICAN CHEESE WHITE,OIL PAN & GRILL
SUNBURST,BREAD WHEAT VIENNA CAL**Nutrition Facts**

| | |
|---------------------|--------|
| Portion Size | SAND |
| calories | 377 |
| fat (gm) | 17.1 |
| sat fat (gm) | 9.4 |
| chol (mg) | 36.2 |
| sodium (mg) | 953.7 |
| carbs (gm) | 42.7 |
| protein (gm) | 18.6 |
| calcium (gm) | 362.43 |
| iron (gm) | 3.00 |

REFECTORY MAIN DINING 9/30/09

DINNER

GRILLED CHEESE ON WHITE

AMERICAN CHEESE WHITE,OIL PAN & GRILL
SUNBURST,BREAD WHITE VIENNA CAL**Nutrition Facts**

| | |
|---------------------|--------|
| Portion Size | SAND |
| calories | 347 |
| fat (gm) | 15.8 |
| sat fat (gm) | 9.2 |
| chol (mg) | 36.2 |
| sodium (mg) | 897.1 |
| carbs (gm) | 41.4 |
| protein (gm) | 17.9 |
| calcium (gm) | 379.27 |
| iron (gm) | 2.92 |

REFECTORY MAIN DINING 9/30/09

DINNER

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz, OLIVE
OIL, SPICE ROTISSERIE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 9/30/09

DINNER

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS, HAMBURG
ROLLS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 9/30/09

DINNER

HOT DOG ON A BUN

FRANKFURTERS BEEF, ROLLS HOT DOG NE
STYLE STRIP

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 9/30/09

DINNER

ITALIAN SAUSAGE W/SAUCE

ITALIAN PORK SAUSAGE MILD
LINKS, SPAGHETTI SAUCE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 188 |
| fat (gm) | 14.2 |
| sat fat (gm) | 4.7 |
| chol (mg) | 39.3 |
| sodium (mg) | 729.0 |
| carbs (gm) | 4.3 |
| protein (gm) | 10.7 |
| calcium (gm) | 22.02 |
| iron (gm) | 1.17 |

REFECTORY MAIN DINING 9/30/09

DINNER

MACARONI AND CHEESE W/ AVOCADO TOMATOES

FLOUR UNBLEACHED UNBR SPRING
KING, MARGARINE, HOT MILK, SAUCE
YIELD, SALT, WHITE PEPPER, CHEDDAR
CHEESE SAUCE, ROMANO CHEESE
GRATED, TOMATOES SUN DRIED -
JULIENNE, SAUCE & CHEESE YIELD, ELBOW
MACARONI, ROMANO CHEESE
GRATED, POTATO CHIPS
CRUSHED, MARGARINE-MELTED, CHEESE
MONTERAY JACK SHRED, AVOCADO CALA
PULP

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 371 |
| fat (gm) | 19.0 |
| sat fat (gm) | 8.2 |
| chol (mg) | 32.9 |
| sodium (mg) | 811.7 |
| carbs (gm) | 36.7 |
| protein (gm) | 14.5 |
| calcium (gm) | 324.97 |
| iron (gm) | 2.11 |

REFECTORY MAIN DINING 9/30/09

DINNER

Oregon Blend Vegetables

Veg Frz Imperial Oregon Blend

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 3oz portion |
| calories | 58 |
| fat (gm) | 0.5 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 42.6 |
| carbs (gm) | 12.2 |
| protein (gm) | 3.0 |
| calcium (gm) | 22.68 |
| iron (gm) | 0.86 |

REFECTORY MAIN DINING 9/30/09

DINNER

PASTA SALAD GREEK

JUICE LEMON REALEMON 48 oz,MEDIUM SHELLS,FRESH TOMATOES LG CUBED,CUCUMBER QTR SLICE UNPEEL,RIPE OLIVES PITTED,FETA CHEESE CRUMBLLED,FRESH RARERIPES SLICED,FRESH PARSLEY CHOPPED,SALT,GROUND BLACK PEPPER,GRANULATED SUGAR,MINT LEAVES,OREGANO LEAF,ROSEMARY WHOLE,OLIVE OIL

Nutrition Facts

| Portion Size | 4 oz Portion |
|--------------|--------------|
| calories | 186 |
| fat (gm) | 9.5 |
| sat fat (gm) | 2.7 |
| chol (mg) | 10.1 |
| sodium (mg) | 460.4 |
| carbs (gm) | 20.8 |
| protein (gm) | 5.0 |
| calcium (gm) | 77.83 |
| iron (gm) | 1.61 |

REFECTORY MAIN DINING 9/30/09

DINNER

PEPPERS STIR FRY

GREEN PEPPERS JULIENNE,PEPPERS YELLOW JULIENNE,RED PEPPERS JULIENNE,PEPPERS ORANGE JULIENNE,SAUCE YIELD,GARLIC CHOPPED/IN OIL,GROUND GINGER,SOY SAUCE GALS,COOKING SHERRY,WATER,GRANULATED SUGAR,GROUND BLACK PEPPER,WATER,CORN STARCH

Nutrition Facts

| Portion Size | 3oz portion |
|--------------|-------------|
| calories | 27 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 32.2 |
| carbs (gm) | 6.2 |
| protein (gm) | 0.8 |
| calcium (gm) | 8.03 |
| iron (gm) | 0.42 |

REFECTORY MAIN DINING 9/30/09

DINNER

PIZZA CHEESE '04

PIZZA DOUGH,PIZZA SAUCE COLD MIX,OREGANO LEAF,ROMANO CHEESE GRATED,PIZZA BLEND CHEESE

Nutrition Facts

| Portion Size | SLICE |
|--------------|-------|
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 9/30/09

DINNER

PIZZA CHIPOTLE CHICKEN '04

PIZZA DOUGH,PIZZA BLEND CHEESE,SPICE OREGANO LEAF WHL XX,PIZZA SAUCE COLD MIX,ROMANO CHEESE GRATED,PEPPERS CHIPOTLE,CHICKEN MEAT

| Nutrition Facts | |
|------------------------|----------------|
| Portion Size | ~3.25 OZ. PORT |
| calories | 190 |
| fat (gm) | 6.5 |
| sat fat (gm) | 2.3 |
| chol (mg) | 20.8 |
| sodium (mg) | 353.4 |
| carbs (gm) | 23.0 |
| protein (gm) | 11.4 |
| calcium (gm) | 102.21 |
| iron (gm) | 0.93 |

REFECTORY MAIN DINING 9/30/09

DINNER

PIZZA GARDEN VEGETABLE, ROUND

PIZZA DOUGH,PIZZA SAUCE,PIZZA BLEND CHEESE,MUSHROOMS FRSH SL TUBE,RED PEPPERS SLICED,PEPPERS GRN SLICED,ONIONS SLICED 1/8" WHITE,ARTICHOKE HEARTS JULIENNE

| Nutrition Facts | |
|------------------------|-----------------|
| Portion Size | 4.25 OZ Portion |
| calories | 179 |
| fat (gm) | 5.3 |
| sat fat (gm) | 1.9 |
| chol (mg) | 7.9 |
| sodium (mg) | 441.6 |
| carbs (gm) | 27.6 |
| protein (gm) | 7.8 |
| calcium (gm) | 111.70 |
| iron (gm) | 1.06 |

REFECTORY MAIN DINING 9/30/09

DINNER

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | SLICES |
| calories | 91 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.8 |
| chol (mg) | 39.1 |
| sodium (mg) | 35.2 |
| carbs (gm) | 0.0 |
| protein (gm) | 16.4 |
| calcium (gm) | 2.83 |
| iron (gm) | 1.11 |

REFECTORY MAIN DINING 9/30/09

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 9/30/09

DINNER

SLICED CHEDDAR

SLICED CHEDDAR CHEESE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 114 |
| fat (gm) | 9.4 |
| sat fat (gm) | 6.0 |
| chol (mg) | 29.7 |
| sodium (mg) | 175.9 |
| carbs (gm) | 0.4 |
| protein (gm) | 7.1 |
| calcium (gm) | 204.48 |
| iron (gm) | 0.19 |

REFECTORY MAIN DINING 9/30/09

DINNER

SLICED TURKEY

COOKED TURKEY BREAST

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 9/30/09

DINNER

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 9/30/09

DINNER

SPLIT PEA SOUP W/ HAM

ONIONS WHITE DICED 1/4",CELERY DICED
1/4",CARROTS
DICED/1/4",MARGARINE,WATER,SALT,DRIED
GREEN SPLIT PEAS,DICED POTATOES
1/2",HAM SMK OVAL FDL 1/4"DICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 118 |
| fat (gm) | 4.9 |
| sat fat (gm) | 1.2 |
| chol (mg) | 14.4 |
| sodium (mg) | 540.8 |
| carbs (gm) | 10.1 |
| protein (gm) | 8.4 |
| calcium (gm) | 14.32 |
| iron (gm) | 0.85 |

REFECTORY MAIN DINING 9/30/09

DINNER

TRI COLOR BOW TIES

Tri Color Bow Tie Pasta,OLIVE OIL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 336 |
| fat (gm) | 3.3 |
| sat fat (gm) | 0.5 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.3 |
| carbs (gm) | 64.3 |
| protein (gm) | 10.8 |
| calcium (gm) | 15.88 |
| iron (gm) | 3.18 |

REFECTORY MAIN DINING 9/30/09

DINNER

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4", WATER TO MARK
ON KETTLE, BROWN RICE, WHITE
PEPPER, BASE MIREPOIX

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 152 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.1 |
| sodium (mg) | 213.4 |
| carbs (gm) | 31.1 |
| protein (gm) | 3.7 |
| calcium (gm) | 16.41 |
| iron (gm) | 0.59 |

REFECTORY MAIN DINING 9/30/09

DINNER

VEGETARIAN CREAM OF TOMATO SOUP

MARGARINE, CELERY DICED 1/4", ONIONS
WHITE DICED 1/4", BAY LEAF USE SACHET
BAG, TOMATO PUREE 1.06, TOMATO PASTE
USDA GRD FCY, SALT, SUGAR, WHITE
PEPPER, WATER TO MARK ON
KETTLE, SIMMER TO MARK ON KETTLE, CREAM
SAUCE AMT REQUIRED, MARGARINE, FLOUR
UNBLEACHED UNBR SPRING KING, FRESH
MILK (HOT), SALT, WHITE PEPPER, CARROTS
DICED/1/4"

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 116 |
| fat (gm) | 6.2 |
| sat fat (gm) | 2.3 |
| chol (mg) | 10.4 |
| sodium (mg) | 667.7 |
| carbs (gm) | 12.6 |
| protein (gm) | 3.9 |
| calcium (gm) | 104.15 |
| iron (gm) | 0.75 |

REFECTORY MAIN DINING 9/30/09

DINNER

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS, MUSHROOMS
FRESH SLICED, FRESH
RARERIPESLICED, BASE
MIREPOIX, WATER, PASTA THAI RICE STICK
NOODLES, FRZ PEA PODS CHINESE
IQF, CARROTS MATCH STICKS FRESH, TOFU
EXTRA FIRM 1/4" DICE, RED PEPPERS SMALL
JULIENNE, BOK CHOY SHREDDED, TOFU
CHINESE SPICE, FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 9/30/09

DINNER

CAJUN POTATOES

VEGETABLE SALAD OIL,SALT,GROUND
CAYENNE PEPPER,GRANULATED
GARLIC,GROUND WHITE PEPPER,RED
POTATOES QUARTERED

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 107 |
| fat (gm) | 4.5 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 99.9 |
| carbs (gm) | 14.8 |
| protein (gm) | 1.9 |
| calcium (gm) | 6.47 |
| iron (gm) | 0.53 |

REFECTORY MAIN DINING 10/1/09

BREAKFAST

Egg White Omelet

FROZEN EGG WHITES,PAN COATING SPRAY
PAM

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 10/1/09

BREAKFAST

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 7.230 oz Portion |
| calories | 405 |
| fat (gm) | 7.6 |
| sat fat (gm) | 2.2 |
| chol (mg) | 158.5 |
| sodium (mg) | 724.9 |
| carbs (gm) | 72.3 |
| protein (gm) | 12.6 |
| calcium (gm) | 141.79 |
| iron (gm) | 3.57 |

REFECTORY MAIN DINING 10/1/09

BREAKFAST

GRILLED SLICED BACON

BACON

Nutrition Facts

| | |
|---------------------|---------|
| Portion Size | 2 SLICE |
| calories | 28 |
| fat (gm) | 2.4 |
| sat fat (gm) | 0.9 |
| chol (mg) | 4.2 |
| sodium (mg) | 78.8 |
| carbs (gm) | 0.0 |
| protein (gm) | 1.5 |
| calcium (gm) | 0.59 |
| iron (gm) | 0.08 |

REFECTORY MAIN DINING 10/1/09

BREAKFAST

OATMEAL

WATER,QUICK OATMEAL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 605 |
| fat (gm) | 11.9 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 50.2 |
| carbs (gm) | 105.2 |
| protein (gm) | 20.7 |
| calcium (gm) | 1114.24 |
| iron (gm) | 111.88 |

REFECTORY MAIN DINING 10/1/09

BREAKFAST

OMELETTE BAR

FRESH TOMATOES DICED,AMERICAN CHEESE
DICED,SHREDDED MOZZARELLA
CHEESE,LIQUID EGGS,SAUTEED DICED
ONIONS,SAUTEED DICED GREEN
PEPPERS,HAM BNLS SMK OVAL FDL,SAUTEED
SLICED MUSHROOMS,VEGETABLE SALAD OIL

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 10/1/09

BREAKFAST

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 10/1/09

BREAKFAST

ROLLS SWEET DOUGH

WATER,YEAST,LIQUID EGGS,GRANULATED SUGAR,MARGARINE,NULOMOLINE (INVERT SUGAR),SALT,MILK POWDER,FLOUR UNBLEACHED UNBR SPRING KING,LEMON EXTRACT,GROUND CINNAMON,VEGETABLE SALAD OIL,CONFECTIONARY SUGAR,WATER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | ~SWEET DOUGH |
| calories | 352 |
| fat (gm) | 10.4 |
| sat fat (gm) | 2.0 |
| chol (mg) | 35.6 |
| sodium (mg) | 262.6 |
| carbs (gm) | 59.8 |
| protein (gm) | 7.5 |
| calcium (gm) | 96.55 |
| iron (gm) | 3.06 |

REFECTORY MAIN DINING 10/1/09

BREAKFAST

SCRAMBLED EGGS

LIQUID EGGS,WHITE PEPPER,SALT,HOMOGENIZED MILK

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 162 |
| fat (gm) | 10.6 |
| sat fat (gm) | 3.5 |
| chol (mg) | 420.7 |
| sodium (mg) | 534.8 |
| carbs (gm) | 2.4 |
| protein (gm) | 13.1 |
| calcium (gm) | 77.36 |
| iron (gm) | 1.45 |

REFECTORY MAIN DINING 10/1/09

BREAKFAST

HAWAIIAN PIZZA '05

PIZZA SAUCE COLD MIX,ROMANO CHEESE
GRATED,HAM BNLS SMK OVAL FDL,SPICE
OREGANO LEAF WHL XX,PIZZA BLEND
CHEESE,CRUSHED PINEAPPLE,PIZZA CRUST
ORIG PIZZA

Nutrition Facts

| Portion Size | ~PIZZA |
|--------------|--------|
| calories | 515 |
| fat (gm) | 22.6 |
| sat fat (gm) | 8.5 |
| chol (mg) | 46.9 |
| sodium (mg) | 1430.9 |
| carbs (gm) | 52.2 |
| protein (gm) | 31.1 |
| calcium (gm) | 422.77 |
| iron (gm) | 2.93 |

REFECTORY MAIN DINING 10/1/09

LUNCH

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

Nutrition Facts

| Portion Size | 4 OZ PORTION |
|--------------|--------------|
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 10/1/09

LUNCH

BARS S'MORES '06

VEG SHORTENING ALL PRPOSE,GRANULATED
SUGAR,CHOC DROPS MILK 1000
ct,MARSHMALLOWS 20 LB,GRAHAM CRACKER
CRUMBS,BUTTER BLEND ZERO TRANS bkshp -
jar

Nutrition Facts

| Portion Size | ~PORTIONS |
|--------------|-----------|
| calories | 138 |
| fat (gm) | 2.8 |
| sat fat (gm) | 0.8 |
| chol (mg) | 0.7 |
| sodium (mg) | 111.6 |
| carbs (gm) | 28.3 |
| protein (gm) | 1.5 |
| calcium (gm) | 6.74 |
| iron (gm) | 0.58 |

REFECTORY MAIN DINING 10/1/09

LUNCH

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 10/1/09

LUNCH

BEEF BARLEY SOUP

BARLEY,ONIONS WHITE DICED 1/4",CELERY
DICED 1/4",CARROTS DICED/1/4",TOMATOES
JULIENNE FRESH,FROZEN PEAS,ROAST BEEF
SLICED COOKED,BEEF BASE,WATER TO MARK
ON KETTLE,IGNORE THIS LINE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 88 |
| fat (gm) | 0.8 |
| sat fat (gm) | 0.3 |
| chol (mg) | 4.6 |
| sodium (mg) | 492.3 |
| carbs (gm) | 16.3 |
| protein (gm) | 4.4 |
| calcium (gm) | 14.18 |
| iron (gm) | 0.79 |

REFECTORY MAIN DINING 10/1/09

LUNCH

BRUSCHETTA MOZZARELLA

FRENCH BREAD 24" LONG,OLIVE OIL,GARLIC
CHOPPED/IN OIL,CRUSHED RED
PEPPER,FRESH TOMATOES SM DICE,FRESH
RARERIPES SLICED,MUSHROOMS FRESH
SLICED,SLICED OLIVES RIPE,PIZZA BLEND
CHEESE

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | slice |
| calories | 440 |
| fat (gm) | 27.1 |
| sat fat (gm) | 7.4 |
| chol (mg) | 24.6 |
| sodium (mg) | 785.5 |
| carbs (gm) | 35.0 |
| protein (gm) | 19.0 |
| calcium (gm) | 361.55 |
| iron (gm) | 2.47 |

REFECTORY MAIN DINING 10/1/09

LUNCH

CAJUN POTATOES

VEGETABLE SALAD OIL,SALT,GROUND
CAYENNE PEPPER,GRANULATED
GARLIC,GROUND WHITE PEPPER,RED
POTATOES QUARTERED

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 107 |
| fat (gm) | 4.5 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 99.9 |
| carbs (gm) | 14.8 |
| protein (gm) | 1.9 |
| calcium (gm) | 6.47 |
| iron (gm) | 0.53 |

REFECTORY MAIN DINING 10/1/09

LUNCH

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 10/1/09

LUNCH

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 10/1/09

LUNCH

COOKIES OATMEAL CHOC CHIP '06

QUICK OATS,VANILLA EXTRACT,BAKING SODA,BROWN SUGAR,SUGAR,FLOUR UNBLEACHED UNBR SPRING KING,LIQUID EGGS,Spice Cinnamon Grd Bulk,GROUND NUTMEG,BUTTER BLEND ZERO TRANS bkshp - jar,BAKING PAN LINERS 16X24,CHOCOLATE CHIPS

Nutrition Facts

| | |
|--------------|----------------|
| Portion Size | ~1.25 OZ. COOK |
| calories | 74 |
| fat (gm) | 1.3 |
| sat fat (gm) | 0.7 |
| chol (mg) | 6.2 |
| sodium (mg) | 45.8 |
| carbs (gm) | 15.2 |
| protein (gm) | 1.2 |
| calcium (gm) | 6.92 |
| iron (gm) | 0.42 |

REFECTORY MAIN DINING 10/1/09

LUNCH

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE BREAD,TORTILLA WHITE,TORTILLA SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD LARGE 7",WHITE PULLMAN BREAD,BREAD RYE VIENNA LVR CAL,BREAD WHEAT VIENNA CAL,BREAD MULTIGRAIN RND,BREAD RYE FRENCH,BREAD WHOLE WHEAT SVN STRS,ROLLS BULKIE CORNML CAL,BREAD WHITE VIENNA CAL,WHOLE WHEAT TORTILLA 10"

Nutrition Facts

| | |
|--------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 10/1/09

LUNCH

Egg White Omelet

FROZEN EGG WHITES,PAN COATING SPRAY PAM

Nutrition Facts

| | |
|--------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 10/1/09

LUNCH

FRENCH FRIES KRINKLE CUT

POTATOES FRIES 1/2" KRINKLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 277 |
| fat (gm) | 15.9 |
| sat fat (gm) | 6.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 521.3 |
| carbs (gm) | 32.1 |
| protein (gm) | 3.0 |
| calcium (gm) | 10.21 |
| iron (gm) | 1.41 |

REFECTORY MAIN DINING 10/1/09

LUNCH

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE**Nutrition Facts**

| | |
|---------------------|------------------|
| Portion Size | 7.230 oz Portion |
| calories | 405 |
| fat (gm) | 7.6 |
| sat fat (gm) | 2.2 |
| chol (mg) | 158.5 |
| sodium (mg) | 724.9 |
| carbs (gm) | 72.3 |
| protein (gm) | 12.6 |
| calcium (gm) | 141.79 |
| iron (gm) | 3.57 |

REFECTORY MAIN DINING 10/1/09

LUNCH

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 10/1/09

LUNCH

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz,OLIVE
OIL,SPICE ROTISSERIE

| <u>Nutrition Facts</u> | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 10/1/09

LUNCH

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS,HAMBURG
ROLLS

| <u>Nutrition Facts</u> | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 10/1/09

LUNCH

HOT DOG ON A BUN

FRANKFURTERS BEEF,ROLLS HOT DOG NE
STYLE STRIP

| <u>Nutrition Facts</u> | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 10/1/09

LUNCH

HOT TURKEY SANDWICH W/ SAUCE

TURKEY ROAST RAW,GROUND BLACK PEPPER,ONIONS WHITE CUBED 3/4",CARROTS DICED/1/4",CELERY DICED 1/4",WATER TO MARK,WATER TO MARK,SALT IF NEED C LEAD COOK,TURKEY FAT,FLOUR UNBLEACHED UNBR SPRING KING,WHITE PULLMAN BREAD,CRANBERRY SAUCE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 7 oz Portion |
| calories | 251 |
| fat (gm) | 5.9 |
| sat fat (gm) | 1.8 |
| chol (mg) | 46.7 |
| sodium (mg) | 731.9 |
| carbs (gm) | 27.7 |
| protein (gm) | 20.9 |
| calcium (gm) | 27.90 |
| iron (gm) | 2.23 |

REFECTORY MAIN DINING 10/1/09

LUNCH

ITALIAN MEATBALLS W/SAUCE LUNCH

MEATBALLS ITALIAN RAW,SPAGHETTI SAUCE (AMT REQ),PARMESAN CHEESE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 248 |
| fat (gm) | 12.4 |
| sat fat (gm) | 4.5 |
| chol (mg) | 73.9 |
| sodium (mg) | 645.6 |
| carbs (gm) | 10.1 |
| protein (gm) | 23.3 |
| calcium (gm) | 66.88 |
| iron (gm) | 3.50 |

REFECTORY MAIN DINING 10/1/09

LUNCH

KIELBASA

KIELBASA

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 165 |
| fat (gm) | 14.5 |
| sat fat (gm) | 5.3 |
| chol (mg) | 35.7 |
| sodium (mg) | 573.5 |
| carbs (gm) | 1.1 |
| protein (gm) | 7.1 |
| calcium (gm) | 23.45 |
| iron (gm) | 0.77 |

REFECTORY MAIN DINING 10/1/09

LUNCH

MARIN CHICK-PEA & ARTICHOKE SALAD

ARTICHOKE HEARTS ,GARBANZO BEANS,
DRAINED,FRESH RARERIPES,
SLICED,PEPPERS GRN DICED/1/4,RED
PEPPERS, DICED,FRESH PARSLEY,
CHOPPED,SPICE OREGANO LEAF WHL
XX,GARLIC CHOPPED/IN OIL,OLIVE OIL,RED
WINE VINEGAR,SALT,GROUND BLACK
PEPPER,GROUND PAPRIKA

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 114 |
| fat (gm) | 6.0 |
| sat fat (gm) | 0.8 |
| chol (mg) | 0.0 |
| sodium (mg) | 328.1 |
| carbs (gm) | 13.7 |
| protein (gm) | 3.5 |
| calcium (gm) | 39.21 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 10/1/09

LUNCH

MASHED RED POTATOES W/GARLIC

RED POTATOES,SALT,WHITE
PEPPER,MARGARINE MELTED,MILK
(HOT),FRESH RARERIPES SLICED,ROASTED
GARLIC

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 126 |
| fat (gm) | 3.5 |
| sat fat (gm) | 1.0 |
| chol (mg) | 2.7 |
| sodium (mg) | 307.5 |
| carbs (gm) | 21.6 |
| protein (gm) | 2.7 |
| calcium (gm) | 33.35 |
| iron (gm) | 0.40 |

REFECTORY MAIN DINING 10/1/09

LUNCH

MULTI-GRAIN BREAD '09

BIGA/STARTER '09,WATER,YEAST,FLOUR
SUNSHINE,GRAIN MIX '09,VEGAN BROWN
RICE PILAF,LIGHT BROWN SUGAR,SALT BULK
80 lb bag,BUTTERMILK,HONEY,LIQUID
EGGS,GRAIN MIX '09

| Nutrition Facts | |
|------------------------|-----------|
| Portion Size | ~PORTIONS |
| calories | 140 |
| fat (gm) | 0.8 |
| sat fat (gm) | 0.1 |
| chol (mg) | 4.0 |
| sodium (mg) | 118.4 |
| carbs (gm) | 30.4 |
| protein (gm) | 3.8 |
| calcium (gm) | 18.17 |
| iron (gm) | 0.88 |

REFECTORY MAIN DINING 10/1/09

LUNCH

OMELETTE BAR

FRESH TOMATOES DICED,AMERICAN CHEESE
DICED,SHREDDED MOZZARELLA
CHEESE,LIQUID EGGS,SAUTEED DICED
ONIONS,SAUTEED DICED GREEN
PEPPERS,HAM BNLS SMK OVAL FDL,SAUTEED
SLICED MUSHROOMS,VEGETABLE SALAD OIL

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 10/1/09

LUNCH

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 10/1/09

LUNCH

PARSLIED RICE

WATER MEASURED,SALT,WHITE
PEPPER,CHOPPED FRESH PARSLEY,WHITE
RICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 136 |
| fat (gm) | 0.3 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 202.4 |
| carbs (gm) | 29.6 |
| protein (gm) | 2.8 |
| calcium (gm) | 23.74 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 10/1/09

LUNCH

PENNE WHOLE WHEAT

OLIVE OIL,WHOLE WHEAT PENNE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 299 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.5 |
| chol (mg) | 0.0 |
| sodium (mg) | 6.8 |
| carbs (gm) | 60.2 |
| protein (gm) | 12.1 |
| calcium (gm) | 34.02 |
| iron (gm) | 2.41 |

REFECTORY MAIN DINING 10/1/09

LUNCH

PIZZA CHEESE '04

PIZZA DOUGH,PIZZA SAUCE COLD
MIX,OREGANO LEAF,ROMANO CHEESE
GRATED,PIZZA BLEND CHEESE**Nutrition Facts**

| | |
|---------------------|-------|
| Portion Size | SLICE |
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 10/1/09

LUNCH

PIZZA SPINACH & FETA '04

WHOLE WHEAT PIZZA DOUGH V,PIZZA
SAUCE COLD MIX,ROMANO CHEESE
GRATED,FRZ CHOPPED SPINACH,SPICE
OREGANO LEAF WHL XX,PIZZA BLEND
CHEESE,FETA CHEESE, CRUMBLD**Nutrition Facts**

| | |
|---------------------|----------------|
| Portion Size | ~3.25 OZ. PORT |
| calories | 198 |
| fat (gm) | 8.9 |
| sat fat (gm) | 3.5 |
| chol (mg) | 17.6 |
| sodium (mg) | 397.6 |
| carbs (gm) | 22.7 |
| protein (gm) | 9.2 |
| calcium (gm) | 170.16 |
| iron (gm) | 1.24 |

REFECTORY MAIN DINING 10/1/09

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 10/1/09

LUNCH

SLICED BOILED DELI HAM

HAM BNLS SMK OVAL FDL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 83 |
| fat (gm) | 3.9 |
| sat fat (gm) | 1.3 |
| chol (mg) | 28.8 |
| sodium (mg) | 698.9 |
| carbs (gm) | 0.3 |
| protein (gm) | 11.1 |
| calcium (gm) | 4.04 |
| iron (gm) | 0.71 |

REFECTORY MAIN DINING 10/1/09

LUNCH

SLICED MOZZARELLA

MOZZARELLA CHEESE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 79 |
| fat (gm) | 4.9 |
| sat fat (gm) | 3.1 |
| chol (mg) | 15.3 |
| sodium (mg) | 149.6 |
| carbs (gm) | 0.9 |
| protein (gm) | 7.8 |
| calcium (gm) | 207.32 |
| iron (gm) | 0.07 |

REFECTORY MAIN DINING 10/1/09

LUNCH

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 10/1/09

LUNCH

SPAGHETTI

SPAGHETTI,OLIVE OIL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 312 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 59.6 |
| protein (gm) | 10.0 |
| calcium (gm) | 14.71 |
| iron (gm) | 2.95 |

REFECTORY MAIN DINING 10/1/09

LUNCH

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 10/1/09

LUNCH

SPICY BLACK BEAN VEG PATTY

VEG PATTY SPICY BLACK BEAN,HAMBURGER
ROLL,Rolls Wheat Bulkie 6pk

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | burger |
| calories | 98 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.5 |
| chol (mg) | 1.3 |
| sodium (mg) | 150.9 |
| carbs (gm) | 17.0 |
| protein (gm) | 2.8 |
| calcium (gm) | 37.11 |
| iron (gm) | 1.03 |

REFECTORY MAIN DINING 10/1/09

LUNCH

SQUASH BISQUE - cat menu 08

WATER,BASE MIREPOIX,BUTTERNUT SQUASH
CUBE 3/4,SLICED FRESH APPLES,ONIONS
WHITE DICED 1/4",ROSEMARY WHOLE,HEAVY
CREAM,SALT,GROUND BLACK PEPPER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 103 |
| fat (gm) | 5.9 |
| sat fat (gm) | 3.5 |
| chol (mg) | 20.6 |
| sodium (mg) | 362.3 |
| carbs (gm) | 12.8 |
| protein (gm) | 1.5 |
| calcium (gm) | 52.32 |
| iron (gm) | 0.61 |

REFECTORY MAIN DINING 10/1/09

LUNCH

SUGAR SNAP PEAS

PEAS SUGAR SNAP

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 37 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 3.5 |
| carbs (gm) | 6.1 |
| protein (gm) | 2.9 |
| calcium (gm) | 36.64 |
| iron (gm) | 1.72 |

REFECTORY MAIN DINING 10/1/09

LUNCH

VEGAN BBQ NAVY PEA BEANS

VEGETABLE SALAD OIL,ONIONS WHITE DICED
1/4",GARLIC CHOPPED/IN OIL,TOMATO PASTE
USDA GRD FCY,GRANULATED
SUGAR,MOLASSES,SOY SAUCE
GALS,GROUND ALL SPICE,SALT,CRUSHED
RED PEPPER,CIDER VINEGAR,GREAT
NORTHERN BEANS

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 314 |
| fat (gm) | 4.6 |
| sat fat (gm) | 0.5 |
| chol (mg) | 0.0 |
| sodium (mg) | 1471.5 |
| carbs (gm) | 56.8 |
| protein (gm) | 13.9 |
| calcium (gm) | 93.60 |
| iron (gm) | 3.84 |

REFECTORY MAIN DINING 10/1/09

LUNCH

VEGAN TOFU HOT DOGS

TOFU FRANKFURTERS,ROLLS HOT DOG NE
STYLE STRIP

| Nutrition Facts | |
|------------------------|---------|
| Portion Size | portion |
| calories | 187 |
| fat (gm) | 9.1 |
| sat fat (gm) | 0.4 |
| chol (mg) | 1.9 |
| sodium (mg) | 312.0 |
| carbs (gm) | 21.8 |
| protein (gm) | 11.2 |
| calcium (gm) | 23.60 |
| iron (gm) | 0.89 |

REFECTORY MAIN DINING 10/1/09

LUNCH

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS,MUSHROOMS
FRESH SLICED,FRESH
RARE RIPPED SLICED,BASE
MIREPOIX,WATER,PASTA THAI RICE STICK
NOODLES,FRZ PEA PODS CHINESE
IQF,CARROTS MATCH STICKS FRESH,TOFU
EXTRA FIRM 1/4"DICE,RED PEPPERS SMALL
JULIENNE,BOK CHOY SHREDDED,TOFU
CHINESE SPICE,FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 10/1/09

LUNCH

HAWAIIAN PIZZA '05

PIZZA SAUCE COLD MIX,ROMANO CHEESE
GRATED,HAM BNLS SMK OVAL FDL,SPICE
OREGANO LEAF WHL XX,PIZZA BLEND
CHEESE,CRUSHED PINEAPPLE,PIZZA CRUST
ORIG PIZZA

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | ~PIZZA |
| calories | 515 |
| fat (gm) | 22.6 |
| sat fat (gm) | 8.5 |
| chol (mg) | 46.9 |
| sodium (mg) | 1430.9 |
| carbs (gm) | 52.2 |
| protein (gm) | 31.1 |
| calcium (gm) | 422.77 |
| iron (gm) | 2.93 |

REFECTORY MAIN DINING 10/1/09

DINNER

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 10/1/09

DINNER

BAKED POTATOES

BAKING POTATOES

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 247 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 18.1 |
| carbs (gm) | 57.2 |
| protein (gm) | 5.2 |
| calcium (gm) | 22.68 |
| iron (gm) | 3.08 |

REFECTORY MAIN DINING 10/1/09

DINNER

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 10/1/09

DINNER

BEEF BARLEY SOUP

BARLEY,ONIONS WHITE DICED 1/4",CELERY
DICED 1/4",CARROTS DICED/1/4",TOMATOES
JULIENNE FRESH,FROZEN PEAS,ROAST BEEF
SLICED COOKED,BEEF BASE,WATER TO MARK
ON KETTLE,IGNORE THIS LINE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 88 |
| fat (gm) | 0.8 |
| sat fat (gm) | 0.3 |
| chol (mg) | 4.6 |
| sodium (mg) | 492.3 |
| carbs (gm) | 16.3 |
| protein (gm) | 4.4 |
| calcium (gm) | 14.18 |
| iron (gm) | 0.79 |

REFECTORY MAIN DINING 10/1/09

DINNER

BRAISED BEEF TIPS

BEEF STRIP 3"LONG X1/2"SQ,VEGETABLE
OIL,LUKE WARM WATER,SALT,BLACK
PEPPER,GRANULATED GARLIC,MUSTARD
POWDER,ONIONS WHITE CUBED
3/4",BURGUNDY WINE,MUSHROOMS FRSH SL
TUBE,Base Demi-Glace 35 lb

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 397 |
| fat (gm) | 21.4 |
| sat fat (gm) | 7.7 |
| chol (mg) | 139.9 |
| sodium (mg) | 1800.3 |
| carbs (gm) | 3.8 |
| protein (gm) | 42.7 |
| calcium (gm) | 27.68 |
| iron (gm) | 5.37 |

REFECTORY MAIN DINING 10/1/09

DINNER

BREAD ANADAMA -CT 10

GRANULATED SUGAR,MOLASSES,Corn Meal
Yellow 50 lb,VEGETABLE SALAD
OIL,SALT,WATER,YEAST,FLOUR UNBLEACHED
UNBR SPRING KING

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 1.900 oz Portion |
| calories | 122 |
| fat (gm) | 2.7 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 92.5 |
| carbs (gm) | 22.6 |
| protein (gm) | 2.4 |
| calcium (gm) | 12.12 |
| iron (gm) | 0.75 |

REFECTORY MAIN DINING 10/1/09

DINNER

BREAD GERMAN RYE CT-10 ('09)

WATER,MOLASSES,WHITE
VINEGAR,YEAST,SUGAR,SALT,MARGARINE,CH
FUDGE BASE,BRAN TABLE 50 lb,WHOLE
CARAWAY SEED,ONIONS WHITE DICED 1/4";
sauteed ,WHOLE FENNEL SEED,WHITE RYE
FLOUR,FLOUR SUNSHINE,WATER,CORN
STARCH,CONFECT PASTE MOCCA

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 2.400 oz Portion |
| calories | 141 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 172.8 |
| carbs (gm) | 27.8 |
| protein (gm) | 3.3 |
| calcium (gm) | 19.26 |
| iron (gm) | 0.96 |

REFECTORY MAIN DINING 10/1/09

DINNER

CAKE CHERRY KUCHEN CT-40

GRANULATED SUGAR,HIGH RATIO
SHORTENING,SALT,CAKE FLOUR,BAKING
POWDER X,MILK
POWDER,WATER,VANILLA EXTRACT,BUTTER
FLAVOR,LIQUID EGGS,COLD WATER,CHERRY
FILLING

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.648 oz Portion |
| calories | 216 |
| fat (gm) | 6.4 |
| sat fat (gm) | 1.7 |
| chol (mg) | 39.6 |
| sodium (mg) | 264.9 |
| carbs (gm) | 37.9 |
| protein (gm) | 2.8 |
| calcium (gm) | 31.93 |
| iron (gm) | 1.18 |

REFECTORY MAIN DINING 10/1/09

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 10/1/09

DINNER

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 10/1/09

DINNER

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE
BREAD,TORTILLA WHITE,TORTILLA
SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD
LARGE 7",WHITE PULLMAN BREAD,BREAD
RYE VIENNA LVR CAL,BREAD WHEAT VIENNA
CAL,BREAD MULTIGRAIN RND,BREAD RYE
FRENCH,BREAD WHOLE WHEAT SVN
STRS,ROLLS BULKIE CORNML CAL,BREAD
WHITE VIENNA CAL,WHOLE WHEAT TORTILLA
10"

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 10/1/09

DINNER

FRENCH FRIES KRINKLE CUT

POTATOES FRIES 1/2" KRINKLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 277 |
| fat (gm) | 15.9 |
| sat fat (gm) | 6.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 521.3 |
| carbs (gm) | 32.1 |
| protein (gm) | 3.0 |
| calcium (gm) | 10.21 |
| iron (gm) | 1.41 |

REFECTORY MAIN DINING 10/1/09

DINNER

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz, OLIVE OIL, SPICE ROTISSERIE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 10/1/09

DINNER

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS, HAMBURG ROLLS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 10/1/09

DINNER

HOT DOG ON A BUN

FRANKFURTERS BEEF,ROLLS HOT DOG NE
STYLE STRIP

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 10/1/09

DINNER

ITALIAN MEATBALLS W/SAUCE LUNCH

MEATBALLS ITALIAN RAW,SPAGHETTI SAUCE
(AMT REQ),PARMESAN CHEESE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 248 |
| fat (gm) | 12.4 |
| sat fat (gm) | 4.5 |
| chol (mg) | 73.9 |
| sodium (mg) | 645.6 |
| carbs (gm) | 10.1 |
| protein (gm) | 23.3 |
| calcium (gm) | 66.88 |
| iron (gm) | 3.50 |

REFECTORY MAIN DINING 10/1/09

DINNER

MARIN CHICK-PEA & ARTICHOKE SALAD

ARTICHOKE HEARTS ,GARBANZO BEANS,
DRAINED,FRESH RARERIPES,
SLICED,PEPPERS GRN DICED/1/4,RED
PEPPERS, DICED,FRESH PARSLEY,
CHOPPED,SPICE OREGANO LEAF WHL
XX,GARLIC CHOPPED/IN OIL,OLIVE OIL,RED
WINE VINEGAR,SALT,GROUND BLACK
PEPPER,GROUND PAPRIKA

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 114 |
| fat (gm) | 6.0 |
| sat fat (gm) | 0.8 |
| chol (mg) | 0.0 |
| sodium (mg) | 328.1 |
| carbs (gm) | 13.7 |
| protein (gm) | 3.5 |
| calcium (gm) | 39.21 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 10/1/09

DINNER

PARSLIED RICE

WATER MEASURED,SALT,WHITE PEPPER,CHOPPED FRESH PARSLEY,WHITE RICE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 136 |
| fat (gm) | 0.3 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 202.4 |
| carbs (gm) | 29.6 |
| protein (gm) | 2.8 |
| calcium (gm) | 23.74 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 10/1/09

DINNER

PENNE WHOLE WHEAT

OLIVE OIL,WHOLE WHEAT PENNE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 299 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.5 |
| chol (mg) | 0.0 |
| sodium (mg) | 6.8 |
| carbs (gm) | 60.2 |
| protein (gm) | 12.1 |
| calcium (gm) | 34.02 |
| iron (gm) | 2.41 |

REFECTORY MAIN DINING 10/1/09

DINNER

PIZZA CHEESE '04

PIZZA DOUGH,PIZZA SAUCE COLD MIX,OREGANO LEAF,ROMANO CHEESE GRATED,PIZZA BLEND CHEESE

Nutrition Facts

| | |
|---------------------|-------|
| Portion Size | SLICE |
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 10/1/09

DINNER

PIZZA SPINACH & FETA '04

WHOLE WHEAT PIZZA DOUGH V,PIZZA
SAUCE COLD MIX,ROMANO CHEESE
GRATED,FRZ CHOPPED SPINACH,SPICE
OREGANO LEAF WHL XX,PIZZA BLEND
CHEESE,FETA CHEESE, CRUMBLED

Nutrition Facts

| | |
|---------------------|----------------|
| Portion Size | ~3.25 OZ. PORT |
| calories | 198 |
| fat (gm) | 8.9 |
| sat fat (gm) | 3.5 |
| chol (mg) | 17.6 |
| sodium (mg) | 397.6 |
| carbs (gm) | 22.7 |
| protein (gm) | 9.2 |
| calcium (gm) | 170.16 |
| iron (gm) | 1.24 |

REFECTORY MAIN DINING 10/1/09

DINNER

PUMPKIN RAVIOLI AND CREAM SAUCE

RAVIOLI PUMPKIN,SPICED CREAM SAUCE 3:1

Nutrition Facts

| | |
|---------------------|---------------|
| Portion Size | 10 oz Portion |
| calories | 69 |
| fat (gm) | 3.9 |
| sat fat (gm) | 1.6 |
| chol (mg) | 7.9 |
| sodium (mg) | 202.1 |
| carbs (gm) | 6.6 |
| protein (gm) | 2.2 |
| calcium (gm) | 73.00 |
| iron (gm) | 0.14 |

REFECTORY MAIN DINING 10/1/09

DINNER

RICE PILAF WITH ZUCCHINI

MARGARINE,ONIONS WHITE DICED 1/4",BASE
MIREPOIX,WATER TO MARK ON
KETTLE,WHITE RICE,WHITE
PEPPER,ZUCCHINI DICE SM SIDE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 146 |
| fat (gm) | 2.8 |
| sat fat (gm) | 0.6 |
| chol (mg) | 0.1 |
| sodium (mg) | 231.9 |
| carbs (gm) | 26.8 |
| protein (gm) | 2.7 |
| calcium (gm) | 25.60 |
| iron (gm) | 1.26 |

REFECTORY MAIN DINING 10/1/09

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 10/1/09

DINNER

SLICED BOILED DELI HAM

HAM BNLS SMK OVAL FDL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 83 |
| fat (gm) | 3.9 |
| sat fat (gm) | 1.3 |
| chol (mg) | 28.8 |
| sodium (mg) | 698.9 |
| carbs (gm) | 0.3 |
| protein (gm) | 11.1 |
| calcium (gm) | 4.04 |
| iron (gm) | 0.71 |

REFECTORY MAIN DINING 10/1/09

DINNER

SLICED MOZZARELLA

MOZZARELLA CHEESE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 79 |
| fat (gm) | 4.9 |
| sat fat (gm) | 3.1 |
| chol (mg) | 15.3 |
| sodium (mg) | 149.6 |
| carbs (gm) | 0.9 |
| protein (gm) | 7.8 |
| calcium (gm) | 207.32 |
| iron (gm) | 0.07 |

REFECTORY MAIN DINING 10/1/09

DINNER

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 10/1/09

DINNER

SPAGHETTI

SPAGHETTI,OLIVE OIL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 312 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 59.6 |
| protein (gm) | 10.0 |
| calcium (gm) | 14.71 |
| iron (gm) | 2.95 |

REFECTORY MAIN DINING 10/1/09

DINNER

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 10/1/09

DINNER

SPICY BLACK BEAN VEG PATTY

VEG PATTY SPICY BLACK BEAN,HAMBURGER
ROLL,Rolls Wheat Bulkie 6pk

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | burger |
| calories | 98 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.5 |
| chol (mg) | 1.3 |
| sodium (mg) | 150.9 |
| carbs (gm) | 17.0 |
| protein (gm) | 2.8 |
| calcium (gm) | 37.11 |
| iron (gm) | 1.03 |

REFECTORY MAIN DINING 10/1/09

DINNER

SQUASH BISQUE - cat menu 08

WATER,BASE MIREPOIX,BUTTERNUT SQUASH
CUBE 3/4,SLICED FRESH APPLES,ONIONS
WHITE DICED 1/4",ROSEMARY WHOLE,HEAVY
CREAM,SALT,GROUND BLACK PEPPER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 103 |
| fat (gm) | 5.9 |
| sat fat (gm) | 3.5 |
| chol (mg) | 20.6 |
| sodium (mg) | 362.3 |
| carbs (gm) | 12.8 |
| protein (gm) | 1.5 |
| calcium (gm) | 52.32 |
| iron (gm) | 0.61 |

REFECTORY MAIN DINING 10/1/09

DINNER

SUGAR SNAP PEAS

PEAS SUGAR SNAP

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 37 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 3.5 |
| carbs (gm) | 6.1 |
| protein (gm) | 2.9 |
| calcium (gm) | 36.64 |
| iron (gm) | 1.72 |

REFECTORY MAIN DINING 10/1/09

DINNER

SUMMER SQUASH

YELLOW SQUASH SLICED 1/2 MOON

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 17 |
| fat (gm) | 0.3 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 0.8 |
| carbs (gm) | 3.6 |
| protein (gm) | 0.8 |
| calcium (gm) | 22.76 |
| iron (gm) | 0.30 |

REFECTORY MAIN DINING 10/1/09

DINNER

SUNNY SPROUTS

FRZ BRUSSEL SPROUTS,FRESH CARROTS
SLICED 1/8",CELERY SLICED
3/4",WATER,MARGARINE,SALT,GRANULATED
SUGAR,YELLOW MUSTARD,GROUND BLACK
PEPPER

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 38 |
| fat (gm) | 1.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 145.8 |
| carbs (gm) | 6.0 |
| protein (gm) | 2.1 |
| calcium (gm) | 19.12 |
| iron (gm) | 0.50 |

REFECTORY MAIN DINING 10/1/09

DINNER

VEGAN BBQ NAVY PEA BEANS

VEGETABLE SALAD OIL,ONIONS WHITE DICED
1/4",GARLIC CHOPPED/IN OIL,TOMATO PASTE
USDA GRD FCY,GRANULATED
SUGAR,MOLASSES,SOY SAUCE
GALS,GROUND ALL SPICE,SALT,CRUSHED
RED PEPPER,CIDER VINEGAR,GREAT
NORTHERN BEANS

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 314 |
| fat (gm) | 4.6 |
| sat fat (gm) | 0.5 |
| chol (mg) | 0.0 |
| sodium (mg) | 1471.5 |
| carbs (gm) | 56.8 |
| protein (gm) | 13.9 |
| calcium (gm) | 93.60 |
| iron (gm) | 3.84 |

REFECTORY MAIN DINING 10/1/09

DINNER

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS,MUSHROOMS
FRESH SLICED,FRESH
RARE RIBEYE SLICED, BASE
MIREPOIX, WATER, PASTA THAI RICE STICK
NOODLES, FRZ PEA PODS CHINESE
IQF, CARROTS MATCH STICKS FRESH, TOFU
EXTRA FIRM 1/4" DICE, RED PEPPERS SMALL
JULIENNE, BOK CHOY SHREDDED, TOFU
CHINESE SPICE, FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 10/1/09

DINNER

CREAM OF WHEAT

WATER, SALT, CREAM OF WHEAT HOT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 50 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 79.0 |
| carbs (gm) | 10.5 |
| protein (gm) | 1.4 |
| calcium (gm) | 19.14 |
| iron (gm) | 3.91 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

Egg White Omelet

FROZEN EGG WHITES, PAN COATING SPRAY
PAM

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 134 |
| fat (gm) | 9.0 |
| sat fat (gm) | 2.8 |
| chol (mg) | 379.9 |
| sodium (mg) | 251.4 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.2 |
| calcium (gm) | 44.00 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE**Nutrition Facts**

| | |
|---------------------|------------------|
| Portion Size | 7.230 oz Portion |
| calories | 405 |
| fat (gm) | 7.6 |
| sat fat (gm) | 2.2 |
| chol (mg) | 158.5 |
| sodium (mg) | 724.9 |
| carbs (gm) | 72.3 |
| protein (gm) | 12.6 |
| calcium (gm) | 141.79 |
| iron (gm) | 3.57 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

GRILLED BREAKFAST SAUSAGES

PORK SAUSAGE LINKS

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 209 |
| fat (gm) | 17.7 |
| sat fat (gm) | 6.1 |
| chol (mg) | 47.1 |
| sodium (mg) | 733.7 |
| carbs (gm) | 0.6 |
| protein (gm) | 11.1 |
| calcium (gm) | 18.14 |
| iron (gm) | 0.71 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

HOME FRIES W/ GARLIC

DICED POTATOES 1/2", GRANULATED
GARLIC, GROUND PAPRIKA, SALT, GROUND
WHITE PEPPER, MARGARINE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 126 |
| fat (gm) | 4.2 |
| sat fat (gm) | 0.8 |
| chol (mg) | 0.0 |
| sodium (mg) | 211.7 |
| carbs (gm) | 20.9 |
| protein (gm) | 1.9 |
| calcium (gm) | 10.70 |
| iron (gm) | 0.38 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

MUFFINS CRANBERRY FIESTA

FIESTA MUFFIN MIX, COLD WATER, FROZEN
CRANBERRIES

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 192 |
| fat (gm) | 5.7 |
| sat fat (gm) | 1.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 330.9 |
| carbs (gm) | 35.9 |
| protein (gm) | 3.4 |
| calcium (gm) | 17.77 |
| iron (gm) | 1.72 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

OMELETTE BAR

FRESH TOMATOES DICED,AMERICAN CHEESE DICED,SHREDDED MOZZARELLA CHESE,LIQUID EGGS,SAUTEED DICED ONIONS,SAUTEED DICED GREEN PEPPERS,HAM BNLS SMK OVAL FDL,SAUTEED SLICED MUSHROOMS,VEGETABLE SALAD OIL

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

PANCAKES - BLUEBERRY

WATER,EGG PANCAKE MIX,BLUEBERRIES FROZEN

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 4.670 oz Portion |
| calories | 160 |
| fat (gm) | 0.9 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 609.5 |
| carbs (gm) | 34.3 |
| protein (gm) | 3.7 |
| calcium (gm) | 192.72 |
| iron (gm) | 1.35 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

SCRAMBLED EGGS

LIQUID EGGS,WHITE
PEPPER,SALT,HOMOGENIZED MILK

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 162 |
| fat (gm) | 10.6 |
| sat fat (gm) | 3.5 |
| chol (mg) | 420.7 |
| sodium (mg) | 534.8 |
| carbs (gm) | 2.4 |
| protein (gm) | 13.1 |
| calcium (gm) | 77.36 |
| iron (gm) | 1.45 |

REFECTORY MAIN DINING 10/2/09

BREAKFAST

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 10/2/09

LUNCH

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 10/2/09

LUNCH

BROWNIE WHOLE WHEAT CT-54

SUGAR,MARGARINE,SALT,LIQUID
EGGS,VANILLA EXTRACT,HONEY,WHOLE
WHEAT FLOUR,WHEAT GERM,ROYAL DUTCH
COCOA

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 2.820 oz Portion |
| calories | 300 |
| fat (gm) | 15.1 |
| sat fat (gm) | 3.5 |
| chol (mg) | 71.1 |
| sodium (mg) | 396.2 |
| carbs (gm) | 38.0 |
| protein (gm) | 5.8 |
| calcium (gm) | 30.47 |
| iron (gm) | 1.51 |

REFECTORY MAIN DINING 10/2/09

LUNCH

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 10/2/09

LUNCH

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 10/2/09

LUNCH

CUPCAKES ASST. FROSTED '06

CHOCOLATE CUPCAKE REG,YELLOW
CUPCAKE REG,CHOCOLATE FROSTING,WHITE
FROSTING

| Nutrition Facts | |
|------------------------|---------|
| Portion Size | CUPCAKE |
| calories | 413 |
| fat (gm) | 18.1 |
| sat fat (gm) | 4.2 |
| chol (mg) | 0.6 |
| sodium (mg) | 325.6 |
| carbs (gm) | 64.2 |
| protein (gm) | 2.9 |
| calcium (gm) | 60.59 |
| iron (gm) | 1.46 |

REFECTORY MAIN DINING 10/2/09

LUNCH

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE
BREAD,TORTILLA WHITE,TORTILLA
SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD
LARGE 7",WHITE PULLMAN BREAD,BREAD
RYE VIENNA LVR CAL,BREAD WHEAT VIENNA
CAL,BREAD MULTIGRAIN RND,BREAD RYE
FRENCH,BREAD WHOLE WHEAT SVN
STRS,ROLLS BULKIE CORNML CAL,BREAD
WHITE VIENNA CAL,WHOLE WHEAT TORTILLA
10"

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 10/2/09

LUNCH

Egg White Omelet

FROZEN EGG WHITES,PAN COATING SPRAY
PAM

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 10/2/09

LUNCH

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 134 |
| fat (gm) | 9.0 |
| sat fat (gm) | 2.8 |
| chol (mg) | 379.9 |
| sodium (mg) | 251.4 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.2 |
| calcium (gm) | 44.00 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 10/2/09

LUNCH

FRENCH FRIED ONION RINGS

ONION RING BTRD BULK

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 3oz portion |
| calories | 219 |
| fat (gm) | 12.0 |
| sat fat (gm) | 3.9 |
| chol (mg) | 0.0 |
| sodium (mg) | 208.9 |
| carbs (gm) | 25.9 |
| protein (gm) | 2.7 |
| calcium (gm) | 39.06 |
| iron (gm) | 0.79 |

REFECTORY MAIN DINING 10/2/09

LUNCH

FRENCH GREEN BEANS FRESH TOMATO

FRESH TOMATOES SM DICE,BEANS GREEN
FRENCH STYLE,MARGARINE**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 30 |
| fat (gm) | 0.9 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 20.2 |
| carbs (gm) | 5.6 |
| protein (gm) | 1.2 |
| calcium (gm) | 37.60 |
| iron (gm) | 0.72 |

REFECTORY MAIN DINING 10/2/09

LUNCH

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 7.230 oz Portion |
| calories | 405 |
| fat (gm) | 7.6 |
| sat fat (gm) | 2.2 |
| chol (mg) | 158.5 |
| sodium (mg) | 724.9 |
| carbs (gm) | 72.3 |
| protein (gm) | 12.6 |
| calcium (gm) | 141.79 |
| iron (gm) | 3.57 |

REFECTORY MAIN DINING 10/2/09

LUNCH

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 10/2/09

LUNCH

GRILLED BREAKFAST SAUSAGES

PORK SAUSAGE LINKS

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 209 |
| fat (gm) | 17.7 |
| sat fat (gm) | 6.1 |
| chol (mg) | 47.1 |
| sodium (mg) | 733.7 |
| carbs (gm) | 0.6 |
| protein (gm) | 11.1 |
| calcium (gm) | 18.14 |
| iron (gm) | 0.71 |

REFECTORY MAIN DINING 10/2/09

LUNCH

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz, OLIVE OIL, SPICE ROTISSERIE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 10/2/09

LUNCH

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS, HAMBURG ROLLS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 10/2/09

LUNCH

HOME FRIES W/ GARLIC

DICED POTATOES 1/2", GRANULATED GARLIC, GROUND PAPRIKA, SALT, GROUND WHITE PEPPER, MARGARINE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 126 |
| fat (gm) | 4.2 |
| sat fat (gm) | 0.8 |
| chol (mg) | 0.0 |
| sodium (mg) | 211.7 |
| carbs (gm) | 20.9 |
| protein (gm) | 1.9 |
| calcium (gm) | 10.70 |
| iron (gm) | 0.38 |

REFECTORY MAIN DINING 10/2/09

LUNCH

HOT DOG ON A BUN

FRANKFURTERS BEEF,ROLLS HOT DOG NE
STYLE STRIP

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 10/2/09

LUNCH

HOT PASTRAMI SANDWICH

PASTRAMI ROUNDS,BREAD RYE VIENNA LVR
CAL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 290 |
| fat (gm) | 17.9 |
| sat fat (gm) | 6.1 |
| chol (mg) | 52.7 |
| sodium (mg) | 879.3 |
| carbs (gm) | 20.1 |
| protein (gm) | 13.9 |
| calcium (gm) | 39.56 |
| iron (gm) | 2.48 |

REFECTORY MAIN DINING 10/2/09

LUNCH

LINGUINI

LINGUINI,OLIVE OIL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 312 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 59.6 |
| protein (gm) | 10.0 |
| calcium (gm) | 14.71 |
| iron (gm) | 2.95 |

REFECTORY MAIN DINING 10/2/09

LUNCH

MANHATTAN CLAM CHOWDER

CELERY DICED 1/4", ONIONS WHITE DICED
1/4", MARGARINE, CRUSHED TOMATOS, DICED
POTATOES 1/2", MINCED CLAMS, FZ CLAM
JUICE BOIL/STRAIN, PEPPER
BLACK, SALT, WATER MARK ON KETTLE, CORN
STARCH, WATER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 59 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 2.7 |
| sodium (mg) | 427.8 |
| carbs (gm) | 10.5 |
| protein (gm) | 1.5 |
| calcium (gm) | 11.77 |
| iron (gm) | 0.26 |

REFECTORY MAIN DINING 10/2/09

LUNCH

MULTI-GRAIN BREAD '09

BIGA/STARTER '09, WATER, YEAST, FLOUR
SUNSHINE, GRAIN MIX '09, VEGAN BROWN
RICE PILAF, LIGHT BROWN SUGAR, SALT BULK
80 lb bag, BUTTERMILK, HONEY, LIQUID
EGGS, GRAIN MIX '09

| Nutrition Facts | |
|------------------------|-----------|
| Portion Size | ~PORTIONS |
| calories | 140 |
| fat (gm) | 0.8 |
| sat fat (gm) | 0.1 |
| chol (mg) | 4.0 |
| sodium (mg) | 118.4 |
| carbs (gm) | 30.4 |
| protein (gm) | 3.8 |
| calcium (gm) | 18.17 |
| iron (gm) | 0.88 |

REFECTORY MAIN DINING 10/2/09

LUNCH

OMELETTE BAR

FRESH TOMATOES DICED, AMERICAN CHEESE
DICED, SHREDDED MOZZARELLA
CHEESE, LIQUID EGGS, SAUTEED DICED
ONIONS, SAUTEED DICED GREEN
PEPPERS, HAM BNLS SMK OVAL FDL, SAUTEED
SLICED MUSHROOMS, VEGETABLE SALAD OIL

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 10/2/09

LUNCH

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 10/2/09

LUNCH

PENNE

OLIVE OIL,MOSTOCCIOLI PASTA

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 307 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 58.5 |
| protein (gm) | 9.8 |
| calcium (gm) | 14.45 |
| iron (gm) | 2.90 |

REFECTORY MAIN DINING 10/2/09

LUNCH

PIZZA CHEESE '04

PIZZA DOUGH,PIZZA SAUCE COLD
MIX,OREGANO LEAF,ROMANO CHEESE
GRATED,PIZZA BLEND CHEESE**Nutrition Facts**

| | |
|---------------------|-------|
| Portion Size | SLICE |
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 10/2/09

LUNCH

PIZZA SAUSAGE & MUSHROOM '04

PIZZA DOUGH,PIZZA BLEND
CHEESE,MUSHROOMS FRESH,SPICE
OREGANO LEAF WHL XX,PIZZA SAUCE COLD
MIX,ROMANO CHEESE GRATED,PIZZA
TOPPING SAUSAGE

| Nutrition Facts | |
|------------------------|----------------|
| Portion Size | ~3.25 OZ. PORT |
| calories | 199 |
| fat (gm) | 7.5 |
| sat fat (gm) | 2.8 |
| chol (mg) | 16.1 |
| sodium (mg) | 457.8 |
| carbs (gm) | 25.3 |
| protein (gm) | 9.3 |
| calcium (gm) | 110.67 |
| iron (gm) | 1.03 |

REFECTORY MAIN DINING 10/2/09

LUNCH

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | SLICES |
| calories | 91 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.8 |
| chol (mg) | 39.1 |
| sodium (mg) | 35.2 |
| carbs (gm) | 0.0 |
| protein (gm) | 16.4 |
| calcium (gm) | 2.83 |
| iron (gm) | 1.11 |

REFECTORY MAIN DINING 10/2/09

LUNCH

SALAD POTATO GERMAN

POTATOES DICED,OIL SALAD,ONIONS WHITE
DICED 1/4",PEPPERS GRN DICED 1/4,FRESH
PARSLEY CHOPPED,VINEGAR,SALT
(HOLD),PEPPER BLACK

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 96 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 204.8 |
| carbs (gm) | 19.9 |
| protein (gm) | 1.9 |
| calcium (gm) | 15.35 |
| iron (gm) | 0.52 |

REFECTORY MAIN DINING 10/2/09

LUNCH

SHRIMP/ TOMATO SC (SALTA DOMATO)

Corn Meal Yellow 50 lb,OLIVE OIL,ONIONS
WHITE DICED 1/4",BAY LEAF IN SACHET
BAG,GROUND CINNAMON,GROUND
OREGANO,FRESH PARSLEY,GROUND BLACK
PEPPER,SALT,GRANULATED
SUGAR,WATER,SHRIMP LG P+D 70/90
CT,WHOLE TOMATOES READY CUT

Nutrition Facts

| Portion Size | 8 oz Portion |
|--------------|--------------|
| calories | 143 |
| fat (gm) | 6.2 |
| sat fat (gm) | 0.9 |
| chol (mg) | 115.1 |
| sodium (mg) | 430.1 |
| carbs (gm) | 9.0 |
| protein (gm) | 13.3 |
| calcium (gm) | 53.64 |
| iron (gm) | 2.55 |

REFECTORY MAIN DINING 10/2/09

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts

| Portion Size | SLICE |
|--------------|-------|
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 10/2/09

LUNCH

SLICED MUENSTER

MUENSTER CHEESE

Nutrition Facts

| Portion Size | 2 oz Portion |
|--------------|--------------|
| calories | 209 |
| fat (gm) | 17.0 |
| sat fat (gm) | 10.8 |
| chol (mg) | 54.2 |
| sodium (mg) | 355.9 |
| carbs (gm) | 0.6 |
| protein (gm) | 13.3 |
| calcium (gm) | 406.70 |
| iron (gm) | 0.23 |

REFECTORY MAIN DINING 10/2/09

LUNCH

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 10/2/09

LUNCH

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 10/2/09

LUNCH

SPICY BLACK BEAN VEG PATTY

VEG PATTY SPICY BLACK BEAN,HAMBURGER
ROLL,Rolls Wheat Bulkie 6pk

Nutrition Facts

| | |
|---------------------|--------|
| Portion Size | burger |
| calories | 98 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.5 |
| chol (mg) | 1.3 |
| sodium (mg) | 150.9 |
| carbs (gm) | 17.0 |
| protein (gm) | 2.8 |
| calcium (gm) | 37.11 |
| iron (gm) | 1.03 |

REFECTORY MAIN DINING 10/2/09

LUNCH

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4", WATER TO MARK
ON KETTLE, BROWN RICE, WHITE
PEPPER, BASE MIREPOIX

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 152 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.1 |
| sodium (mg) | 213.4 |
| carbs (gm) | 31.1 |
| protein (gm) | 3.7 |
| calcium (gm) | 16.41 |
| iron (gm) | 0.59 |

REFECTORY MAIN DINING 10/2/09

LUNCH

VEGAN CALIFORNIA VEGGIE STEW

VEGETABLE SALAD OIL, GARLIC CHOPPED/IN
OIL, ONIONS WHITE DICED 1/4", SUMMER
SQUASH SLICED, BEANS WHOLE GREEN
FRZ, PEPPERS JALAPENO FRESH, FRESH
TOMATOES CUBED, FRZ CORN WHOLE
KERNEL, SALT, GROUND BLACK PEPPER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 87 |
| fat (gm) | 3.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 481.3 |
| carbs (gm) | 14.4 |
| protein (gm) | 2.7 |
| calcium (gm) | 52.15 |
| iron (gm) | 1.05 |

REFECTORY MAIN DINING 10/2/09

LUNCH

VEGAN HARVEST CORN CHOWDER VEGETARIAN

VEGETABLE SALAD OIL, FRESH LEEKS
RINCED/CHOPPD, CELERY SLICED 3/4", RED
PEPPERS, DICED, WATER, BASE
MIREPOIX, DICED POTATOES 1/2", BUTTERNUT
SQUASH, DICED, FRZ CORN WHOLE
KERNEL, COOKING SHERRY, PARSLEY
FLAKES, OREGANO LEAF, GROUND
PAPRIKA, THYME LEAF, SALT, GROUND BLACK
PEPPER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 66 |
| fat (gm) | 1.0 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.2 |
| sodium (mg) | 357.4 |
| carbs (gm) | 12.3 |
| protein (gm) | 1.8 |
| calcium (gm) | 23.88 |
| iron (gm) | 0.87 |

REFECTORY MAIN DINING 10/2/09

LUNCH

Vegan Patties

VEG PATTY VEGAN,HAMBURGER ROLL,Rolls
Wheat Bulkie 6pk

| Nutrition Facts | |
|------------------------|----------------|
| Portion Size | BURGERS |
| calories | 309 |
| fat (gm) | 8.9 |
| sat fat (gm) | 0.7 |
| chol (mg) | 1.2 |
| sodium (mg) | 592.6 |
| carbs (gm) | 36.6 |
| protein (gm) | 20.7 |
| calcium (gm) | 70.55 |
| iron (gm) | 1.68 |

REFECTORY MAIN DINING 10/2/09

LUNCH

VEGAN VEGETABLE COUSCOUS - cat 08

OLIVE OIL,CELERY SLICED 3/4",ONIONS WHITE
DICED 1/4",FRESH CARROTS SLICED
1/8",GARLIC CHOPPED/IN OIL,GROUND
CUMIN,GROUND GINGER,WATER,RED
POTATOES QUARTERED,FRESH TOMATOES
1/2"CUBE,ZUCCHINI SQUASH
1/2"CUBE,GARBANZO BEANS,
DRAINED,CILANTRO FRESH
CHOPPED,COUSCOUS BULK,BASE MIREPOIX
,GROUND PAPRIKA

| Nutrition Facts | |
|------------------------|--------------------|
| Portion Size | 8oz portion |
| calories | 231 |
| fat (gm) | 5.0 |
| sat fat (gm) | 0.7 |
| chol (mg) | 0.4 |
| sodium (mg) | 656.2 |
| carbs (gm) | 39.5 |
| protein (gm) | 7.1 |
| calcium (gm) | 35.67 |
| iron (gm) | 1.23 |

REFECTORY MAIN DINING 10/2/09

LUNCH

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS,MUSHROOMS
FRESH SLICED,FRESH
RARERIPESLICED,BASE
MIREPOIX,WATER,PASTA THAI RICE STICK
NOODLES,FRZ PEA PODS CHINESE
IQF,CARROTS MATCH STICKS FRESH,TOFU
EXTRA FIRM 1/4"DICE,RED PEPPERS SMALL
JULIENNE,BOK CHOY SHREDDED,TOFU
CHINESE SPICE,FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|----------------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 10/2/09

LUNCH

WHITE PESTO PIZZA '05

ROASTED GARLIC, SPICE OREGANO LEAF WHL
XX, ROMANO CHEESE GRATED, PIZZA BLEND
CHEESE, PESTO ALLA GENOVESE SAUCE, NO
NUTS, PIZZA CRUST ORIG PIZZA

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | PIZZA |
| calories | 786 |
| fat (gm) | 52.0 |
| sat fat (gm) | 12.6 |
| chol (mg) | 36.4 |
| sodium (mg) | 1010.0 |
| carbs (gm) | 60.4 |
| protein (gm) | 29.5 |
| calcium (gm) | 783.95 |
| iron (gm) | 9.67 |

REFECTORY MAIN DINING 10/2/09

LUNCH

ANTIPASTO BAR REF

CHERRY
TOMATOES, CAPICOLA, PROSCIUTTO, SLICED
PEPPERONI, SALAD MIX
ROMAINE, PEPPERONCINI PEPPERS, RIPE
OLIVES PITTED, CHEESE MOZZARELLA
CHILIEGINE, CHEESE PARMESAN
SHAVED, CROUTONS HOMESTYLE SYSCO, OIL
OLIVE, VINEGAR BALSAMIC AGED sys

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 10/2/09

DINNER

ASPARAGUS CUTS & TIPS W/ LEMON

ASPARQGUS CUTS & TIPS, LEMON BUTTER
NEEDED, MARGARINE, JUICE LEMON
REALEMON 48 oz

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 29 |
| fat (gm) | 1.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 14.4 |
| carbs (gm) | 3.6 |
| protein (gm) | 2.2 |
| calcium (gm) | 17.09 |
| iron (gm) | 0.47 |

REFECTORY MAIN DINING 10/2/09

DINNER

BACON ROUNDS

BACON ROUND

| Nutrition Facts | |
|------------------------|-----------------|
| Portion Size | .390 oz Portion |
| calories | 14 |
| fat (gm) | 1.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 2.0 |
| sodium (mg) | 37.8 |
| carbs (gm) | 0.0 |
| protein (gm) | 0.7 |
| calcium (gm) | 0.28 |
| iron (gm) | 0.04 |

REFECTORY MAIN DINING 10/2/09

DINNER

BAKED ACORN SQUASH

ACORN SQUASH

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 33 |
| fat (gm) | 0.1 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.9 |
| carbs (gm) | 8.5 |
| protein (gm) | 0.6 |
| calcium (gm) | 25.16 |
| iron (gm) | 0.54 |

REFECTORY MAIN DINING 10/2/09

DINNER

BAKED POTATOES

BAKING POTATOES

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 247 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 18.1 |
| carbs (gm) | 57.2 |
| protein (gm) | 5.2 |
| calcium (gm) | 22.68 |
| iron (gm) | 3.08 |

REFECTORY MAIN DINING 10/2/09

DINNER

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 10/2/09

DINNER

BREAD GERMAN RYE CT-10 ('09)

WATER,MOLASSES,WHITE
VINEGAR,YEAST,SUGAR,SALT,MARGARINE,CHOCOLATE
FUDGE BASE,BRAN TABLE 50 lb,WHOLE
CARAWAY SEED,ONIONS WHITE DICED 1/4";
sauteed ,WHOLE FENNEL SEED,WHITE RYE
FLOUR,FLOUR SUNSHINE,WATER,CORN
STARCH,CONFECT PASTE MOCCA

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 2.400 oz Portion |
| calories | 141 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 172.8 |
| carbs (gm) | 27.8 |
| protein (gm) | 3.3 |
| calcium (gm) | 19.26 |
| iron (gm) | 0.96 |

REFECTORY MAIN DINING 10/2/09

DINNER

BREAD MULTI GRAIN CT-10 ('07)

WATER,VEGETABLE SALAD
OIL,HONEY,SALT,BULGUR CRACKED WHEAT
,WHEAT GERM,WHITE RYE FLOUR,QUICK
OATS,FLOUR UNBLEACHED UNBR SPRING
KING,DRY MILK POWDER,YEAST,BRAN TABLE
50 lb

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | LOAF |
| calories | 1521 |
| fat (gm) | 36.5 |
| sat fat (gm) | 3.4 |
| chol (mg) | 5.4 |
| sodium (mg) | 3094.1 |
| carbs (gm) | 259.3 |
| protein (gm) | 47.7 |
| calcium (gm) | 453.78 |
| iron (gm) | 10.21 |

REFECTORY MAIN DINING 10/2/09

DINNER

CAJUN BAKED FISH

SALT,CAYENNE PEPPER,BLACK PEPPER,PAPRIKA,THYME,OREGANO LEAVES,GRANULATED GARLIC,BASIL LEAVES,FRESH POLLOCK FILET

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 5 oz Portion |
| calories | 144 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 121.2 |
| sodium (mg) | 270.0 |
| carbs (gm) | 0.2 |
| protein (gm) | 29.7 |
| calcium (gm) | 9.04 |
| iron (gm) | 0.43 |

REFECTORY MAIN DINING 10/2/09

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 10/2/09

DINNER

CHICKEN SALAD COLD PLATE

FRESH CELERY STALKS,MAYONNAISE,SALT,GROUND WHITE PEPPER,CHICKEN MEAT

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 10/2/09

DINNER

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE
BREAD,TORTILLA WHITE,TORTILLA
SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD
LARGE 7",WHITE PULLMAN BREAD,BREAD
RYE VIENNA LVR CAL,BREAD WHEAT VIENNA
CAL,BREAD MULTIGRAIN RND,BREAD RYE
FRENCH,BREAD WHOLE WHEAT SVN
STRS,ROLLS BULKIE CORNML CAL,BREAD
WHITE VIENNA CAL,WHOLE WHEAT TORTILLA
10"

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 10/2/09

DINNER

FRENCH FRIED ONION RINGS

ONION RING BTRD BULK

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 3oz portion |
| calories | 219 |
| fat (gm) | 12.0 |
| sat fat (gm) | 3.9 |
| chol (mg) | 0.0 |
| sodium (mg) | 208.9 |
| carbs (gm) | 25.9 |
| protein (gm) | 2.7 |
| calcium (gm) | 39.06 |
| iron (gm) | 0.79 |

REFECTORY MAIN DINING 10/2/09

DINNER

FRENCH GREEN BEANS FRESH TOMATO

FRESH TOMATOES SM DICE,BEANS GREEN
FRENCH STYLE,MARGARINE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 30 |
| fat (gm) | 0.9 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 20.2 |
| carbs (gm) | 5.6 |
| protein (gm) | 1.2 |
| calcium (gm) | 37.60 |
| iron (gm) | 0.72 |

REFECTORY MAIN DINING 10/2/09

DINNER

GRILLED CHEESE ON WHEAT

AMERICAN CHEESE WHITE,OIL PAN & GRILL
SUNBURST,BREAD WHEAT VIENNA CAL

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | SAND |
| calories | 377 |
| fat (gm) | 17.1 |
| sat fat (gm) | 9.4 |
| chol (mg) | 36.2 |
| sodium (mg) | 953.7 |
| carbs (gm) | 42.7 |
| protein (gm) | 18.6 |
| calcium (gm) | 362.43 |
| iron (gm) | 3.00 |

REFECTORY MAIN DINING 10/2/09

DINNER

GRILLED CHEESE ON WHITE

AMERICAN CHEESE WHITE,OIL PAN & GRILL
SUNBURST,BREAD WHITE VIENNA CAL

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | SAND |
| calories | 347 |
| fat (gm) | 15.8 |
| sat fat (gm) | 9.2 |
| chol (mg) | 36.2 |
| sodium (mg) | 897.1 |
| carbs (gm) | 41.4 |
| protein (gm) | 17.9 |
| calcium (gm) | 379.27 |
| iron (gm) | 2.92 |

REFECTORY MAIN DINING 10/2/09

DINNER

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz,OLIVE
OIL,SPICE ROTISSERIE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 10/2/09

DINNER

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS,HAMBURG ROLLS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 10/2/09

DINNER

HOT DOG ON A BUN

FRANKFURTERS BEEF,ROLLS HOT DOG NE STYLE STRIP

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 10/2/09

DINNER

LINGUINI

LINGUINI,OLIVE OIL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 312 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 59.6 |
| protein (gm) | 10.0 |
| calcium (gm) | 14.71 |
| iron (gm) | 2.95 |

REFECTORY MAIN DINING 10/2/09

DINNER

MANHATTAN CLAM CHOWDER

CELERY DICED 1/4", ONIONS WHITE DICED 1/4", MARGARINE, CRUSHED TOMATOS, DICED POTATOES 1/2", MINCED CLAMS, FZ CLAM JUICE BOIL/STRAIN, PEPPER BLACK, SALT, WATER MARK ON KETTLE, CORN STARCH, WATER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 59 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 2.7 |
| sodium (mg) | 427.8 |
| carbs (gm) | 10.5 |
| protein (gm) | 1.5 |
| calcium (gm) | 11.77 |
| iron (gm) | 0.26 |

REFECTORY MAIN DINING 10/2/09

DINNER

PENNE

OLIVE OIL, MOSTOCCHIOLI PASTA

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 307 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 58.5 |
| protein (gm) | 9.8 |
| calcium (gm) | 14.45 |
| iron (gm) | 2.90 |

REFECTORY MAIN DINING 10/2/09

DINNER

PIE LOCAL APPLE

GRANULATED SUGAR, PIE DOUGH, APPLE PIE STABILIZER, WATER, WATER, SLICED FRESH APPLES; HILL ORCHARD, FRESH EGGS; LIL' RHODY FARM, GROUND CINNAMON

| Nutrition Facts | |
|------------------------|----------------|
| Portion Size | PIE = 8 slices |
| calories | 2851 |
| fat (gm) | 146.4 |
| sat fat (gm) | 51.4 |
| chol (mg) | 145.6 |
| sodium (mg) | 1973.3 |
| carbs (gm) | 366.8 |
| protein (gm) | 27.6 |
| calcium (gm) | 206.83 |
| iron (gm) | 20.58 |

REFECTORY MAIN DINING 10/2/09

DINNER

PIZZA CHEESE '04

PIZZA DOUGH,PIZZA SAUCE COLD
MIX,OREGANO LEAF,ROMANO CHEESE
GRATED,PIZZA BLEND CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 10/2/09

DINNER

PIZZA SAUSAGE & MUSHROOM '04

PIZZA DOUGH,PIZZA BLEND
CHEESE,MUSHROOMS FRESH,SPICE COLD
OREGANO LEAF WHL XX,PIZZA SAUCE
MIX,ROMANO CHEESE GRATED,PIZZA
TOPPING SAUSAGE

| Nutrition Facts | |
|------------------------|----------------|
| Portion Size | ~3.25 OZ. PORT |
| calories | 199 |
| fat (gm) | 7.5 |
| sat fat (gm) | 2.8 |
| chol (mg) | 16.1 |
| sodium (mg) | 457.8 |
| carbs (gm) | 25.3 |
| protein (gm) | 9.3 |
| calcium (gm) | 110.67 |
| iron (gm) | 1.03 |

REFECTORY MAIN DINING 10/2/09

DINNER

RICE PILAF

MARGARINE,ONIONS WHITE DICED 1/4",BASE
MIREPOIX,WATER TO MARK ON
KETTLE,WHITE RICE,WHITE PEPPER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 145 |
| fat (gm) | 2.8 |
| sat fat (gm) | 0.6 |
| chol (mg) | 0.2 |
| sodium (mg) | 300.4 |
| carbs (gm) | 26.3 |
| protein (gm) | 2.7 |
| calcium (gm) | 24.16 |
| iron (gm) | 1.21 |

REFECTORY MAIN DINING 10/2/09

DINNER

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | SLICES |
| calories | 91 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.8 |
| chol (mg) | 39.1 |
| sodium (mg) | 35.2 |
| carbs (gm) | 0.0 |
| protein (gm) | 16.4 |
| calcium (gm) | 2.83 |
| iron (gm) | 1.11 |

REFECTORY MAIN DINING 10/2/09

DINNER

SALAD POTATO GERMAN

POTATOES DICED,OIL SALAD,ONIONS WHITE
DICED 1/4",PEPPERS GRN DICED 1/4,FRESH
PARSLEY CHOPPED,VINEGAR,SALT
(HOLD),PEPPER BLACK

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 96 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 204.8 |
| carbs (gm) | 19.9 |
| protein (gm) | 1.9 |
| calcium (gm) | 15.35 |
| iron (gm) | 0.52 |

REFECTORY MAIN DINING 10/2/09

DINNER

SHRIMP/ TOMATO SC (SALTA DOMATO)

Corn Meal Yellow 50 lb,OLIVE OIL,ONIONS
WHITE DICED 1/4",BAY LEAF IN SACHET
BAG,GROUND CINNAMON,GROUND
OREGANO,FRESH PARSLEY,GROUND BLACK
PEPPER,SALT,GRANULATED
SUGAR,WATER,SHRIMP LG P+D 70/90
CT,WHOLE TOMATOES READY CUT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 143 |
| fat (gm) | 6.2 |
| sat fat (gm) | 0.9 |
| chol (mg) | 115.1 |
| sodium (mg) | 430.1 |
| carbs (gm) | 9.0 |
| protein (gm) | 13.3 |
| calcium (gm) | 53.64 |
| iron (gm) | 2.55 |

REFECTORY MAIN DINING 10/2/09

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 10/2/09

DINNER

SLICED MUENSTER

MUENSTER CHEESE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 209 |
| fat (gm) | 17.0 |
| sat fat (gm) | 10.8 |
| chol (mg) | 54.2 |
| sodium (mg) | 355.9 |
| carbs (gm) | 0.6 |
| protein (gm) | 13.3 |
| calcium (gm) | 406.70 |
| iron (gm) | 0.23 |

REFECTORY MAIN DINING 10/2/09

DINNER

SLICED TURKEY

COOKED TURKEY BREAST

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 10/2/09

DINNER

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 10/2/09

DINNER

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4",WATER TO MARK
ON KETTLE,BROWN RICE,WHITE
PEPPER,BASE MIREPOIX

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 152 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.1 |
| sodium (mg) | 213.4 |
| carbs (gm) | 31.1 |
| protein (gm) | 3.7 |
| calcium (gm) | 16.41 |
| iron (gm) | 0.59 |

REFECTORY MAIN DINING 10/2/09

DINNER

VEGAN CALIFORNIA VEGGIE STEW

VEGETABLE SALAD OIL,GARLIC CHOPPED/IN
OIL,ONIONS WHITE DICED 1/4",SUMMER
SQUASH SLICED,BEANS WHOLE GREEN
FRZ,PEPPERS JALAPENO FRESH,FRESH
TOMATOES CUBED,FRZ CORN WHOLE
KERNEL,SALT,GROUND BLACK PEPPER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 87 |
| fat (gm) | 3.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 481.3 |
| carbs (gm) | 14.4 |
| protein (gm) | 2.7 |
| calcium (gm) | 52.15 |
| iron (gm) | 1.05 |

REFECTORY MAIN DINING 10/2/09

DINNER

VEGAN HARVEST CORN CHOWDER VEGETARIAN

VEGETABLE SALAD OIL,FRESH LEEKS
RINCED/CHOPPD,CELERY SLICED 3/4",RED
PEPPERS, DICED,WATER,BASE
MIREPOIX,DICED POTATOES 1/2",BUTTERNUT
SQUASH, DICED,FRZ CORN WHOLE
KERNEL,COOKING SHERRY,PARSLEY
FLAKES,OREGANO LEAF,GROUND
PAPRIKA,THYME LEAF,SALT,GROUND BLACK
PEPPER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 66 |
| fat (gm) | 1.0 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.2 |
| sodium (mg) | 357.4 |
| carbs (gm) | 12.3 |
| protein (gm) | 1.8 |
| calcium (gm) | 23.88 |
| iron (gm) | 0.87 |

REFECTORY MAIN DINING 10/2/09

DINNER

VEGAN STIR FRIED NOODLE WITH TOFU

VEGETABLE OIL,ONIONS SLICED 1/8"
WHITE,CELERY SLICED 3/4",TOFU
3/4"CUBED,BEAN SPROUTS
DRAINED,MUSHROOMS FRSH SL TUBE,SLICED
WATERCHESTNUTS,JUICE-SPROUTS-MUSHRO
SALT,SOY SAUCE GALS,NOODLES MEDIUM

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 192 |
| fat (gm) | 8.1 |
| sat fat (gm) | 1.0 |
| chol (mg) | 20.1 |
| sodium (mg) | 1007.3 |
| carbs (gm) | 20.8 |
| protein (gm) | 10.8 |
| calcium (gm) | 107.76 |
| iron (gm) | 5.28 |

REFECTORY MAIN DINING 10/2/09

DINNER

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS,MUSHROOMS
FRESH SLICED,FRESH
RARE RIPPES SLICED,BASE
MIREPOIX,WATER,PASTA THAI RICE STICK
NOODLES,FRZ PEA PODS CHINESE
IQF,CARROTS MATCH STICKS FRESH,TOFU
EXTRA FIRM 1/4"DICE,RED PEPPERS SMALL
JULIENNE,BOK CHOY SHREDDED,TOFU
CHINESE SPICE,FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 10/2/09

DINNER

WHITE PESTO PIZZA '05

ROASTED GARLIC, SPICE OREGANO LEAF WHL XX, ROMANO CHEESE GRATED, PIZZA BLEND CHEESE, PESTO ALLA GENOVESE SAUCE, NO NUTS, PIZZA CRUST ORIG PIZZA

Nutrition Facts

| | |
|--------------|--------|
| Portion Size | PIZZA |
| calories | 786 |
| fat (gm) | 52.0 |
| sat fat (gm) | 12.6 |
| chol (mg) | 36.4 |
| sodium (mg) | 1010.0 |
| carbs (gm) | 60.4 |
| protein (gm) | 29.5 |
| calcium (gm) | 783.95 |
| iron (gm) | 9.67 |

REFECTORY MAIN DINING 10/2/09

DINNER

Egg White Omelet

FROZEN EGG WHITES, PAN COATING SPRAY PAM

Nutrition Facts

| | |
|--------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

| | |
|--------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 134 |
| fat (gm) | 9.0 |
| sat fat (gm) | 2.8 |
| chol (mg) | 379.9 |
| sodium (mg) | 251.4 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.2 |
| calcium (gm) | 44.00 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 7.230 oz Portion |
| calories | 405 |
| fat (gm) | 7.6 |
| sat fat (gm) | 2.2 |
| chol (mg) | 158.5 |
| sodium (mg) | 724.9 |
| carbs (gm) | 72.3 |
| protein (gm) | 12.6 |
| calcium (gm) | 141.79 |
| iron (gm) | 3.57 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

GRILLED BREAKFAST SAUSAGES

PORK SAUSAGE LINKS

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 209 |
| fat (gm) | 17.7 |
| sat fat (gm) | 6.1 |
| chol (mg) | 47.1 |
| sodium (mg) | 733.7 |
| carbs (gm) | 0.6 |
| protein (gm) | 11.1 |
| calcium (gm) | 18.14 |
| iron (gm) | 0.71 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

GRITS

WATER,SALT,Cereal Quick Grits

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 13 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 124.8 |
| carbs (gm) | 2.7 |
| protein (gm) | 0.3 |
| calcium (gm) | 1.13 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

HASH BROWN POTATOS

CKD WHOLE POTATO LG CUBE,SALT,WHITE PEPPER,MARGARINE,GROUND PAPRIKA

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 183 |
| fat (gm) | 7.7 |
| sat fat (gm) | 1.5 |
| chol (mg) | 0.0 |
| sodium (mg) | 333.7 |
| carbs (gm) | 26.8 |
| protein (gm) | 2.4 |
| calcium (gm) | 13.91 |
| iron (gm) | 0.43 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

OMELETTE BAR

FRESH TOMATOES DICED,AMERICAN CHEESE DICED,SHREDDED MOZZARELLA CHEESE,LIQUID EGGS,SAUTEED DICED ONIONS,SAUTEED DICED GREEN PEPPERS,HAM BNLS SMK OVAL FDL,SAUTEED SLICED MUSHROOMS,VEGETABLE SALAD OIL

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

Nutrition Facts

| Portion Size | 4 oz Portion |
|--------------|--------------|
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

QK BREAD CARROT LOAF '06

LIQUID EGGS,VEGETABLE SALAD
OIL,GRANULATED SUGAR,CAKE
FLOUR,FLOUR UNBLEACHED UNBR SPRING
KING,GROUND CINNAMON,BAKING
SODA,BAKING POWDER
X,SALT,CARROTS SHREDDED

Nutrition Facts

| Portion Size | Portion |
|--------------|---------|
| calories | 212 |
| fat (gm) | 9.3 |
| sat fat (gm) | 0.9 |
| chol (mg) | 37.3 |
| sodium (mg) | 312.2 |
| carbs (gm) | 29.1 |
| protein (gm) | 2.9 |
| calcium (gm) | 15.45 |
| iron (gm) | 1.18 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

SCRAMBLED EGGS

LIQUID EGGS,WHITE
PEPPER,SALT,HOMOGENIZED MILK

Nutrition Facts

| Portion Size | 4 oz Portion |
|--------------|--------------|
| calories | 162 |
| fat (gm) | 10.6 |
| sat fat (gm) | 3.5 |
| chol (mg) | 420.7 |
| sodium (mg) | 534.8 |
| carbs (gm) | 2.4 |
| protein (gm) | 13.1 |
| calcium (gm) | 77.36 |
| iron (gm) | 1.45 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

WAFFLES

WAFFLES EGGO FRZ,SYRUP MAPLE

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 1.650 oz Portion |
| calories | 137 |
| fat (gm) | 3.4 |
| sat fat (gm) | 0.7 |
| chol (mg) | 0.0 |
| sodium (mg) | 158.2 |
| carbs (gm) | 26.7 |
| protein (gm) | 1.2 |
| calcium (gm) | 21.22 |
| iron (gm) | 0.55 |

REFECTORY MAIN DINING 10/3/09

BREAKFAST

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 10/3/09

LUNCH

BARS MAGIC '06

GRAHAM CRACKER CRUMBS,BUTTER BLEND
ZERO TRANS bkshp - jar,COCONUT SWEET
FLAKE,MILK CONDENSED 5 gal,CHOC DROPS
SEMISWT 1000 ct

Nutrition Facts

| | |
|---------------------|-----------------|
| Portion Size | 3.25 oz portion |
| calories | 228 |
| fat (gm) | 7.9 |
| sat fat (gm) | 5.0 |
| chol (mg) | 10.4 |
| sodium (mg) | 207.2 |
| carbs (gm) | 37.1 |
| protein (gm) | 4.5 |
| calcium (gm) | 96.98 |
| iron (gm) | 0.98 |

REFECTORY MAIN DINING 10/3/09

LUNCH

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 10/3/09

LUNCH

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 10/3/09

LUNCH

CHICKEN NOODLE SOUP

ONIONS WHITE DICED 1/4",CELERY DICED
1/4",CARROTS
DICED/1/4",MARGARINE,CHICKEN
BASE,WATER TO MARK ON KETTLE,CKD
CHICKEN MEAT 3/8 DICE,FINE NOODLES HAND
CRUSH,PARSLEY CHOPPED

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 84 |
| fat (gm) | 3.7 |
| sat fat (gm) | 0.8 |
| chol (mg) | 18.4 |
| sodium (mg) | 785.0 |
| carbs (gm) | 6.6 |
| protein (gm) | 6.1 |
| calcium (gm) | 17.21 |
| iron (gm) | 0.63 |

REFECTORY MAIN DINING 10/3/09

LUNCH

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 10/3/09

LUNCH

CHOPPED SIRLOIN PATTY ONION SAUCE

CHOPPED SIRLOIN BUTCHER S,WATER LUKE
WARM,BEEF BASE,ONIONS WHITE DICED
1/4",MARGARINE,Base Demi-Glace 35 lb

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 7.700 oz Portion |
| calories | 335 |
| fat (gm) | 17.8 |
| sat fat (gm) | 6.9 |
| chol (mg) | 123.1 |
| sodium (mg) | 2276.9 |
| carbs (gm) | 3.7 |
| protein (gm) | 37.5 |
| calcium (gm) | 35.51 |
| iron (gm) | 4.44 |

REFECTORY MAIN DINING 10/3/09

LUNCH

COOKIES GINGER SNAPS

GRANULATED SUGAR,BUTTER BLEND ZERO
TRANS bkshp - jar,GROUND
GINGER,MOLASSES,WATER,BAKING
SODA,LIQUID EGGS,PASTRY FLOUR,WATER

| Nutrition Facts | |
|------------------------|----------------|
| Portion Size | ~1.25 OZ PORTI |
| calories | 99 |
| fat (gm) | 0.3 |
| sat fat (gm) | 0.1 |
| chol (mg) | 7.6 |
| sodium (mg) | 69.4 |
| carbs (gm) | 22.6 |
| protein (gm) | 1.4 |
| calcium (gm) | 17.50 |
| iron (gm) | 1.45 |

REFECTORY MAIN DINING 10/3/09

LUNCH

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE BREAD,TORTILLA WHITE,TORTILLA SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD LARGE 7",WHITE PULLMAN BREAD,BREAD RYE VIENNA LVR CAL,BREAD WHEAT VIENNA CAL,BREAD MULTIGRAIN RND,BREAD RYE FRENCH,BREAD WHOLE WHEAT SVN STRS,ROLLS BULKIE CORNML CAL,BREAD WHITE VIENNA CAL,WHOLE WHEAT TORTILLA 10"

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 10/3/09

LUNCH

Egg White Omelet

FROZEN EGG WHITES,PAN COATING SPRAY PAM

Nutrition Facts

| | |
|---------------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 10/3/09

LUNCH

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 134 |
| fat (gm) | 9.0 |
| sat fat (gm) | 2.8 |
| chol (mg) | 379.9 |
| sodium (mg) | 251.4 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.2 |
| calcium (gm) | 44.00 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 10/3/09

LUNCH

FRENCH FRIED POTATOES FROZEN

FRENCH FRIED POTATOES FZ.

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 277 |
| fat (gm) | 15.9 |
| sat fat (gm) | 6.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 521.0 |
| carbs (gm) | 32.1 |
| protein (gm) | 3.0 |
| calcium (gm) | 10.20 |
| iron (gm) | 1.41 |

REFECTORY MAIN DINING 10/3/09

LUNCH

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 10/3/09

LUNCH

GREEN PEAS, FROZEN

GREEN PEAS, FROZEN

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 71 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 78.9 |
| carbs (gm) | 12.9 |
| protein (gm) | 4.7 |
| calcium (gm) | 21.77 |
| iron (gm) | 1.42 |

REFECTORY MAIN DINING 10/3/09

LUNCH

GRILLED BREAKFAST SAUSAGES

PORK SAUSAGE LINKS

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 209 |
| fat (gm) | 17.7 |
| sat fat (gm) | 6.1 |
| chol (mg) | 47.1 |
| sodium (mg) | 733.7 |
| carbs (gm) | 0.6 |
| protein (gm) | 11.1 |
| calcium (gm) | 18.14 |
| iron (gm) | 0.71 |

REFECTORY MAIN DINING 10/3/09

LUNCH

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz, OLIVE
OIL, SPICE ROTISSERIE

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 10/3/09

LUNCH

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS, HAMBURG
ROLLS

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 10/3/09

LUNCH

HASH BROWN POTATOS

CKD WHOLE POTATO LG CUBE,SALT,WHITE PEPPER,MARGARINE,GROUND PAPRIKA

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 183 |
| fat (gm) | 7.7 |
| sat fat (gm) | 1.5 |
| chol (mg) | 0.0 |
| sodium (mg) | 333.7 |
| carbs (gm) | 26.8 |
| protein (gm) | 2.4 |
| calcium (gm) | 13.91 |
| iron (gm) | 0.43 |

REFECTORY MAIN DINING 10/3/09

LUNCH

HOT DOG ON A BUN

FRANKFURTERS BEEF,ROLLS HOT DOG NE STYLE STRIP

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 10/3/09

LUNCH

ITALIAN SAUSAGE W/SAUCE

ITALIAN PORK SAUSAGE MILD LINKS,SPAGHETTI SAUCE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 188 |
| fat (gm) | 14.2 |
| sat fat (gm) | 4.7 |
| chol (mg) | 39.3 |
| sodium (mg) | 729.0 |
| carbs (gm) | 4.3 |
| protein (gm) | 10.7 |
| calcium (gm) | 22.02 |
| iron (gm) | 1.17 |

REFECTORY MAIN DINING 10/3/09

LUNCH

MASHED POTATOES

FV POTATOES WHOLE PEELED,SALT,WHITE PEPPER,MARGARINE MELTED,MILK (HOT)

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 122 |
| fat (gm) | 3.5 |
| sat fat (gm) | 1.0 |
| chol (mg) | 2.7 |
| sodium (mg) | 304.8 |
| carbs (gm) | 21.0 |
| protein (gm) | 2.4 |
| calcium (gm) | 33.28 |
| iron (gm) | 0.33 |

REFECTORY MAIN DINING 10/3/09

LUNCH

OMELETTE BAR

FRESH TOMATOES DICED,AMERICAN CHEESE DICED,SHREDDED MOZZARELLA CHESE,LIQUID EGGS,SAUTEED DICED ONIONS,SAUTEED DICED GREEN PEPPERS,HAM BNLS SMK OVAL FDL,SAUTEED SLICED MUSHROOMS,VEGETABLE SALAD OIL

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 10/3/09

LUNCH

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 10/3/09

LUNCH

PARSLIED RICE

WATER MEASURED,SALT,WHITE
PEPPER,CHOPPED FRESH PARSLEY,WHITE
RICE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 136 |
| fat (gm) | 0.3 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 202.4 |
| carbs (gm) | 29.6 |
| protein (gm) | 2.8 |
| calcium (gm) | 23.74 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 10/3/09

LUNCH

PENNE

OLIVE OIL,MOSTOCCIOLI PASTA

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 307 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 58.5 |
| protein (gm) | 9.8 |
| calcium (gm) | 14.45 |
| iron (gm) | 2.90 |

REFECTORY MAIN DINING 10/3/09

LUNCH

PIZZA BROCCOLI '04

ROMANO CHEESE GRATED,PIZZA SAUCE
COLD MIX,SPICE OREGANO LEAF WHL
XX,PIZZA BLEND CHEESE,BROCCOLI CUTS
FZ,WHOLE WHEAT PIZZA DOUGH V

Nutrition Facts

| | |
|---------------------|----------------|
| Portion Size | ~3.25 OZ. PORT |
| calories | 162 |
| fat (gm) | 6.2 |
| sat fat (gm) | 1.8 |
| chol (mg) | 7.6 |
| sodium (mg) | 258.9 |
| carbs (gm) | 21.5 |
| protein (gm) | 7.5 |
| calcium (gm) | 109.99 |
| iron (gm) | 0.97 |

REFECTORY MAIN DINING 10/3/09

LUNCH

PIZZA CHEESE '04

PIZZA DOUGH,PIZZA SAUCE COLD
MIX,OREGANO LEAF,ROMANO CHEESE
GRATED,PIZZA BLEND CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 10/3/09

LUNCH

PIZZA MEATBALL '04

PIZZA SAUCE COLD MIX,ROMANO CHEESE
GRATED,PIZZA DOUGH,SPICE OREGANO LEAF
WHL XX,PIZZA BLEND
CHEESE,MEATBALLS-ITALIAN (BUT SHOP LBS)

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | ~PIZZA |
| calories | 1632 |
| fat (gm) | 55.4 |
| sat fat (gm) | 21.4 |
| chol (mg) | 175.4 |
| sodium (mg) | 3361.0 |
| carbs (gm) | 206.3 |
| protein (gm) | 90.5 |
| calcium (gm) | 918.11 |
| iron (gm) | 10.49 |

REFECTORY MAIN DINING 10/3/09

LUNCH

ROLLS DINNER CALISE MINI

SNOWFLAKE ROLLS,SCALLOP ROLLS

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1.5 ROLL/PSN |
| calories | 229 |
| fat (gm) | 4.3 |
| sat fat (gm) | 1.0 |
| chol (mg) | 4.6 |
| sodium (mg) | 388.5 |
| carbs (gm) | 40.7 |
| protein (gm) | 6.3 |
| calcium (gm) | 56.82 |
| iron (gm) | 2.15 |

REFECTORY MAIN DINING 10/3/09

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 10/3/09

LUNCH

SLICED BOILED DELI HAM

HAM BNLS SMK OVAL FDL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 83 |
| fat (gm) | 3.9 |
| sat fat (gm) | 1.3 |
| chol (mg) | 28.8 |
| sodium (mg) | 698.9 |
| carbs (gm) | 0.3 |
| protein (gm) | 11.1 |
| calcium (gm) | 4.04 |
| iron (gm) | 0.71 |

REFECTORY MAIN DINING 10/3/09

LUNCH

SLICED PROVOLONE

PROVOLONE CHEESE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 100 |
| fat (gm) | 7.5 |
| sat fat (gm) | 4.8 |
| chol (mg) | 19.5 |
| sodium (mg) | 248.2 |
| carbs (gm) | 0.6 |
| protein (gm) | 7.3 |
| calcium (gm) | 214.29 |
| iron (gm) | 0.15 |

REFECTORY MAIN DINING 10/3/09

LUNCH

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 10/3/09

LUNCH

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 10/3/09

LUNCH

SPINACH FETTUCCINI

OLIVE OIL,SPINACH FETTUCCINE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 311 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 31.8 |
| carbs (gm) | 59.3 |
| protein (gm) | 10.4 |
| calcium (gm) | 68.04 |
| iron (gm) | 2.37 |

REFECTORY MAIN DINING 10/3/09

LUNCH

SPINACH PIE CASSEROLE

LIQUID EGGS,FLOUR UNBLEACHED UNBR
SPRING KING,CHOPPED SPINACH
FROZEN,COTTAGE CHEESE LOW
FAT,SHREDDED CHEDDAR
CHEESE,SALT,BLACK PEPPER,WHEAT GERM

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 261 |
| fat (gm) | 13.0 |
| sat fat (gm) | 7.3 |
| chol (mg) | 109.0 |
| sodium (mg) | 697.9 |
| carbs (gm) | 15.2 |
| protein (gm) | 21.5 |
| calcium (gm) | 333.58 |
| iron (gm) | 3.09 |

REFECTORY MAIN DINING 10/3/09

LUNCH

VEGAN MEDITERRANEAN STEW

WATER,ELBOW MACARONI,ONIONS WHITE
DICED 1/4",PEPPERS GRN CUBED 1/2,CAN
KIDNEY BEANS & LIQUID,UNPEELED
EGGPLANT 1"CUBES,UNPEELED ZUCCHINI
SLICED,TOMATO JUICE,DRY BASIL
LEAVES,GARLIC CHOPPED/IN OIL,OREGANO
LEAF,GROUND BLACK PEPPER,BASE
MIREPOIX

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 109 |
| fat (gm) | 1.0 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.3 |
| sodium (mg) | 581.2 |
| carbs (gm) | 21.0 |
| protein (gm) | 4.9 |
| calcium (gm) | 26.41 |
| iron (gm) | 1.32 |

REFECTORY MAIN DINING 10/3/09

LUNCH

VEGAN MEXICAN BEAN SOUP

ONIONS WHITE DICED 1/4",CELERY DICED
1/4",PEPPERS GRN DICED 1/4,BASE
MIREPOIX,DRY PINTO BEANS SOAKED,WHOLE
TOMATOES READY CUT,TOMATO PASTE
USDA GRD FCY,TABASCO SAUCE,WATER TO
MARK ON KETTLE,FRZ CORN WHOLE
KERNEL,WATER TO MARK ON KETTLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 87 |
| fat (gm) | 0.9 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.5 |
| sodium (mg) | 817.4 |
| carbs (gm) | 16.9 |
| protein (gm) | 4.5 |
| calcium (gm) | 36.30 |
| iron (gm) | 1.51 |

REFECTORY MAIN DINING 10/3/09

LUNCH

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS,MUSHROOMS
FRESH SLICED,FRESH
RARE RIBES SLICED,BASE
MIREPOIX,WATER,PASTA THAI RICE STICK
NOODLES,FRZ PEA PODS CHINESE
IQF,CARROTS MATCH STICKS FRESH,TOFU
EXTRA FIRM 1/4"DICE,RED PEPPERS SMALL
JULIENNE,BOK CHOY SHREDDED,TOFU
CHINESE SPICE,FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 10/3/09

LUNCH

VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL,HAMBURGER ROLL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 251 |
| fat (gm) | 6.9 |
| sat fat (gm) | 0.5 |
| chol (mg) | 2.3 |
| sodium (mg) | 513.4 |
| carbs (gm) | 30.1 |
| protein (gm) | 16.6 |
| calcium (gm) | 28.85 |
| iron (gm) | 1.09 |

REFECTORY MAIN DINING 10/3/09

LUNCH

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 10/3/09

DINNER

BAKED SWEET POTATOES

POTATOES YAMS FRESH

Nutrition Facts

| | |
|---------------------|---------------|
| Portion Size | 5.3oz portion |
| calories | 149 |
| fat (gm) | 0.4 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 18.5 |
| carbs (gm) | 34.5 |
| protein (gm) | 2.3 |
| calcium (gm) | 29.85 |
| iron (gm) | 0.80 |

REFECTORY MAIN DINING 10/3/09

DINNER

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 10/3/09

DINNER

CARROTS SLICED FRESH

FRESH CARROTS SLICED 1/8"

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 39 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 57.0 |
| carbs (gm) | 9.0 |
| protein (gm) | 0.9 |
| calcium (gm) | 26.76 |
| iron (gm) | 0.54 |

REFECTORY MAIN DINING 10/3/09

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 10/3/09

DINNER

CHEESECAKE LEMON RICOTTA

BUTTER SOLIDS, GRANULATED
SUGAR, PASTRY FLOUR, LIQUID EGGS, LEMONS
FRESH RIND ZEST, FRESH EGGS, FRESH EGG
YOLKS, GRANULATED SUGAR, RICOTTA
CHEESE PART SKIM, HOMOGENIZED
MILK, HEAVY CREAM, VANILLA
EXTRACT, LEMONS RIND ZEST, LEMON
EXTRACT

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 5 oz Portion |
| calories | 360 |
| fat (gm) | 19.4 |
| sat fat (gm) | 11.5 |
| chol (mg) | 124.5 |
| sodium (mg) | 203.1 |
| carbs (gm) | 35.9 |
| protein (gm) | 10.5 |
| calcium (gm) | 192.16 |
| iron (gm) | 1.68 |

REFECTORY MAIN DINING 10/3/09

DINNER

CHICKEN NOODLE SOUP

ONIONS WHITE DICED 1/4", CELERY DICED
1/4", CARROTS
DICED/1/4", MARGARINE, CHICKEN
BASE, WATER TO MARK ON KETTLE, CKD
CHICKEN MEAT 3/8 DICE, FINE NOODLES HAND
CRUSH, PARSLEY CHOPPED

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 84 |
| fat (gm) | 3.7 |
| sat fat (gm) | 0.8 |
| chol (mg) | 18.4 |
| sodium (mg) | 785.0 |
| carbs (gm) | 6.6 |
| protein (gm) | 6.1 |
| calcium (gm) | 17.21 |
| iron (gm) | 0.63 |

REFECTORY MAIN DINING 10/3/09

DINNER

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 10/3/09

DINNER

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE
BREAD,TORTILLA WHITE,TORTILLA
SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD
LARGE 7",WHITE PULLMAN BREAD,BREAD
RYE VIENNA LVR CAL,BREAD WHEAT VIENNA
CAL,BREAD MULTIGRAIN RND,BREAD RYE
FRENCH,BREAD WHOLE WHEAT SVN
STRS,ROLLS BULKIE CORNML CAL,BREAD
WHITE VIENNA CAL,WHOLE WHEAT TORTILLA
10"

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 10/3/09

DINNER

FRENCH FRIED POTATOES FROZEN

FRENCH FRIED POTATOES FZ.

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 277 |
| fat (gm) | 15.9 |
| sat fat (gm) | 6.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 521.0 |
| carbs (gm) | 32.1 |
| protein (gm) | 3.0 |
| calcium (gm) | 10.20 |
| iron (gm) | 1.41 |

REFECTORY MAIN DINING 10/3/09

DINNER

GREEN PEAS, FROZEN

GREEN PEAS, FROZEN

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 71 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 78.9 |
| carbs (gm) | 12.9 |
| protein (gm) | 4.7 |
| calcium (gm) | 21.77 |
| iron (gm) | 1.42 |

REFECTORY MAIN DINING 10/3/09

DINNER

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz, OLIVE
OIL, SPICE ROTISSERIE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 10/3/09

DINNER

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS, HAMBURG
ROLLS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 10/3/09

DINNER

HOT DOG ON A BUN

FRANKFURTERS BEEF,ROLLS HOT DOG NE
STYLE STRIP

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 10/3/09

DINNER

ITALIAN COUSCOUS

SALT,VEGETABLE SALAD
OIL,WATER,COUSCOUS ISRAELI 5 lb

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 172 |
| fat (gm) | 5.7 |
| sat fat (gm) | 0.5 |
| chol (mg) | 0.0 |
| sodium (mg) | 251.0 |
| carbs (gm) | 25.1 |
| protein (gm) | 4.1 |
| calcium (gm) | 8.92 |
| iron (gm) | 0.41 |

REFECTORY MAIN DINING 10/3/09

DINNER

ITALIAN SAUSAGE W/SAUCE

ITALIAN PORK SAUSAGE MILD
LINKS,SPAGHETTI SAUCE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 188 |
| fat (gm) | 14.2 |
| sat fat (gm) | 4.7 |
| chol (mg) | 39.3 |
| sodium (mg) | 729.0 |
| carbs (gm) | 4.3 |
| protein (gm) | 10.7 |
| calcium (gm) | 22.02 |
| iron (gm) | 1.17 |

REFECTORY MAIN DINING 10/3/09

DINNER

PARSLIED RICE

WATER MEASURED,SALT,WHITE PEPPER,CHOPPED FRESH PARSLEY,WHITE RICE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 136 |
| fat (gm) | 0.3 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 202.4 |
| carbs (gm) | 29.6 |
| protein (gm) | 2.8 |
| calcium (gm) | 23.74 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 10/3/09

DINNER

PENNE

OLIVE OIL,MOSTOCCIOLI PASTA

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 307 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 58.5 |
| protein (gm) | 9.8 |
| calcium (gm) | 14.45 |
| iron (gm) | 2.90 |

REFECTORY MAIN DINING 10/3/09

DINNER

PIZZA BROCCOLI '04

ROMANO CHEESE GRATED,PIZZA SAUCE COLD MIX,SPICE OREGANO LEAF WHL XX,PIZZA BLEND CHEESE,BROCCOLI CUTS FZ,WHOLE WHEAT PIZZA DOUGH V

Nutrition Facts

| | |
|---------------------|----------------|
| Portion Size | ~3.25 OZ. PORT |
| calories | 162 |
| fat (gm) | 6.2 |
| sat fat (gm) | 1.8 |
| chol (mg) | 7.6 |
| sodium (mg) | 258.9 |
| carbs (gm) | 21.5 |
| protein (gm) | 7.5 |
| calcium (gm) | 109.99 |
| iron (gm) | 0.97 |

REFECTORY MAIN DINING 10/3/09

DINNER

PIZZA CHEESE '04

PIZZA DOUGH,PIZZA SAUCE COLD
MIX,OREGANO LEAF,ROMANO CHEESE
GRATED,PIZZA BLEND CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 143 |
| fat (gm) | 4.1 |
| sat fat (gm) | 1.5 |
| chol (mg) | 6.5 |
| sodium (mg) | 317.7 |
| carbs (gm) | 22.2 |
| protein (gm) | 5.9 |
| calcium (gm) | 84.04 |
| iron (gm) | 0.67 |

REFECTORY MAIN DINING 10/3/09

DINNER

PIZZA MEATBALL '04

PIZZA SAUCE COLD MIX,ROMANO CHEESE
GRATED,PIZZA DOUGH,SPICE OREGANO LEAF
WHL XX,PIZZA BLEND
CHEESE,MEATBALLS-ITALIAN (BUT SHOP LBS)

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | ~PIZZA |
| calories | 1632 |
| fat (gm) | 55.4 |
| sat fat (gm) | 21.4 |
| chol (mg) | 175.4 |
| sodium (mg) | 3361.0 |
| carbs (gm) | 206.3 |
| protein (gm) | 90.5 |
| calcium (gm) | 918.11 |
| iron (gm) | 10.49 |

REFECTORY MAIN DINING 10/3/09

DINNER

ROAST PORK LOIN CALYPSO

BONELESS PORK LOIN,LIGHT BROWN
SUGAR,GARLIC CHOPPED/IN OIL,GROUND
GINGER,GROUND CLOVES,BAY LEAF USE
SACHET BAG,BLACK PEPPER,RUM LIGHT,PAN
DRIPPINGS,LIME JUICE,SALT,RUM
LIGHT,WATER TO MARK,FAT FROM
ROASTS,FLOUR UNBLEACHED UNBR SPRING
KING

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 432 |
| fat (gm) | 29.0 |
| sat fat (gm) | 10.8 |
| chol (mg) | 96.4 |
| sodium (mg) | 141.9 |
| carbs (gm) | 16.4 |
| protein (gm) | 25.2 |
| calcium (gm) | 47.79 |
| iron (gm) | 1.62 |

REFECTORY MAIN DINING 10/3/09

DINNER

SAUTEED ZUCCHINI WITH ROSEMARY

ZUCCHINI USE 5/8" BLADE, ROSEMARY, OLIVE OIL, PIMENTOS DICED

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 32 |
| fat (gm) | 2.1 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.9 |
| carbs (gm) | 3.4 |
| protein (gm) | 0.5 |
| calcium (gm) | 13.80 |
| iron (gm) | 0.36 |

REFECTORY MAIN DINING 10/3/09

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 10/3/09

DINNER

SLICED BOILED DELI HAM

HAM BNLS SMK OVAL FDL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 83 |
| fat (gm) | 3.9 |
| sat fat (gm) | 1.3 |
| chol (mg) | 28.8 |
| sodium (mg) | 698.9 |
| carbs (gm) | 0.3 |
| protein (gm) | 11.1 |
| calcium (gm) | 4.04 |
| iron (gm) | 0.71 |

REFECTORY MAIN DINING 10/3/09

DINNER

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 100 |
| fat (gm) | 7.5 |
| sat fat (gm) | 4.8 |
| chol (mg) | 19.5 |
| sodium (mg) | 248.2 |
| carbs (gm) | 0.6 |
| protein (gm) | 7.3 |
| calcium (gm) | 214.29 |
| iron (gm) | 0.15 |

REFECTORY MAIN DINING 10/3/09

DINNER

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 10/3/09

DINNER

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 10/3/09

DINNER

SPICED VEGETABLES INDIAN STYLE

FRESH CARROTS SLICED 1/8", CAULIFLOWER FLORETTE FRSH, GREEN PEPPERS LG CUBED, MARGARINE, GARLIC CHOPPED/IN OIL, ONIONS CHOPPED, FRESH GINGER ROOT MINCED, JALAPENO FRESH DICED, FZ GREEN PEAS, MARGARINE, FLOUR SUNSHINE, HOMOGENIZED MILK, GROUND TUMERIC, SALT, FRESH PARSLEY CHOPPED, GROUND CLOVES, GROUND BLACK PEPPER, GROUND CARDAMOM

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 8oz portion |
| calories | 188 |
| fat (gm) | 9.2 |
| sat fat (gm) | 2.7 |
| chol (mg) | 9.9 |
| sodium (mg) | 534.0 |
| carbs (gm) | 21.1 |
| protein (gm) | 7.1 |
| calcium (gm) | 124.11 |
| iron (gm) | 1.67 |

REFECTORY MAIN DINING 10/3/09

DINNER

SPINACH FETTUCCINI

OLIVE OIL, SPINACH FETTUCCINE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 311 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 31.8 |
| carbs (gm) | 59.3 |
| protein (gm) | 10.4 |
| calcium (gm) | 68.04 |
| iron (gm) | 2.37 |

REFECTORY MAIN DINING 10/3/09

DINNER

VEGAN MEDITERRANEAN STEW

WATER, ELBOW MACARONI, ONIONS WHITE DICED 1/4", PEPPERS GRN CUBED 1/2, CAN KIDNEY BEANS & LIQUID, UNPEELED EGGPLANT 1" CUBES, UNPEELED ZUCCHINI SLICED, TOMATO JUICE, DRY BASIL LEAVES, GARLIC CHOPPED/IN OIL, OREGANO LEAF, GROUND BLACK PEPPER, BASE MIREPOIX

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 109 |
| fat (gm) | 1.0 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.3 |
| sodium (mg) | 581.2 |
| carbs (gm) | 21.0 |
| protein (gm) | 4.9 |
| calcium (gm) | 26.41 |
| iron (gm) | 1.32 |

REFECTORY MAIN DINING 10/3/09

DINNER

VEGAN MEXICAN BEAN SOUP

ONIONS WHITE DICED 1/4",CELERY DICED 1/4",PEPPERS GRN DICED 1/4,BASE MIREPOIX,DRY PINTO BEANS SOAKED,WHOLE TOMATOES READY CUT,TOMATO PASTE USDA GRD FCY,TABASCO SAUCE,WATER TO MARK ON KETTLE,FRZ CORN WHOLE KERNEL,WATER TO MARK ON KETTLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 87 |
| fat (gm) | 0.9 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.5 |
| sodium (mg) | 817.4 |
| carbs (gm) | 16.9 |
| protein (gm) | 4.5 |
| calcium (gm) | 36.30 |
| iron (gm) | 1.51 |

REFECTORY MAIN DINING 10/3/09

DINNER

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS,MUSHROOMS FRESH SLICED,FRESH RARERIPESLICED,BASE MIREPOIX,WATER,PASTA THAI RICE STICK NOODLES,FRZ PEA PODS CHINESE IQF,CARROTS MATCH STICKS FRESH,TOFU EXTRA FIRM 1/4"DICE,RED PEPPERS SMALL JULIENNE,BOK CHOY SHREDDDED,TOFU CHINESE SPICE,FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 10/3/09

DINNER

VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL,HAMBURGER ROLL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 251 |
| fat (gm) | 6.9 |
| sat fat (gm) | 0.5 |
| chol (mg) | 2.3 |
| sodium (mg) | 513.4 |
| carbs (gm) | 30.1 |
| protein (gm) | 16.6 |
| calcium (gm) | 28.85 |
| iron (gm) | 1.09 |

REFECTORY MAIN DINING 10/3/09

DINNER

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 10/4/09

LUNCH

APPLE RAISIN SAUCE

APPLES CHOPPED LG
SIDE,RAISINS,SUGAR,GROUND CINNAMON

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 1.4 |
| carbs (gm) | 18.4 |
| protein (gm) | 0.3 |
| calcium (gm) | 8.16 |
| iron (gm) | 0.31 |

REFECTORY MAIN DINING 10/4/09

LUNCH

ARTICHOKE AND RED PEPPER FRITTATA

OLIVE OIL,RED PEPPERS DICED,GARLIC
CHOPPED/IN OIL,CRUSHED RED
PEPPER,LIQUID EGGS,FROZEN EGG
WHITES,ROMANO CHEESE
GRATED,OREGANO LEAF,SALT,GROUND
BLACK PEPPER,ARTICHOKE HEARTS 40/50 CT

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 6.500 oz Portion |
| calories | 145 |
| fat (gm) | 5.4 |
| sat fat (gm) | 1.7 |
| chol (mg) | 144.5 |
| sodium (mg) | 821.5 |
| carbs (gm) | 15.7 |
| protein (gm) | 11.0 |
| calcium (gm) | 105.78 |
| iron (gm) | 2.13 |

REFECTORY MAIN DINING 10/4/09

LUNCH

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 10/4/09

LUNCH

CHOURICO RECP

CHOURICO

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 258 |
| fat (gm) | 21.7 |
| sat fat (gm) | 8.2 |
| chol (mg) | 49.9 |
| sodium (mg) | 700.2 |
| carbs (gm) | 1.1 |
| protein (gm) | 13.7 |
| calcium (gm) | 4.54 |
| iron (gm) | 0.90 |

REFECTORY MAIN DINING 10/4/09

LUNCH

CREAM OF WHEAT

WATER,SALT,CREAM OF WHEAT HOT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 50 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 79.0 |
| carbs (gm) | 10.5 |
| protein (gm) | 1.4 |
| calcium (gm) | 19.14 |
| iron (gm) | 3.91 |

REFECTORY MAIN DINING 10/4/09

LUNCH

DANISH CHEESE('09)

SWEET DOUGH,CHEESE FILLING

Nutrition Facts

| | |
|---------------------|---------------|
| Portion Size | ~PORTIONS 3.7 |
| calories | 344 |
| fat (gm) | 15.7 |
| sat fat (gm) | 6.7 |
| chol (mg) | 66.5 |
| sodium (mg) | 275.5 |
| carbs (gm) | 44.4 |
| protein (gm) | 8.1 |
| calcium (gm) | 80.98 |
| iron (gm) | 1.28 |

REFECTORY MAIN DINING 10/4/09

LUNCH

EGG BOWS

LARGE EGG BOWS,OLIVE OIL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 279 |
| fat (gm) | 4.7 |
| sat fat (gm) | 0.9 |
| chol (mg) | 65.4 |
| sodium (mg) | 13.9 |
| carbs (gm) | 49.2 |
| protein (gm) | 9.4 |
| calcium (gm) | 23.77 |
| iron (gm) | 1.20 |

REFECTORY MAIN DINING 10/4/09

LUNCH

Egg White Omelet

FROZEN EGG WHITES,PAN COATING SPRAY
PAM**Nutrition Facts**

| | |
|---------------------|-------|
| Portion Size | 4 oz |
| calories | 57 |
| fat (gm) | 0.0 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 186.0 |
| carbs (gm) | 1.2 |
| protein (gm) | 11.9 |
| calcium (gm) | 6.80 |
| iron (gm) | 0.03 |

REFECTORY MAIN DINING 10/4/09

LUNCH

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 134 |
| fat (gm) | 9.0 |
| sat fat (gm) | 2.8 |
| chol (mg) | 379.9 |
| sodium (mg) | 251.4 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.2 |
| calcium (gm) | 44.00 |
| iron (gm) | 1.29 |

REFECTORY MAIN DINING 10/4/09

LUNCH

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 3.500 oz Portion |
| calories | 139 |
| fat (gm) | 9.4 |
| sat fat (gm) | 3.0 |
| chol (mg) | 377.0 |
| sodium (mg) | 249.9 |
| carbs (gm) | 1.1 |
| protein (gm) | 11.5 |
| calcium (gm) | 43.72 |
| iron (gm) | 1.34 |

REFECTORY MAIN DINING 10/4/09

LUNCH

ITALIAN MEATBALLS W/SAUCE LUNCH

MEATBALLS ITALIAN RAW,SPAGHETTI SAUCE
(AMT REQ),PARMESAN CHEESE**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 248 |
| fat (gm) | 12.4 |
| sat fat (gm) | 4.5 |
| chol (mg) | 73.9 |
| sodium (mg) | 645.6 |
| carbs (gm) | 10.1 |
| protein (gm) | 23.3 |
| calcium (gm) | 66.88 |
| iron (gm) | 3.50 |

REFECTORY MAIN DINING 10/4/09

LUNCH

OMELETTE BAR

FRESH TOMATOES DICED,AMERICAN CHEESE DICED,SHREDDED MOZZARELLA CHESE,LIQUID EGGS,SAUTEED DICED ONIONS,SAUTEED DICED GREEN PEPPERS,HAM BNLS SMK OVAL FDL,SAUTEED SLICED MUSHROOMS,VEGETABLE SALAD OIL

Nutrition Facts

| | |
|---------------------|-------------|
| Portion Size | 6oz portion |
| calories | 393 |
| fat (gm) | 30.6 |
| sat fat (gm) | 7.6 |
| chol (mg) | 544.7 |
| sodium (mg) | 609.1 |
| carbs (gm) | 5.0 |
| protein (gm) | 22.3 |
| calcium (gm) | 181.63 |
| iron (gm) | 2.29 |

REFECTORY MAIN DINING 10/4/09

LUNCH

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 214 |
| fat (gm) | 0.7 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 560.7 |
| carbs (gm) | 50.2 |
| protein (gm) | 3.2 |
| calcium (gm) | 170.24 |
| iron (gm) | 1.39 |

REFECTORY MAIN DINING 10/4/09

LUNCH

RABE - cat 08

FRESH RABE,OLIVE OIL,GARLIC PEELED SLICED,KOSHER SALT,GROUND BLACK PEPPER,CRUSHED RED PEPPER,JUICE LEMON REALEMON 48 oz

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 39 |
| fat (gm) | 2.5 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 125.6 |
| carbs (gm) | 4.2 |
| protein (gm) | 0.9 |
| calcium (gm) | 38.50 |
| iron (gm) | 0.43 |

REFECTORY MAIN DINING 10/4/09

LUNCH

ROASTED YUKON GOLD POTATOES W/SHALLOTS

POTATOES YUKON GOLD 1" CUBE,FRESH
SHALLOTS CHOPPED LG,OLIVE OIL,WHOLE
CARAWAY SEED,SALT,GROUND BLACK
PEPPER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 OZ SERVING |
| calories | 98 |
| fat (gm) | 3.4 |
| sat fat (gm) | 0.5 |
| chol (mg) | 0.0 |
| sodium (mg) | 75.0 |
| carbs (gm) | 15.9 |
| protein (gm) | 1.6 |
| calcium (gm) | 13.95 |
| iron (gm) | 0.47 |

REFECTORY MAIN DINING 10/4/09

LUNCH

SCRAMBLED EGGS

LIQUID EGGS,WHITE
PEPPER,SALT,HOMOGENIZED MILK

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 162 |
| fat (gm) | 10.6 |
| sat fat (gm) | 3.5 |
| chol (mg) | 420.7 |
| sodium (mg) | 534.8 |
| carbs (gm) | 2.4 |
| protein (gm) | 13.1 |
| calcium (gm) | 77.36 |
| iron (gm) | 1.45 |

REFECTORY MAIN DINING 10/4/09

LUNCH

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 10/4/09

LUNCH

SPIRALS TRI COLORED

TRI COLORED PASTA SPIRALS,OLIVE OIL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 307 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 58.5 |
| protein (gm) | 9.8 |
| calcium (gm) | 14.45 |
| iron (gm) | 2.90 |

REFECTORY MAIN DINING 10/4/09

LUNCH

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4",WATER TO MARK
ON KETTLE,BROWN RICE,WHITE
PEPPER,BASE MIREPOIX**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 152 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.1 |
| sodium (mg) | 213.4 |
| carbs (gm) | 31.1 |
| protein (gm) | 3.7 |
| calcium (gm) | 16.41 |
| iron (gm) | 0.59 |

REFECTORY MAIN DINING 10/4/09

LUNCH

VEGAN RED BEANS CREOLE

PEPPERS GRN DICED SM SD,CHOPPED
RARERIPES,ONIONS WHITE DICED
1/4",GARLIC CHOPPED/IN OIL,KIDNEY BEANS
(USE LIQUID),BLACK PEPPER**Nutrition Facts**

| | |
|---------------------|-------------|
| Portion Size | 8oz portion |
| calories | 180 |
| fat (gm) | 0.8 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 656.8 |
| carbs (gm) | 33.8 |
| protein (gm) | 10.8 |
| calcium (gm) | 66.87 |
| iron (gm) | 2.89 |

REFECTORY MAIN DINING 10/4/09

LUNCH

WAFFLES

WAFFLES EGGO FRZ,SYRUP MAPLE

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 1.650 oz Portion |
| calories | 137 |
| fat (gm) | 3.4 |
| sat fat (gm) | 0.7 |
| chol (mg) | 0.0 |
| sodium (mg) | 158.2 |
| carbs (gm) | 26.7 |
| protein (gm) | 1.2 |
| calcium (gm) | 21.22 |
| iron (gm) | 0.55 |

REFECTORY MAIN DINING 10/4/09

LUNCH

ANTIPASTO BAR REF

CHERRY
TOMATOES,CAPICOLA,PROSCIUTTO,SLICED
PEPPERONI,SALAD MIX
ROMAINE,PEPPERONCINI PEPPERS,RIPE
OLIVES PITTED,CHEESE MOZZARELLA
CHILIEGINE,CHEESE PARMESAN
SHAVED,CROUTONS HOMESTYLE SYSCO,OIL
OLIVE,VINEGAR BALSAMIC AGED sys

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 OZ PORTION |
| calories | 269 |
| fat (gm) | 19.5 |
| sat fat (gm) | 7.7 |
| chol (mg) | 38.6 |
| sodium (mg) | 1110.4 |
| carbs (gm) | 7.4 |
| protein (gm) | 16.4 |
| calcium (gm) | 351.49 |
| iron (gm) | 1.40 |

REFECTORY MAIN DINING 10/4/09

DINNER

ANTIPASTO MACARONI SALAD

ROTINI,PROVOLONE CHEESE
CUBED,PEPPERS GRN DICED 1/4,SLICED
OLIVES RIPE,TOMATOES CUBED,OLIVE
OIL,CIDER VINEGAR,SALT,GROUND BLACK
PEPPER,OREGANO

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 233 |
| fat (gm) | 15.5 |
| sat fat (gm) | 3.7 |
| chol (mg) | 8.2 |
| sodium (mg) | 221.4 |
| carbs (gm) | 18.2 |
| protein (gm) | 6.0 |
| calcium (gm) | 101.14 |
| iron (gm) | 1.24 |

REFECTORY MAIN DINING 10/4/09

DINNER

BAKED POTATOES

BAKING POTATOES

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 247 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 18.1 |
| carbs (gm) | 57.2 |
| protein (gm) | 5.2 |
| calcium (gm) | 22.68 |
| iron (gm) | 3.08 |

REFECTORY MAIN DINING 10/4/09

DINNER

BARBEQUED CHICKEN**Q**

CHICKEN QUARTERS,BARBEQUE SAUCE

Nutrition Facts

| | |
|---------------------|------------------|
| Portion Size | 6.800 oz Portion |
| calories | 403 |
| fat (gm) | 21.6 |
| sat fat (gm) | 6.0 |
| chol (mg) | 139.3 |
| sodium (mg) | 303.6 |
| carbs (gm) | 6.4 |
| protein (gm) | 43.5 |
| calcium (gm) | 27.56 |
| iron (gm) | 2.15 |

REFECTORY MAIN DINING 10/4/09

DINNER

BASIL TOMATO CREAM SAUCE - cat 08MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOMOGENIZED MILK,HALF AND
HALF CREAM,ROMANO CHEESE
GRATED,GARLIC CHOPPED/IN OIL,FRESH
BASIL CHOPPED,SALT,GROUND BLACK
PEPPER,FRESH TOMATOES HAND DICE**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 150 |
| fat (gm) | 9.9 |
| sat fat (gm) | 4.9 |
| chol (mg) | 25.2 |
| sodium (mg) | 220.9 |
| carbs (gm) | 10.4 |
| protein (gm) | 6.4 |
| calcium (gm) | 289.40 |
| iron (gm) | 2.42 |

REFECTORY MAIN DINING 10/4/09

DINNER

BLACK BEAN & SPINACH SOFT TACO

DRIED TURTLE BEANS, SOAK,FRZ CHOPPED
SPINACH,FRESH TOMATOES,
CHOPPED,CILANTRO FRESH, CHOPPED,RIPE
OLIVES PITTED, CHOP,PICANTE
SAUCE,FLOUR TORTILLA 6",CHEESE
MONTERAY JACK SHRED

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | 6 OZ |
| calories | 185 |
| fat (gm) | 5.3 |
| sat fat (gm) | 2.2 |
| chol (mg) | 8.4 |
| sodium (mg) | 119.4 |
| carbs (gm) | 26.2 |
| protein (gm) | 9.2 |
| calcium (gm) | 153.18 |
| iron (gm) | 3.09 |

REFECTORY MAIN DINING 10/4/09

DINNER

BRAZILIAN STYLE COLLARD GREENS

COLLARD GREENS
CLEAN,MARGARINE,ONIONS WHITE DICED
1/4",GARLIC CHOPPED/IN OIL,SALT,GROUND
BLACK PEPPER

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 63 |
| fat (gm) | 4.4 |
| sat fat (gm) | 0.7 |
| chol (mg) | 0.0 |
| sodium (mg) | 319.3 |
| carbs (gm) | 4.8 |
| protein (gm) | 3.0 |
| calcium (gm) | 151.16 |
| iron (gm) | 0.66 |

REFECTORY MAIN DINING 10/4/09

DINNER

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 85 |
| fat (gm) | 6.2 |
| sat fat (gm) | 3.9 |
| chol (mg) | 16.1 |
| sodium (mg) | 474.0 |
| carbs (gm) | 2.5 |
| protein (gm) | 4.8 |
| calcium (gm) | 163.89 |
| iron (gm) | 0.10 |

REFECTORY MAIN DINING 10/4/09

DINNER

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 238 |
| fat (gm) | 15.0 |
| sat fat (gm) | 3.0 |
| chol (mg) | 55.3 |
| sodium (mg) | 425.1 |
| carbs (gm) | 6.9 |
| protein (gm) | 18.5 |
| calcium (gm) | 23.72 |
| iron (gm) | 1.02 |

REFECTORY MAIN DINING 10/4/09

DINNER

DELI SANDWICH BREAD BAR

Rolls Wheat Bulkie 6pk ,PUMPERNICKLE
BREAD,TORTILLA WHITE,TORTILLA
SPINACH,TORTILLA TOM&BAS,SYRIAN BREAD
LARGE 7",WHITE PULLMAN BREAD,BREAD
RYE VIENNA LVR CAL,BREAD WHEAT VIENNA
CAL,BREAD MULTIGRAIN RND,BREAD RYE
FRENCH,BREAD WHOLE WHEAT SVN
STRS,ROLLS BULKIE CORNML CAL,BREAD
WHITE VIENNA CAL,WHOLE WHEAT TORTILLA
10"

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 1.770 oz Portion |
| calories | 110 |
| fat (gm) | 1.7 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.3 |
| sodium (mg) | 201.2 |
| carbs (gm) | 20.8 |
| protein (gm) | 3.8 |
| calcium (gm) | 38.11 |
| iron (gm) | 1.27 |

REFECTORY MAIN DINING 10/4/09

DINNER

EGG BOWS

LARGE EGG BOWS,OLIVE OIL

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 279 |
| fat (gm) | 4.7 |
| sat fat (gm) | 0.9 |
| chol (mg) | 65.4 |
| sodium (mg) | 13.9 |
| carbs (gm) | 49.2 |
| protein (gm) | 9.4 |
| calcium (gm) | 23.77 |
| iron (gm) | 1.20 |

REFECTORY MAIN DINING 10/4/09

DINNER

FRENCH FRIED SWEET POTATO STIX

POTATOES FRIES SWT SUN SX

| <u>Nutrition Facts</u> | |
|------------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 263 |
| fat (gm) | 13.7 |
| sat fat (gm) | 4.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 138.5 |
| carbs (gm) | 32.8 |
| protein (gm) | 3.4 |
| calcium (gm) | 13.60 |
| iron (gm) | 1.15 |

REFECTORY MAIN DINING 10/4/09

DINNER

GRILLED CHEESE ON WHEAT

AMERICAN CHEESE WHITE,OIL PAN & GRILL
SUNBURST,BREAD WHEAT VIENNA CAL

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| Portion Size | SAND |
| calories | 377 |
| fat (gm) | 17.1 |
| sat fat (gm) | 9.4 |
| chol (mg) | 36.2 |
| sodium (mg) | 953.7 |
| carbs (gm) | 42.7 |
| protein (gm) | 18.6 |
| calcium (gm) | 362.43 |
| iron (gm) | 3.00 |

REFECTORY MAIN DINING 10/4/09

DINNER

GRILLED CHEESE ON WHITE

AMERICAN CHEESE WHITE,OIL PAN & GRILL
SUNBURST,BREAD WHITE VIENNA CAL

| <u>Nutrition Facts</u> | |
|------------------------|--------|
| Portion Size | SAND |
| calories | 347 |
| fat (gm) | 15.8 |
| sat fat (gm) | 9.2 |
| chol (mg) | 36.2 |
| sodium (mg) | 897.1 |
| carbs (gm) | 41.4 |
| protein (gm) | 17.9 |
| calcium (gm) | 379.27 |
| iron (gm) | 2.92 |

REFECTORY MAIN DINING 10/4/09

DINNER

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz, OLIVE OIL, SPICE ROTISSERIE

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 4oz portion |
| calories | 184 |
| fat (gm) | 4.8 |
| sat fat (gm) | 1.2 |
| chol (mg) | 89.6 |
| sodium (mg) | 78.0 |
| carbs (gm) | 0.0 |
| protein (gm) | 32.7 |
| calcium (gm) | 15.82 |
| iron (gm) | 1.10 |

REFECTORY MAIN DINING 10/4/09

DINNER

HAM & BEAN SOUP

MARGARINE, ONIONS WHITE DICED 1/4", GARLIC CHOPPED/IN OIL, CARROTS DICED/1/4", CELERY DICED 1/4", BACON SLICED CKD CHOPPED, HAM BNLS SMK OVAL FDL, CHICKEN BASE, WATER, TOMATO PASTE USDA GRD FCY, GREAT NORTHERN BEANS

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 139 |
| fat (gm) | 2.1 |
| sat fat (gm) | 0.6 |
| chol (mg) | 5.0 |
| sodium (mg) | 853.8 |
| carbs (gm) | 21.4 |
| protein (gm) | 9.4 |
| calcium (gm) | 52.97 |
| iron (gm) | 2.02 |

REFECTORY MAIN DINING 10/4/09

DINNER

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS, HAMBURG ROLLS

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 3.600 oz Portion |
| calories | 264 |
| fat (gm) | 10.3 |
| sat fat (gm) | 3.6 |
| chol (mg) | 61.8 |
| sodium (mg) | 237.5 |
| carbs (gm) | 20.7 |
| protein (gm) | 20.6 |
| calcium (gm) | 36.19 |
| iron (gm) | 3.16 |

REFECTORY MAIN DINING 10/4/09

DINNER

HOT DOG ON A BUN

FRANKFURTERS BEEF,ROLLS HOT DOG NE
STYLE STRIP

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 3.5oz portion |
| calories | 263 |
| fat (gm) | 17.0 |
| sat fat (gm) | 6.8 |
| chol (mg) | 34.4 |
| sodium (mg) | 708.2 |
| carbs (gm) | 17.9 |
| protein (gm) | 9.0 |
| calcium (gm) | 34.26 |
| iron (gm) | 1.66 |

REFECTORY MAIN DINING 10/4/09

DINNER

ITALIAN MEATBALLS/SAUCE (DINNER)

MEATBALLS ITALIAN RAW,SPAGHETTI SAUCE
(AMT REQ),PARMESAN CHEESE

| Nutrition Facts | |
|------------------------|------------------|
| Portion Size | 6.510 oz Portion |
| calories | 330 |
| fat (gm) | 16.4 |
| sat fat (gm) | 6.0 |
| chol (mg) | 98.1 |
| sodium (mg) | 856.7 |
| carbs (gm) | 13.3 |
| protein (gm) | 31.0 |
| calcium (gm) | 88.75 |
| iron (gm) | 4.65 |

REFECTORY MAIN DINING 10/4/09

DINNER

LIZ'S GREAT VEGETABLE SOUP

OLIVE OIL,GARLIC CHOPPED/IN OIL,ONIONS
WHITE DICED 1/4",FRESH BASIL
CHOPPED,SPICE SAGE,ROSEMARY
WHOLE,CARROTS DICED/1/4",DICED
POTATOES 1/2",SALT,BASE
MIREPOIX,BURGUNDY WINE,GROUND BLACK
PEPPER,WATER,CAULIFLOWER FLORETTE
FRSH,MESCLUN SPRING MIX,ZUCCHINI
SQUASH SLICED,SOY SAUCE GALS

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 6 oz Portion |
| calories | 74 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.2 |
| sodium (mg) | 413.0 |
| carbs (gm) | 11.7 |
| protein (gm) | 1.7 |
| calcium (gm) | 33.97 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 10/4/09

DINNER

PIE BLUEBERRY MAINE

PIE DOUGH,BLUEBERRY FILLING,LIQUID EGGS

Nutrition Facts

| | |
|---------------------|-----------|
| Portion Size | piece 1/8 |
| calories | 395 |
| fat (gm) | 21.0 |
| sat fat (gm) | 7.2 |
| chol (mg) | 142.0 |
| sodium (mg) | 329.6 |
| carbs (gm) | 44.8 |
| protein (gm) | 7.0 |
| calcium (gm) | 31.91 |
| iron (gm) | 2.81 |

REFECTORY MAIN DINING 10/4/09

DINNER

RABE - cat 08

FRESH RABE,OLIVE OIL,GARLIC PEELED
SLICED,KOSHER SALT,GROUND BLACK
PEPPER,CRUSHED RED PEPPER,JUICE
LEMON REALEMON 48 oz**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 3 oz Portion |
| calories | 39 |
| fat (gm) | 2.5 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 125.6 |
| carbs (gm) | 4.2 |
| protein (gm) | 0.9 |
| calcium (gm) | 38.50 |
| iron (gm) | 0.43 |

REFECTORY MAIN DINING 10/4/09

DINNER

RED POTATOES W/ FRESH DILL

PETITE RED POTATOES,FRESH DILL
CHOPPED**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 99 |
| fat (gm) | 0.1 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 4.8 |
| carbs (gm) | 22.9 |
| protein (gm) | 2.1 |
| calcium (gm) | 6.44 |
| iron (gm) | 0.38 |

REFECTORY MAIN DINING 10/4/09

DINNER

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

| Nutrition Facts | |
|------------------------|--------|
| Portion Size | SLICES |
| calories | 91 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.8 |
| chol (mg) | 39.1 |
| sodium (mg) | 35.2 |
| carbs (gm) | 0.0 |
| protein (gm) | 16.4 |
| calcium (gm) | 2.83 |
| iron (gm) | 1.11 |

REFECTORY MAIN DINING 10/4/09

DINNER

ROLLS DINNER CALISE MINI

SNOWFLAKE ROLLS,SCALLOP ROLLS

| Nutrition Facts | |
|------------------------|--------------|
| Portion Size | 1.5 ROLL/PSN |
| calories | 229 |
| fat (gm) | 4.3 |
| sat fat (gm) | 1.0 |
| chol (mg) | 4.6 |
| sodium (mg) | 388.5 |
| carbs (gm) | 40.7 |
| protein (gm) | 6.3 |
| calcium (gm) | 56.82 |
| iron (gm) | 2.15 |

REFECTORY MAIN DINING 10/4/09

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

| Nutrition Facts | |
|------------------------|-------|
| Portion Size | SLICE |
| calories | 63 |
| fat (gm) | 4.6 |
| sat fat (gm) | 2.9 |
| chol (mg) | 12.1 |
| sodium (mg) | 183.5 |
| carbs (gm) | 1.6 |
| protein (gm) | 3.7 |
| calcium (gm) | 94.44 |
| iron (gm) | 0.16 |

REFECTORY MAIN DINING 10/4/09

DINNER

SLICED CHEDDAR

SLICED CHEDDAR CHEESE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 1 oz Portion |
| calories | 114 |
| fat (gm) | 9.4 |
| sat fat (gm) | 6.0 |
| chol (mg) | 29.7 |
| sodium (mg) | 175.9 |
| carbs (gm) | 0.4 |
| protein (gm) | 7.1 |
| calcium (gm) | 204.48 |
| iron (gm) | 0.19 |

REFECTORY MAIN DINING 10/4/09

DINNER

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 2 oz Portion |
| calories | 71 |
| fat (gm) | 2.0 |
| sat fat (gm) | 0.6 |
| chol (mg) | 23.8 |
| sodium (mg) | 225.1 |
| carbs (gm) | 0.0 |
| protein (gm) | 12.6 |
| calcium (gm) | 5.10 |
| iron (gm) | 0.37 |

REFECTORY MAIN DINING 10/4/09

DINNER

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 46 |
| fat (gm) | 2.3 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.0 |
| sodium (mg) | 475.8 |
| carbs (gm) | 6.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 17.86 |
| iron (gm) | 0.74 |

REFECTORY MAIN DINING 10/4/09

DINNER

SPIRALS TRI COLORED

TRI COLORED PASTA SPIRALS,OLIVE OIL

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 8 oz Portion |
| calories | 307 |
| fat (gm) | 3.2 |
| sat fat (gm) | 0.4 |
| chol (mg) | 0.0 |
| sodium (mg) | 2.1 |
| carbs (gm) | 58.5 |
| protein (gm) | 9.8 |
| calcium (gm) | 14.45 |
| iron (gm) | 2.90 |

REFECTORY MAIN DINING 10/4/09

DINNER

STEWED TOMATOES

STEWED TOMATOES

Nutrition Facts

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 31 |
| fat (gm) | 0.2 |
| sat fat (gm) | 0.0 |
| chol (mg) | 0.0 |
| sodium (mg) | 288.0 |
| carbs (gm) | 7.4 |
| protein (gm) | 1.1 |
| calcium (gm) | 37.42 |
| iron (gm) | 0.83 |

REFECTORY MAIN DINING 10/4/09

DINNER

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4",WATER TO MARK
ON KETTLE,BROWN RICE,WHITE
PEPPER,BASE MIREPOIX**Nutrition Facts**

| | |
|---------------------|--------------|
| Portion Size | 4 oz Portion |
| calories | 152 |
| fat (gm) | 1.4 |
| sat fat (gm) | 0.3 |
| chol (mg) | 0.1 |
| sodium (mg) | 213.4 |
| carbs (gm) | 31.1 |
| protein (gm) | 3.7 |
| calcium (gm) | 16.41 |
| iron (gm) | 0.59 |

REFECTORY MAIN DINING 10/4/09

DINNER

VEGAN RED BEANS CREOLE

PEPPERS GRN DICED SM SD,CHOPPED
RARE RIPES,ONIONS WHITE DICED
1/4",GARLIC CHOPPED/IN OIL,KIDNEY BEANS
(USE LIQUID),BLACK PEPPER

| Nutrition Facts | |
|------------------------|-------------|
| Portion Size | 8oz portion |
| calories | 180 |
| fat (gm) | 0.8 |
| sat fat (gm) | 0.1 |
| chol (mg) | 0.0 |
| sodium (mg) | 656.8 |
| carbs (gm) | 33.8 |
| protein (gm) | 10.8 |
| calcium (gm) | 66.87 |
| iron (gm) | 2.89 |

REFECTORY MAIN DINING 10/4/09

DINNER

VEGETARIAN NOODLE BOWL BAR REF

SLICED WATER CHESTNUTS,MUSHROOMS
FRESH SLICED,FRESH
RARE RIPPES SLICED,BASE
MIREPOIX,WATER,PASTA THAI RICE STICK
NOODLES,FRZ PEA PODS CHINESE
IQF,CARROTS MATCH STICKS FRESH,TOFU
EXTRA FIRM 1/4"DICE,RED PEPPERS SMALL
JULIENNE,BOK CHOY SHREDDED,TOFU
CHINESE SPICE,FRESH BEAN SPROUTS

| Nutrition Facts | |
|------------------------|---------------|
| Portion Size | 10 OZ PORTION |
| calories | 51 |
| fat (gm) | 1.6 |
| sat fat (gm) | 0.2 |
| chol (mg) | 0.0 |
| sodium (mg) | 272.0 |
| carbs (gm) | 7.0 |
| protein (gm) | 3.3 |
| calcium (gm) | 130.91 |
| iron (gm) | 1.76 |

REFECTORY MAIN DINING 10/4/09

DINNER
