

Schilletter Menu Nutrient Analysis									
Monday Lunch									
Vegetarian Options (highlighted in green)									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Sandwich Shoppe									
Sliced Meats	Turkey	2 oz	25	0.6	4.6	0.6	0	10	240
	Ham	2 oz	68	1	7.7	3.5	1.1	22.3	536.8
	Roast Beef	2 oz	60	0.5	11	1	0	20	567
Protein Salad	Chicken Salad	3 oz	224	0.8	16	16	2.5	57	266
Vegetarian Spread	Pesto	2 oz	50	4	0.05	3.5	1	2.5	340
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Provolone Cheese	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialty Sandwich	Egg Salad Sandwich	1 each	333	33.7	18.7	13.3	3.5	425	529
Specialty Wrap	Chicken Salad Wrap	1 each	325	26.4	18	16	2.9	57	439.5
Taste of Home									
Entrée	Meatball Sub	1 each	593	64.3	36.6	20.5	7.2	81.6	1209.3
Vegetable	Sauteed Mushroom & Onions	3 oz	130	4.8	3.4	11.8	2.3	0	331
Starch	BBQ Chips	1 1/2 oz	264	31.4	3.4	14	2.9	0	150.1
World's Fare									
Entrée	Asian Chicken	2 oz	122	0.5	13	7.2	1.7	45.6	205.8
Vegetable	Japanese Blend Veggies	2 oz	20	4.4	1	0.2	0	0	63.8
Starch	Brown Rice	1/2 cup	85	17.5	2.5	0.8	0	0	0
Copper Kettle									
Soup of Day	Broccoli Cheddar Soup	1 cup	160	26	7	3	2	10	590
Clemson Grill									
Char Grill Entrée	Honey Lime Pork Chops	3 oz	204	0	24.4	11	4.1	69.7	49.3
Flat Top or Fryer Entrée	Country Fried Steak	4 oz	398	19.3	17.3	27.7	8.2	50.4	418
Starches	French Fries	3 oz	305.5	35.9	3.6	16.3	3.8	0	373.8
	Mashed Potatoes	6 oz	129	19.8	3.9	4.2	1.6	5.6	119
	Gravy	1 oz	11	1.7	0.5	0.3	0.1	0.5	52.6
Veg Out									
Vegetarian Entrée	Pasta Mediterranean	1 serving	330	40	24	8	4	25	1000
Vegetarian Side	Italian Blend	3 1/2 oz	87	13.8	3	3.1	0.3	0	37
Bistro									
Pizzas	Cheese Pizza	1 slice	214	32.6	9.3	5.4	2.4	11.3	387.2
	Pepperoni Pizza	1 slice	295	32.3	13	12.6	4.8	28.6	660
Specialties	Hawaiian Pizza	1 slice	293	31.3	17.2	11	5.1	35.3	1557.9
	Vegetable Pizza	1 slice	224	35	9.6	5.4	2.4	11.3	392.6
Simply Salad									
Specialty Salad	Japanese Tossed Salad	1 cup	151	4.7	0.8	14.7	1.9	0	92
Cold Salad	Southwest Pasta	3 oz	176	14	5.5	11	3.7	17.7	192.7

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Sandwich Shoppe									
Sliced Meats	Turkey	2 oz	25	0.6	4.6	0.6	0	10	240
	Ham	2 oz	68	1	7.7	3.5	1.1	22.3	536.8
	Roast Beef	2 oz	60	0.5	11	1	0	20	567
Protein Salad	Chicken Salad	3 oz	224	0.8	16	16	2.5	57	266
Vegetarian Spread	Pesto	2 oz	50	4	0.05	3.5	1	2.5	340
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Provolone Cheese	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialty Sandwich	Egg Salad Sandwich	1 each	333	33.7	18.7	13.3	3.5	425	529
Specialty Wrap	Chicken Salad Wrap	1 each	325	26.4	18	16	2.9	57	439.5
Taste of Home									
Entrée	Cheesy Meat Lasagna	1 slice	300	27	25	10	4.5	70	770
Vegetable	Fried Eggplant	3 oz	100	14	2	9	0.5	0	160
Starch	Cheesy Bread	1 slice	184	28.9	6.2	4.6	1.4	6	123
World's Fare									
Entrée	Baton Rouge Cajun Chowder	6 oz	147	15.1	7.3	6.3	2.3	32.5	828
Vegetable	Okra & Tomatoes	4 oz	64	12.2	1.5	1.7	0.3	0	482.4
Starch	Dirty Rice	3 oz	221	26.9	5.9	9.8	5.8	110.8	341.7
Copper Kettle									
Soup of Day	Broccoli Cheddar Soup	1 cup	160	26	7	3	2	10	590
Clemson Grill									
Char Grill Entrée	Turkey Burger	1 each	528	58.5	23.7	22.7	5	54.1	1258.1
	Provolone Cheese	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Flat Top or Fryer Entrée	Sweet & Sour Chicken	8 oz	275	17.4	24.9	11.3	2.1	72.8	332.5
Starches	White Rice	4 oz	126	27.1	2.7	0.4	0.1	0	1
	French Fries	3 oz	305.5	35.9	3.6	16.3	3.8	0	373.8
Veg Out									
Vegetarian Entrée	Bean & Cheese Burritos	1 each	390	60.1	13.9	10.2	3.9	9.9	958.5
Vegetarian Side	Fire Roasted Potatoes	1/2 cup	91	27	3	1	0	0	76
Bistro									
Pizzas	Cheese Pizza	1 slice	214	32.6	9.3	5.4	2.4	11.3	387.2
	Pepperoni Pizza	1 slice	295	32.3	13	12.6	4.8	28.6	660
Specialties	Pesto Chicken	1 slice	297	34.1	15	11	3.7	27.2	509
	Tomato Basil on Whole Wheat	1 slice	221	33.9	9.7	5.5	2.4	11.3	389
Simply Salad									
Specialty Salad	Sunburst Salad	3 1/2 oz	153	11.8	2.8	11.4	2.3	3.6	109
Cold Salad	Southwest Pasta	3 oz	176	14	5.5	11	3.7	17.7	192.7

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Tuesday Lunch									
Vegetarian Options (highlighted in green)									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Sandwich Shoppe									
Sliced Meats	Turkey	2 oz	25	0.6	4.6	0.6	0	10	240
	Ham	2 oz	68	1	7.7	3.5	1.1	22.3	536.8
	Roast Beef	2 oz	60	0.5	11	1	0	20	567
Protein Salad	Chicken Salad	3 oz	224	0.8	16	16	2.5	57	266
Vegetarian Spread	Pimento Cheese	1 oz	105	0.5	6.2	8.7	5.5	26.3	400
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Cheddar Cheese	1 oz	114	0.4	7	9.4	6	29.8	176
Specialty Sandwich	BLT on Toast	1 each	232	28.1	10.7	8.5	2.6	17.6	725
Specialty Wrap	Italian Veggie Wrap	1 each	328	43.5	10	12.7	6	22.3	513
Taste of Home									
Entrée	Open Faced Roast Beef Sandwich	1 each	335	41.6	13.6	13.9	3.8	15.1	1042.2
Vegetable	Green Beans	4 oz	41	6.9	1.7	1	0.1	0	100.9
Starch	Mashed Potatoes	6 oz	129	19.8	3.9	4.2	1.6	5.6	119
Side	Gravy	1 oz	11	1.7	0.5	0.3	0.1	0.5	52.6
World's Fare									
Entrée	Shrimp, Tortellini, & Spinach Toss	1 1/2 cups	350	39	30	8	4	200	740
Vegetable	Italian Blend	3 1/2 oz	87	13.8	3	3.1	0.3	0	37
Starch	Garlic Bread	1 slice	190	25	4	8	2	0	290
Copper Kettle									
Soup of Day	Black Bean Soup	6 oz	97	11	3	5	3	11	264
Clemson Grill									
Char Grill Entrée	Chili Cheese Coney	1 each	779	60.5	30.8	45.9	15.9	89.5	2430
Flat Top or Fryer Entrée	Chicken Parmesan Sandwich	1 each	445	35.2	21.6	24	5.7	44.8	1103.8
Starches	French Fries	3 oz	305.5	35.9	3.6	16.3	3.8	0	373.8
Veg Out									
Vegetarian Entrée	Grilled Cheese	1 each	380	29.7	14.3	22.9	10.1	45.4	1112.8
Vegetarian Side	Tomato Soup	6 oz	50	9.6	1.4	1.2	0.4	0	494
Bistro									
Pizzas	Cheese Pizza	1 slice	214	32.6	9.3	5.4	2.4	11.3	387.2
	Pepperoni Pizza	1 slice	295	32.3	13	12.6	4.8	28.6	660
Specialties	Meat Lovers Pizza	1 slice	405	44.7	22.4	14.9	6	41.2	965.2
	Broccoli Alfredo Pizza on Whole Wheat	1 slice	232	34.2	10.2	6.3	2.9	11.6	426
Simply Salad									
Specialty Salad	Bella Bruschetta Salad	1 1/2 cups	280	16	14	18	8	35	940
Cold Salad	Dill Potato Salad	3 oz	152	9.4	2.2	11.8	1.8	53.8	260.1

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Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Sandwich Shoppe									
Sliced Meats	Turkey	2 oz	25	0.6	4.6	0.6	0	10	240
	Ham	2 oz	68	1	7.7	3.5	1.1	22.3	536.8
	Roast Beef	2 oz	60	0.5	11	1	0	20	567
Protein Salad	Chicken Salad	3 oz	224	0.8	16	16	2.5	57	266
Vegetarian Spread	Pimento Cheese	1 oz	105	0.5	6.2	8.7	5.5	26.3	400
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Cheddar Cheese	1 oz	114	0.4	7	9.4	6	29.8	176
Specialty Sandwich	BLT on Toast	1 each	232	28.1	10.7	8.5	2.6	17.6	725
Specialty Wrap	Italian Veggie Wrap	1 each	328	43.5	10	12.7	6	22.3	513
Taste of Home									
Entrée	Carved Fresh Baked Ham	3 oz	208	2	18	13.8	4.9	51	999
Vegetable	Baked Apples	4 oz	175	26	0.3	8.7	1.7	0	103
Starch	Yams	1/2 cup	185	40.2	1.9	2.4	0.7	2.3	129
World's Fare									
Entrée	Chicken, Zucchini, & Mushroom Alfredo	10 oz	414	52.3	18.7	14	3.7	28	1161
Vegetable	Green Peas	1/2 cup	67	12.5	4.3	0.2	0	0	2.4
Starch	Alfredo Mac & Cheese	4 oz	229	32.4	7	7.7	2	12.8	358.6
Copper Kettle									
Soup of Day	Black Bean Soup	6 oz	97	11	3	5	3	11	264
Clemson Grill									
Char Grill Entrée	Grilled Chicken	3 oz	140	0	26.3	3	0.8	72.3	63
Flat Top or Fryer Entrée	Beefy Chili Cheese Fritos	16 oz	1215	133	29.3	65.1	19.4	79.1	2097.3
Starches	Caesar Salad	4 oz	305	9	7.5	27	5	26	385
	Frito Corn Chips	1 oz	160	15	2	10	1.5	0	170
Veg Out									
Vegetarian Entrée	Chipotle Spinach Quesadilla	1 each	337.2	36.5	14.9	14.8	7.4	29.8	549.5
Vegetarian Side	Mexi Rice	3 oz	196	40.9	4.9	1.9	0.5	0	667.9
Bistro									
Pizzas	Cheese Pizza	1 slice	214	32.6	9.3	5.4	2.4	11.3	387.2
	Pepperoni Pizza	1 slice	295	32.3	13	12.6	4.8	28.6	660
Specialties	Southwestern Beef Pizza	1 slice	330	30	18	15	7	49	652
	Peach Pie Calzone	1 each	213	42	6.3	3.5	0	1.1	310
Simply Salad									
Specialty Salad	Pasta Primavera Salad	6 oz	266	40.5	9.4	6.4	2.6	3.9	173
Cold Salad	Dill Potato Salad	3 oz	152	9.4	2.2	11.8	1.8	53.8	260.1

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Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Sandwich Shoppe									
Sliced Meats	Turkey	2 oz	25	0.6	4.6	0.6	0	10	240
	Ham	2 oz	68	1	7.7	3.5	1.1	22.3	536.8
	Chicken	3 oz	178	0	22.1	9.3	2.6	80.8	74.8
Protein Salad	Tuna Salad	3 oz	246	1.7	18.6	17.7	3	118.8	399.2
	Chicken Salad	3 oz	224	0.8	16	16	2.5	57	266
Vegetarian Spread	Hummus	4 oz	146	28	6	1.4	0.1	0	351
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss Cheese	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
Specialty Sandwich	Southern Style Tomato Sandwich	1 each	452	34.5	17.1	27.2	13.1	42	1472
Specialty Wrap	Ranch Turkey Wrap	1 each	190	16	7	10.5	1.9	14.5	611.5
Taste of Home									
Entrée	Five Cheese Ziti	6 oz	247	23	13	12	4.5	33	412
Vegetable	Steamed Squash & Zucchini	3/4 cup	14	3	1	0	0	0	8
Starch	Cheesy Bread	1 slice	184	28.9	6.2	4.6	1.4	6	123
World's Fare									
Entrée	BBQ Pork Potato Skins	4 oz	585	34	38	33.3	15.4	134	511
Vegetable	Coleslaw	3/4 cup	62	11.2	1.2	2.3	0.3	7.2	20.7
Starch	Baked Potato	1 each	187	43	5	0.3	0	0	20
Copper Kettle									
Soup of Day	Italian Meatball Soup	6 oz	176	14.6	10	9.1	4.4	24.6	565
Clemson Grill									
	Burrito Bar								
	Chicken	3 oz	140	0	26.3	3	0.8	72.3	63
	Beef	3 oz	259	0	24.5	17.2	6.6	86.8	91
	Sour Cream	1 T	51	1	0.7	5	3	11	13
	Cheddar Cheese	1 T	51	1	0.7	5	3	11	13
Starches	Black Beans	4 oz	49	9.4	2.8	0.3	0.1	0	256.4
	Cilantro Lime Rice	4 oz	215	24	2.7	12	7.5	30.9	84.8
Veg Out									
Vegetarian Entrée	Fettuccini Alfredo	4 oz	315	48	11.3	8.9	2.7	67.7	178.7
Vegetarian Side	Garlic Bread	1 slice	190	25	4	8	2	0	290
Bistro									
Pizzas	Cheese Pizza	1 slice	214	32.6	9.3	5.4	2.4	11.3	387.2
	Pepperoni Pizza	1 slice	295	32.3	13	12.6	4.8	28.6	660
Specialties	Hot Stuff Pizza	1 slice	308	32.9	16.8	12.1	5.1	33	937
	Greek Pizza	1 slice	432	46.8	18.2	19.6	6.2	28.4	962
Simply Salad									
Specialty Salad	Ambrosia Salad	3 oz	53	12.2	1.4	0.4	0.2	1	12.1
Cold Salad	Crunchy Asian Salad	2/3 cup	110	9	1	7	0.5	0	150

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Sandwich Shoppe									
Sliced Meats	Turkey	2 oz	25	0.6	4.6	0.6	0	10	240
	Ham	2 oz	68	1	7.7	3.5	1.1	22.3	536.8
	Chicken	3 oz	178	0	22.1	9.3	2.6	80.8	74.8
Protein Salad	Chicken Salad	3 oz	224	0.8	16	16	2.5	57	266
	Tuna Salad	3 oz	246	1.7	18.6	17.7	3	118.8	399.2
Vegetarian Spread	Hummus	4 oz	146	28	6	1.4	0.1	0	351
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss Cheese	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
Specialty Sandwich	Southern Style Tomato Sandwich	1 each	452	34.5	17.1	27.2	13.1	42	1472
Specialty Wrap	Ranch Turkey Wrap	1 each	190	16	7	10.5	1.9	14.5	611.5
Taste of Home									
Entrée	Chicken Parmesan	1 each	294	18.7	18.9	16.6	5.6	51.7	1198
Vegetable	Breaded Fried Eggplant	3 oz	100	14	2	9	0.5	0	160
Starch	Spaghetti	4 oz	179	35	6.6	1.1	0.2	0	1.1
World's Fare									
Entrée	Saucy Pork Stir Fry	1-3/4 cups	370	44	29	8	2	65	850
Vegetable	Oriental Blend	2 oz	20	4.4	1	0.2	0	0	63.8
Starch	White Rice	1/2 cup	81	18	1.7	0	0	0	2.4
Copper Kettle									
Soup of Day	Italian Meatball Soup	6 oz	176	14.6	10	9.1	4.4	24.6	565
Clemson Grill									
Char Grill Entrée	Bacon Cheddar Burger	1 each	692	50.3	44.2	33.7	14.2	135.1	973.8
Flat Top or Fryer Entrée	Chicken Fried Chicken	1 each	386	46.1	32.9	6.7	1.7	69.6	784.6
Starches	Tator Tots	1/2 cup	142	20	2	7	3	0	477
	Mashed Potatoes	6 oz	129	19.8	3.9	4.2	1.6	5.6	119
	Gravy	2 oz	66	3.8	1	5.2	1	0.2	280.9
Veg Out									
Vegetarian Entrée	Medditeranean Pasta	1 serving	330	40	24	8	4	25	1000
Vegetarian Side	Fire Roasted Potatoes	1/2 cup	132	30	3.4	2	0.4	0	10
Bistro									
Pizzas	Cheese Pizza	1 slice	214	32.6	9.3	5.4	2.4	11.3	387.2
	Pepperoni Pizza	1 slice	295	32.3	13	12.6	4.8	28.6	660
Specialties	Bacon & Chicken Pizza	1 slice	355	33	26	12	6	50	948
	Salsa & Corn Pizza	1 slice	264	43	10.8	6	2.4	11.3	657
Simply Salad									
Specialty Salad	Cobb Salad	1 plate	291	3.7	15.5	24	5.5	61	338.5
Cold Salad	Crunchy Asian Salad	2/3 cup	110	9	1	7	0.5	0	150

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Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Sandwich Shoppe									
Sliced Meats	Turkey	2 oz	25	0.6	4.6	0.6	0	10	240
	Ham	2 oz	68	1	7.7	3.5	1.1	22.3	536.8
	Corned Beef	2 oz	142	0.26	10	10.7	3.5	55	643
Protein Salad	Tuna Salad	3 oz	142	0.5	9.4	11.1	1.7	25.5	411.7
Vegetarian Spread	Pesto	2 oz	50	4	0.05	3.5	1	2.5	340
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Cheddar Cheese	1 oz	114	0.4	7	9.4	6	29.8	176
Specialty Sandwich	Club Sandwich	1 each	475	41	33	19	5.5	70	1672
Taste of Home									
Entrée	Pork Pot Roast	3 oz	204	0	24.4	11	4.1	69.7	49.3
Vegetable	Cabbage	1/2 cup	17	3.3	7.4	0.3	0	0	191
Starch	Pot Roast Veggies	5 oz	117	11.8	1.7	7.9	1.1	0	109
World's Fare									
Entrée	Chicken Linguine with Lemon, Garlic & Parmesan	6 1/2 oz	278	20	14	15	5.1	48.5	966
Vegetable	Broccoli	1/2 cup	26	5	3	0	0	0	10
Starch	Linguine	1/2 cup	96	18	4	1	0.4	22	8
Copper Kettle									
Soup of Day	Potato Leek Soup	8 oz	114	16	4.4	3.9	2.1	8	438
Clemson Grill									
Char Grill Entrée	Thickburger	1 each	484	32	35	22	8	103	398
Flat Top or Fryer Entrée	Bird Dog	1 each	560	36.4	26	34	11	84	833
Starches	French Fries	3 oz	305.5	35.9	3.6	16.3	3.8	0	373.8
Veg Out									
Vegetarian Entrée	Confetti Pilaf	4 oz	222	29	3.3	10	6.2	25.7	55.5
Vegetarian Side	Mixed Veggies	1/2 cup	59	11.9	2.6	0.1	0	0	31.2
Bistro									
Pizzas	Cheese Pizza	1 slice	214	32.6	9.3	5.4	2.4	11.3	387.2
	Pepperoni Pizza	1 slice	295	32.3	13	12.6	4.8	28.6	660
Specialties	Supreme Pizza	1 slice	330	30	14	17	6	35	720
	Veggie Pizza	1 slice	328	42.3	18.3	9.2	4.7	27.8	768
Simply Salad									
Specialty Salad	Bistro Salad	1 each	211	17.7	8.5	13.3	4.6	19.9	275.5
Cold Salad	Seafood Pasta	1 cup	226	4.3	18.6	14.7	2.3	132	653

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Schilleter Menu Nutrient Analysis									
Thursday Dinner									
Vegetarian Options (highlighted in green)									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Sandwich Shoppe									
Sliced Meats	Turkey	2 oz	25	0.6	4.6	0.6	0	10	240
	Ham	2 oz	68	1	7.7	3.5	1.1	22.3	536.8
	Corned Beef	2 oz	142	0.26	10	10.7	3.5	55	643
Protein Salad	Tuna Salad	3 oz	142	0.5	9.4	11.1	1.7	25.5	411.7
Vegetarian Spread	Pimento Cheese	1 oz	105	0.5	6.2	8.7	5.5	26.3	400
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Cheddar Cheese	1 oz	114	0.4	7	9.4	6	29.8	176
Specialty Sandwich	Club Sandwich	1 each	475	41	33	19	5.5	70	1672
Taste of Home									
Entrée	Salmon in Tarragon Cream Sauce with Green Bean Pilaf	1 serving	390	42	29	12	2	60	410
World's Fare									
Entrée	Steak Gorgonzola Alfredo	6 oz	304	25	15.7	16	4.7	46	255
Vegetable	Marinated Mushrooms	3 oz	130	4.8	3.4	11.8	2.3	0	331
Starch	Parmesan Bread	1 slice	200	23	5	10	3	5	430
Copper Kettle									
Soup of Day	Potato Leek Soup	8 oz	114	16	4.4	3.9	2.1	8	438
Clemson Grill									
Char Grill Entrée	Clemson Riblets	3 oz	286	8.4	12	22.5	9.5	50	338
Flat Top or Fryer Entrée	Mini Corn Dogs	6 each	310	31	9	17	4	45	790
Starches	French Fries	3 oz	305.5	35.9	3.6	16.3	3.8	0	373.8
Veg Out									
Vegetarian Entrée	Pasta Marinara	10 oz	272	55.9	8.9	1.8	0.2	0	230
Vegetarian Side	Whole Wheat Pasta	4 oz	179	35	6.6	1.1	0.2	0	1.1
Bistro									
Pizzas	Cheese Pizza	1 slice	214	32.6	9.3	5.4	2.4	11.3	387.2
	Pepperoni Pizza	1 slice	295	32.3	13	12.6	4.8	28.6	660
Specialties	Ham & Swiss Pizza	1 slice	293	31.3	17.2	11	5.1	35.3	1557.9
	Mac & Cheese Pizza	1 slice	333	42.5	17.3	10.2	5.6	33	820
Simply Salad									
Specialty Salad	Oriental Salad	1 cup	192	21	6.4	9.8	1.4	0	883
Cold Salad	Seafood Pasta	1 cup	226	4.3	18.6	14.7	2.3	132	653

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Schilleter Menu Nutrient Analysis									
Friday Lunch									
Vegetarian Options (highlighted in green)									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Sandwich Shoppe									
Sliced Meats	Turkey	2 oz	25	0.6	4.6	0.6	0	10	240
	Ham	2 oz	68	1	7.7	3.5	1.1	22.3	536.8
	Turkey Pastrami	2 oz	70	2.1	9.2	2.5	0.7	38.6	556.2
Protein Salad	Chicken Salad	3 oz	163	5.3	16.5	8.2	1.5	49.2	282.8
Vegetarian Spread	Pimento Cheese	1 oz	105	0.5	6.2	8.7	5.5	26.3	400
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Cheddar Cheese	1 oz	114	0.4	7	9.4	6	29.8	176
Specialty Sandwich	Veggie Sandwich	1 each	187	34	5.6	3.5	0.3	0.5	356
Specialty Wrap	Tuna Wrap	1 each	278	33	13.7	9.4	1.9	7.4	643
Taste of Home									
Entrée	Mediterranean Chicken	7 1/2 oz	240	6.9	36.2	6.9	1.5	96.4	434
Vegetable	Asparagus	3 oz	20	1.5	2	0.5	0	0	11
Starch	Roasted Red Pepper Cous cous	1/2 cup	190	42	7	0.5	0	0	550
World's Fare									
Entrée	Beef Stroganoff	7 oz	355	9.7	24.7	23.9	9.5	75.1	396.3
Vegetable	Green Peas	1/2 cup	67	12.5	4.3	0.2	0	0	2.4
Starch	Oven Roasted Potatoes	1/2 cup	91	27	3	1	0	0	76
Copper Kettle									
Soup of Day	Shrimp Bisque	6 oz	193	11.6	9.6	11.3	5.7	62.7	471
Clemson Grill									
Flat Top or Fryer Entrée	Ribeye	3 oz	258	0	20.9	18.7	7.6	69.7	139.2
Starches	Baked Potatoes	1 each	187	43	5	0.3	0	0	20
Veg Out									
Vegetarian Entrée	Just 4 U Stir-Fry (includes rice)	1 serving	396	43	17	17.9	2.9	40.3	1023
Vegetarian Side	Steamed Rice	1/2 cup	97	20.7	1.8	0.4	0	0	3.3
Vegetarian Side	Lo Mein Noodles	4 oz	179	35	6.6	1.1	0.2	0	1.1
Bistro									
Pizzas	Cheese Pizza	1 slice	214	32.6	9.3	5.4	2.4	11.3	387.2
	Pepperoni Pizza	1 slice	295	32.3	13	12.6	4.8	28.6	660
Specialties	Bacon Mushroom Pizza	1 slice	310	29.8	18	13.3	5.8	36	1557.6
	Cinnamon Pizza	1 slice	359	67.6	6.1	7.3	1.1	0	139.3
Simply Salad									
Specialty Salad	Chef Salad	1 each	449	10.5	50.8	22.2	9.2	338.2	582.8
Cold Salad	Madras and Green Pea Salad	1/2 cup	194	16.6	2.2	13.5	2.1	9.5	276

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Schilleter Menu Nutrient Analysis									
Friday Dinner									
Vegetarian Options (highlighted in green)									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Sandwich Shoppe									
Sliced Meats	Turkey	2 oz	25	0.6	4.6	0.6	0	10	240
	Ham	2 oz	68	1	7.7	3.5	1.1	22.3	536.8
	Turkey Pastrami	2 oz	70	2.1	9.2	2.5	0.7	38.6	556.2
Protein Salad	Chicken Salad	3 oz	163	5.3	16.5	8.2	1.5	49.2	282.8
Vegetarian Spread	Pimento Cheese	1 oz	105	0.5	6.2	8.7	5.5	26.3	400
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Cheddar Cheese	1 oz	114	0.4	7	9.4	6	29.8	176
Specialty Sandwich	Veggie Sandwich	1 each	187	34	5.6	3.5	0.3	0.5	356
Specialty Wrap	Tuna Wrap	1 each	278	33	13.7	9.4	1.9	7.4	643
Taste of Home									
Entrée	Southern Frito Pie	4 oz	216	11.3	11.2	14.4	6.6	47.7	562.6
Vegetable	Stewed Tomatoes	1/2 cup	33	6.9	1.9	0.3	0.1	0	26
Starch	Corn Bread	1/2 cup	190	42	7	0.5	0	0	550
World's Fare									
Entrée	Cheesy Rotini & Tuna	1 cup	380	46	32	6	3	50	760
Vegetable	Brussel Sprouts	1/2 cup	33	6.5	2.8	0.3	0.1	0	18
Starch	Shells & Cheese	6 oz	231	22.1	10.7	11	5.3	24.4	297.4
Copper Kettle									
Soup of Day	Shrimp Bisque	6 oz	193	11.6	9.6	11.3	5.7	62.7	471
Clemson Grill									
Char Grill Entrée	Grilled Buffalo Chicken Sandwich	1 each	543	46	49.7	16	7	117	1324
Flat Top or Fryer Entrée	Catfish PoBoy	1 each	548	49	21.7	29.8	5.9	77	774.28
Starches	French Fries	3 oz	305.5	35.9	3.6	16.3	3.8	0	373.8
	Cole Slaw	3/4 cup	62	11.2	1.2	2.3	0.3	7.2	20.7
Veg Out									
Vegetarian Entrée	Just 4 U Stir-Fry (includes rice)	1 serving	396	43	17	17.9	2.9	40.3	1023
Vegetarian Side	Steamed Rice	1/2 cup	97	20.7	1.8	0.4	0	0	3.3
	Lo Mein Noodles	4 oz	179	35	6.6	1.1	0.2	0	1.1
Bistro									
Pizzas	Cheese Pizza	1 slice	214	32.6	9.3	5.4	2.4	11.3	387.2
	Pepperoni Pizza	1 slice	295	32.3	13	12.6	4.8	28.6	660
Specialties	Wing Bar	1 slice	268	35	16.2	7	3.3	25.6	885
	Buffalo Wings	3 each	320	6.2	27.5	19.9	5.6	85.6	582.8
	Honey BBQ Wings	3 each	367	16.8	27.4	20.3	5.6	85.6	498.9
	Teriyaki Wings	3 each	341	6	30.4	19.8	5.6	85.6	1913.6
Simply Salad									
Specialty Salad	Caesar Salad	1 cup	222	14.9	7.9	15	4.5	11.2	907.4
Cold Salad	Madras and Green Pea Salad	1/2 cup	194	16.6	2.2	13.5	2.1	9.5	276

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