

Entrée Nutrition and Allergen Information

Heat and Eat Lunch Menu Entrées									
Entrée	Serving Size	Calories	Total Fat (grams)	Saturated Fat (grams)	Sodium (mg)	Carbohydrates (grams)	Fiber (grams)	Protein (grams)	Allergens
Chicken Nuggets	5 each	260	15	2.5	400	16	3	16	S, W
Chicken Tenders (regular or spicy)	3 each	230	12	2	330	12	2	20	S, W
Chicken Patty (regular or spicy)	1 each	200	9	1.5	290	9	3	19	S, W
Popcorn Chicken	2/3 cup	230	14	2	240	14	2	12	S, W
Bone-in Assorted Chicken Pieces	1 each	190	11	2.5	470	6	1	16	W
Garlic Toast	1 each	100	3	0	130	15	2	3	M, W, S
Personal Pan Pizza, Pepperoni	1 each	310	10	3	480	38	4	17	M, W, S
Pizza Slice, Cheese	1 slice	310	13	7	470	29	3	21	M, W, S
Pizza Slice, Pepperoni	1 slice	310	12	7	570	29	3	21	M, W, S
Corn Dog	1 each	240	8	2.5	390	30	5	9	E, S, W
Mini Corn Dogs	5 each	270	12	3.5	410	30	5	10	E, S, W
Grilled Chicken Breast Patty	1 each	100	3.5	1	210	1	0	15	S
Oven Roasted Chicken Pieces	1 each	180	12	3.5	360	0	0	17	N/A
Cornbread	1 loaf	230	7	1.5	220	38	3	4	E, M, S, W
Beef Hot Dog	1 each	70	2	1	310	4	0	7	M, S
Beef Hamburger Patty	1 each	130	8	3	140	1	1	13	S
Hot Dog Bun	1 each	150	2	0	270	29	3	7	S, W
Hamburger Bun	1 each	150	2	0	270	29	3	7	S, W
Bean & Cheese Burrito, Sec (7 oz.)	1 each	340	13	7	680	36	9	19	M, S, W
Bean & Cheese Burrito, Elem (5.2 oz.)	1 each	290	8	4	480	41	8	16	M, S, W
Chicken Sausage Patty	1 each	100	6	1.5	250	1	0	11	N/A
French Toast	1 slice	210	7	2	320	28	2	8	E, S, W
Grilled Cheese Sandwich	1 each	280	10	5.5	580	31	3	19	M, S, W
On Campus Student Lunch Menu Entrées									
Entrée	Serving Size	Calories	Total Fat (grams)	Saturated Fat (grams)	Sodium (mg)	Carbohydrates (grams)	Fiber (grams)	Protein (grams)	Allergens
Cheese, Turkey Ham, & Crackers	1 each	320	14	6	830	30	3	18	M, S, W
Turkey Sandwich on Wheat Bread <i>(condiments not included in analysis)</i>	1 each	230	6	2	560	29	2	18	M, S, W
Ranch Chicken Salad with Dinner Roll	1 each	370	15	2	760	38	3	26	E, M, S, W
Turkey Sandwich on Hoagie Roll <i>(condiments not included in analysis)</i>	1 each	240	6	2	560	29	3	20	M, S, W
Pizza Bento Box	1 each	390	18	8	760	36	4	21	M, S, W
Nacho Bento Box	1 each	440	20	6	720	45	8	19	M
Yogurt, Sunflower Seeds, & Crackers	1 each	450	20	3.5	530	56	6	13	M, S, W
Smucker's Uncrustable, Grape (5.3 oz.)	1 each	600	34	6	540	64	7	18	P, W
Smucker's Uncrustable, Strawberry (5.3 oz.)	1 each	600	34	6	540	64	7	18	P, W
Grab & Go Breakfast Menu Entrées									
Entrée	Serving Size	Calories	Total Fat (grams)	Saturated Fat (grams)	Sodium (mg)	Carbohydrates (grams)	Fiber (grams)	Protein (grams)	Allergens
Banana Bread	1 each	280	10	2	220	44	2	5	E, S, W
Cereal & Grahams	1 each	220	6	1	300	42	4	3	S, W
Blueberry Muffin Top	1 each	220	5.5	1	110	39	3	4	E, M, S, W
Bagel with Cream Cheese	1 each	220	5	3.5	270	35	3	8	M, W
Cinnamon Roll	1 each	200	4.5	1	170	37	3	4	E, M, S, W

*ALLERGENS: E=Eggs, F=Fish, M=Milk, P=Peanuts, S=Soy, T=Tree Nuts, W=Wheat/Gluten

Please be advised that this is general information and not intended to be used as medical advice. Information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.