



ALUMNI DINING COMMONS

Menu Nutrition Guide



GRILL



Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Bacon Muffin Sandwich	255	9.0	672	364	55.0	41.0	14.00	495	1245	43.0	3.0	4.0	33.0	280	4.89	734	2
Bacon Swiss Crispy Chicken Sandwich	268	9.5	627	311	49.5	34.6	07.47	71	1046	49.3	3.3	7.6	30.0	332	3.85	581	4
BBQ Wings	192	6.8	401	213	52.9	23.7	06.69	108	617	20.4	0.5	16.6	27.1	183	0.32	112	0
Beefy Mac	124	4.4	104	55	51.8	06.1	02.69	36	213	05.6	0.6	2.1	07.2	76	0.63	98	5
Biscuits and Gravy	120	4.2	285	143	51.0	16.0	05.00	14	1221	27.0	1.0	4.0	08.0	40	0.29	53	0
Blueberry Pancakes	58	2.0	117	11	08.2	01.1	00.27	3	308	23.2	1.4	4.6	04.0	23	1.21	0	0
Breakfast Bowl	171	6.0	396	282	71.0	31.0	08.50	257	704	11.0	1.0	1.0	18.0	106	0.82	342	0
Breakfast Burrito	254	9.0	492	209	43.0	23.0	08.00	262	833	48.0	3.0	4.0	22.0	175	2.85	302	1
BTO Sandwich	333	11.7	544	197	36.0	21.0	05.00	86	1716	46.0	5.0	4.0	39.0	94	4.44	562	6
Burrito, Beef	206	7.3	429	186	43.5	21.0	07.00	230	671	41.0	3.0	4.0	19.0	164	2.41	294	0
Burrito, Bean	210	7.4	395	105	26.5	11.5	04.60	15	980	56.6	6.5	4.7	15.2	189	2.74	0	0
Burrito, Bean and Cheese	210	7.4	395	105	26.5	11.5	05.00	15	980	57.0	7.0	5.0	15.0	189	2.74	0	0
Burrito, Bean, Rice and Cheese	383	13.5	743	302	41.5	34.2	15.93	80	1616	80.5	7.0	7.3	28.2	527	2.87	99	4
Burrito, Frito	82	2.9	248	50	20.3	05.5	01.34	0	566	42.2	1.9	3.6	06.6	87	2.74	0	0
California Burger	229	8.0	625	326	53.0	37.0	15.00	115	1218	35.0	4.4	5.0	40.0	216	5.29	60	4
California Burger Slider	141	5.0	408	207	52.0	23.0	11.00	62	651	27.0	1.2	4.5	22.0	102	3.55	43	1
Canadian Bacon Muffin Sandwich	200	7.1	432	148	35.0	17.0	08.00	273	1219	43.0	3.0	4.0	27.0	280	4.53	283	2
Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
CBU Burger	290	10.2	520	230	46.0	26.0	11.00	102	1241	36.0	2.0	8.0	34.0	259	4.67	388	5
CBU Burger Slider	200	7.0	453	238	53.0	27.0	11.00	62	774	32.0	1.6	9.0	21.0	112	3.86	266	4
Cheese Blintzes	52	1.8	88	27	29.0	03.0	01.00	8	128	12.0	1.0	4.0	05.0	16	0.44	8	0
Cheese Burger	185	6.5	504	232	47.0	26.0	11.50	100	863	33.0	3.0	4.4	35.0	213	5.14	0	0
Cheese Burger Slider	129	4.6	378	184	50.0	21.0	10.00	58	568	27.0	1.0	4.4	21.0	101	3.52	19	0
Cheese Quesadillas	99	3.5	256	150	56.0	17.0	10.00	55	348	17.0	3.5	2.0	13.0	352	0.64	103	2
Chicken in a Basket	90	3.2	230	135	58.0	15.0	03.00	233	212	14.0	1.0	3.0	10.0	50	1.77	392	0
Chicken Tender Ranch Roll Slider	163	5.8	524	302	60.0	33.6	03.23	44	996	37.0	1.6	5.8	13.5	52	1.94	680	2
Chili Cheese Dogs	232	8.2	536	308	54.9	31.5	16.86	82	1733	37.0	0.7	7.2	21.2	19	0.62	35	0
Chili Cheese Veggie Dogs	282	10.0	431	167	39.2	19.1	06.98	29	1084	42.8	6.7	9.0	23.7	204	0.38	531	1
Chili Cheese Fries	75	2.6	109	51	42.0	05.0	03.00	9	359	11.5	1.0	1.0	03.0	15	0.29	24	6
Chocolate Chip Pancakes	115	4.1	264	75	26.0	08.0	04.00	4	465	45.0	3.0	17.0	06.5	39	2.35	0	0
Country Scramble	169	6.0	355	238	67.5	26.4	08.87	262	549	12.2	1.0	1.4	16.4	113	1.00	313	4
Dirty Mac	171	6.0	252	152	61.0	17.0	07.40	46	710	11.5	0.6	0.0	13.0	193	0.34	51	3
Eggs, Fried	119	4.2	241	182	75.0	20.0	05.00	465	154	01.0	0.0	1.0	14.0	58	2.00	665	0
Eggs, Scramble	119	4.2	241	182	75.0	20.0	05.00	465	154	01.0	0.0	1.0	14.0	58	2.00	665	0
French Fries	95	3.4	172	77	44.0	09.0	02.00	0	301	23.0	2.0	0.0	02.0	8	0.56	4	16
Fried Zucchini	86	3.0	113	5	04.2	00.5	00.00	0	431	22.6	1.0	0.0	04.1	22	0.37	308	2
Frijoladas	299	10.5	515	283	55.1	31.4	13.06	500	743	27.8	4.6	2.5	30.0	295	2.57	1306	1
Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Grilled Cheese	113	4.0	386	203	52.0	22.0	12.00	53	677	28.0	2.0	5.0	18.0	392	1.75	707	0
Grilled Chicken Sandwich	294	10.4	638	305	49.7	33.6	00.79	70	1161	52.6	0.8	1.1	24.2	17	0.68	2182	6
Grilled Ham and Cheese	139	5.0	463	275	60.0	31.0	13.00	50	1371	29.0	1.0	4.0	19.0	389	18+	195	0
Grilled Mac & Cheese w/ Pulled Pork	253	8.9	570	323	59.7	38.3	15.05	53	1417	38.6	2.0	9.1	19.6	410	2.19	245	2
Grilled Mac & Cheese	253	8.9	570	323	59.7	38.3	15.05	53	1417	38.6	2.0	9.1	19.6	410	2.19	245	2
Grilled Vegetable Quesadilla	182	6.4	263	140	53.8	15.7	09.06	51	403	16.7	3.3	3.4	13.5	243	0.45	661	33
Hawaiian Burger Slider	153	5.4	396	182	46.5	20.4	09.41	57	696	31.2	1.0	4.4	21.4	29	3.56	27	1
Hawaiian Veggie Burger	258	9.1	520	157	30.5	17.6	05.80	22	1415	58.9	4.9	1.8	31.3	181	3.56	410	5
Hot Breakfast	440	15.5	996	571	58.0	64.0	18.00	518	2030	65.0	4.4	4.9	37.0	52	3.43	707	6
Hot Wings	112	4.0	215	126	61.0	14.0	04.00	69	919	04.0	0.0	0.0	16.0	1	0.03	11	5
Jalapeno, Garlic, and Onion Slider	144	5.1	394	195	50.1	21.7	10.02	59	493	27.8	1.1	4.9	20.8	31	3.59	53	1
Kipp's Meatball Slider	142	5.0	357	177	49.3	19.7	07.91	60	664	30.4	1.4	5.9	15.2	29	2.20	18	2
Mexi-Dogs	185	6.5	493	287	57.9	32.4	12.28	70	1517	34.3	0.5	6.8	18.7	8	0.68	68	2
Moco Loco	353	12.5	809	351	44.2	39.5	15.25	547	2205	61.5	2.0	16.5	50.7	385	8.19	562	1
MTO Omelets	345	12.2	573	394	69.0	43.0	12.00	680	1185	08.0	1.5	4.0	37.0	214	13.17	2807	20
Nacho Loaded Fries	179	6.3	203	98	48.3	10.8	03.91	21	711	18.9	3.7	1.8	07.1	34	0.48	289	8
Onion Rings	179	6.3	458	249	54.0	28.0	05.00	0	822	48.0	4.0	0.0	06.0	61	1.04	0	2
Ortega Burger Slider	144	5.1	393	198	50.9	22.0	10.08	59	478	27.0	1.1	4.4	20.6	30	3.71	53	5
Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Pancakes	55	1.9	85	9	09.0	01.0	00.00	2	248	17.0	1.0	3.0	03.0	18	0.90	0	0
Pastrami Burger Slider	146	5.2	399	192	49.1	21.6	10.25	67	707	26.8	0.9	4.5	23.7	103	3.84	25	0
Pineapple Slaw	84	3.0	54	23	42.5	02.5	00.02	2	71	07.0	2.4	2.8	00.7	11	0.38	1603	51
Portobello Swiss Sandwich	85	3.0	19	3	11.6	00.3	00.05	0	8	03.3	1.1	2.1	01.8	3	0.26	0	0
Roasted Breakfast Potatoes	112	4.0	114	21	18.0	02.4	00.00	0	74	22.0	2.0	1.0	02.0	9	0.34	3	8
Sausage Muffin Sandwich	180	6.3	431	230	54.3	26.1	11.05	283	1057	27.0	2.0	3.0	23.0	224	3.14	283	1
Scramble Skillet, Country	214	7.5	431	311	73.0	35.0	09.00	231	709	13.0	1.2	1.4	17.0	111	1.12	469	14
Scramble Skillet, Denver	254	9.0	426	258	60.0	29.0	10.00	489	693	17.0	1.5	4.0	26.0	219	18+	687	17
Scramble Skillet, Southwest	357	12.6	476	206	44.0	23.0	08.00	386	705	41.0	6.0	4.0	25.0	45	2.07	970	47
Shredded Beef Sincronizadas	170	6.0	479	255	52.8	28.5	13.40	100	742	27.9	3.6	0.5	29.5	455	211.00	1	0
Soyrizo Tacos	168	6.0	251	106	42.0	12.0	05.00	26	768	23.0	4.5	3.3	14.5	316	1.48	360	22
Southern Pulled Pork Slider	143	5.0	263	92	35.0	10.2	02.88	17	453	34.7	1.6	11.1	08.0	43	1.73	72	8
Sweet Potato Fries	176	6.2	274	84	34.0	09.6	01.20	0	914	41.0	7.2	19.6	01.2	48	1.53	0	0
Teriyaki Wings	106	3.7	215	135	62.3	14.9	04.27	69	642	02.3	0.0	2.1	18.0	110	0.26	0	0
Texas Toast	100	3.5	192	62	32.1	06.9	01.60	226	298	22.9	0.0	0.5	10.1	35	1.73	267	0
Vegetable Fried Rice Bowl	113	4.0	74	8	10.4	00.9	00.23	21	81	14.1	0.5	0.4	02.3	8	0.29	910	2
Vegetable MexiDog	99	3.5	265	79	31.7	09.4	01.06	0	706	32.1	1.1	6.1	13.5	0	0.00	0	0
Veggie Burger	177	6.2	300	45	14.0	05.0	00.00	0	570	42.0	6.0	0.0	24.0	122	3.79	20	1
Veggie Dogs	99	3.5	265	79	32.0	09.0	01.00	0	706	32.0	1.0	6.0	14.0	0	0.00	0	0
Waffles	79	2.8	109	3	02.6	00.3	00.00	0	454	23.4	0.0	0.0	03.1	47	1.22	4	0

Nutritional information has been calculated using standard product formulations, serving sizes and information provided by our suppliers. Actual nutritional values may vary because of seasonal and regional variances, differences in suppliers, ingredients, recipes, preparation techniques and rounding of fractional values.

Nutritional information is correct as of October 1st, 2015.

COMFORT FOOD



Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Adobo Chicken with Ginger	57	2	85	33	40.6	3.7	1.04	60	219	0.5	0.1	0	11.5	5	0.53	12	0
Alfredo, Pasta	361	12.7	484	230	46	27	6	29	1422	49	2	4	22	36	2.51	19	1
Apple Walnut Pork Loin	236	8.3	358	135	36.8	14.8	5.14	53	996	33.2	2.5	4.7	24	21	0.91	125	4
Apple Spice Muffins	86	3	228	35	30.2	7.8	1.07	37	366	36	1.9	17.1	4.7	85	1.51	53	1
Au Grattan Potatoes	114	4	116	29	25.3	3.3	1.86	10	360	17	1.3	2.7	5.1	97	0.31	82	5
Bacon, side	17	0.6	90	68	75.9	7.9	2.82	17	373	0	0	0	5.6	0	0	0	0
Baked Beans	113	4	129	17	12.8	2	0.5	2	390	23.9	4.7	10.1	5.9	63	1.78	18	3
Baby Beets	269	9.5	211	53	40.4	10.1	2.04	8	368	27.2	6.6	13.6	6.2	140	2.63	3442	17
Baja Beef Bowl	341	12	392	166	44	18.4	7.96	90	643	19.9	3.5	1.3	32.9	26	3.13	313	8
Baja Veggie Bowl	309	10.9	372	159	44.6	17.7	9.29	38	917	27.8	6	2.2	21.5	49	2.28	204	4
Baked Beans	113	4.0	130	18	13.0	0.20	0.68	8	387	24.0	5.0	10.4	6.0	65	1.78	9	3
Baked Chicken	102	3.6	242	122	52.2	13.6	0.378	88	738	0.7	0.0	0.0	27.2	15	1.26	161	0
Baked Fish	93	3.3	107	36	35.5	0.40	0.106	49	540	0.1	0.0	0.0	16.2	9	0.18	168	0
Baked Potato Bar	392	13.8	550	247	43.0	25.4	11.88	63	1070	57.9	4.2	5.7	17.9	74	1.26	315	41
BBQ Chicken	28	1.0	46	8	18.0	0.10	0.025	21	137	0.13	0.0	1.0	0.80	5	0.32	5	0
Beans, Side	113	4.0	39	2	0.40	0.00	0.000	0	184	0.70	2.4	0.0	0.25	15	0.57	0	0
Beef Broccoli Bowl	382	13.5	463	189	41.5	21.2	0.486	51	3026	42.5	2.5	10.5	24.9	65	3.55	2786	53
Beef Enchilada Pie	212	7.5	363	146	41.9	17.0	0.688	39	1067	38.0	2.8	4.3	14.9	260	2.08	0	0
Biscuits with Honey Butter	64	2.3	217	126	57.0	14.0	0.720	25	457	20.5	0.7	3.7	0.30	117	1.04	522	0
Black Bean Corn Relish	29	1.0	29	2	19.1	0.06	0.003	0	47	0.50	0.6	0.8	0.11	0	0.01	9	1
Black Jack Chicken	139	4.9	123	22	18.6	0.25	0.047	46	544	0.94	0.8	6.9	14.7	21	0.81	230	2
Boneless Country Style Rib	181	6.4	354	194	54.0	21.6	0.863	70	873	21.9	0.0	18.3	19.4	34	1.99	0	0

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Braised Beef	161	5.7	262	146	56.6	16.2	0.637	71	293	0.55	0.7	1.5	22.5	15	2.89	153	3
Braised Short Ribs	103	3.6	219	23	11.0	0.30	0.100	26	8481	35.0	0.5	25.0	11.0	33	0.66	186	1
Breadsticks	69	2.4	190	46	25.0	0.50	0.150	0	288	30.0	1.0	4.0	0.50	26	1.60	1	0
Broccoli Quattro Formaggi	87	3.1	190	110	57.5	12.2	0.749	34	846	0.60	0.6	2.1	14.2	418	0.38	470	16
Brown Basmati Rice	110	3.9	154	27	18.5	0.31	0.182	7	228	28.2	0.8	0.6	0.28	19	1.52	971	1
Brown Gravy	27	1.0	6	3	46.0	0.03	0.020	1	89	0.07	0.0	0.1	0.02	1	0.03	0	0
Brown Rice	137	4.8	173	22	12.7	0.25	0.044	0	56	34.3	3.2	3.9	0.37	39	0.75	5685	6
BTO Pasta, Alfredo	361	12.7	484	230	46.0	27.0	0.600	29	1422	49.0	2.0	4.0	22.0	36	2.51	19	1
BTO Pasta, Marinara	235	8.3	117	55	41.0	0.60	0.000	72	617	15.0	3.0	9.0	0.30	16	0.38	383	34
BTO Sandwich	333	11.7	544	197	36.0	21.0	0.500	86	1716	46.0	5.0	4.0	39.0	94	4.44	562	6
Buttered Noodles	56	2.0	234	64	26.1	0.68	0.349	60	110	36.0	0.9	1.8	0.72	1	1.62	126	0
Chicken Enchiladas	192	6.8	389	146	39.0	17.0	0.700	67	1110	39.0	3.0	4.0	20.0	257	2.19	8	0
Chicken Parmesan	179	6.3	229	100	39.0	10.2	0.455	109	950	19.2	1.8	4.7	16.9	8	0.76	45	1
Chicken Strips	128	4.5	227	64	28.7	0.71	0.071	57	794	19.8	1.4	0.0	19.8	0	0.00	0	0
Chicken Tikka Masala	143	5.0	270	160	59.7	17.8	0.837	171	505	0.31	0.5	1.3	23.9	29	1.37	531	2
Chow Mein Noodles	28	1.0	132	51	33.8	0.51	0.152	0	233	19.2	1.0	0.0	0.30	0	0.67	0	0
Cilantro Rice	110	3.9	163	5	17.4	0.31	0.026	0	247	30.2	0.5	0.1	0.30	14	1.62	27	2
Corn on the cob	47	1.7	46	3	06.2	0.04	0.006	0	2	11.0	1.3	1.8	0.15	2	0.32	114	3
Corn Bread	61	2.2	159	42	26.4	0.47	0.100	26	324	26.0	0.8	7.6	0.35	101	1.19	92	0
Creamy Pumpkin Pasta	338	11.9	260	116	28.6	13.0	0.756	40	876	61.2	3.2	3.1	11.8	78	2.57	319	3
Fettuccini, Mushroom Alfredo	108	3.8	293	120	41.9	13.7	0.726	28	335	34.2	2.1	2.3	0.86	15	1.61	300	0
Fettuccini, Fresh Arrabiata	111	3.9	109	66	54.2	0.74	0.099	2	254	11.8	1.6	3.2	0.23	26	0.75	4453	5
Focaccia	106	3.7	278	45	15.8	0.50	0.000	0	576	51.0	2.0	3.0	0.90	187	3.58	0	0
Fried Chicken	168	5.9	316	158	50.0	18.0	0.500	109	592	12.0	0.0	10.0	28.0	39	1.42	0	0
Frijoles Puerco's	83	2.9	95	36	37.2	0.39	0.143	9	185	0.93	2.4	0.3	0.56	3	0.16	0	0

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Garlic Bread	67	2.4	205	91	49.0	11.0	0.500	21	357	20.0	1.0	1.0	0.60	5	1.17	195	0
Grilled Asparagus	114	4.0	31	8	22.1	0.09	0.016	0	128	0.47	2.3	1.5	0.27	26	1.03	1141	9
Grilled Chicken Breast	83	2.9	96	20	22.7	0.23	0.048	53	110	0.00	0.0	0.0	17.6	4	0.31	25	1
Grilled Vegetables	84	3.0	83	57	67.4	0.64	0.090	0	296	0.62	0.8	4.9	0.07	12	0.26	303	16
Hoisin Beef	83	2.9	178	70	39.7	0.78	0.240	37	849	12.8	0.9	7.4	13.7	11	1.49	2	0
Homemade Classic Lasagna	113	4.0	132	38	29.2	0.43	0.215	15	354	14.3	1.2	2.5	0.91	78	0.69	175	1
Honey Sriracha Glazed Chicken	169	6.0	244	6	02.4	0.07	0.019	50	1651	41.2	0.1	39.8	21.1	19	1.75	0	1
Italian Herb Chicken	74	2.6	202	88	61.9	13.7	0.291	60	308	0.02	0.1	0.1	18.7	11	0.89	163	0
Jasmine Rice	113	4.0	175	0	00.0	0.00	0.000	0	2	39.5	0.0	0.0	0.30	2	0.00	0	0
Kung Pao Chicken	111	3.9	230	108	45.9	12.0	0.240	75	264	14.4	5.4	7.3	17.5	22	1.83	4397	18
Kung Pao Soy Chicken	105	3.7	276	155	55.2	17.4	0.331	0	615	19.9	6.4	5.7	11.8	15	2.10	3150	4
Lasagna, Classic	113	4.0	132	38	29.2	0.43	0.215	15	354	14.3	1.2	2.5	0.91	78	0.69	175	1
Lasagna, Vegetable	113	4.0	160	75	45.6	0.80	0.450	25	425	14.0	1.5	2.5	0.75	0	0.00	0	0
Mac & Cheese	112	4.0	179	65	37.0	0.70	0.200	9	256	23.0	1.0	0.0	0.50	35	0.98	57	0
Mashed Potatoes	124	4.4	88	13	14.0	0.10	0.000	0	398	18.0	1.0	1.0	0.20	9	0.26	63	17
Mexican Rice	111	3.9	152	19	14.0	0.20	0.034	0	234	28.5	0.4	0.9	0.34	2	0.00	0	0
Nachos Supreme	179	2.8	223	93	41.5	10.3	0.375	21	629	24.5	4.9	2.0	0.81	54	0.66	289	3
Nana's Garlic Bread	71	2.5	260	102	40.0	11.6	0.500	14	368	32.5	1.5	1.5	0.68	30	2.15	529	1
Orrecchiette w/ Sausage and Broccolini	137	4.8	269	153	69.9	20.5	0.586	43	612	0.82	1.2	0.9	11.7	32	1.05	210	32
Pasta Bake	85	3.0	106	30	15.4	0.32	0.086	30	203	32.3	2.0	2.9	0.68	0	1.25	1	0

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Pork Loin	113	4.0	165	74	45.0	0.80	0.300	56	406	0.10	0.0	0.0	22.0	5	0.68	0	1
Pot Roast with Vegetables	246	8.7	135	3	02.0	0.03	0.008	0	77	31.0	4.8	5.8	0.31	54	0.66	8110	15
Ratatouille Vegetables	84	3.0	29	11	36.1	0.12	0.018	0	182	0.41	1.2	2.2	0.09	17	0.35	665	23
Risotto	113	4.0	138	26	21.0	0.32	0.179	7	450	24.0	0.9	0.2	0.25	6	1.26	85	0
Risotto, Pumpkin	82	2.9	153	52	45.3	0.78	0.361	15	200	18.0	1.4	1.3	0.31	52	1.28	4475	3
Roasted Baby Eggplant	119	4.2	182	40	68.4	15.1	0.307	13	282	11.7	6.0	3.5	0.40	216	3.97	650	11
Roasted Chicken	101	3.5	238	122	53.0	14.0	0.380	88	82	0.00	0.0	0.0	27.0	15	1.26	161	0
Roasted Red Potatoes	116	4.1	100	2	02.0	0.00	0.000	0	266	23.0	2.0	1.0	0.20	9	0.36	3	9
Sausage, Side	43	1.5	131	108	83.9	12.0	0.396	26	352	0.01	0.0	0.4	0.51	5	0.25	0	

GRAIN BAR, SEASONALLY FRESH



Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Aztec Zucchini	84	3.0	43	5	53.0	02.8	00.00	0	85	5.0	1.2	2.0	01.0	20	0.74	486	52
Baby Beets	85	3.0	61	23	36.0	03.0	2.00	6	134	08.0	2.6	4.0	02.0	17	1.32	718	6
Baked Farro Risotto	104	3.7	126	49	54.5	7	2	9	291	11	1	2.8	2.7	45	0.42	134	1
Barley Risotto Primavera	106	3.7	80	21	26.0	2.0	1.00	6	123	12.0	2.4	1.4	3.0	13	0.44	702	5
Braised Red Cabbage	84	3.0	90	43	53.0	5.0	2.00	11	317	6.0	1.0	3.4	4.0	22	0.37	450	24
Broccoli & Cauliflower w/ Mornay Sauce	85	3.0	133	74	55.0	8.0	5.00	24	335	10.0	0.0	1.0	5.0	139	0.53	741	15
Broccolini	57	2.0	19	2	08.0	0.0	0.00	0	19	4.0	1.5	1.0	1.6	27	0.41	353	51
Brown Rice	145	5.0	175	22	13.0	2.5	0.50	0	62	35.0	3.0	4.0	4.0	42	0.77	6111	6
Brussels Sprouts w/ Cheese Sauce	84	3.0	72	34	45.0	4.0	2.30	11	184	7.0	2.0	2.5	3.5	54	0.77	496	42
Bulgar & Spinach Pilafe w/ Labneh	81	2.8	67	5	45.0	3.0	0.30	0	55	8.5	2.0	2.0	1.0	29	0.35	880	9
Buttered Beets w/ Peas & Onions	85	3.0	61	23	36.0	3.0	1.50	6	134	8.0	2.6	4.0	2.0	17	1.32	718	6
Caramelized Turnips	85	3.0	46	17	36.0	2.0	1.00	5	53	7.0	1.4	5.0	1.0	24	0.24	57	17
Cauliflower Stifado	84	3.0	47	4	54.0	3.0	0.00	0	14	5.0	1.0	2.0	1.0	17	0.26	2	22
Chickpea Stew	88	3.1	60	8	44.5	03.2	00.25	0	339	07.0	1.8	1.7	01.8	22	0.80	188	3
Corn Bake	96	3.4	151	46	31.8	05.4	02.96	29	328	21.3	2.7	2.0	04.5	80	1.43	253	9
Curried Cauliflower	86	3.0	80	54	65.0	6.0	2.00	9	124	6.0	1.0	2.0	2.0	26	0.48	106	26
Curried Cauliflower and Carrots	86	3.0	71	7	67.0	6.0	0.00	0	45	5.0	2.0	2.0	1.0	21	0.47	1411	31
Curried Millet	83	3.0	93	9	29.0	3.0	0.00	0	179	15.0	2.0	1.0	2.0	11	0.69	4	2
Eggplant in Tomato Sauce	84	3.0	109	62	79.0	10.0	1.00	0	254	6.0	1.2	4.0	0.0	4	0.10	5	0
Farro Bean Stew	109	3.8	79	3	16.0	1.0	0.00	0	72	13.0	2.0	1.0	3.0	32	0.64	542	5
Farro Risotto	104	3.7	126	49	54.5	7.0	2.00	9	291	11.0	1.0	3.0	3.0	45	0.42	134	1
Glazed Carrots w/ Raisins	85	3.0	114	1	01.5	00.0	0.00	0	526	28.0	3.0	20.0	1.0	25	0.00	10000+	4
Grandma's Grain	85	3.0	76	6	07.0	00.6	0.00	0	71	16.0	1.5	0.0	2.0	5	0.48	1	0
Greek Oven Roasted Vegetables	84	3.0	82	17	61.0	06.0	1.00	3	124	6.0	1.0	2.0	3.0	73	0.35	155	10
Grilled Garlic Parmesan Zucchini	84	3.0	81	58	70.0	07.0	4.00	17	98	3.0	0.0	2.0	3.0	82	0.35	350	13
Grilled Vegetables	84	3.0	98	77	75.0	08.5	1.00	0	303	6.0	1.0	4.0	1.0	10	0.37	303	16
Indian Style Grilled Vegetables w/ Poneer	84	3.0	37	3	06.0	00.0	0.00	0	180	8.0	1.5	2.0	3.0	22	0.54	1029	34
Jalapeno and Monterey Jack Grits	108	3.8	219	150	68.0	17.0	9.00	48	271	10.0	0.5	0.5	8.0	175	0.57	469	6
Leeks Stewed w/ Tomatoes	84	3.0	99	7	57.0	07.0	0.49	0	92	10.0	1.0	2.0	1.0	12	0.26	957	5
Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Lemon Quinoa Salad	84	3.0	110	36	45.0	06.0	0.00	0	222	12.0	2.0	0.0	4.0	21	0.96	23	1
Lentil Almond Stir-Fry	85	3.0	131	18	20.0	03.0	0.34	1	31	20.0	8.0	3.0	7.0	57	2.61	480	36
Lentil and Edamame Stew	83	3.0	111	11	34.0	04.0	0.00	0	130	13.0	6.0	2.0	6.0	19	1.33	32	3
Lentils w/ Browned Onions and Walnuts	79	2.9	67	30	52.0	04.0	0.00	0	114	7.0	2.0	1.0	2.0	47	1.32	246	4
Lentils with Vegetables	83	3.0	111	11	34.0	04.0	0.00	0	130	13.0	6.0	2.0	6.0	19	1.33	480	36
Mediterranean Farro	84	3.0	146	21	41.0	06.0	1.00	3	509	16.0	2.0	1.0	5.0	44	0.51	259	8
Mexican Polenta Pie	112	4.0	85	21	24.0	02.0	0.89	6	117	13.0	2.0	2.0	4.0	8	0.33	83	1
Mexican Quinoa	80	2.8	65	8	23.0	02.0	0.00	0	191	11.0	2.0	1.0	2.0	14	0.68	281	5
Mexican Tamale Pie	209	7.4	286	161	55.0	18.0	9.00	82	715	17.0	2.0	4.0	16.0	443	1.35	1004	22
Meyer Lemon Risotto	80	2.8	86	28	49.0	05.0	1.00	6	197	8.0	1.0	1.0	3.0	55	0.39	152	1
Millet Croquettes	85	3.0	162	45	28.0	05.0	2.00	65	306	22.0	2.0	2.0	7.0	100	1.46	1139	8
Mustard Greens & Bulgur	111	3.9	169	29	35.0	07.0	0.50	0	103	26.0	6.0	5.0	1.0	31	0.35	942	7
Peas & Corn	112	4.0	105	8	06.0	01.0	0.00	0	398	21.0	4.0	6.0	5.0	13	0.83	1143	5
Polenta Lasagna	113	4.0	77	19	25.0	02.0	1.00	28	243	10.0	2.0	3.0	5.0	5	0.15	184	9
Quinoa & Black Beans	82	2.8	68	9	13.0	01.0	0.00	0	58	12.0	2.0	1.0	3.0	11	0.49	28	2
Quinoa w/ Garbanzo & Tomatoes	82	2.8	84	13	28.0	03.0	0.00	0	110	12.0	2.0	0.0	3.0	18	0.98	94	2
Quinoa w/ Leeks & Mushrooms	84	3.0	116	35	37.0	05.0	0.00	0	149	15.0	2.0	2.0	4.0	23	1.37	688	19
Red Rice & Quinoa	113	4.0	131	18	47.0	07.2	0.60	0	191	15.3	2.1	3.2	3.0	64	1.16	855	9
Roasted Acorn Squash w/ Gorgonzola Cheese	82	2.8	102	31	48.0	06.0	2.00	8	262	11.0	1.0	0.0	3.0	78	0.47	310	7
Roasted Brussel Sprouts	113	4.0	48	4	07.0	00.0	0.00	0	17	9.0	5.0	2.0	4.0	29	0.54	1050	52
Roasted Carrots	100	3.5	139	47	51.0	09.0	1.00	0	98	16.0	2.0	8.0	3.0	78	1.74	3649	14
Roasted Carrots w/ Cardamon Butter	86	3.0	58	18	42.3	02.9	1.17	4	222	8.1	2.4	3.9	0.8	29	0.28	13889	5
Roasted Rutabaga	84	3.0	90	8	70.0	07.0	1.00	0	76	6.0	2.0	4.0	1.0	37	0.48	127	21
Roasted Squash, Red Onion, Oregano & Mint	113	4.0	101	55	51.3	06.2	0.86	0	154	12.1	2.1	2.4	1.1	51	0.80	10134	21
Roasted Winter Vegetables	83	3.0	71	4	36.0	03.0	0.00	0	234	11.0	3.0	3.0	1.0	0	0.44	7239	11
Savory Millet Cakes	77	2.7	36	8	47.0	02.0	0.00	3	163	3.0	0.4	0.5	2.0	6	0.14	504	1
Southwestern Quinoa Casserole	111	4.0	129	36	27.0	04.0	2.00	10	258	18.0	3.0	2.0	6.0	9	0.67	34	0
Soy Braised Kibacha Squash	83	3.0	104	18	17.0	02.0	0.30	0	123	21.0	1.0	15.0	1.0	18	0.40	761	7
Spiced Tri Colored Quinoa	115	4.1	169	69	39.3	07.8	0.71	0	531	21.7	3.5	5.0	5.3	31	1.60	11	1
Spicy Parmesan Green Beans & Kale	86	3.0	66	31	48.0	03.5	1.00	2	326	6.0	2.0	2.0	2.0	62	0.60	1522	17
Spinach Grattan	84	3.0	70	37	54.0	04.0	3.00	15	185	5.0	1.0	2.0	3.0	72	0.12	172	2
Stir-Fried Chinese Vegetables	84	3.0	56	33	60.0	04.0	1.00	0	260	4.0	1.0	2.0	2.0	47	0.58	1057	36
Tabasco & Asparagus Quinoa	82	2.8	168	143	83.0	16.0	7.00	26	199	5.0	1.5	1.0	3.0	18	1.05	828	5
Tokyo Five Grain	84	3.0	83	7	09.0	01.0	0.00	0	178	17.0	1.0	0.0	2.0	7	0.53	0	0

Nutritional information has been calculated using standard product formulations, serving sizes and information provided by our suppliers. Actual nutritional values may vary because of seasonal and regional variances, differences in suppliers, ingredients, recipes, preparation techniques and rounding of fractional values. Nutritional information is correct as of October 1st, 2015.

Please feel free to contact Cristilynn Rood at crood@calbaptist.edu if you have any Nutritional questions. We welcome any input and inquires.

ALUMNI DINING
COMMONS

provider
contract food service

SAUTÉ STATION



Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Andalusian Salad	81	2.9	120	11	86.2	12.1	0.88	0	362	3.7	1	2.1	0.6	9	0.21	605	31
Baked Chicken	86	3.0	114	39	36.0	0.40	00.77	53	372	00.0	0.0	0.0	17.5	4	0.32	25	1
Basmati Rice	110	3.9	154	27	18.5	0.30	01.80	7	231	28.0	0.8	0.6	02.8	19	1.52	971	1
Beef Bruschetta	140	4.9	225	97	48.9	12.2	04.15	39	526	14.6	1.3	2.2	14.1	71	1.60	645	10
Beef Fajitas	131	4.6	106	39	36.8	0.43	01.52	28	170	06.6	1.4	3.1	10.1	16	1.26	609	49
Black Beans	56	2.0	39	1	02.6	00.1	00.00	0	48	07.0	1.8	0.2	02.5	1	0.00	0	0
BTO Taco, Carne Asada	194	6.8	335	108	33.0	12.0	04.00	74	408	28.0	5.0	2.0	29.0	64	3.59	1411	5
BTO Taco, Carnitas	209	7.4	413	199	49.0	22.0	09.00	84	835	31.0	5.0	3.0	22.0	102	1.94	584	2
BTO Taco, Pollo Asada	209	7.4	343	124	37.0	14.0	06.00	128	378	30.0	5.0	3.0	24.0	89	1.73	610	2
Caribbean Chicken	158	6.0	259	104	41.2	11.6	03.11	170	278	05.3	0.4	4.6	31.8	16	1.53	326	20
Caribbean Tilapia	143	5.0	162	58	36.4	06.4	01.40	48	194	05.9	0.4	4.9	19.5	6	0.14	292	21
Chicken Breast	83	2.9	95	19	21.7	02.2	00.47	53	96	00.0	0.0	0.0	17.5	0	0.00	0	0
Chicken Piccata	157	5.5	268	147	56.3	16.6	04.75	146	619	09.9	0.7	0.4	19.1	22	1.32	346	2
Chile Lime Beurre Blanc Chicken	140	4.9	282	183	70.1	20.4	11.94	101	160	01.7	0.2	0.7	17.9	14	0.45	597	2
Chile Lime Beurre Blanc Fish	142	5.0	285	198	74.6	22.1	12.38	84	88	02.2	0.2	0.8	14.8	11	0.18	573	2
Chimichurri	28	1.0	70	65	90.8	07.3	01.00	0	103	01.3	0.4	0.5	00.3	10	0.28	359	12
Chipotle Mango Glazed Chicken	112	4.0	139	48	36.0	05.4	01.00	60	439	01.9	0.2	1.3	19.7	9	00.39	134	4
Ciabatta	189	6.7	433	37	17.0	08.3	00.36	0	941	81.3	0.1	1.0	09.8	3	00.10	126	2
Cilantro Rice	84	3.0	119	3	17.6	02.3	00.00	0	184	22.0	0.4	0.0	02.0	9	01.18	12	0
Citrus Rotisserie Chicken	78	3.0	180	89	55.0	10.8	02.80	63	197	00.2	0.0	0.0	19.5	12	00.96	255	0
Confetti Rice	113	4.0	225	4	02.0	00.5	00.31	1	104	49.6	0.1	0.1	04.1	3	00.01	257	2
Corn Cakes & Black Bean Tomato Relish	144	5.1	227	68	31.8	08.0	04.45	43	491	32.0	4.1	3.0	06.7	121	02.15	379	14
Cous Cous Cakes	93	3.3	145	20	22.0	04.0	01.00	17	175	24.0	1.0	1.0	05.0	22	0.00	142	0
Curry Chicken Salad with Naan	81	2.9	87	16	19.1	01.9	00.42	2	423	14.9	1.5	3.9	03.1	53	0.65	2549	11
Fattoush Salad	82	2.9	65	12	40.4	03.1	00.32	0	197	08.6	1.1	1.8	01.6	22	0.73	568	9
Fiesta Chicken	258	9.0	223	83	39.7	09.6	02.89	64	561	09.8	2.7	3.7	23.0	41	1.15	3060	15
Fiesta Tilapia	258	9.0	208	80	40.6	09.2	03.05	47	230	10.3	2.7	3.9	20.0	38	0.87	3036	16
Fish Taco's	159	5.6	203	41	20.0	05.0	01.00	58	97	17.0	2.0	2.0	25.0	30	0.45	20	3
Forbidden Rice	105	3.7	96	10	08.4	01.0	00.00	0	2	20.6	1.4	0.5	02.9	2	0.52	0	0
Grilled Asian Tilapia Tacos	128	4.5	303	217	71.6	24.0	03.55	33	337	10.5	1.2	3.5	10.8	26	0.28	488	7
Grilled Baja Fish Taco's	182	6.4	341	158	45.0	17.6	05.47	34	515	36.3	6.0	3.8	12.1	80	1.58	215	20
Grilled Chicken	86	3.0	100	21	22.7	02.4	00.50	55	157	00.0	0.0	0.0	18.3	4	0.32	26	1
Grilled Tilapia	134	4.7	156	56	37.4	06.3	01.46	57	61	00.8	0.0	0.3	22.8	2	0.06	1	2
Grilled Fresh Salmon Salad	725	25.6	794	564	69.0	63.8	09.82	98	3285	28.3	6.0	15.5	36.1	162	3.77	3137	64
Grilled Tilapia Salad	113	4.0	136	38	42.0	06.0	01.00	36	67	05.0	0.4	4.0	15.0	5	0.12	242	18
Grilled Turkey Breast	224	7.9	130	17	26.5	04.1	00.53	11	132	19.2	3.0	15.4	06.5	44	1.02	5195	64
Gyro w/ Tabbouli	234	8.3	727	549	72.5	61.0	07.46	39	411	32.0	2.0	8.2	20.0	87	2.27	475	53
Hummus	28	1.0	30	8	36.0	01.3	00.09	0	123	03.7	1.2	0.0	01.4	10	0.34	4	0
Italian Herb Chicken	106	3.7	123	75	61.0	08.5	03.63	19	587	06.9	0.6	0.9	05.0	15	0.66	135	4
Island Rice	75	2.6	202	88	62.0	13.7	03.00	60	308	00.0	0.0	0.0	18.7	11	0.89	163	0
Jamaican Barbecue Sauce	55	1.9	54	1	01.5	00.1	00.02	0	713	12.1	0.3	9.7	01.3	16	0.44	185	4
Jamaican Rice and Peas	118	4.2	149	34	22.7	03.8	03.17	1	367	24.9	2.7	0.6	04.2	29	1.56	176	9
Japanese Miso Vinaigrette	38	1.0	70	60	85.0	07.0	01.00	0	350	03.0	0.0	1.0	01.0	0	0.00	0	0
Kale Salad w/ Roasted Tomatoes & Quinoa	109	3.8	100	12	33.1	03.9	00.34	0	304	15.1	2.2	4.1	02.8	14	0.74	473	11
Lebanese Garlic Sauce	21	0.7	153	15	97.3	17.4	01.25	0	60	00.9	0.1	0.0	00.2	5	0.05	0	1
Lemon Chicken	21	0.7	153	15	97.3	17.4	01.25	0	60	00.0	0.1	0.0	00.2	5	0.05	0	1
Lemon Herb Chicken	188	6.6	194	39	21.0	04.4	01.00	106	935	01.5	0.9	0.0	35.0	42	1.40	86	2
Lemon Herb Tilapia	149	5.3	154	13	13.5	02.0	00.00	69	498	02.0	0.0	2.0	29.0	1	0.82	14	5
Lemon Rice Pilaf	142	5.0	140	40	29.0	04.5	02.00	65	238	01.6	0.0	0.0	23.0	4	0.09	68	0

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Mango Chicken	84	3.0	114	42	37.0	04.8	02.76	12	454	16.0	0.0	0.3	02.0	15	0.63	133	2
Mango Habenero Vinaigrette	28	1.0	38	3	52.8	02.3	00.18	0	28	04.5	0.4	3.8	00.2	4	0.08	241	17
Mango Tilapia	28	1.0	38	3	52.8	02.3	00.18	0	28	04.5	0.4	3.8	00.2	4	0.08	241	17
Melon Relish	80	2.8	58	4	51.2	03.6	00.28	0	12	06.8	1.0	4.7	00.8	18	0.65	2009	24
Mexican Rice	50	1.8	56	4	09.1	00.6	00.08	0	141	11.1	0.0	0.2	01.3	2	0.01	14	0
Mixed Bean & Grain Salad	114	4.0	119	11	22.1	02.9	00.25	0	130	19.6	5.8	0.2	03.5	21	1.03	194	7
Orzo with Spring Vegetables	179	6.3	458	249	54.0	28.0	05.00	0	822	48.0	4.0	0.0	06.0	61	1.04	0	2
Orzo Prima Vera	85	3.0	47	6	18.0	01.7	00.00	0	113	14.0	1.8	1.4	03.4	45	1.72	4097	15
Pancetta Cream Chicken	158	5.6	189	94	51.7	10.6	03.66	72	720	01.5	0.1	0.1	20.8	14	0.51	164	1
Pancetta Cream Fish	158	0.0	189	94	51.7	10.6	03.66	72	720	01.5	0.1	0.1	20.8	14	0.51	164	1
Pita Bread	34	1.2	94	4	04.0	00.4	00.06	0	182	18.9	0.7	0.4	03.1	29	0.89	0	0
Polenta	91	0.0	336	14	04.4	01.6	00.20	0	6	72.1	3.5	1.5	06.5	3	1.00	194	0
Pollo Asado	91	3.2	336	14	04.4	01.6	00.00	0	6	72.0	3.5	1.5	06.5	3	1.00	194	0
Rice Pilaf	181	6.4	467	315	74.0	35.5	06.90	79	1336	02.8	0.0	2.6	24.7	22	1.30	344	7
Risotto	28	1.0	36	6	19.0	00.8	00.40	2	131	06.0	0.0	0.0	01.0	2	0.02	265	0
Saffron Cous Cous	80	2.8	50	3	10.1	00.6	00.06	0	54	09.7	1.5	1.6	01.8	15	0.39	846	8
Sear Tuna	33	1.2	43	5	11.1	00.5	00.07	0	30	08.1	1.1	0.7	01.5	9	0.26	809	4
Southwest Tilapia	115	4.0	182	80	45.0	09.0	01.67	36	381	10.0	0.0	9.0	15.0	1	0.04	1	1
Soy Chicken	163	5.7	184	58	34.4	06.9	01.50	57	107	05.6	0.6	1.1	23.9	2	0.06	10	3
Soyrizo Taco	82	2.9	48	19	39.0	02.0	00.70	0	113	03.5	1.0	0.0	03.8	0	0.55	0	0
Soyrizo and Potatoes	182	6.4	282	109	38.0	12.0	05.00	26	774	29.0	5.4	3.4	15.3	327	1.65	361	22
Stuffed Chicken Breast	260	9.2	310	90	52.0	18.5	04.80	42	1509	23.0	1.8	2.4	15.3	49	1.46	382	32
Sweet Potato Mash	101	3.6	124	49	38.7	05.5	03.44	16	307	17.8	2.2	2.7	01.7	26	0.48	8523	1
Tahani Parsley Dressing	29	1.0	74	64	77.3	07.1	00.00	0	17	02.3	0.2	0.1	02.4	17	0.44	145	3
Thai Black Quinoa Salad	171	6.0	226	130	62.0	16.0	10.00	36	228	06.3	0.8	1.6	15.9	24	1.90	107	10
Tunisian Chicken	105	3.7	104	23	23.0	02.8	00.50	0	238	17.7	3.4	5.9	03.7	20	0.99	659	23
Tunisian Tilapia	142	5.0	299	76	25.0	08.5	01.25	53	411	38.0	3.8	24.0	18.4	41	1.05	722	1
Veggie Bruschetta	142	5.0	284	72	25.0	08.0	01.40	36	81	38.0	3.8	24.0	15.4	38	0.77	698	2
Vera Cruz, Chicken	113	4.0	107	22	22.3	02.5	00.53	54	418	01.5	0.4	0.7	18.2	8	0.40	33	2
Vera Cruz, Soy Chicken	113	4.0	122	40													

WRAP STATION



Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Andalusian Salad	81	2.857	120	11	86.2	12.1	0.88	0	362	3.7	1	2.1	0.6	9	0.21	605	31
Antipasta Salad	125	4.4	151	95	68.0	12.0	3.50	10	483	07.4	1.2	04.0	05.0	17	0.64	312	7
Bay Shrimp Nicoise Salad	292	10.3	444	311	72.0	35.0	5.00	158	1295	19.0	3.0	05.0	11.8	69	1.35	2780	12
Berry Salad	249	8.8	281	91	30.0	10.0	8.40	1	143	49.0	7.0	36.7	03.8	81	1.52	3404	22
Caesar Salad	106	3.7	220	39	70.0	17.0	3.00	25	508	08.0	1.5	2.0	08.0	26	0.75	4941	2
Cheese and Cracker Plate	40	1.4	154	95	60.3	10.4	5.98	30	366	08.4	0.0	0.1	07.1	204	0.91	284	0
Chicken Tender Wrap	265	9.0	641	351	55.0	39.0	10.00	81	1547	48.0	3.0	5.0	25.0	275	2.33	379	6
Cucumber, Tomato, and Artichoke Salad	88	3.1	79	61	78.3	06.9	1.02	0	251	03.5	0.8	1.6	00.8	16	0.41	337	7
Fall Apple Salad	192	6.8	388	239	61.4	26.7	7.31	31	617	28.2	3.3	21.5	09.6	196	40.99	1072	6
Fall Apple Turkey Wrap	119	4.2	196	60	30.0	06.3	1.87	32	558	21.6	2.9	4.1	11.4	68	1.93	1437	5
Greek Chicken Salad	215	7.6	291	209	75.0	23.0	5.00	31	946	08.0	2.0	4.0	09.0	101	0.74	2449	11
Greek Salad	223	7.9	171	80	72.0	14.0	1.40	0	971	10.8	2.6	5.6	01.9	51	1.25	2932	25
Greek Wrap	308	10.9	517	265	52.1	29.3	6.63	25	1359	49.1	7.0	6.2	11.5	288	2.88	916	12
Grilled Veggie and Hummus Wrap	169	6.0	329	140	40.9	15.7	3.59	8	622	41.1	4.8	5.1	09.8	53	1.21	724	28
Italian Chopped Salad	241	8.5	596	392	77.0	50.0	12.00	59	1894	14.0	2.0	5.0	20.0	35	18+	3915	8
Italian Deli Salad	294	10.3	287	186	64.0	21.0	7.00	47	1307	11.0	3.0	5.0	16.0	53	10.57	4791	13
Italian Deli Wrap	109	3.8	197	95	49.2	10.5	3.70	24	728	14.9	1.3	1.9	09.4	9	0.34	192	4
Italian veggie and Cheese Wrap	108	3.8	155	70	47.0	07.8	1.88	5	496	15.8	1.5	2.8	04.0	9	0.21	303	8
Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Mediterranean Salad	223	7.9	171	80	72.0	14.0	1.39	0	971	11.0	2.6	5.6	01.9	51	1.25	2932	25
Mexican Caesar Salad	106	3.7	220	39	70.0	17.0	3.00	25	508	08.0	1.5	2.0	08.0	26	0.75	4941	2
Mixed Bean and Grain Salad	114	4.0	119	11	22.1	02.9	0.25	0	130	19.6	5.8	0.2	03.5	21	1.03	194	7
Quinoa Parfait w/ Mango Yogurt, Strawberries, and Pepetas	111	3.9	186	82	45.5	09.8	1.67	1	149	18.5	2.7	5.3	07.9	50	2.22	241	12
Southwest Chicken Wrap	189	6.7	285	98	35.6	10.9	2.43	40	559	27.4	4.2	3.1	16.7	81	1.32	530	3
Southwest Veggie Wrap	207	7.3	281	94	34.3	10.4	2.30	13	571	35.7	4.7	4.1	09.1	86	1.44	636	15
Spa Wrap w/ Red Pepper Hummus	166	5.9	213	25	22.0	05.6	0.30	0	302	36.5	6.0	3.4	07.4	123	2.72	5038	20
Tuna Salad with Crostini	272	9.6	554	272	50.1	29.6	13.40	116	1396	37.6	3.5	9.6	28.7	47	2.74	947	7
Turkey Caesar Salad	135	4.8	164	43	25.3	04.0	1.02	37	723	11.9	1.9	1.3	15.0	32	1.65	4943	2
Turkey Club Wrap	154	5.4	267	134	49.4	15.0	1.50	29	544	21.0	2.5	2.0	13.5	78	1.62	417	6
Turkey Croissant Sandwich	272	9.6	554	272	50.1	29.6	13.40	116	1396	37.6	3.5	9.6	28.7	47	2.74	947	7
Turkey Honey Yogurt Wrap	178	6.3	317	64	18.9	06.8	0.65	15	519	55.2	5.3	27.9	10.6	105	22.24	330	3
Turkey Pesto Wrap	211	7.4	418	207	49.0	22.6	5.50	48	1241	31.0	3.5	1.9	21.0	331	4.56	1135	9
Turkey Wrap	183	6.5	259	73	29.0	08.0	3.00	45	916	26.0	2.0	1.0	17.0	111	0.93	401	4
Veggie Nicoise Salad	177	6.2	239	170	71.4	19.0	2.50	52	498	10.7	3.0	3.7	06.6	29	0.79	2433	7
Veggie Wrap	218	7.7	245	129	53.0	14.0	2.00	0	695	25.0	3.0	5.0	06.0	91	1.79	3983	20
Watermelon, Orange, & Feta Salad	226	8.0	72	19	24.0	02.0	1.00	6	118	12.0	2.0	9.0	02.7	55	0.64	1621	27
Wedge Salad	169	6.0	350	267	80.7	29.8	5.38	31	695	08.2	1.5	4.1	07.9	1	0.61	911	5
You Call it Wrap	183	377.0	377	163	44.5	18.1	3.97	43	1010	35.1	4.4	3.6	15.8	132	2.39	403	4

Nutritional information has been calculated using standard product formulations, serving sizes and information provided by our suppliers. Actual nutritional values may vary because of seasonal and regional variances, differences in suppliers, ingredients, recipes, preparation techniques and rounding of fractional values. Nutritional information is correct as of October 1st, 2015.

Please feel free to contact Cristilynn Rood at crood@calbaptist.edu if you have any Nutritional questions. We welcome any input and inquires.

ALUMNI DINING
COMMONS



SUSHI STATION



Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
California Roll	140	4.9	130	36	55.2	04.0	0.50	10	400	19.0	2.0	04.0	05.0	20	0.72	1000	9
Cucumber & Avocado Roll	98	3.5	90	54	55.9	06.0	1.00	5	280	04.0	1.0	03.0	04.0	20	0.36	100	0
Philly Roll	200	7.0	190	50	57.2	05.5	2.50	18	540	29.5	2.5	05.5	05.5	10	0.36	500	1
Spicy Tuna Roll	100	3.5	160	12	13.3	01.0	00.00	8	460	31.0	5.0	7.5	06.5	10	0.36	650	1
Shrimp Nigiri Sushi	35	1.2	33	1	00.3	00.0	00.00	25	155	04.5	0.3	1.3	03.0	10	0.54	0	0
Tempura Roll	140	4.9	270	54	05.0	06.0	2.50	10	560	41.0	2.0	0.0	13.0	0	0.00	0	0
Tuna Nigiri Sushi	35	1.2	35	1	00.4	00.0	0.00	6	130	04.5	0.3	1.3	03.3	0	0.18	0	0
Vegetable Roll	112	4.0	96	22	04.4	02.4	0.00	0	416	17.6	1.6	4.0	02.4	20	0.54	4000	10
Wasabi	100	3.5	109	0	00.0	0.00	0	0	17.0	24.0	8.0	00.0	5	120.00	0.9	0	41.4
Pickled Ginger	28	1.0	5	0	00.0	00.0	00.00	0	240	01.0	0.0	0.0	00.0	0	0.00	0	0
Eel Sauce	14	0.5	30	0	00.0	00.0	00.00	0	280	07.0	0.0	5.0	01.0	0	0.30	0	0
Ponzu Sauce	14	0.5	10	0	00.0	00.0	00.00	0	400	02.0	0.0	2.0	00.0	0	0.00	0	0

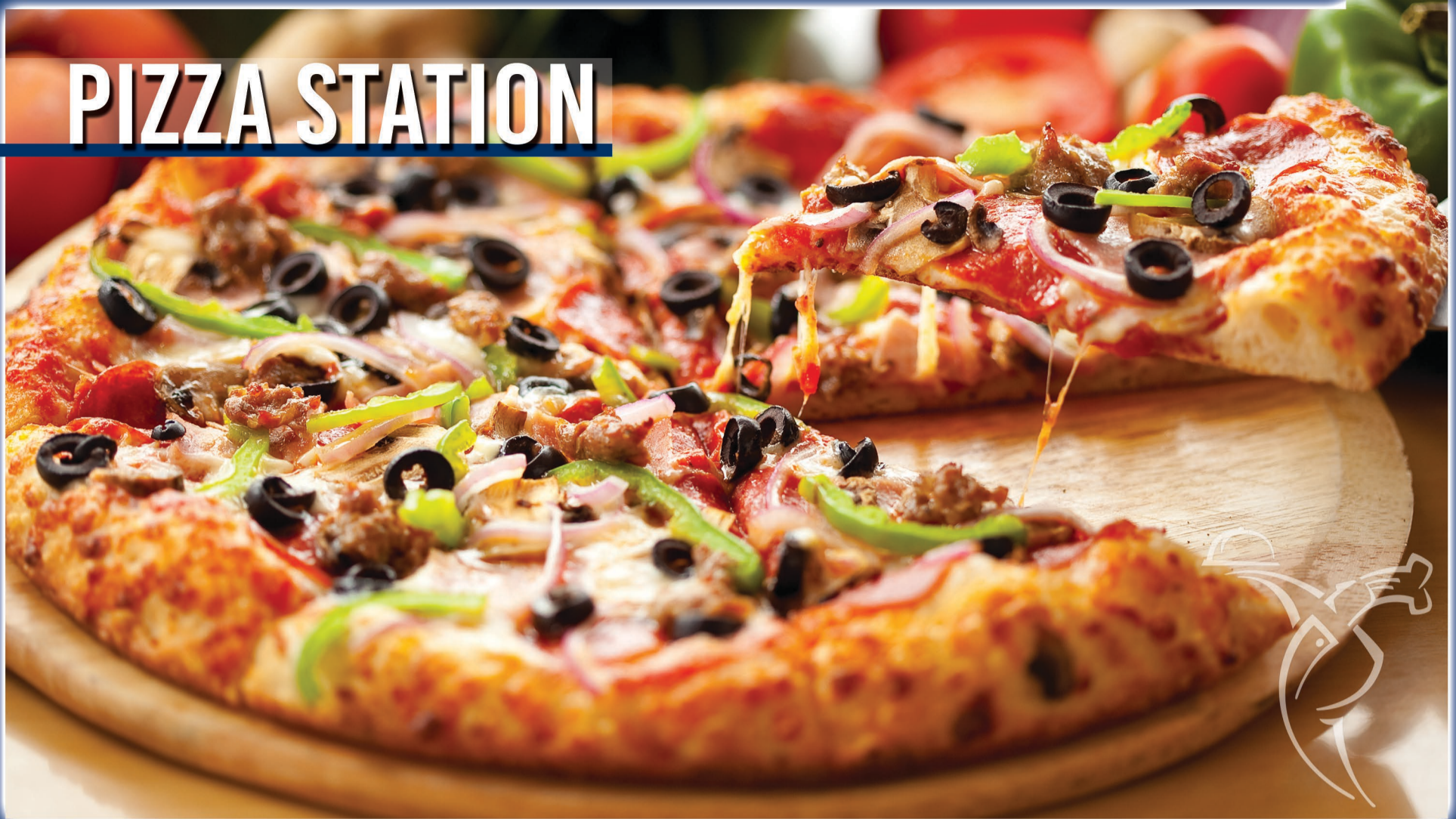
Nutritional information has been calculated using standard product formulations, serving sizes and information provided by our suppliers. Actual nutritional values may vary because of seasonal and regional variances, differences in suppliers, ingredients, recipes, preparation techniques and rounding of fractional values.
Nutritional information is correct as of October 1st, 2015.

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ALUMNI DINING
COMMONS

 provider
contract food service

PIZZA STATION



Item	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Artisan Pepperoni	52	153	87	61.6	10.8	4.59	23	395	8.3	0.5	0.6	6.8	2	0.33	68	1
BBQ Chicken	3.0	204	61	32.0	07.0	3.00	35	456	25.0	1.0	4.0	10.0	31	1.58	114	1
Breakfast Pizza	4.0	255	101	44.0	13.0	05.00	82	641	25.0	1.0	2.0	11.0	45	1.60	139	6
Buffalo Chicken	3.2	200	67	35.8	08.0	03.56	37	480	21.7	0.8	1.9	11.0	39	1.00	102	2
Canadian Bacon, Pineapple, and Jalapeno	3.4	188	58	33.0	07.0	02.99	21	603	23.4	1.2	2.7	08.6	29	1.48	192	2
Cajun Chicken	3.6	200	64	33.9	07.6	03.13	35	490	23.0	1.2	1.9	10.5	32	1.65	301	8
Cajun Shrimp	4.0	202	56	36.0	08.0	03.00	39	615	24.0	1.0	2.0	10.0	44	1.62	353	6
Capicola, Pepperoni, and Sausage Calzone	3.1	209	83	41.8	09.8	04.21	27	556	21.8	0.9	1.5	08.9	27	1.43	93	0
Cheese Pizza	3.0	168	52	33.0	6.0	3.00	17	399	22.0	1.0	1.0	7.0	26	1.29	93	0
Cheesy Bread	4.0	361	162	49	20	8	38	672	33	1	1	13	141	1.9	347	0
Chicken Pesto	3.0	213	78	38.0	09.0	03.00	36	406	23.0	1.0	1.0	11.0	55	1.88	353	11
Combo	3.0	188	67	39.0	08.0	03.00	19	451	22.0	1.0	1.0	07.0	21	1.44	67	3
Five Cheese, Basil, and Roasted Garlic	71.0	3	183	51.0	38.1	07.80	3	17	349.0	21.4	0.8	07.2	43	1.27	57	1
Five Sausage	3.0	190	69	38.0	08.2	03.00	21	463	21.8	0.9	1.5	08.0	27	1.36	100	0
Garlic Cheese Bread Pizza	2.3	203	90	48.0	11.0	04.80	21	373	20.0	0.7	0.6	06.2	6	1.18	194	0
Garlic Chicken Supreme	4.0	243	104	45	12	3	39	432	22	1	1	11	39	1.45	89	2
Garlic Parmesan Twist	4.0	354	161	49	19	8	39	670	33	1	1	13	166	1.91	366	0
Gourmet Vegetarian	4.0	220	94	45.0	11.0	03.00	20	428	23.0	1.0	2.0	07.0	43	1.44	363	4
Grilled Veggie and Feta Flat Bread	59.0	112	46	52.4	06.7	02.52	12	198	08.8	0.7	1.3	04.8	80	0.42	329	8
Hawaiian	3.0	185	55	34	7	3	20	488	23	1	3	8	29	6	96	1
Hot Monster Deli	122.0	269	98	37.9	10.9	4.78	31	1090	26.1	1.3	2.2	14.2	26	2.01	139	2
Hot Turkey Club	2.8	168	35	34.0	06.3	02.00	11	284	21.0	0.9	1.2	06.6	79	1.31	271	2
Item	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Margarita	4.0	288	79	29.0	09.0	04.00	26	995	42.0	2.0	17.0	10.0	29	5.00	73	2
Maui Zowie	3.0	215	87	43.0	10.0	04.00	27	527	21.0	1.0	1.0	09.0	21	1.52	72	0
Meat Lovers	3.5	206	83	40.2	09.5	04.60	28	508	22.0	1.0	1.6	09.0	23	1.34	93	0
Monster Deli Sandwich	4.3	269	98	37.9	10.9	04.78	31	1090	26.1	1.3	2.2	14.2	26	2.01	139	2
Muffaletta	3.6	266	93	53.4	16.0	04.45	22	769	22.0	1.0	0.9	09.4	58	1.70	164	2
Mushroom	3.0	197	76	41.0	09.0	04.00	24	494	22.0	1.0	1.0	08.0	26	1.36	93	0
Mushroom and Olive	3.2	189	69	38.3	08.1	02.88	17	464	22.3	1.0	1.5	07.0	26	1.32	93	0
Pepperoni Pizza	2.9	197	76	40.6	09.0	04.00	24	494	21.7	0.9	1.4	07.8	26	1.36	93	0
Pepperoni, Sausage, and Onion Stromboli	4.0	228	98	44.0	11.0	05.00	30	672	23.0	1.0	3.0	09.0	28	1.56	192	2
Pepperoni, Jalapeno, and Pineapple	4.0	242	103	43.0	12.0	04.00	47	596	24.0	1.0	1.0	11.0	120	2.64	403	10
Pesto Shrimp	3.5	242	103	43.4	12.0	03.84	47	596	23.7	1.4	1.2	11.4	120	2.64	403	10
Polynesian Flatbread	3.5	189	65	36.4	07.7	03.07	17	475	22.8	1.0	2.0	07.7	27	1.36	162	4
Prima Vera	3.0	201	77	40.2	09.0	03.73	24	500	22.0	0.9	1.5	08.4	28	1.38	93	0
Sausage	3.1	201	77	40.2	09.1	03.73	24	500	22.0	0.9	1.5	08.4	28	1.38	93	0
Sausage, Bacon, and Olive	3.5	202	77	40.0	09.0	03.40	21	502	22.5	1.0	1.6	08.0	28	1.38	93	0
Sausage, Mushroom, and Olive	3.0	192	69	38.0	08.0	03.00	21	467	22.0	1.0	2.0	08.0	28	1.38	93	0
Sausage, Olive, and Mushroom	3.4	202	77	40.1	09.1	03.42	21	502	22.5	1.0	1.6	08.1	28	1.38	93	0
Sausage and Mushroom	4.0	191	54	31.0	07.0	03.00	30	676	24.0	1.0	3.0	10.0	16	1.63	146	2
Shaved Mushroom, Spinach, and Bacon	2.6	164	44	35.0	06.3	02.39	15	334	18.3	0.9	0.9	07.8	54	1.36	1062	3
Teriyaki Chicken	3.5	223	93	43.0	10.8	04.40	28	551	22.4	1.0	1.6	09.4	28	1.52	112	3
The Works	4.0	265	128	50.4	15.0	05.08	33	672	22.3	0.9	1.2	10.9	32	1.56	37	3
White Pizza	4.0	265	128	50.4	15.0	05.08	33	672	22.3	0.9	1.2	10.9	32	1.56	37	3

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ALUMNI DINING
COMMONS

 provider
contract food service

SOUP KETTLE



Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugar (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Asian Mushroom	175	6.2	28	10	39	1.4	0.17	0	498	3.3	0.7	1.2	1.5	14	0.26	1632	2
Baked Potato	170	6	224	106	47.5	12	7	37	238	20.5	1.6	4.5	9	212	0.81	438	7
Basil Vegetable	144	5	72	28	37	3	0.54	1	233	9	3	2.6	3	51	0.86	931	3
Bean & Barley	112	4	79	16	20	2	0	0	135	13	3	1	3	19	0.69	1056	2
Beef Barley	170	6	61	20	33	2	1	8	529	6	1.5	2	4	16	0.47	1609	2
Broccoli Cheese	231	8.1	317	236	73.1	26.3	16.26	83	254	13.7	0.6	9.1	8	254	0.46	900	17
Cajun Chicken Cream	213	7.5	87	36	43	4	2	23	641	7	1	4	5.3	79	0.34	1409	1
Cheddar Cheese	163	5.7	92	50	53.7	6	2.52	11	341	6.8	0.3	4	4	124	0.19	1024	1
Cheese Grits	170	6	174	83	48	9	5	30	506	15	1	4	8	221	0.41	213	0
Chicken Chili Verde	116	4.1	92	56	62.8	6.4	2.02	22	338	2.1	0.9	0.8	6.4	14	0.5	71	4
Chicken Gumbo	170	6	107	48	47	6	2	31	617	8	1	2	7	36	0.69	2271	20
Chicken Pesto	163	5.7	178	82	51.5	10	2.36	90	394	3.2	0.5	0.4	18	72	1.36	232	4
Chicken Poblano Pozole	171	6	57	34	60	4	1	5	357	5	1	2	1	15	0.27	287	40
Chicken Vegetable	144	5	35	14	42	1.7	0.31	10	404	2.8	0.7	1	2.5	16	0.24	984	4
Chili	170	6	300	240	80	27	7	33	351	6	2	3	9	71	0.22	254	11
Cinnamon Apple Oatmeal	230	8.1	133	0	16.7	2.6	0.43	0	6	24.5	3.5	2.2	4.3	7	1.54	3	0
Clam Chowder	169	6	136	78	57	9	5	22	564	12	1	1	3	50	1	1341	4
Cream of Asparagus	169	6	72	20	44.5	3.8	1.3	6	287	9	1.3	1.7	1.7	34	0.38	343	5
Cream of Celery	169	6	52	27	53	3	2	9	167	5	0	1	1	35	0.17	170	2
Cream of Chicken	199	7	62	18	32	2	1	12	614	6	0	3	5	79	0.23	118	0
Cream of Mushroom	198	7	256	155	60.4	17	8.6	74	205	10	1.2	2.3	15.8	113	1.02	1455	6
Cream of Rice	170	6	199	33	17	4	1	7	90	33	0	25	8	175	0.53	268	0
Cream of Vegetable	169	6	72	20	44.5	3.8	1.3	6	287	9	1.3	1.7	1.7	34	0.38	343	5
Curried Carrot	170	6	42	7	24	1	0	1	402	8	2	3	1	28	0.44	7887	5
Curry Coconut	114	4	90	60	64	6.6	4.25	16	463	2.5	0.2	1.3	6	10	0.94	102	1
Garden Vegetable	169	6	48	4	8	0	0	0	174	9	2	3	3	21	0.38	1366	8
Grits	169	6	153	11	7	1	0	4	39	30	1	4	5	95	1	185	0
Italian Meatball	171	6	81	28	34	3	1	14	99	8	1	1	6	16	0.54	824	3
Lentil Beef	170	6	135	26	21	3	1	13	798	16	7	3	10	27	2	1334	2
Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugar (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Malt-O-Meal	170	6	115	4	3	0	0	0	37	24	1	0	4	166	17.69	32	0
Menudo	169	6	44	8	21	1	3	20	653	6	2	3	3	20	0.46	1128	2
Mexican Corn	169	6	171	79	46	9	1	7	203	19	2	5	4	16	0.25	193	4
Minestrone	171	6	60	5	10	1	0	0	181	11	3	3	3	17	0.34	978	3
Oatmeal	169	6	102	0	17	2	0	0	184	18	3	1	3	5	1.22	0	0
Potato Leek	179	6.3	107	49	45.5	5.6	2.93	14	342	12.6	1.2	2.5	2.5	59	0.48	273	6
Pozole	170	6	117	56	48	6	2	19	434	9	2	2	6	16	0.66	377	2
Pumpkin	169	6	152	116	79	14	1	4	126	7	2	2	1	19	0.79	8000+	4
Pumpkin w/ Cranberry Chile Relish	171	6	164	116	73	14	1	4	127	11	3	5	1	20	0.83	8000+	4
Roasted Corn Chowder	149	5.3	176	71	40	8	4	22	332	20	1	5	7	122	0.44	46	3
Rustic Vegetable	170	6	81	30	65	6	2	8	774	6	1	3	1.4	29	0.61	853	15
Sausage & White Bean w/ Orzo	171	6	124	42	31	6	1	6	432	20	4	3	7	51	1.57	107	2
Smoked Sausage Butternut Squash w/ Wild Rice	303	10.7	176	37	24.5	5.1	2.15	11	365	30.9	3	9	4.4	84	1.03	10309	21
Spicy Thai Butternut Squash	169	6	110	70	60	8	6	0	377	10	2	2	2	42	1.64	4826	15
Spicy Tomato Lentil	112	3.9	137	25	17.9	2.8	0.53	25	224	23.4	6.3	4.3	5.7	16	1.3	38	1
Spinach Potato	154	5.4	56	3	13.2	0.9	0.09	0	515	11.4	1.2	0.9	1.2	17	0.44	876	7
Split Pea	169	6	131	12	10	2	0	0	566	22	8	3	8	26	1.4	1138	1
Split Pea with Ham	169	6	174	9	5	1	0	5	171	32	9	4	12	95	9.77	863	13
Taco	169	6	122	48	39	5	2	15	482	12	3	3	7	19	0.38	26	4
Tomato	171	6	112	47	39	5	0	68	488	15	4	11	3	3	1	10	0
Tortilla	170	6	40	11	28	1.4	0.2	0	284	6.6	2	3.6	1.3	21	0.46	1883	6
Turkey Noodle	178	6.3	60	17	29.3	1.9	0.4	16	395	5.6	0.9	1.3	5	21	0.43	1380	4
Tuscan Vegetable	172	6	82	12	23	2.2	0.67	3	323	12.3	3.4	3	4.3	81	1.18	1403	12
Vegetable Lentil	138	4.9	102	4	8.5	1	0	0	121	17	8	2	6	23	1.84	666	3
Vegetable Three Bean	169	6	94	10	10	1	0	0	237	16	6	2.5	5.3	37	1.23	810	2
Wonton with Bokchoy	140	4.9	331	19	5.9	2.1	0.43	12	720	64.7	2.1	0.1	11.5	57	3.79	136	1

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SWEETS & TREATS



Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Bars, 2 Layer Peanut Butter Brownies	56	2	246	103	49	14	6.00	21	134	31.0	1.5	25	2	7	1.09	86	0
Bars, Blonde Brownies	46	1.6	209	105	49.0	12.0	5.00	31	151	25.0	1.0	17.0	2.0	11	0.82	140	0
Bars, Brownies	73	2.6	283	114	41.0	13.0	4.00	22	189	41.0	1.5	30.0	02.0	3	1.73	25	0
Bars, Candy Bar Brownies	68	2.4	281	112	38.0	12.0	10.00	22	155	41.0	8.0	33.0	03.0	6	1.09	132	0
Bars, Chocolate Cinnamon Nut	83	3.0	378	220	56	25	11.00	79	45	38.0	2	23	6	52	1.74	434	0
Bars, Chocolate Dream	117	4.0	534	255	49.0	30.0	15.00	40	338	63.0	5.0	40.0	8.0	54	2.57	381	0
Bars, Cinnamon Crunch Smores	67	2.4	277	92	032.0	10.0	5.00	13	212	47.0	2.0	28.0	2.0	128	5.32	1049	6
Bars, Coconut Cranberry Chew	96	3.4	414	178	43.0	20.0	13.00	65	105	57.0	2.0	36.0	4.0	32	1.41	555	0
Bars, Coconut Pecan	98	3.4	291	161	54.0	18.0	10.00	34	155	31.0	1.0	21.0	3.0	46	0.57	291	0
Bars, Cream Cheese Brownies	64	2.3	252	92	35.0	10.0	10.00	30	233	38.0	11.0	28.0	3.0	2	1.13	17	0
Bars, Fudge	75	2.6	297	122	39.0	14.0	6.00	9	82	46.0	2.0	40.0	3.0	49	0.89	109	0
Bars, Lemon	69	2.4	253	92	36	10	3.00	47	171	39.0	0	28	3	16	0.85	457	1
Bars, Oatmeal Brownie Gems	54	2.0	214	84	35.0	9.0	4.00	51	66	31.5	2.0	21.0	3.0	1	1.08	250	0
Bars, Peanut Butter Crispy Treat	77	2.7	312	100	49.0	11.0	2.40	0	132	52.0	1.0	39.0	6.0	0.6	1.08	200	40
Bars, Peanut Butter Crumble	66	2.3	271	122	43.0	14.0	7.00	44	128	36.0	2.0	19.0	5.0	16	1.14	211	0
Bars, Raz-a-ma-taz	177	6.2	505	241	47.0	27.0	16.00	94	243	61.0	1.0	46.0	6.0	106	1.22	417	2
Bars, Rice Crispy Treats	67	2.4	262	61	23	7	4.00	18	195	49.0	0	24	2	1	0.10	0	0
Bars, Rum Raisin	32	1.0	120	30	25.0	3.5	2.50	15	95	19.0	0.0	10.0	01.0	0	1.80	100	0

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Bars, Toffee	72	2.5	358	206	57.0	23.0	13.00	48	78	36.0	1.5	18.0	04.0	29	1.55	533	0
Bars, Walnut Pie	62	2.0	260	131	48.0	15.0	6.00	42	19	33.0	2.0	20.0	03.5	22	1.16	183	0
Bars, White Chocolate Pecan	30	1.0	117	51	42.0	6.0	1.60	24	52	16.0	0.5	9.0	01.4	8	0.46	39	0
Cake, Apple Crumb	180	6.0	626	255	41.0	29.0	13.00	41	625	89.0	3.0	53.0	05.0	10	1.89	490	1
Cake, Apple Nut w/ Cream Cheese	120	4.2	343	128	37	14	3.00	60	385	52.0	2	34	4	18	1.29	95	1
Cake, Applesauce Praline	86	3.0	329	194	58.0	22.0	6.35	54	184	32.0	2.0	20.0	4.0	30	0.99	254	0
Cake, Banana w/ Cream Cheese Frosting	87	3.0	262	98	37.0	11.0	3.00	70	457	37.0	1.0	22.0	5.0	21	1.22	88	1
Cake, Black Forest	100	3.5	311	111	34.0	12.0	4.00	29	324	50.0	1.5	30.0	3.0	65	1.95	270	1
Cake, Carrot	153	5.4	516	252	48.0	28.0	4.00	67	491	62.0	2.5	41.0	7.0	27	12.01	3032	1
Cake, Cherry Crumble	84	3.0	233	66	29.0	7.0	4.00	37	203	39.0	1.0	18.0	3.0	9	1.01	186	1
Cake, Chocolate w/ Chocolate Frosting	83	3.0	242	60	44.0	12.0	3.00	32	342	31.0	1.5	19.0	4.0	35	1.60	27	0
Cake, Coconut Cake	90	3.2	323	113	35.0	13.0	4.00	25	357	51.0	1.0	40.0	3.0	72	0.76	308	0
Cake, Earthquake	106	3.7	482	229	47.0	26.0	12.00	39	345	61.0	3.0	49.0	5.0	61	1.50	184	0
Cake, German Chocolate	99	3.5	318	120	50.0	18.0	6.00	39	315	37.0	2.0	25.0	4.0	58	1.56	154	0
Cake, Lemon w/ Lemon Frosting	82	2.9	260	58	22.0	6.5	2.00	24	173	49.0	0.0	37.0	2.0	61	1.26	49	1
Cake, Pineapple Upside Down	94	3.3	289	120	42.0	13.0	3.00	43	198	40.0	1.0	29.0	2.0	24	0.70	177	2
Cake, Strawberry Angel Food Torte	78	2.8	130	2	1.0	0.0	0.00	0	102	29.0	1.0	23.0	3.5	7	0.47	3	15
Cake, Tira Misu	87	3.0	236	83	46.0	12.0	7.00	27	240	29.0	0.0	20.0	3.0	38	0.43	56	0
Cake, Tres Leches	101	3.6	266	104	39.0	12.0	6.00	98	81	34.0	0.6	19.0	7.0	79	9.51	423	0

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Cake, White w/ Raspberry Filling	119	4.2	337	93	27.0	10.0	4.00	73	218	59.0	1.0	44.0	5.0	80	2.29	115	1
Cake, White w/ Raspberry Filling & Butter Cream	115	4.0	384	116	30.0	13.0	4.00	34	370	64.0	0.7	44.0	4.0	76	1.92	330	1
Cheesecake, Apple Caramel	84	3.0	217	108	49.0	12.0	7.00	41	134	26.0	0.4	11.0	2.0	9	0.55	164	1
Cheesecake, Banana	85	3.0	252	156	62.0	17.0	10.00	82	157	20.0	0.4	12.0	4.0	23	0.48	212	1
Cheesecake, Chocolate Toffee	90	3.2	365	231	61.0	26.0	14.00	84	182	32.0	1.0	28.0	4.0	35	1.03	313	0
Cheesecake, Classic	71	2.5	251	167	66.0	19.0	10.25	88	177	17.0	0.0	11.0	4.0	8	0.47	160	0
Cheesecake, Pumpkin	122	4.3	324	182	56.0	20.0	10.00	118	168	30.0	1.4	20.0	6.0	66	1.22	6000+	1
Cheesecake, Raspberry Chocolate	149	5.3	421	201	47.0	22.0	9.00	66	220	50.0	2.0	42.0	7.0	19	1.33	196	5
Cookie, Banana	42	1.5	179	99	54.0	11.0	5.00	30	104	19.0	1.0	9.0	2.0	13	0.75	252	1
Cookie, Butter Spritz	34	1.2	160	89	56.0	10.0	6.00	28	35	17.0	0.4	8.0	1.0	7	0.50	309	0
Cookie, Chocolate Chunk	43	1.5	202	91	46.0	10.0	5.00	10	182	25.0	1.0	14.0	2.0	0	6.54	777	0
Cookie, Coconut Macaroons	33	1.2	122	31	25.0	3.5	3.00	0	51	22.5	1.0	20.0	1.0	2	0.20	0	0
Cookie, Ginger Ball	34	1.2	150	71	47.0	8.0	5.00	30	82	19.0	0.4	9.0	2.0	10	0.69	248	0
Cookie, M&M	47	1.7	252	119	51.0	14.0	7.00	17	254	29.0	0.0	16.0	1.0	5	4.42	10	0
Cookie, Oatmeal Raisin	28	1.0	131	51	37.0	5.0	2.00	4	109	18.0	1.0	9.0	1.5	0	4.36	564	0

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Cookie, Peanut Butter	40	1.4	179	83	46.0	9.0	4.00	6	247	21.0	1.0	13.0	3.0	19	1.00	75	0
Cookie, Peanut Butter Balls (Candy)	28	1.0	128	67	50.0	7.5	2.00	6	60	14.0	1.0	11.5	3.0	5	0.20	67	0
Cookie, Peppermint Chocolate Chip	34	1.2	93	42	45.0	5.0	3.00	14	71	13.0	0.5	8.5	1.0	9	2.90	540	0
Cookie, Pumpkin	46	1.6	172	99	56.0	11.0	5.00	30	119	17.0	1.0	8.0	2.0	16	0.83	2546	0
Cookie, Raisin Spice Chocolate Chunk	68	2.4	280	125	42.0	14.0	8.00	40	188	40.0	2.0	27.0	3.0	24	1.47	260	1
Cookie, Rocky Road	40	1.4	183	70	38.5	8.0	2.00	4	112	26.0	1.0	14.0	2.0	7	1.16	4	0
Cookie, Russian Tea Cake	41	1.4	206	125	60.0	14.0	8.00	31	49	18.0	1.0	4.0	3.0	11	0.94	355	0
Cookie, Snickerdoodle, Sugar Frost	43	1.5	230	109	52.0	13.0	7.00	16	251	27.0	0.0	13.0	1.0	0	4.36	0	0
Cookie, Thumb Print	73	2.6	323	171	53.0	19.0	10.00	60	138	35.5	1.0	17.0	3.0	17	1.21	497	1
Cookie, White Choc. Macadamia Nut	57	2.0	273	121	47.0	14.0	5.00	10	233	32.0	1.0	18.0	3.0	0	0.00	0	0
Cookie, White Chocolate Lemon	41	1.4	163	58	35.0	6.0	4.00	14	159	25.0	0.6	18.0	2.0	16	0.47	16	0
Cupcake, Carrot	97	3.4	350	207	0.6	23.0	7.00	60	190	34.0	1.0	25.0	4.0	1	0.72	6000	20
Cupcake, Cherry Chip	34	1.2	160	14	9.0	1.5	1.00	0	310	36.0	0.5	19.0	1.0	5	0.72	0	0
Cupcake, Chocolate	168	6.0	521	200	38.0	23.0	13.50	52	499	77.0	1.7	62.0	5.0	98	1.60	534	0
Cupcake, Chocolate chip	43	1.5	180	45	25.0	4.5	1.50	0	0	32.0	1.0	17.0	2.0	0	0.00	0	0
Cupcake, Fun Fetti	45	1.5	187	50	27.0	8.0	1.30	25	35	28.0	0.0	10.0	1.0	0	0.18	50	0
Cupcake, Red Velvet	168	6.0	522	170	37.0	21.5	13.00	47	417	80.0	1.0	64.0	4.0	79	1.15	534	0
Cupcake, White	168	6.0	520	141	35.0	20.0	12.00	43	381	82.0	0.5	65.0	3.3	62	0.78	534	0

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
Cupcake, Yellow	168	6.0	520	183	35.0	21.0	12.00	43	380	82.0	1.0	66.0	3.4	46	0.77	534	0
Dessert, Chiffon Strawberry	156	5.5	469	308	60.0	32.0	27.00	27	120	45.5	0.3	37.0	2.3	21	0.41	173	0
Dessert, Chocolate Lust	92	3.3	246	146	55.5	15.6	11.00	23	177	25.8	0.5	20.0	2.4	39	0.38	120	0
Dessert, Cream Puffs w/ Barvarian Cream	57	2.0	129	81	63.0	9.0	2.50	74	160	8.6	0.3	0.					