

2009-2010 SanDi Coast Café Salad Bar Lunch Nutrition Information



Food Item Milk = Available Daily Salad Bar = 1 Week Cycle Menu = 2 Week Cycle; Only 5 entrees offered daily. (If an item is indented under an entrée, it is served with the entrée.)	Portion Size	Nutrient Breakdown												
		Calories	Carbo- hydrate (gm)	Fiber (gm)	Total Fat (gm)	Sat.Fat (gm)	% Calories from Fat	Protein (gm)	Chol (mg)	Sodium (mg)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
MILK														
Milk, Low-Fat 1% White, Carton	8 oz	120.00	16.00	0.00	2.50	1.50	18.75%	11.00	15.00	150.00	0.00	400.00	500.00	2.40
Milk, Nonfat Chocolate, Carton	8 oz	140.00	28.00	0.00	0.00	0.00	0.00%	8.00	5.00	170.00	0.00	250.00	500.00	2.40
CONDIMENTS														
Catsup	1 Tbsp	15.00	3.00	0.00	0.00	0.00	0.00%	0.00	0.00	150.00	0.00	0.00	0.00	0.00
Mustard	1 tsp	0.00	0.00	0.00	0.00	0.00	0.00%	0.00	0.00	65.00	0.00	0.00	0.00	0.00
Hot Sauce	1 Tbsp	10.00	1.00	0.25	0.00	0.00	0.00%	0.50	0.00	132.50	0.00	0.00	0.00	0.00
SALAD BAR														
Monday - American Theme														
Romaine Lettuce	3/4 cup	5.00	0.93	0.60	0.09	0.01	16.20%	0.35	0.00	2.00	0.27	9.00	2469.00	6.80
Spinach Salad with Fruit and Nuts	1/2 cup	82.00	10.33	1.42	4.46	0.30	48.95%	1.90	0.00	364.00	1.22	45.93	3807.00	23.96
Cherry Tomatoes	1/4 cup	6.25	1.39	0.38	0.08	0.01	10.80%	0.31	0.00	1.25	0.10	3.75	295.00	4.50
Diced Green Peppers	1/4 cup	7.94	1.75	0.66	0.08	0.03	8.96%	0.32	0.00	1.32	0.13	3.97	138.92	30.16
Sliced Jalapeno Peppers	1/4 cup	11.12	1.86	0.97	0.38	0.04	30.38%	0.36	0.00	658.86	0.74	9.73	669.98	3.89
Plain Croutons	22 ea	30.00	5.00	0.00	1.00	0.00	30.00%	1.00	0.00	45.00	0.36	0.00	0.00	0.00
Green Peas	1/4 cup	31.25	5.71	2.20	0.11	0.02	3.10%	2.06	0.00	28.75	0.61	9.60	840.00	3.96
Fruit Mix, Canned	1/4 cup	40.00	9.00	0.50	0.00	0.00	0.00%	0.00	0.00	2.50	0.00	0.00	100.00	0.60
Apple Slices	1/4 cup	15.00	3.92	0.70	0.05	0.01	3.00%	0.07	0.00	0.00	0.03	2.00	15.00	1.30
Ranch Dressing	2 Tbsp	50.00	2.00	0.00	5.00	0.50	90.00%	0.00	5.00	230.00	0.00	20.00	0.00	0.00
Italian Dressing, Light	2 Tbsp	40.00	5.00	0.00	2.00	0.00	45.00%	0.00	0.00	490.00	0.00	0.00	0.00	2.40
Tuesday - Mexican Theme														
Romaine Lettuce	3/4 cup	5.00	0.93	0.60	0.09	0.01	16.20%	0.35	0.00	2.00	0.27	9.00	2469.00	6.80
Julio's Carrots	1/2 cup	38.00	7.51	2.11	0.80	0.07	18.95%	0.81	0.00	218.00	0.58	25.68	9463.00	5.62
Salsa	1/4 cup	10.00	2.00	0.00	0.00	0.00	0.00%	0.00	0.00	320.00	0.00	0.00	200.00	7.20
Salad, Corn, Fiesta	1/4 cup	31.00	7.63	0.81	0.20	0.03	5.81%	0.95	0.00	105.00	0.17	2.07	91.00	5.57
Sliced Jalapeno Peppers	1/4 cup	11.12	1.86	0.97	0.38	0.04	30.38%	0.36	0.00	658.86	0.74	9.73	669.98	3.89
Tortilla Strips	1 oz	140.00	19.00	1.44	6.00	0.48	38.57%	2.00	0.00	100.00	0.40	26.00	39.00	0.00
Black beans	1/2 cup	100.00	18.00	5.00	1.00	0.00	9.00%	7.00	0.00	390.00	77.20	60.00	0.00	1.20
Pears, Canned	1/4 cup	40.00	9.50	0.50	0.00	0.00	0.00%	0.00	0.00	7.50	0.00	0.00	0.00	0.00
Mango	1/4 cup	24.57	5.73	0.55	0.00	0.00	0.00%	0.00	0.00	4.10	0.30	0.00	341.25	4.10
Cilantro Dressing	2 Tbsp	120.00	2.00	0.00	12.00	2.00	90.00%	0.00	0.00	310.00	0.00	0.00	0.00	0.00
Italian Dressing, Light	2 Tbsp	40.00	5.00	0.00	2.00	0.00	45.00%	0.00	0.00	490.00	0.00	0.00	0.00	2.40




















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		Calories	Carbo- hydrate (gm)	Fiber (gm)	Total Fat (gm)	Sat.Fat (gm)	% Calories from Fat	Protein (gm)	Chol (mg)	Sodium (mg)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Wednesday - Bistro Theme														
Romaine Lettuce	3/4 cup	5.00	0.93	0.60	0.09	0.01	16.20%	0.35	0.00	2.00	0.27	9.00	2469.00	6.80
Cusabi Broccoli Slaw	1/2 cup	120.00	6.46	3.56	9.60	1.60	72.00%	2.37	2.00	163.00	0.85	47.43	2965.00	85.38
Diced Tomatoes	1 oz	5.00	1.11	0.30	0.06	0.01	10.80%	0.25	0.00	1.00	0.08	3.00	236.00	3.60
Dried Cherries	1/4 cup	136.00	32.00	1.00	0.00	0.00	0.00%	1.00	0.00	1.00	0.36	0.00	1500.00	0.00
Sliced Jalapeno Peppers	1/4 cup	11.12	1.86	0.97	0.38	0.04	30.38%	0.36	0.00	658.86	0.74	9.73	669.98	3.89
Plain Croutons	22 each	30.00	5.00	0.00	1.00	0.00	30.00%	1.00	0.00	45.00	0.36	0.00	0.00	0.00
Sliced Cucumbers	1 oz	4.00	1.03	0.10	0.03	0.01	6.75%	0.18	0.00	1.00	0.08	5.00	30.00	0.80
Peaches, Canned	1/4 cup	35.00	8.50	0.50	0.00	0.00	0.00%	0.00	0.00	5.00	0.00	0.00	150.00	0.60
Grapes	1/4 cup	27.93	7.14	0.44	0.15	0.04	4.74%	0.26	0.00	1.47	0.12	5.88	41.16	1.62
Italian Dressing, Light	2 Tbsp	40.00	5.00	0.00	2.00	0.00	45.00%	0.00	0.00	490.00	0.00	0.00	0.00	2.40
Ranch Dressing	2 Tbsp	50.00	2.00	0.00	5.00	0.50	90.00%	0.00	5.00	230.00	0.00	20.00	0.00	0.00
Thursday - Asian Theme														
Romaine Lettuce	3/4 cup	5.00	0.93	0.60	0.09	0.01	16.20%	0.35	0.00	2.00	0.27	9.00	2469.00	6.80
Oriental Noodle Salad	2 oz	137.00	31.72	1.32	1.72	0.18	11.30%	5.00	0.00	154.00	1.29	9.93	401.70	0.45
Walnuts	1 oz	185.00	3.89	1.90	18.49	1.74	89.95%	4.32	0.00	1.00	0.82	28.00	6.00	0.40
Shredded Carrots	1 oz	12.00	2.72	0.80	0.07	0.01	5.25%	0.26	0.00	20.00	0.09	9.00	4736.00	1.70
Sliced Jalapeno Peppers	1/4 cup	11.12	1.86	0.97	0.38	0.04	30.38%	0.36	0.00	658.86	0.74	9.73	669.98	3.89
Chow Mein Noodles	1 oz	120.00	20.00	2.00	3.50	0.50	26.25%	3.00	0.00	290.00	0.00	0.00	0.00	0.00
Pea Pods	1/4 cup	19.99	3.59	1.24	0.10	0.02	4.28%	1.33	0.00	1.90	0.99	20.47	517.41	28.56
Mandarin Oranges, Canned	1/4 cup	27.00	6.75	0.86	0.03	0.00	1.00%	0.54	0.00	3.75	0.20	8.61	941.25	24.32
Pear Wedges	2 ea	48.00	12.83	2.58	0.10	0.01	1.88%	0.32	0.00	1.00	0.14	7.47	19.00	3.49
Oriental Sesame Dressing	2 Tbsp	30.00	6.00	0.00	0.00	0.00	0.00%	0.00	0.00	300.00	0.00	0.00	0.00	0.00
Ranch Dressing	2 Tbsp	50.00	2.00	0.00	5.00	0.50	90.00%	0.00	5.00	230.00	0.00	20.00	0.00	0.00
Friday - Italian Theme														
Romaine Lettuce	3/4 cup	5.00	0.93	0.60	0.09	0.01	16.20%	0.35	0.00	2.00	0.27	9.00	2469.00	6.80
Cherry Tomato and Cucumber Salad	1/2 cup	20.00	3.69	0.42	0.71	0.02	31.95%	0.41	0.00	153.00	0.16	7.94	197.00	3.46
Grape Tomatoes	1 oz	5.70	1.14	0.38	0.00	0.00	0.00%	0.38	0.00	1.90	0.06	0.00	190.00	5.70
Garbanzo Beans	1 oz	34.00	6.40	1.20	0.32	0.03	8.47%	1.40	0.00	85.00	4.00	4.00	6.00	1.10
Sliced Jalapeno Peppers	1/4 cup	11.12	1.86	0.97	0.38	0.04	30.38%	0.36	0.00	658.86	0.74	9.73	669.98	3.89
Plain Croutons	22 each	30.00	5.00	0.00	1.00	0.00	30.00%	1.00	0.00	45.00	0.36	0.00	0.00	0.00
Sliced Black Olives	1/4 cup	35.40	0.00	0.00	2.95	0.00	75.00%	0.00	0.00	141.60	0.00	0.00	0.00	0.00
Applesauce	1/4 cup	30.00	7.50	1.00	0.00	0.00	0.00%	0.00	0.00	5.00	0.72	0.00	0.00	1.20
Kiwi Wedges	2 ea	23.00	5.66	1.29	0.17	0.01	6.46%	0.38	0.00	2.00	0.16	9.88	66.50	37.23
Italian Dressing, Light	2 Tbsp	40.00	5.00	0.00	2.00	0.00	45.00%	0.00	0.00	490.00	0.00	0.00	0.00	2.40
Ranch Dressing	2 Tbsp	50.00	2.00	0.00	5.00	0.50	90.00%	0.00	5.00	230.00	0.00	20.00	0.00	0.00











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ENTRÉES, WEEK 1														
Monday, Week 1														
 Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
 Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
 Turkey Sandwich on Focaccia	1 ea	325.00	23.00	2.18	15.78	6.12	43.70%	22.82	54.00	1366.00	0.85	209.83	310.00	1.18
 Mini Pretzels	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
 Kung Pao Chicken Bowl (No Cheese)	2-#10 chix + 2-#6 rice	597.00	102.18	2.41	9.46	3.29	14.26%	21.36	54.00	544.00	5.18	56.63	744.00	26.00
 Chicken, Cheese, and Rice Burrito	1 ea	321.00	43.16	1.80	11.69	4.90	32.78%	15.24	36.00	916.00	2.55	299.88	403.00	7.35
 Cornmeal Star	1 ea	135.00	21.00	1.00	4.50	0.90	30.00%	2.50	10.00	150.00	1.00	11.00	22.00	0.00
Tuesday, Week 1														
 Buffalo Chicken Sandwich (No Cheese)	1 ea	366.00	42.60	4.34	12.80	2.20	31.48%	23.10	36.00	947.00	3.36	83.90	102.00	0.11
 Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
 Chicken Ranch Wrap	1 ea	365.00	31.59	1.68	16.78	6.25	41.38%	22.85	64.00	807.00	2.15	327.17	1453.00	18.87
 Shrimp Popper Bowl (No Cheese)	#6 shrimp + 2-#6 rice	790.00	144.07	3.55	15.39	3.74	17.53%	16.58	87.00	1160.00	4.46	67.66	435.00	13.38
 Cheese Ravioli Bowl (No Meat)	1 bowl	292.00	36.68	4.56	6.94	3.14	21.39%	21.17	68.00	1213.00	3.11	309.32	1000.00	17.08
 Dinner Roll	1 ea	90.00	16.00	1.50	2.00	0.25	20.00%	2.50	0.00	120.00	0.72	10.00	0.00	0.00
Wednesday, Week 1														
 Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
 Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
 Turkey and Cheese Deli Sub	1 ea	386.00	40.69	4.23	16.38	6.56	38.19%	23.20	49.00	1383.00	2.62	246.70	856.00	7.29
 Tri-Color Tortilla Chips	1 oz	142.00	17.21	1.01	7.09	2.03	44.94%	2.03	0.00	152.00	0.36	20.25	0.00	0.00
 Uno's Cheese Pizza (No Meat)	1 slice	310.00	32.00	2.00	12.00	6.00	34.84%	18.00	25.00	790.00	2.70	300.00	750.00	3.60
 Diego Wrap	1 ea	314.00	29.42	3.61	13.34	6.04	38.24%	21.13	66.00	878.00	2.24	274.78	1032.00	33.16

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			Calories	Carbo-hydrate (gm)	Fiber (gm)	Total Fat (gm)	Sat.Fat (gm)	% Calories from Fat	Protein (gm)	Chol (mg)	Sodium (mg)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thursday, Week 1															
	Buffalo Chicken Sandwich (No Cheese)	1 ea	366.00	42.60	4.34	12.80	2.20	31.48%	23.10	36.00	947.00	3.36	83.90	102.00	0.11
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Spicy Chicken Ramen Soup (No Cheese)	1 ea	290.00	38.00	3.00	11.00	5.00	34.14%	8.00	3.00	1310.00	2.70	20.00	200.00	0.00
	<i>Cornmeal Star</i>	<i>1 ea</i>	<i>135.00</i>	<i>21.00</i>	<i>1.00</i>	<i>4.50</i>	<i>0.90</i>	<i>30.00%</i>	<i>2.50</i>	<i>10.00</i>	<i>150.00</i>	<i>1.00</i>	<i>11.00</i>	<i>22.00</i>	<i>0.00</i>
	Pasta and Meatball Bowl	1 bowl	668.00	76.64	6.11	27.10	11.20	36.51%	30.95	51.00	1982.00	6.25	291.81	943.00	13.06
	Chorizo and Egg Burrito	1 ea	326.00	31.89	1.80	14.99	5.59	41.38%	16.11	151.00	775.00	3.16	224.24	1078.00	2.81
Friday, Week 1															
	Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
	Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
	Mandarin Chicken Bowl (No Cheese)	#6 chix + 2-#6 rice	601.00	99.89	1.34	12.21	3.11	18.28%	18.77	48.00	303.00	5.07	35.27	292.00	0.00
	<i>Fortune Cookie</i>	<i>1 ea</i>	<i>35.00</i>	<i>7.00</i>	<i>0.00</i>	<i>1.00</i>	<i>0.00</i>	<i>25.71%</i>	<i>0.00</i>	<i>0.00</i>	<i>0.00</i>	<i>0.18</i>	<i>0.00</i>	<i>50.00</i>	<i>0.00</i>
	Turkey Pepperoni Pizza	1 slice	327.00	32.34	2.00	12.86	6.26	35.39%	19.71	32.00	879.00	2.88	303.43	750.00	6.68
	Chile Cheese Quesadilla (No Meat)	1 ea	385.00	30.04	1.30	22.08	11.16	51.62%	17.36	51.00	699.00	2.24	527.75	660.00	5.94














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ENTRÉES, WEEK 2														
Monday, Week 2														
Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Teriyaki Chicken with Asian Vegetables and Rice (No Cheese)	4.5 oz chick + 2-#6 rice	524.00	90.80	2.66	7.09	2.70	12.18%	19.38	44.00	360.00	5.34	61.65	469.00	16.01
Fortune Cookie	1 ea	35.00	7.00	0.00	1.00	0.00	25.71%	0.00	0.00	0.00	0.18	0.00	50.00	0.00
Turkey Pepperoni Hot Pocket	1 ea	360.00	37.00	4.00	16.00	7.00	40.00%	18.00	40.00	770.00	3.60	350.00	750.00	0.00
Southwestern Chicken Wrap	1 ea	494.00	53.69	7.99	21.62	6.78	39.39%	22.78	39.00	1123.00	4.26	288.90	422.50	4.62
Tuesday, Week 2														
Buffalo Chicken Sandwich (No Cheese)	1 ea	366.00	42.60	4.34	12.80	2.20	31.48%	23.10	36.00	947.00	3.36	83.90	102.00	0.11
Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Turkey and Swiss Sandwich on Kaiser Roll	1 ea	417.00	39.67	3.18	16.46	6.37	35.53%	30.91	66.00	1368.00	2.62	286.58	1282.00	2.55
Tri-Color Tortilla Chips	1 oz	142.00	17.21	1.01	7.09	2.03	44.94%	2.03	0.00	152.00	0.36	20.25	0.00	0.00
Hawaiian Pizza	1 slice	338.00	35.13	2.15	12.75	6.22	33.95%	20.33	34.00	887.00	2.91	303.82	763.00	5.71
Pasta Alfredo Bowl (No Meat)	1 bowl	539.00	80.01	2.63	17.15	6.90	28.64%	15.48	24.00	1985.00	3.09	383.38	1109.00	9.43
Dinner Roll	1 ea	90.00	16.00	1.50	2.00	0.25	20.00%	2.50	0.00	120.00	0.72	10.00	0.00	0.00
Wednesday, Week 2														
Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
Teriyaki Dunkers and Fried Rice (No Cheese)	5 ea + 2-#6 rice	643.00	81.21	2.91	25.32	7.10	35.44%	21.91	44.00	877.00	6.27	106.99	121.00	8.72
Chicken Pesto Sandwich on Foccacia	1 ea	333.00	21.81	2.12	15.88	5.80	42.92%	25.74	68.00	894.00	0.16	210.14	367.90	1.11
Mini Pretzels	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
Bean and Cheese Burrito (No Meat)	1 ea	355.00	53.63	6.13	7.96	4.02	20.18%	16.31	18.00	587.00	4.19	172.04	350.00	1.85

2009-2010 SanDi Coast Café Salad Bar Lunch Nutrition Information



Food Item Milk = Available Daily Salad Bar = 1 Week Cycle Menu = 2 Week Cycle; Only 5 entrees offered daily. (If an item is indented under an entrée, it is served with the entrée.)	Portion Size	Nutrient Breakdown												
		Calories	Carbo- hydrate (gm)	Fiber (gm)	Total Fat (gm)	Sat.Fat (gm)	% Calories from Fat	Protein (gm)	Chol (mg)	Sodium (mg)	Iron (mg)	Calcium (mg)	Vitamin A (IU)	Vitamin C (mg)
Thursday, Week 2														
 Chicken Patty Sandwich (No Cheese)	1 ea	393.00	42.00	3.00	17.00	3.00	38.93%	22.00	35.00	750.00	3.00	62.00	98.00	2.00
 Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
 Cured Turkey and Cheese Sub	1 ea	413.00	39.81	4.23	18.09	7.13	39.42%	25.22	67.00	1424.00	3.76	246.70	856.00	7.29
 Mini Pretzels	1 pkg	110.00	23.00	0.00	0.00	0.00	0.00%	3.00	0.00	240.00	0.36	0.00	0.00	0.00
 Pasta Marinara Bowl	1 bowl	499.00	70.75	5.11	16.54	4.66	29.83%	18.20	11.00	1761.00	4.26	265.95	939.00	12.09
 Dinner Roll	1 ea	90.00	16.00	1.50	2.00	0.25	20.00%	2.50	0.00	120.00	0.72	10.00	0.00	0.00
 Chicken Fajita Bowl	1 bowl	521.00	78.14	7.82	12.72	5.06	21.97%	24.85	59.00	1288.00	8.45	184.98	1614.00	13.78
Friday, Week 2														
 Buffalo Chicken Sandwich (No Cheese)	1 ea	366.00	42.60	4.34	12.80	2.20	31.48%	23.10	36.00	947.00	3.36	83.90	102.00	0.11
 Cheeseburger	1 ea	344.00	31.73	4.20	13.93	5.69	36.44%	26.94	58.00	765.00	4.06	172.32	213.00	0.00
 Cusabi Tuna Wrap	1 ea	292.00	30.78	2.51	10.59	1.77	32.64%	18.79	25.00	610.00	3.33	147.86	3411.00	29.31
 Tri-Color Tortilla Chips	1 oz	142.00	17.21	1.01	7.09	2.03	44.94%	2.03	0.00	152.00	0.36	20.25	0.00	0.00
 Mandarin Chicken Bowl	#6 chix + 2-#6 rice	601.00	99.89	1.34	12.21	3.11	18.28%	18.77	48.00	303.00	5.07	35.27	292.00	0.00
 Pork Salsa Verde Burrito	1 ea	506.00	35.50	1.00	23.01	7.07	40.93%	40.65	118.00	1396.00	3.45	250.00	350.00	11.40