

NIH Clinical Center

Room Service

**Menu**



Están disponibles menú en español

# At Your Service

*The Nutrition Department wants to make your visit as pleasant as possible by providing you with room service.*

## HOW TO PLACE YOUR ORDER

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**Dial 3 or 301-451-3663 (FOOD)** between the hours of 6:30am and 6:30pm.



Identify yourself to the Room Service Attendant who will verify your name, room number, date of birth and the diet ordered by your physician.



Your meal will arrive in approximately one hour.

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To assist with service and delivery, please limit meals to one tray per call. The Room Service Attendant will inform you when an order has exceeded one tray. If after consuming the first tray you would like another one, feel free to call for a second tray.

Your meal will be prepared to your specifications and served to you within 1 hour of your request.

**Won't be back until after 6:30pm?** Call in advance and ask to have your meal delivered when you return.

We offer a variety of special menus upon request including kosher, halal, gluten-free, vegan, and many others.

# For Your Health, Safety & Interest

*We strive to prepare delicious food that is both healthy for you and environmentally conscious. We source many sustainable ingredients and products and have multiple sustainable practices throughout our department.*

## **FOOD SAFETY IS OF UTMOST IMPORTANCE TO US.**

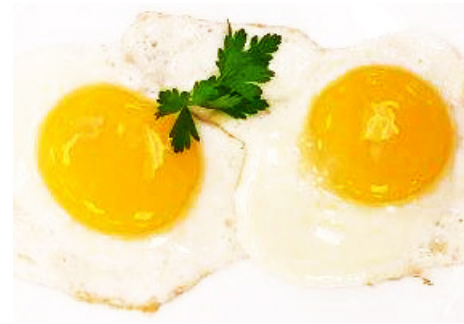
If you have indicated that you have a food allergy upon admission, any menu items that contain this food, or may have come in contact with this food, will be restricted.

Our omelets, scrambled eggs, hard boiled eggs, and fried eggs (including sunny side up and over easy) are pasteurized and safe for consumption.

If you have a weakened immune system (immunosuppression) due to a treatment

or condition, you may be asked to avoid specific foods due to your increased risk of food borne illness. More information is available from your dietitian.

For general food safety information, please see [www.foodsafety.gov](http://www.foodsafety.gov).



- All of our milk is free of added growth hormones.
- We recycle our cans, bottles, and fryer oil.
- Items denoted with a **V** indicate a Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs.)
- Vegan items are available upon request.
- All of our menu items are free of added trans fat.

Room Service is for Clinical Center patients only. Cafeterias and coffee shops are available for visitors. Vending machines outside the second floor cafeteria are available 24 hours a day. Food in these locations is provided by a food service contractor.

The Nutrition Department is committed to providing you with excellent service. Feel free to let your Room Service Attendant know how we can help meet all of your food service needs.

*Please note that not all menu items are appropriate for all diets. If you are on a special/restricted diet, our Room Service Attendant will assist you with your meal selections.*

TO ORDER MEALS, PRESS 3, OR CALL 301-451-3663 (FOOD)  
Remember condiments when placing order



# Breakfast

## ENTRÉES

**Scrambled Eggs**/Cheese may be added  
*\*low cholesterol eggs available upon request*

**Fried Eggs**  
Sunny Side Up, Over Easy, Hard Fried

**Breakfast Panini**  
Grilled sandwich with bacon, eggs,  
and cheese

**Hard Boiled Egg**

**Omelet**  
*With your choice of:* Tomatoes, Onions,  
Green Peppers, Mushrooms, Spinach,  
Ham, Cheddar-Jack Cheese, Swiss Cheese,  
American Cheese, Low Fat American Cheese  
*\*low cholesterol eggs available upon request*

**Pancakes**

**Blueberry Pancakes**

**Cinnamon French Toast**

**Huevos Rancheros**  
Flour tortilla, refried beans, topped  
with over easy eggs and salsa **v**



*Our omelets, scrambled eggs, hard boiled eggs, and fried eggs (including sunny side up and over easy), are pasteurized and safe for consumption.*

## SIDES

**Tater Tots**

**Bacon**

**Pork Sausage**

**Turkey Sausage**

**Veggie Sausage **v****

**Cottage Cheese**

## CEREAL

**Oatmeal**

**Cream of Wheat**

**Grits**

**Honey Nut Cheerios**

**Raisin Bran**

**Corn Flakes**

**Low-Fat Granola**

**Corn Pops**

**Froot Loops**

**Rice Chex**

**Crispy Rice**  
Toasted rice cereal

**Granola Bar**

## BAKERY

**Blueberry Muffin**

**Cinnamon Roll**

**Croissant**

**English Muffin**

**Bagel: Plain,  
Cinnamon Raisin**

## YOGURT

**Lowfat: Plain**

**Non-Fat: Strawberry,  
Peach, Greek Vanilla**

**Regular: Greek  
Blueberry**

**Yogurt Parfait**  
Granola, vanilla yogurt,  
and fresh strawberries



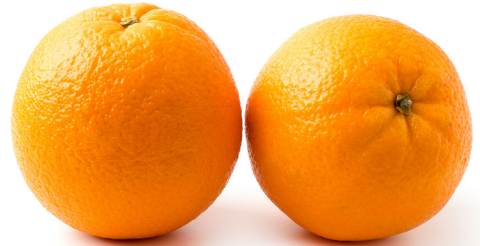
**TRY ADDING RAISINS AND  
CINNAMON TO YOUR OATMEAL!**

SERVED ALL DAY

*\*Lower sodium, fat and/or calorie versions of these foods are available.*

**v** Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)

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## FRUIT

**Fresh Whole Fruit: Apple,  
Banana, Grapes, Orange Wedges**

*Fresh fruit can be quartered if desired*

**Fruit Plate**

**Diced Pear Cup**

**Mandarin Orange Cup**

**Fruit In Season**

**Peaches in Fruit Juice**

**Pineapple Tidbits**

**Mixed Tropical Fruit**

**Applesauce**

**Dried Apricots**

**Dried Prunes**

**Raisins**

## PURÉED FOOD

**Cream of Wheat, Grits, Oatmeal**

**Puréed Bananas, Peaches, Pears**

**Applesauce**

**Puréed Chicken Breast**

**Puréed Beef Steak**

**Puréed Seafood Filet**

**Mashed Potatoes**

**Puréed Carrots, Green Beans,  
Peas, Corn**

*Clear liquid and full liquid items are  
usually allowed on pureed foods diet.*

## CONDIMENTS

**Ketchup**

**Mustard**

**Mayonnaise\***

**Relish**

**Pickle Chips**

**Tartar Sauce**

**Lemon Packet**

**Lemon Wedge**

**Salt**

**Pepper**

**Mrs. Dash**

**Sour Cream**

**Parmesan Cheese**

**Barbecue Sauce**

**Hot Sauce**

**Soy Sauce**

**Sweet n' Sour  
Sauce**

**Guacamole**

**Salsa**

**Jalapenos**

**Hummus**

**Half & Half**

**French Vanilla  
Creamer**

**Hazelnut Creamer**

**Non-Dairy Creamer**

**Sugar**

**Splenda**

**Stevia**

**Peanut Butter**

**Cream Cheese**

**Butter**

**Margarine**

**Strawberry Jelly**

**Grape Jelly**

**Diet Strawberry/  
Grape/Blackberry  
Jelly**

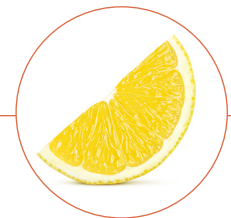
**Pancake Syrup**

**Diet Pancake Syrup**

**Honey**

**Brown Sugar**

**Ground Cinnamon**



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# Beverages

## COFFEE

regular/decaf

## TEA

**Black** regular/decaf

**Green** regular/decaf

**Earl Grey** regular/decaf

**Vanilla Chai**

## MILK

Skim, 2%, Whole

Chocolate (fat free)

Lactaid

Soy

## HERBAL TEAS

Chamomile

Cinnamon Apple

Lemon

Mint

Orange

Raspberry

## HOT CHOCOLATE

regular or sugar free

## JUICE

Apple

Orange

Cranberry

Grape

Prune

Tomato

Low Sodium V-8

Fruit Punch

## REFRESHING DRINKS

Decaf Iced Tea  
(unsweetened)

Lemonade

Crystal Lite  
Lemonade

Sparkling Cranberry

Ice Water

## SODA

Coke

Diet Coke

Sprite

Sprite Zero

Ginger Ale

Diet Ginger Ale

Cherry Coke

Root Beer

Seltzer Water

## SMOOTHIES

contains dairy

Strawberry/Banana

Banana/Mango

**OUR SMOOTHIES ARE  
MADE IN HOUSE USING  
FRESH INGREDIENTS!**



SERVED ALL DAY

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## CLEAR LIQUIDS

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### JUICE, FRUIT DRINKS, AND SODA

Apple  
Cranberry  
Grape  
Fruit Punch  
Lemonade  
Diet Lemonade  
Ginger Ale  
Diet Ginger Ale  
Sparkling Cranberry  
Ice Water

### HERBAL TEAS

Chamomile  
Cinnamon Apple  
Lemon  
Mint  
Orange  
Raspberry

### GELATIN CUP

Strawberry  
Lemon  
Sugar-Free Strawberry

### FRUIT ICE

Lemon, Cherry

### TEA

Black regular/decaf  
Green regular/decaf  
Earl Grey regular/decaf  
Vanilla Chai

### COFFEE

regular/decaf

### POPSICLE

Grape, Cherry, Orange

### BROTHS

Beef, Chicken,  
Vegetable

## FULL LIQUIDS

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### SOUP

Tomato  
Blended  
Chicken Noodle

### HOT CEREAL

Cream of Wheat  
Cream of Rice

### YOGURT

Plain  
Greek Yogurt:  
Fat Free Vanilla

### JUICE

Tomato  
Low Sodium V-8

### ICE CREAM AND SHERBET

Vanilla  
Chocolate  
Strawberry  
No Sugar Added  
Fat Free-Vanilla  
Orange Sherbet

### PUDDING

Vanilla  
Chocolate  
No Sugar  
Added Chocolate

### MILK

Skim, 2%, Whole  
Chocolate fat free  
Lactaid  
Soy  
Boost: Vanilla,  
Chocolate,  
Strawberry

### MILK SHAKES

Vanilla  
Chocolate  
Strawberry

### HOT CHOCOLATE

regular or sugar free



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# Lunch/Dinner

AVAILABLE AFTER 11AM

## DELI SANDWICH

Whole or Half

### CHOICE OF:

Turkey **I**

Ham **I**

Roast Beef **I**

Chicken Salad

Tuna Salad

Egg Salad **V**

Uncrustables

Prepackaged Peanut Butter & Jelly on Wheat

Peanut Butter & Jelly **V**

BLT

Bacon, Lettuce & Tomato

**I** Cold deli meats are not recommended for immunosuppressed individuals. Heated deli meats are available at your request.

**TRY ADDING DICED AVOCADO TO YOUR BLT!**

## CHEESE:

Swiss

American

Low Fat American

Provolone

Cheddar

## BREAD:

White

Whole Wheat

Multi-Grain

Rye

Hoagie Roll

Corn Tortilla

Flour Tortilla

## ACCOMPANIMENTS:

Lettuce

Tomato

Onion

## GRILLED PANINI SANDWICH

### Roast Beef

with provolone, sliced onion, mustard, mayonnaise, on multigrain bread

### Vegan **V**

with garlic, onion, red and green peppers, mushrooms, and spinach on multigrain bread

### Turkey

with bacon, guacamole, and provolone, served on a toasted bagel

### Tomato Basil **V**

with mozzarella cheese, fresh tomatoes and basil, in a flour tortilla



## SNACKS

Potato Chips\*

Baked Potato Chips

Pretzels

Saltine Crackers

String Cheese

Corn Tortilla Chips

Guacamole

Salsa

Pita Chips

Hummus

Peanuts salted

Whole Grain

Goldfish Crackers

Graham Crackers

Granola Bar

Rice Krispies Treat

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**V** Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)



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## BUILD YOUR OWN

### SALAD

<b>SMALL</b> 0-4 toppings	<b>MEDIUM</b> 5-8 toppings	<b>LARGE entrée</b> 9+ toppings
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#### CHOOSE YOUR GREEN:

Spring Mix  
 Romaine Lettuce  
 Baby Spinach  
 Iceberg Lettuce



#### CHOOSE YOUR TOPPINGS:

Sliced Mushrooms	Feta Cheese
Sliced Cucumbers	Grilled Chicken
Matchstick Carrots	Turkey
Diced Tomatoes	Ham
Diced Red Onions	Chickpeas
Red and Green Peppers	Beets
Crumbled Bacon	Radishes
Diced Hard Boiled Eggs	Sliced Black Olives
Diced Avocado	Dried Cranberries
Cheddar-Jack Cheese	Sunflower Seeds
	Couscous/Quinoa Blend
	Croutons

#### CHOOSE YOUR DRESSING:

Ranch	Italian
Honey Mustard	Caesar
Balsamic Vinegar	Olive Oil
French	Lite Italian
Blue Cheese	Fat-Free Ranch

### TACO

<b>Corn Tortilla</b>	<b>Seasoned Ground Beef</b>	<b>Seasoned Chicken</b>
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**Cheddar-Jack Cheese**

**Lettuce**

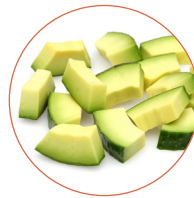
**Diced Tomato**



**Diced Avocado**

**Guacamole**

**Salsa**



**Sour Cream**

**Pico de Gallo**

**Jalapenos**



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# Lunch/Dinner

AVAILABLE AFTER 11AM

## GRILL

- Cheese Steak Sub  
with peppers and onions
- Hamburger
- Cheeseburger
- Veggie Burger **v**
- Hot Dog\*
- Chicken Fingers
- Caesar-marinated Grilled  
Chicken Sandwich
- Grilled Cheese Sandwich\*  
on white, whole wheat, or rye
- Fried Chicken Wings
- Fish Sticks

## ENTRÉE SALAD

- Grilled Chicken Caesar
- Classic Cobb

## PERSONAL PIZZA

- CHOICE OF:  
Mozzarella Cheese  
Blend
- Pepperoni
- Mushrooms
- Green Peppers
- Pineapple
- Diced Tomato
- Onions
- Ham
- Diced Chicken
- Spinach



## APPETIZERS

### SOUP

- Chicken Noodle
- Tomato
- Vegetable
- Mexican Chicken & Rice

### SIDE SALAD

- Tossed Garden Salad
- Fresh Vegetable Plate

ORDER HUMMUS TO  
GO ALONG WITH YOUR  
VEGETABLE PLATE  
FOR ADDED PROTEIN!

## PASTA

- CHOICE OF PASTA **v** :  
Spaghetti
- Penne
- Egg Noodles
- Spinach Ricotta Ravioli

## CHOICE OF SAUCE & MEAT:

- Marinara Sauce **v**
- Meat Sauce
- Olive Oil
- Turkey Meatballs  
choose a sauce
- Creamy Butter Sauce



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## CHEF'S FAVORITES

### TILAPIA • BONELESS CHICKEN BREAST • BAKED SALMON

*With choice of seasoning: Cajun, Mrs. Dash, Lemon Pepper, Olive Oil-Lemon Juice*

**GRILLED CAESAR  
CHICKEN BREAST**

**GRILLED STEAK**

**ROAST TURKEY**  
with (or without) Gravy\*

**CHICKEN POT PIE**

**VEGETABLE  
LASAGNA**

**BURRITO**

**CHOICE OF:**

Beef, Chicken, or  
Bean and Cheese 

## ON THE SIDE

Fresh Steamed  
Baby Carrots

Fresh Steamed  
Broccoli

Sautéed Garlic  
Spinach

Seasonal Vegetable

Ratatouille

Corn Kernels

Baked Sweet Potato

Baked Potato

French Fries  
small or large

Sweet Potato Fries  
small or large

Tater Tots

Mashed Potatoes\*

Brown Gravy\*

Macaroni & Cheese

Basmati (White) Rice

Brown Wild Rice Blend

Rice and Beans

Seasoned Black Beans

Vegetarian Refried  
Beans

Dinner Roll

## DESSERT

### COOKIES

Chocolate Chip

Oatmeal Raisin

Snickerdoodle

Rice Krispies Treat

### CAKES & PIES

Chocolate Cake

Carrot Cake

Angel Food Cake

Apple Pie

### PUDDING

Vanilla

Chocolate

Rice Pudding

No Sugar Added  
Chocolate

### POPSICLE

Grape, Cherry,  
Orange

### GELATIN CUP

Strawberry

Lemon

Sugar-Free  
Strawberry

### MILK SHAKES

Vanilla

Chocolate

Strawberry

Cookies and Cream

### FRUIT ICE

Lemon, Cherry

### ICE CREAM & SHERBET

Vanilla

Strawberry

Chocolate

No Sugar Added  
Fat Free Vanilla

Orange Sherbet

# Nutrition Information

APPETIZERS	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Salad, Tossed Garden	1 Cup	16	0	0	3	1	1	18
Soup, Chicken Noodle	8 oz	86	4	1	7	1	7	933
Soup, Mexican Chicken & Rice	8 oz	164	1	0	15	3	4	685
Soup, Tomato	8 oz	80	2	0	15	2	2	390
Soup, Tomato, Low Sodium	1 Cup	68	1	0	15	1	2	54
Soup, Vegetable	8 oz	106	1	0	18	3	4	434
Vegetable Plate	1 Plate	24	0	0	5	2	1	57

## BEVERAGES

Coffee	8 oz	2	0	0	0	0	0	5
Coffee Decaf	8 oz	0	0	0	0	0	0	5
Hot Chocolate	8 oz	80	3	2	16	1	1	190
Hot Chocolate, Diet	8 oz	20	0	0	5	0	1	130
Juice, Apple	4 oz	60	0	0	15	0	0	15
Juice, Cranberry	4 oz	70	0	0	17	0	0	5
Juice, Fruit Punch	4 oz	59	0	0	15	0	0	0
Juice, Grape	4 oz	80	0	0	19	0	0	0
Juice, Orange	4 oz	50	0	0	12	0	1	15
Juice, Prune	4 oz	60	0	0	15	0	0	15
Juice, Tomato	5.5 oz	30	0	0	6	1	1	470
Juice, V-8 Low, Sodium	5.5 oz	30	0	0	7	1	1	95
Lemonade	4 oz	60	0	0	16	0	1	1
Lemonade, Diet	10 oz	5	0	0	0	0	0	32
Milk, 2%	8 oz	130	5	3	13	0	8	135
Milk, Chocolate	8 oz	130	0	0	23	0	8	210
Milk, Lactaid	8 oz	90	0	0	13	0	8	125
Milk, Skim	8 oz	90	0	0	13	0	9	135
Milk, Soy	8 oz	130	4	1	18	1	6	115
Milk, Whole	8 oz	160	8	5	13	0	8	135
Soda, Cherry Coke	10 oz	104	0	0	28	0	0	4
Soda, Coke	10 oz	99	0	0	27	0	0	3
Soda, Diet Coke	10 oz	1	0	0	0	0	0	10
Soda, Diet Ginger Ale	8 oz	0	0	0	0	0	0	25
Soda, Ginger Ale	10 oz	125	0	0	31	0	0	31
Soda, Root Beer	10 oz	139	0	0	29	0	0	38
Soda, Sprite	10 oz	121	0	0	33	0	0	28
Soda, Sprite Zero	10 oz	3	0	0	0	0	0	8
Smoothie, Banana Mango	10 oz	239	1	1	52	3	6	73
Smoothie, Strawberry Banana	10 oz	369	2	1	84	4	7	88
Sparkling Cranberry	10 oz	70	0	0	17	0	0	11
Tea, Assorted	8 oz	0	0	0	0	0	0	7
Tea, Decaf, Iced	10 oz	0	0	0	0	0	0	0
Water, Iced	10 oz	0	0	0	0	0	0	0

*The Nutrition Department strives to ensure that the nutritional information is accurate; however variations due to product or preparation changes may slightly alter these values.*

BREAKFAST	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Bacon	2 Slices	80	6	2	1	0	6	300
Bagel, Cinnamon Raisin	Whole	169	1	0	33	5	7	149
Bagel, Plain	Whole	210	1	0	43	2	8	380
Bread, English Muffin	Whole	129	1	0	25	2	5	241
Bread, Multigrain	2 Slices	260	4	1	46	4	10	380
Bread, Rye	2 Slices	180	2	0	34	2	6	440
Bread, Wheat	2 Slices	200	3	0	36	6	10	360
Bread, White	2 Slices	162	2	0	32	0	4	324
Cereal, Corn Flakes	Box	80	0	0	18	0	1	154
Cereal, Corn Pops Cereal	Box	80	0	0	19	1	1	75
Cereal, Cream of Wheat	1/2 Cup	57	0	0	12	0	2	0
Cereal, Crispy Rice	Box	68	0	0	15	0	1	159
Cereal, Froot Loops	Bowl	80	1	0	18	0	1	95
Cereal, Granola w/Raisin LF	Bowl	240	4	1	50	5	6	160
Cereal, Grits	1/2 Cup	91	0	0	20	1	2	0
Cereal, Honey Nut Cheerios	Bowl	110	2	0	22	2	3	160
Cereal, Oatmeal	1/2 Cup	91	2	0	17	2	2	0
Cereal, Raisin Bran	Box	110	1	0	27	4	3	125
Cereal, Rice Chex	Bowl	70	0	0	16	1	1	160
Cinnamon Roll	2 oz	220	10	5	31	1	3	160
Cottage Cheese, Low Fat	1/2 Cup	80	1	1	6	0	12	401
Croissant	1 Each	189	10	4	22	1	3	159
Egg, Fried	2 Eggs	180	13	4	1	0	15	168
Egg, Hard Boiled	1 Each	90	6	2	0	0	8	84
Egg, Scrambled	2 Eggs	127	9	3	0	0	11	127
Egg, Scrambled with Cheese	2 Eggs	197	15	6	0	0	15	367
Egg, Scrambled with Low Cholesterol Eggs	2 Eggs	48	0	0	2	0	10	128
French Toast	2 Slices	361	8	2	60	3	14	522
Granola Bar	1 Bar	90	3	0	15	1	2	80
Huevos Rancheros	2 Eggs	493	23	7	47	5	23	1276
Muffin, Blueberry	1 Muffin	290	10	3	47	1	4	265
Omelet, Plain	2 Eggs	173	14	4	0	0	12	183
Pancakes, Blueberry	2 Each	159	2	1	33	1	4	540
Pancakes	2 Each	151	2	1	31	1	4	540
Panini, Breakfast	1 Each	437	23	8	33	0	25	991
Sausage, Pork	2 Each	182	17	6	0	0	7	324
Sausage, Turkey	3 Each	90	6	2	0	0	10	290
Sausage, Veggie	2 Each	80	3	0	3	2	9	300
With Cheese, Swiss	Slice	50	4	3	1	0	4	30
With Cheese, American	1 oz	70	6	4	0	0	3	320
With Cheese, Cheddar-Jack	1 oz	110	9	5	0	0	7	170
With Cheese, Low Fat American	Slice	45	3	2	2	0	4	230
With Chopped Tomato	1 oz	5	0	0	1	0	0	1
With Diced Ham	1 oz	35	1	0	1	0	5	328
With Green Pepper	1 oz	5	0	0	1	0	0	1
With Mushrooms Sliced	1 oz	6	0	0	1	0	1	1



# Nutrition Information

## BREAKFAST CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
With Onions Chopped	1 oz	10	1	0	2	0	0	1
With Spinach	1 oz	15	1	0	1	1	1	22
Yogurt, Blueberry, Greek	6 oz	150	4	3	17	0	11	40
Yogurt, Greek, Vanilla Fat Free	5 oz	110	0	0	15	0	12	50
Yogurt, Parfait	1 Serving	225	3	1	46	3	7	133
Yogurt, Peach, Nonfat	6 oz	90	0	0	17	0	5	75
Yogurt, Plain, Low Fat	6 oz	100	3	2	12	0	7	100
Yogurt, Strawberry, Nonfat	6 oz	90	0	0	18	0	5	75

## CHEF'S FAVORITES

Burrito, Bean and Cheese	Burrito	486	17	8	60	9	21	1174
Burrito, Beef	Burrito	545	31	14	39	2	29	636
Burrito, Chicken	Burrito	398	16	8	39	2	23	593
Chicken, Caesar	3 oz	128	5	1	1	0	17	358
Chicken, Cajun	3 oz	99	3	1	0	0	18	218
Chicken, Lemon Pepper	3 oz	102	3	1	1	0	18	588
Chicken, Mrs. Dash	3 oz	104	3	1	1	0	18	29
Chicken, Olive-Oil Lemon Juice	3 oz	104	3	1	0	0	18	28
Chicken, Plain	3 oz	99	3	1	0	0	18	28
Grilled Steak	3.5 oz	246	15	6	0	0	27	104
Pot Pie	1 Serving	504	27	8	43	4	21	1223
Roast Turkey	4 oz	142	1	0	0	0	30	71
Salmon, Baked	1 Fillet	239	15	3	1	0	23	70
Salmon, Cajun	1 Fillet	236	15	3	0	0	23	447
Salmon, Lemon Pepper	1 Fillet	249	15	3	1	0	23	627
Salmon, Mrs. Dash	1 Fillet	240	15	3	1	0	23	68
Salmon, Olive-Oil Lemon Juice	1 Fillet	256	18	4		0	23	67
Tilapia, Cajun	1 Fillet	100	1	1	0	0	21	421
Tilapia, Lemon Pepper	1 Fillet	103	1	1	1	0	21	601
Tilapia, Mrs. Dash	1 Fillet	105	1	1	1	0	21	41
Tilapia, Olive-Oil Lemon Juice	1 Fillet	120	3	1	0	0	21	41
Tilapia, Plain	1 Fillet	100	1	1	0	0	21	41
Vegetable Lasagna	6 oz	419	24	11	30	3	22	890

## CONDIMENTS

Barbecue Sauce	Packet	40	0	0	10	0	0	260
Black Pepper	Packet	0	0	0	0	0	0	0
Butter, Salted	Packet	37	4	3	0	0	0	30
Cinnamon, Ground	1 Tsp	0	0	0	2	1	0	0
Cream Cheese	Packet	50	5	3	1	0	1	85
Creamer, French Vanilla	Each	30	2	1	5	0	0	0
Creamer, Half & Half	Each	15	1	0	0	0	0	10
Creamer, Hazelnut	Each	30	2	2	3	0	0	0
Creamer, Non-Dairy	Each	20	2	2	2	0	0	10
Creamer, Powdered	Packet	10	1	0	2	0	0	0
Guacamole	1 oz	45	4	1	3	2	1	115

## CONDIMENTS CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Honey	Packet	25	0	0	7	0	0	0
Hot Sauce	Packet	0	0	0	0	0	0	125
Hummus	1/2 Cup	280	24	0	16	8	4	480
Jalapeño Slices	7 slices	2	0	0	0	0	0	123
Jelly, Grape	Packet	35	0	0	8	0	0	0
Jelly, Strawberry	Packet	35	0	0	8	0	0	0
Jelly, Diet	Packet	10	0	0	3	0	0	0
Ketchup	Packet	10	0	0	3	0	0	85
Lemon Wedge	1 Each	5	0	0	2	1	0	0
Margarine	Packet	25	3	1	0	0	0	40
Mayonnaise	Packet	90	10	2	0	0	0	65
Mayonnaise Low Fat	Packet	30	3	0	0	0	0	85
Mrs Dash	Packet	0	0	0	0	0	0	0
Mustard	Packet	0	0	0	0	0	0	0
Parmesan Cheese	Packet	15	1	1	0	0	1	35
Peanut Butter	Packet	120	10	2	4	1	5	90
Pickle Chips	4 slices	3	0	0	0	0	0	195
Pickle Relish	Packet	10	0	0	3	0	0	50
Salsa	Packet	20	0	0	4	1	1	300
Salt	Packet	0	0	0	0	0	0	200
Sour Cream	1 oz	60	5	4	2	0	1	50
Soy Sauce	Packet	10	0	0	1	0	2	920
Splenda	Packet	0	0	0	0	0	0	0
Stevia	Packet	0	0	0	0	0	0	0
Sugar	Packet	10	0	0	3	0	0	0
Sugar, Brown	1 oz	30	0	0	8	0	0	0
Sweet/Sour Sauce	Packet	35	0	0	8	0	0	80
Syrup, Pancake	Packet	110	0	0	29	0	0	20
Syrup, Pancake Diet	Packet	10	0	0	4	0	0	75
Tartar Sauce	Packet	40	3	0	3	0	0	100

## DELI SANDWICH

Bacon	2 slices	80	6	2	0	0	6	300
Bread, Corn Tortilla	1 Each	40	1	0	8	1	1	4
Bread, Flour Tortilla	Tortilla	200	6	3	31	1	5	470
Bread, Hoagie Roll	Roll	170	2	0	33	2	6	410
Bread, Multigrain	2 Slices	260	4	1	46	4	10	380
Bread, Rye	2 Slices	180	2	0	34	2	6	440
Bread, White	2 Slices	162	2	0	32	0	4	324
Bread, Whole Wheat	2 Slices	200	3	0	36	6	10	360
Chicken Salad	1/2 Cup	172	9	2	2	0	20	744
Egg Salad	1/2 Cup	209	17	4	2	0	13	329
Ham	2 oz	66	2	1	3	0	10	624
Panini, Roast Beef	1 Each	448	20	8	40	4	28	1399
Panini, Tomato Basil	1 Each	552	32	17	35	2	31	1183
Panini, Turkey Bacon Guacamole	1 Each	423	15	5	46	3	29	1339
Panini, Vegan	1 Each	292	7	0	49	5	10	524

# Nutrition Information

## DELI SANDWICH CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Peanut Butter and Jelly on White	1 Each	354	12	2	56	1	8	415
Roast Beef	2 oz	70	3	1	0	0	10	450
Tuna Salad	1/2 Cup	145	6	1	4	0	17	626
Turkey	2 oz	50	1	0	1	0	11	460
Uncrustables	1 Each	300	17	3	32	4	9	280
With American	1 Slice	70	6	4	1	0	3	320
With American, Low Fat	1 Slice	45	3	2	2	0	4	230
With Cheddar Cheese	1 Slice	80	7	4	0	0	5	135
With Provolone	1 Slice	70	6	4	0	0	5	180
With Swiss	1 Slice	50	4	3	1	0	4	30
With Lettuce	1 Leaf	2	0	0	0	0	0	5
With Onions	2 Slices	16	0	0	4	1	0	2
With Tomato Slice	2 Slices	6	0	0	1	0	0	2

## DESSERTS

Cake, Angel Food	1 Slice	90	0	0	21	0	2	180
Cake, Carrot	1 Slice	360	17	4	47	1	4	336
Cake, Chocolate	1 Slice	400	16	6	60	3	4	420
Cookie, Chocolate Chip	1 Cookie	91	5	2	13	0	1	68
Cookie, Oatmeal Raisin	1 Cookie	150	7	4	23	2	2	130
Cookie, Snickerdoodle	1 Cookie	171	7	4	25	0	3	190
Fruit Ice, Cherry	4 oz	70	0	0	18	0	0	15
Fruit Ice, Lemon	4 oz	70	0	0	17	0	0	10
Gelatin, Lemon	1/2 Cup	81	0	0	19	0	2	102
Gelatin, Strawberry, Sugar Free	3.5 oz	10	0	0	2	1	0	10
Gelatin, Strawberry	1/2 Cup	81	0	0	19	0	2	102
Ice Cream, Chocolate	4 oz	130	6	4	16	1	3	65
Ice Cream, Strawberry	4 oz	130	7	4	16	0	2	45
Ice Cream, Vanilla	4 oz	130	6	4	15	0	2	60
Ice Cream, Vanilla, No Sugar Added	4 oz	80	0	0	20	5	4	65
Milkshake, Chocolate	8 oz	309	9	6	51	0	6	194
Milkshake Cookies and Cream	8 oz	289	10	6	44	0	6	220
Milkshake, Strawberry	8 oz	303	9	6	52	0	6	181
Milkshake, Vanilla	8 oz	256	9	6	39	0	6	181
Orange Sherbet	4 oz	110	1	1	25	0	1	20
Pie, Apple	1 Slice	250	10	5	39	1	2	240
Popsicle, Assorted	1.75 oz	38	0	0	10	0	0	5
Pudding, Chocolate	4 oz	110	2	1	19	0	2	124
Pudding, Chocolate, No Sugar Added	4 oz	90	3	2	10	4	3	120
Pudding, Rice	4 oz	133	3	2	22	0	4	133
Pudding, Vanilla	4 oz	120	4	2	20	0	1	130
Rice Krispies Treat	1 Bar	156	4	1	29	0	1	173

## FRUIT

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Apple	1 Each	70	0	0	19	3	0	1
Applesauce	4 oz	50	0	0	12	2	0	10
Apricot Halves, Dried	5 Each	100	0	0	26	3	1	0
Banana	1 Each	101	0	0	26	3	1	1
Fruit Plate, Large	Large	142	1	0	35	3	3	50
Fruit Plate, Small	Small	50	0	0	12	1	1	17
Grapes	1/2 Cup	58	0	0	15	1	1	2
Mixed Tropical Fruit	4 oz	81	0	0	19	1	0	0
Orange, Mandarin	4 oz	70	0	0	18	0	0	10
Orange, Whole	1 Each	83	0	0	21	4	2	2
Peaches in Fruit Juice	4 oz	70	0	0	18	0	0	5
Pears, Diced	4 oz	70	0	0	18	2	0	10
Pineapple Tidbits	4 oz	70	0	0	16	1	0	0
Prunes	3 Each	61	0	0	16	2	1	1
Strawberry Cup	1 Cup	48	0	0	12	3	1	2
Raisins	1 Box	130	0	0	34	2	1	0
Watermelon Cup	1 Cup	51	0	0	13	1	1	2

## GRILL

Caesar-Marinated Chicken Sandwich	1 Each	308	7	2	30	1	29	586
Cheeseburger	1 Each	420	20	8	30	1	30	631
Cheesesteak Sub	1 Each	746	43	20	50	3	40	1034
Chicken Fingers	4 oz	281	15	2	19	2	17	974
Fish Sticks	4 Each	233	9	2	23	1	15	415
Fried Chicken Wings	5 Each	391	26	6	9	0	25	1038
Grilled Cheese, American on Wheat Bread	1 Each	455	26	9	38	6	19	983
Grilled Cheese, American on White Bread	1 Each	418	25	9	34	0	13	947
Grilled Cheese, Low Fat American on Wheat Bread	1 Each	310	9	3	40	6	18	947
Grilled Cheese, Low Fat American on White Bread	1 Each	272	8	3	37	0	12	911
Hamburger on Bun	1 Each	360	16	6	29	1	26	271
Hot Dog on Bun	1 Each	309	19	7	25	0	10	817
Hot Dog on Bun, Turkey	1 Each	175	2	0	29	0	10	670
Veggie Burger on Bun	1 Each	271	4	0	49	6	13	762
With Lettuce	1 Leaf	3	0	0	0	0	0	5
With Onions Sliced	2 Slices	16	0	0	4	1	0	2
With Tomato Slice	2 Slices	6	0	0	1	0	0	2



# Nutrition Information

ON THE SIDE	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Baby Carrots	1/2 Cup	40	0	0	9	3	1	88
Basmati Rice	1/2 Cup	99	0	0	22	0	2	0
Broccoli	1/2 Cup	12	0	0	2	1	1	12
Brown Wild Rice Blend	1/2 Cup	92	0	0	20	0	2	333
Corn Kernels	1/2 Cup	64	1	0	16	2	2	1
Dinner Roll	1 Roll	90	2	0	18	1	3	190
French Fries	10 Fries	152	11	1	12	1	1	159
Gravy, Brown	1 oz	25	2	0	2	0	0	168
Gravy, Brown, Low Sodium, Low Fat	1 oz	13	0	0	2	0	1	115
Garlic Spinach	1/2 Cup	39	1	0	7	3	4	466
Macaroni & Cheese	6 oz	264	12	5	28	2	12	762
Potato, Baked	1 Potato	120	0	0	32	2	4	5
Potato, Mashed	1/2 Cup	81	1	0	17	2	2	394
Potato, Mashed, Low Sodium	1/2 Cup	76	0	1	20	1	2	3
Ratatouille	1/2 Cup	76	3	0	11	2	1	189
Refried Beans, Vegetarian	1/2 Cup	90	1	0	15	5	5	440
Rice and Beans	1/2 Cup	118	1	0	21	3	5	297
Seasoned Black Beans	1/2 Cup	137	3	0	20	6	7	594
Seasonal Vegetable	1/2 Cup	14	0	0	2	1	0	12
Sweet Potato, Baked	1 Potato	170	0	0	40	6	3	109
Sweet Potato Fries	Small	200	15	1	15	1	1	223
Sweet Potato Fries	Large	400	30	2	30	3	1	446
Tater Tots	10 Tots	207	12	1	20	3	2	419

## PASTA & PIZZA

Olive Oil	1 Tbsp	120	14	2	0	0	0	0
Pasta, Egg Noodles	1 Cup	217	3	1	40	2	8	12
Pasta, Penne	1 Cup	243	1	0	51	2	9	0
Pasta, Spaghetti	1 Cup	244	1	0	51	2	9	0
Pasta, Spinach Ravioli	4 Each	243	7	3	33	3	14	389
Pizza, Cheese	1 Pizza	514	17	8	68	2	23	1108
Pizza, Pepperoni	1 Pizza	558	21	9	68	2	25	1253
Sauce, Creamy Butter	2 oz	185	17	11	7	0	1	193
Sauce, Marinara	2 oz	54	2	0	7	1	1	249
Sauce, Meat	2 oz	79	4	1	5	0	4	187
Turkey Meatballs	6 each	150	8	3	6	0	13	380
With Chicken Breast	2.75 oz	99	3	1	0	0	18	28
With Diced Ham	1 oz	35	1	0	1	0	5	328
With Diced Tomato	2 Tbsp	5	0	0	1	0	0	1
With Green Pepper	1 oz	5	0	0	1	0	0	1
With Mushrooms Sliced	1 oz	6	1	0	1	0	1	1
With Onions Chopped	1 oz	10	0	0	2	0	0	1
With Pineapple	1 oz	35	0	0	8	1	0	0
With Spinach	1 oz	15	0	0	1	1	1	22

## PURÉED FOODS & SUPPLEMENTS

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Boost, Chocolate	8 oz	245	4	1	42	0	10	133
Boost, Strawberry	8 oz	239	4	1	41	0	10	130
Boost, Vanilla	8 oz	245	4	1	42	0	10	133
Pureed Bananas	4 oz	112	0	0	27	1	2	0
Pureed Beef Steak	Serving	140	7	3	4	0	14	360
Pureed Carrots	Serving	130	8	1	15	2	1	260
Pureed Chicken Breast	Serving	90	2	0	3	0	15	340
Pureed Corn	Serving	180	9	2	23	1	2	300
Pureed Green Beans	Serving	110	8	1	11	2	2	360
Pureed Peaches	4 oz	73	0	0	16	1	1	7
Pureed Pears	4 oz	54	0	0	14	5	0	3
Pureed Peas	Serving	130	7	1	17	3	4	340
Pureed Seafood Filet	Serving	100	1	0	4	0	19	270

## SALAD BAR

Avocado	0.75 oz	45	4	1	2	1	0	0
Baby Spinach	2 Cup	11	0	0	2	1	1	37
Bacon, Crumbled	1 Tbsp	36	3	1	0	0	2	140
Beets	1 oz	9	0	0	2	<1	0	33
Black Olives, Sliced	2 Tbsp	31	3	0	2	1	0	198
Carrots, Matchstick	2 Tbsp	23	0	0	5	2	1	39
Cheese, Cheddar-Jack	2 Tbsp	80	7	4	0	0	5	130
Chicken, Diced	2 Tbsp	39	1	0	0	0	7	11
Chickpeas	1 oz	46	1	0	8	1	3	69
Couscous/Quinoa Blend	1/3 cup	174	1	0	36	2	5	0
Crouton Packet	Each	30	1	0	5	0	1	105
Cucumber, Sliced	4 slices	9	0	0	2	0	0	1
Diced Tomato	1 oz	5	0	0	1	0	0	1
Dressing, Blue Cheese	Packet	170	17	3	2	0	1	450
Dressing, Caesar	Packet	140	16	3	3	0	2	450
Dressing, French	Packet	190	16	3	13	0	0	300
Dressing, Honey Mustard	Packet	130	9	2	11	0	0	330
Dressing, Italian	Packet	70	7	1	3	0	0	450
Dressing, Italian, Lite	Packet	15	0	0	5	1	0	700
Dressing, Olive Oil	Packet	180	21	2	0	0	0	0
Dressing, Ranch	Packet	160	16	3	3	0	0	380
Dressing, Ranch Fat Free	Packet	40	0	0	11	1	0	540
Dried Cranberries, Sweetened	1 Tbsp	23	0	0	6	0	0	0
Feta	1 oz	71	6	4	1	0	5	344
Ham, Diced	1 oz	35	1	0	1	0	5	328
Hard Boiled Egg, Diced	1 oz	41	3	1	0	0	4	40
Lettuce, Iceberg	2 Cup	16	0	0	3	1	1	11
Lettuce, Romaine Chopped	2 Cup	16	0	0	3	2	1	8
Mushrooms, Sliced	4 Slices	3	0	0	1	0	1	1
Radishes	1 oz	5	0	0	1	0	0	11
Red and Green Pepper, Diced	1 oz	3	0	0	1	0	0	0

# Nutrition Information

## SALAD BAR CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Red Onion, Diced	1 oz	10	0	0	2	0	0	1
Salad, Chicken Caesar	1 Salad	327	21	5	9	1	24	668
Salad, Cobb	1 Salad	337	19	7	18	2	26	1027
Spring Mix	2 Cup	9	0	0	2	1	1	15
Sunflower Seeds	1 Tbsp	50	4	1	2	1	2	0
Turkey, Diced	1 oz	32	1	0	1	0	6	246
Vinegar Balsamic	1 Tbsp	3	0	0	0	0	0	1

## SNACKS

Crackers, Goldfish	.75 oz	100	4	1	14	1	3	170
Crackers, Graham	Packet	60	2	0	11	0	1	65
Crackers, Saltine	2 Each	25	1	0	5	0	1	90
Granola Bar	1 Bar	90	3	0	15	1	2	80
Guacamole	1 oz	45	4	1	3	2	1	115
Hummus	1/2 Cup	280	24	0	16	8	4	480
Pita Chips	1.5 oz	200	5	1	19	1	3	270
Potato Chips	0.5 oz	80	5	1	8	1	1	80
Potato Chips, Baked	1.125 oz	130	2	0	26	2	2	150
Potato Chips, Low Sodium	1.25 oz	160	10	3	15	1	2	5
Pretzels	1 oz	110	1	0	23	1	2	450
Salsa	Packet	21	0	0	4	1	1	510
Salted, Peanuts	1 oz	170	14	2	5	2	7	95
String Cheese	1 Each	80	6	4	1	0	7	150
Tortilla Chips	1 oz	140	7	1	18	1	2	120

## TACO BAR

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Cheddar-Jack Cheese	1 oz	110	9	5	0	0	7	180
Corn Tortilla	1 Each	40	1	0	8	1	1	4
Diced Avocado	.75 oz	45	4	1	2	1	0	0
Diced Tomatoes	1 oz	5	0	0	1	0	0	1
Guacamole	1 oz	45	4	1	3	2	1	115
Jalapenos	7 pc	4	0	0	0	0	0	179
Lettuce	1 oz	4	0	0	1	0	0	3
Pico de Gallo	1 oz	13	1	1	1	0	0	19
Salsa	Packet	21	0	0	4	1	1	510
Sour Cream	1 oz	55	6	3	1	0	1	23
Taco Beef	3oz	140	8	3	7	3	11	534
Taco Chicken	3oz	126	5	1	5	2	16	379

