

DAGWOOD'S	Serving Size	Calories	Protein (grams)	Cal from Fat	Total Fat (grams)	Sat Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carb (grams)	Fiber (grams)	Sugars (grams)
Menu Item												
Club	1 each	525	24	266	32	8	0	71	2730	34	3	7
Beef & Cheddar	1 each	583	28	284	33	9	0	73	2646	45	4	5
Gourmet Cheese	1 each	704	26	397	46	17	0	79	2409	47	4	6
Ham & Swiss	1 each	609	24	297	35	9	0	75	2991	50	4	9
Italian	1 each	695	24	389	44	12	0	83	2985	49	4	8
Turkey & Cheese	1 each	592	27	275	32	7	0	67	2789	48	4	6

JASMINE'S	Serving Size	Calories	Protein (grams)	Cal from Fat	Total Fat (grams)	Sat Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carb (grams)	Fiber (grams)	Sugars (grams)
Menu Item												
Almond Chicken	1 each	642	30	173	27	2	0	69	495	89	7	8
Beef Stir Fry	1 each	668	43	188	21	8	0	50	896	85	5	6
Broccoli Beef	1 each	630	47	179	20	8	0	50	526	77	4	1
Crag Rangoon	1 each	242	7	0	14	5	0	39	446	22	0	9
Egg Roll	1 each	180	7	80	9	2	0	15	450	18	2	2
Fried Rice	1 each	997	40	249	41	4	0	211	1450	134	6	21
Garlic Beef Katsu	1 each	836	50	180	20	8	0	50	482	127	5	7
Lo Mein Beef	1 each	800	44	222	24	9	0	50	2339	103	3	7
Spring Roll	1 each	202	3	0	0	0	0	0	476	20	3	18
Stir Fry Chicken	1 each	562	35	71	16	2	0	75	502	85	5	6
Teriyaki Chicken	1 each	609	24	33	12	1	0	69	2677	114	5	33
Thai Chicken	1 each	706	41	158	26	7	0	76	867	97	5	15
Tofu Stir Fry	1 each	586	31	115	21	2	0	0	447	90	8	8
Vegetable Curry	1 each	629	30	149	25	6	0	1	767	93	8	10
Rice	9 oz.	306	7	6	9	0	0	0	3	67	2	0
Noodles	2.3 oz.	254	9	26	3	1	0	55	14	47	2	1

PASADO'S	Serving Size	Calories	Protein (grams)	Cal from Fat	Total Fat (grams)	Sat Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carb (grams)	Fiber (grams)	Sugars (grams)
Menu Item												
Burrito Beef	1 each	800	33	275	35	12	0	77	1604	101	7	6
Burrito Chicken	1 each	822	40	263	34	11	0	96	1760	101	6	6
Burrito Steak	1 each	714	25	228	30	10	0	49	1996	100	6	5
Quesadilla Chicken	1 each	590	37	246	26	12	0	108	1826	48	4	5
Nacho	1 each	457	10	166	19	4	4	10	1853	62	2	8
Nacho Supreme	1 each	687	26	324	35	13	2	82	1873	65	4	10
Burrito Beef Naked	1 each	589	26	230	30	11	0	77	1233	67	6	6
Burrito Steak Naked	1 each	503	18	183	25	9	0	49	1625	66	5	5
Chicken Burrito Naked	1 each	611	33	218	29	10	0	96	1389	67	5	6
Veggie Burrito Naked	1 each	499	18	183	25	9	0	49	1086	65	5	5
Pasado Potatoes	1 each	569	7	312	35	6	3	7	1622	59	5	4
Pasado Salad	1 each	390	28	198	21	11	0	96	1291	20	4	7
Quesadilla Smothered	1 each	825	46	419	44	21	0	157	2449	55	5	9
Taco Salad	1 each	652	34	322	33	16	0	112	1561	51	6	10
AMERICAN GRILL LUNCH	Serving Size	Calories	Protein (grams)	Cal from Fat	Total Fat (grams)	Sat Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carb (grams)	Fiber (grams)	Sugars (grams)
Menu Item												
Cheeseburger Deluxe	1 each	594	30	273	30	14	2	87	1393	39	2	9
Chicken Sandwich Breaded	1 each	506	25	162	18	5	0	47	1700	52	2	6
Chicken Sandwich Grilled	1 each	405	41	60	7	3	0	92	1649	37	1	7
Chicken Strips	8 oz.	486	32	222	26	4	0	61	1600	34	2	0
Fish Filet	1 each	600	25	243	28	6	0	57	1187	57	2	4
French Dip	1 each	541	42	113	12	7	0	75	2057	66	2	2
French Fries	8 oz.	320	5	107	12	4	0	0	80	51	5	0
Hamburger Deluxe	1 each	522	26	243	27	12	2	76	793	35	1	6
Philly Beef	1 each	711	45	339	38	18	0	134	1166	40	1	4
Veggie Burger	1 each	349	14	40	4	3	0	10	1153	55	4	7

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D'CAFÉ	Serving Size	Calories	Protein (grams)	Cal from Fat	Total Fat (grams)	Sat Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carb (grams)	Fiber (grams)	Sugars (grams)
Chai Tea	12 oz.	225	6	0	4	3	0	19	135	41	0	37
Chai Tea	16 oz.	300	8	0	5	4	0	25	180	55	0	49
Hot Chocolate	12 oz.	274	10	23	8	7	0	31	150	40	0	37
Hot Chocolate	16 oz.	369	13	25	10	8	0	41	195	57	0	52
Latte	12 oz.	150	0	0	6	5	0	31	150	14	0	14
Latte	16 oz.	195	13	0	8	7	0	41	195	18	0	18
Latte Hazelnut	12 oz.	151	10	0	6	5	0	31	150	14	0	14
Latte Hazelnut	16 oz.	196	13	0	8	7	0	41	195	18	0	18
Latte Snickers	12 oz.	234	10	20	8	7	0	31	150	34	0	32
Latte Snickers	16 oz.	324	12	23	9	8	0	38	180	56	0	52
Mocha	12 oz.	274	10	23	8	7	0	31	150	40	0	37
Mocha	16 oz.	354	12	25	9	8	0	38	180	55	0	51
Mocha White	12 oz.	294	10	18	11	7	0	31	205	39	0	39
Mocha White	16 oz.	384	12	18	14	8	0	38	263	54	0	54
Bagel Asiago	1 each	364	14	21	2	1	0	0	676	72	3	7
Bagel Blueberry	1 each	405	14	16	2	0	0	0	778	80	0	6
Bagel Cinnamon Raisin	1 each	405	14	16	2	0	0	0	778	83	0	
Bagel Everything	1 each	291	11	17	2	0	0	0	541	57	2	6
Bagel Plain	1 each	298	12	17	2	0	0	0	553	59	3	6
Bagel Wheat	1 each	354	14	20	2	0	0	0	622	69	6	9
Banana Bread	1 slice	530	6	156	19	8	0	16	685	87	78	47
Cheese Cake	1 slice	182	3	72	9	7	0	9	45	12	0	19
Eggs Hard Boiled	2 each	175	14	109	12	4	0	456	155	1	0	1
Chocolate Cake	1 slice	474	3	151	18	9	0	8	559	81	4	63
Cookie Chocolate Chip	1 each	499	6	230	25	9	4	30	403	67	3	25
Cookie Snickerdoodle	1 each	509	6	210	23	12	2	65	289	67	1	36
Corn Bread	1 each	326	5	140	17	3	1	72	445	38	0	19
Cream Pie Chocolate	1 slice	307	2	150	16	9	2	0	225	37	1	24
Muffin Blueberry	1 each	260	4	18	2	0	0	0	485	58	0	32
Muffin Chocolate Chip	1 each	334	5	60	7	3	0	0	483	67	1	40
Pie Pumpkin	1 slice	454	6	188	20	11	0	56	438	66	1	31
Pudding	1 each	234	3	63	10	6	0	15	305	29	0	29
Rice Crispy Treat	1 each	303	1	98	11	2	3	0	239	53	0	37
Hot Dog	1 each	471	17	259	25	16	1	50	1514	36	1	11

TOMASSITO'S	Serving Size	Calories	Protein (grams)	Cal from Fat	Total Fat (grams)	Sat Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carb (grams)	Fiber (grams)	Sugars (grams)
Baked Pasta	1 each	592	28	130	14	6	1	104	2088	79	6	18
Bread Sticks	1 each	128	3	21	4	1	0	7	1366	18	0	1
Chicken Parmesan	1 each	440	38	65	7	2	1	117	1446	49	4	10
Garlic Chicken	1 each	711	43	359	40	20	2	218	948	43	1	4
Meatball Marinara	1 each	1060	53	363	41	16	2	320	1706	108	5	13
Panini Chicken Dijon	1 each	759	47	464	53	16	0	164	1423	20	1	2
Panini Italian	1 each	1024	34	539	61	19	1	102	2876	82	4	5
Pasta & More (Alfredo)	1 each	899	25	415	47	25	2	250	372	90	0	2
Pasta & More (Meat Sauce)	1 each	625	25	94	11	4	1	145	834	94	3	8
Pasta Side Alfredo	1 each	524	15	207	23	12	1	144	129	59	0	1
Pasta Side Marinara	1 each	343	12	11	1	0	0	76	461	63	2	6
Pasta Side Meat	1 each	386	16	46	5	2	0	91	360	61	2	4
Pizza Pane	1 each	627	17	198	22	6	1	18	1181	86	6	9
Pizza Personal Cheese	1 each	684	26	240	27	12	0	63	1071	80	4	6
Pizza Personal Combo	1 each	909	42	394	45	19	0	112	1581	83	5	6
Pizza Personal Hamburger	1 each	857	38	363	41	18	1	112	1117	80	4	6
Pizza Personal Pepperoni	1 each	764	29	308	34	15	0	80	1360	80	4	6

LIBRARY	Serving Size	Calories	Protein (grams)	Cal from Fat	Total Fat (grams)	Sat Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carb (grams)	Fiber (grams)	Sugars (grams)
Caesars Salad	1 each	742	47	531	62	17	0	263	1919	14	3	9
Chef Salad	1 each	617	27	452	53	12	0	220	1977	15	3	11
Panini Chicken Dijon	1 each	759	47	464	53	16	0	164	1423	20	1	2
Panini Garden	1 each	424	19	160	18	11	0	51	824	43	4	5
Greek Salad	1 each	509	29	327	37	8	0	70	1103	16	5	11
Panini Turkey Club	1 each	773	35	446	51	15	0	99	1923	42	3	3
MAVREC	Serving Size	Calories	Protein (grams)	Cal from Fat	Total Fat (grams)	Sat Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carb (grams)	Fiber (grams)	Sugars (grams)
Turkey Ciabatta	1 each	763	33	447	51	15	0	104	2148	40	2	2