



Nutritional Analysis NASH & NAI Menu



| 2008-2009 | Calories | Fat | Protein | Carbohydrate | Fiber |
|--|----------|-------|---------|--------------|-------|
| Main Event Entrées | | grams | grams | grams | grams |
| Chicken Nuggets & Whole Wheat Roll | 312 | 11 | 24 | 29 | 5 |
| Tuna Melt w/ Cheese | 373 | 16 | 26 | 33 | 1 |
| Rachael Ruben | 445 | 18 | 26 | 45 | 3.6 |
| French Bread Pizza | 309 | 14 | 18 | 27 | 0.9 |
| Buffalo Chicken Salad w/ Breadstick | 539 | 23 | 32 | 52 | 2.6 |
| Bagel Club Sandwich | 457 | 11 | 27 | 61 | 3.3 |
| Ham & Cheese on Pretzel Bun | 508 | 16 | 22 | 65 | 2 |
| Baked Chicken w/ Whole Wheat Roll | 380 | 18 | 21 | 30 | 1 |
| Big Daddy's Pizza | 400 | 13 | 23 | 47 | 3 |
| Cheese Pizza | 447 | 17 | 26 | 41 | 3.5 |
| Pepperoni Pizza | 386 | 13 | 21 | 40 | 3 |
| Pasta Bar: | | | | | |
| <i>Penne Chicken Alfredo</i> | 466 | 9 | 28 | 66 | 3.1 |
| <i>Penne Chicken w/ Marinara</i> | 516 | 10 | 36 | 66 | 4.3 |
| <i>Penne w/ Meatballs</i> | 550 | 14 | 29 | 74 | 5.6 |
| <i>Penne w/ Meatsauce</i> | 593 | 19 | 36 | 66 | 4.3 |
| Roaring Roast Beef on Bun | 397 | 18.5 | 28 | 30 | 1 |
| Chicken Parmesan on Bun | 473 | 17 | 28 | 53 | 6.4 |
| General Tso's Chicken w/ Rice | 639 | 19 | 29 | 88 | 0.11 |
| Macaroni & Cheese w/ Whole Wheat Roll | 560 | 8.8 | 18 | 101 | 5 |
| South Western Chicken Salad w/ Cornbread | 468 | 15 | 36 | 49 | 6 |
| BBQ Pulled Pork on Bun | 388 | 18 | 18 | 39 | 1 |
| Big Tiger Burger w/ Cheese | 656 | 40 | 37 | 36 | 4.7 |
| Boneless Honey BBQ Wings | 406 | 11 | 23 | 56 | 1.6 |
| Pasta Bar: | | | | | |
| <i>Rotini Chicken Alfredo</i> | 558 | 14 | 38 | 68 | 3 |
| <i>Rotini Chicken w/ Marinara</i> | 605 | 14 | 38 | 81 | 7 |
| <i>Rotini w/ Meatballs</i> | 641 | 18 | 30 | 89 | 8 |
| <i>Rotini w/ Meatsauce</i> | 675 | 22 | 36 | 81 | 7 |
| Chicken Tenders w/ Whole Wheat Roll | 451 | 18 | 24 | 51 | 1 |
| Cheese Steak Hoagie | 537 | 27 | 30 | 40 | 2 |
| Cuban Sandwich | 544 | 15 | 32 | 58 | 2 |
| Ranch Turkey Wrap | 436 | 18 | 23 | 43 | 4.6 |
| California Chicken Salad w/ Wheat Roll | 443 | 20 | 25 | 44 | 3.6 |
| Pepperoni Casserole w/ Breadstick | 686 | 28 | 29 | 74 | 6 |
| Chicken & Cheese Mashed Potato Bowl | 704 | 27 | 32 | 75 | 4 |
| Hot Dog on Bun | 440 | 17 | 22 | 54 | 2 |
| Pasta Bar: | | | | | |
| <i>Ziti Chicken Alfredo</i> | 676 | 10 | 35 | 108 | 5 |
| <i>Ziti Chicken w/ Marinara</i> | 726 | 11 | 43 | 108 | 6 |
| <i>Ziti w/ Meatballs</i> | 760 | 15 | 36 | 116 | 7.6 |
| <i>Ziti w/ Meatsauce</i> | 803 | 20 | 43 | 108 | 6 |
| Sweet & Sour Chicken w/ Rice | 418 | 11 | 18 | 60 | 0.1 |
| Ham BBQ on Bun | 313 | 6 | 17 | 47 | 1 |
| Toasted Cheese w/ Tomato Soup | 674 | 42 | 30 | 47 | 3 |
| Meatball Hoagie | 577 | 28 | 29 | 48 | 4 |
| Greek Chicken Salad w/ Wheat Roll | 509 | 24 | 31 | 42 | 3 |
| Cheesy Beef a Roni w/ Wheat Roll | 692 | 27 | 41 | 69 | 8 |
| Buffalo Chicken Wrap | 620 | 28 | 28 | 65 | 3 |
| French Toast Sticks w/ Sausage & Syrup | 486 | 16 | 17 | 67 | 1 |
| Pasta Bar: | | | | | |
| <i>Spaghetti Chicken Alfredo</i> | 676 | 10 | 35 | 108 | 5 |
| <i>Spaghetti Chicken w/ Marinara</i> | 726 | 11 | 43 | 108 | 6 |
| <i>Spaghetti w/ Meatballs</i> | 760 | 15 | 36 | 116 | 7.6 |

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|---------------------------------------|------------|-----------|-----------|------------|----------|
| Spaghetti w/ Meatsauce | 803 | 20 | 43 | 108 | 6 |
| Turkey & Cheese on Pretzel Bun | 557 | 18 | 30 | 65 | 2 |
| Chicken & Cheese Quesadilla | 645 | 18 | 43 | 77 | 6.5 |
| Breakfast Sandwich | 551 | 21 | 28 | 59 | 3 |
| Chicken BLT Salad w/ Wheat Roll | 421 | 17 | 42 | 25 | 4 |
| BBQ Ribby on Bun | 444 | 18 | 23 | 49 | 1 |
| Boneless Buffalo Wings | 406 | 11 | 23 | 56 | 1.6 |
| Pizza Bagel | 551 | 16 | 30 | 66 | 5.4 |
| Turkey ala King w/ Biscuit | 356 | 15 | 19 | 37 | 1 |
| Aloha Pineapple Chicken w// Rice | 617 | 17 | 25 | 93 | 0.2 |
| Vegetable Lo Mein w/ Tofu | 605 | 7 | 30 | 104 | 9.5 |
| Crispy Chicken Salad w/ Breadstick | 488 | 22 | 30 | 42 | 2.5 |
| Cheese Lasagna w/ Breadstick | 345 | 7 | 21 | 46 | 3 |
| The Pittsburgh Sandwich | 877 | 56 | 41 | 54 | 3.8 |
| Waffles w/ Sausage & Syrup | 479 | 20 | 13 | 58 | 0.5 |
| All American | | | | | |
| Rotini w/ Meatsauce | 572 | 21 | 33 | 60 | 5.9 |
| Rotini w/ Cheesesauce | 330 | 10 | 8.5 | 51 | 2 |
| Cheeseburger on Bun | 438 | 25 | 23 | 31 | 2 |
| Chicken Patty on Bun | 330 | 9 | 21 | 43 | 4 |
| Cheese Pizza | 447 | 17 | 26 | 41 | 3.5 |
| Pepperoni Pizza | 386 | 13 | 21 | 40 | 3 |
| Pepperoni Roll | 524 | 24 | 24 | 47 | 4.4 |
| BBQ Ribby on Bun | 444 | 18 | 23 | 49 | 1 |
| Toasted Cheese Sandwich | 582 | 41 | 28 | 20 | 1 |
| BorderTown | | | | | |
| Nachos w/ Cheese & Meat w/ Wheat Roll | 566 | 28 | 22 | 56 | 5 |
| Soft Tacos w/ Chicken | 563 | 19 | 41 | 55 | 9 |
| Soft Tacos w/ Beef | 602 | 25 | 38 | 53 | 8.7 |
| Beef Burrito | 508 | 25 | 30 | 41 | 3.7 |
| Chicken Fajita | 299 | 12 | 28 | 21 | 3.4 |
| Grab & Go | | | | | |
| Spicy Chicken Sandwich | 370 | 8 | 29 | 48 | 2 |
| Chicken Tenders w/ Curly Fries | 690 | 28 | 26 | 86 | 3.7 |
| Deli Express w/ Pretzels | | | | | |
| Ham & Cheese Hoagie | 624 | 15 | 32 | 87 | 3.7 |
| Ham & Cheese Wrap | 602 | 18 | 24 | 83 | 5 |
| Ham & Cheese on Wheat Bread | 238 | 7 | 19 | 30 | 1 |
| Ham & Cheese on Focaccia | 515 | 12 | 25 | 74 | 3.7 |
| Ham & Cheese on Ciabatta | 515 | 12 | 25 | 75 | 3.7 |
| Italian Hoagie | 704 | 24 | 34 | 88 | 3.3 |
| Turkey & Cheese Hoagie | 593 | 13.5 | 28 | 87 | 3.6 |
| Turkey & Cheese Wrap | 611 | 17 | 26 | 87 | 6 |
| Turkey & Cheese on Wheat Bread | 268 | 8 | 23 | 32 | 1 |
| Turkey & Cheese on Focaccia | 516 | 11 | 27 | 76 | 4 |
| Turkey & Cheese on Ciabatta | 516 | 11 | 27 | 77 | 4 |
| Sandwich Ring | 691 | 25 | 36 | 79 | 4.3 |
| PBJ Sandwich | 802 | 33 | 24 | 118 | 7 |
| Sides | | | | | |
| Broccoli, Steamed | 30 | 0 | 2 | 4 | 2 |
| Carrots, Steamed | 54 | 1 | 0.85 | 11 | 4.8 |
| Golden Corn | 133 | 1 | 4 | 32 | 4 |
| Glazed Carrots | 122 | 4.8 | 0.9 | 20 | 4.8 |
| Green Beans | 38 | 0.2 | 2 | 9 | 4 |
| Mashed Potatoes | 120 | 0 | 2 | 26 | 2 |
| Mixed Vegetables | 118 | 0.3 | 5 | 24 | 8 |
| Oven Fries | 63 | 3 | 0.7 | 8 | 0.7 |
| Pierogies | 180 | 2.5 | 6 | 34 | 1 |
| Redskin Potatoes | 189 | 4 | 6 | 40 | 5 |
| Rice | 340 | 0 | 8 | 74 | 0 |

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| Side Salad | | | | | |
| Steak Fries | 167 | 4 | 3 | 28 | 2 |
| Sweet Peas | 125 | 0.4 | 8 | 23 | 9 |
| Sweet Peas and Carrots | 77 | 0.7 | 5 | 16 | 5 |
| Sweet Potatoes | 103 | 0.2 | 2 | 24 | 4 |
| Sweet Potatoes with Brown Sugar | 89 | 0.9 | 1.2 | 21 | 2 |
| Tater Tots | 243 | 11 | 3 | 36 | 3 |
| Tomato Soup | 90 | 1 | 2 | 19 | 2 |
| Tossed Salad | 40 | 0.9 | 3 | 7 | 2 |
| Veggie Sticks with Ranch | 50 | 2 | 1.4 | 7 | 1 |
| Whole Wheat Roll | 60 | 0.8 | 2.5 | 11 | 1 |
| Fruits | | | | | |
| Apple Juice | 60 | 0 | 0 | 15 | 0 |
| Grape Juice | 65 | 0 | 0.5 | 17 | 0 |
| Orange Juice | 55 | 0 | 1 | 14 | 0 |
| Apples | 72 | 0.2 | 0.4 | 19 | 3.3 |
| Apple Sauce | 194 | 0.46 | 0.5 | 51 | 3 |
| Apples with Cinnamon (warm) | 57 | 0.5 | 0.4 | 15 | 5 |
| Bananas | 101 | 0.4 | 1.2 | 26 | 3 |
| Mandarin Oranges | 71 | 0 | 0 | 18 | 1.4 |
| Mixed Fruit | 245 | 0.5 | 4 | 61 | 5 |
| Peaches | 136 | 0 | 1 | 37 | 3 |
| Pears | 143 | 0 | 0.5 | 38 | 4 |
| Pineapples | 131 | 0.3 | 1 | 34 | 2 |
| Milk | | | | | |
| 1% Chocolate | 160 | 2.5 | 8 | 27 | 0 |
| 1% Strawberry | 160 | 2.5 | 8 | 27 | 0 |
| 1% White | 100 | 2.5 | 8 | 12 | 0 |
| Skim | 80 | 0 | 8 | 12 | 0 |
| Condiments | | | | | |
| BBQ Sauce | 38 | 0.5 | 0 | 9 | 0 |
| Ketchup | 6 | 0 | 0 | 1.5 | 0 |
| Mustard | 28 | 0 | 0 | 0 | 0 |
| Mayonnaise | 90 | 10 | 0 | 0 | 0 |
| Pickles | 0 | 0 | 0 | 0 | 0 |
| Relish | 10 | 0 | 0 | 3 | 0 |
| Salad Dressing, Italian, Lite (2 oz) | 78 | 5 | 1.2 | 8 | 1.9 |
| Salad Dressing, Ranch, Lite (2 oz) | 80 | 7 | 1 | 2 | 0 |