

Harcombe Menu Nutrient Analysis									
Monday Lunch									
Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Tuna Salad	3 oz	142	0.5	9.4	11.1	1.7	25.5	411.7
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Elvis Wrap	1 each	522	61.2	15.8	26	5.5	0	607.9
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Salsbury Steak	4 oz	280	13.3	24.3	14	4.9	69.9	373.5
Sides	Green Peas & Pearl Onions	1/2 cup	40	7.8	2.3	0.2	0	0	33
	Parsley Rice	3 1/2 oz	161	26.6	2.6	4.1	0.8	1.1	335.4
	Southwestern Pinto Beans	1/2 cup	175	23.6	11.9	3.5	1.2	13.9	13.5
Exhibition									
Entrée	Roasted Turkey Breast	3 oz	187	0	28.4	7.3	2.1	73.2	62.3
Sides	Carrots	1/2 cup	35	8.2	0.9	0.1	0	0	51
	Broccoli	1/2 cup	26	5	3	0	0	0	10
	Combread Dressing	4 oz	148	14	2.4	9.3	5.2	24.4	292.7
Grill Station									
Featured Entrées	Gyro	1 each	547	39.6	12.7	37.3	19.9	62.4	474.6
Entrée	Hot Dog	1 each	283	22.2	10.2	16.6	6.2	26.6	802.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Entrée	Veggie Burger	1 each	242	39.1	10	5.3	1.6	18.4	985.9
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
	Baked Potato Bar								
	Baked Potato	1 each	187	43	5	0.3	0	0	20
	Sour Cream	1 T	51	1	0.7	5	3	11	13
	Cheddar Cheese	1 T	51	1	0.7	5	3	11	13
	Bacon Bits	1 T	25	0	3	1.5	0.5	5	220
	Broccoli	1/4 cup	7	1.5	0.6	0	0	0	7
	Butter	1 T	107	0	0.2	12	6	32	86
Pasta Station									
Pasta Entrée	Tortellini	1 cup	240	38	12	6	3	40	330
	Alfredo Sauce	3 oz	193	8.8	6	15	7.5	34.5	161
	Marinara Sauce	3 oz	73	6.4	1.3	5.3	0.7	0	221
Pizza Station									
Specialty	White Pizza	1 slice	358	33.8	18.4	16.1	7.3	31.3	973
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Cinnamon Pizza Sticks	1 each	218	38.3	4	6.1	3.1	0	198.8

Please be aware that some menu items may occasionally be substituted due to product availability. A nutrient composition book is located at each dining hall, if needed, to obtain nutrient values of a substituted item.

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Monday Dinner									
Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Tuna Salad	3 oz	142	0.5	9.4	11.1	1.7	25.5	411.7
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Elvis Wrap	1 each	522	61.2	15.8	26	5.5	0	607.9
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Dumplings & Chicken	8 oz	570	29.5	47	28	9.7	194.3	1244
Sides	Mixed Vegetables	1/2 cup	59	11.9	2.6	0.1	0	0	31.2
	Green Peas & Mushrooms	3 oz	77	9.4	2.9	4.1	2.4	9.9	62.6
	White Rice	1/2 cup	81	18	1.7	0	0	0	2.4
Exhibition									
Entrée	Roasted Pork Loin	3 oz	199	0	22.4	11.4	4.3	68	53.6
Sides	Au Gratin Potatoes	1/2 cup	170	18	6	8	4	16	508
	Green Beans	1/2 cup	61	4.4	1	0	0	0	6
	Black Eyed Peas	3 oz	127	22.7	8.9	0.5	0.1	0	6
Grill Station									
Featured Entrées	Patty Melt	1 each	540	32.1	29.7	32.2	14.4	101	650.1
	Hot Dog	1 each	283	22.2	10.2	16.6	6.2	26.6	802.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Entrée	Veggie Burger	1 each	242	39.1	10	5.3	1.6	18.4	985.9
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
	Baked Potato Bar								
	Baked Potato	1 each	187	43	5	0.3	0	0	20
	Sour Cream	1 T	51	1	0.7	5	3	11	13
	Cheddar Cheese	1 T	51	1	0.7	5	3	11	13
	Bacon Bits	1 T	25	0	3	1.5	0.5	5	220
	Broccoli	1/4 cup	7	1.5	0.6	0	0	0	7
	Butter	1 T	107	0	0.2	12	6	32	86
Pasta Station									
Pasta Entrée	Spaghetti & Meatballs	10 oz	475	51.6	20.4	21	8.2	45.7	805.3
Pizza Station									
Specialty	Meat Lovers Pizza	1 slice	365	33.3	21.2	16	6.4	50.1	820
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Cinnamon Pizza Sticks	1 each	218	38.3	4	6.1	3.1	0	198.8

Please be aware that some menu items may occasionally be substituted due to product availability. A nutrient composition book is located at each dining hall, if needed, to obtain nutrient values of a substituted item.

Harcombe Menu Nutrient Analysis									
Tuesday Lunch									
Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Chicken Salad	3 oz	163	5.3	16.5	8.2	1.5	49.2	282.8
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Supreme Turkey Wrap	1 each	654	51.7	35.6	33.3	12.2	94.4	2598.8
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Oven Roasted Chicken	4 oz	170	1.5	24.9	7.1	2.2	96.9	295.8
Sides	Roasted Red Potatoes	1/2 cup	132	30	3.4	2	0.4	0	10
	Capri Blend Veggies	3 1/4 oz	61	12.3	2.7	0.1	0	0	32.9
	Pinto Beans	1/2 cup	96	17.2	5.4	0.9	0.2	0	426.6
Exhibition									
Entrée	Fajita Station								
	Chicken	3 oz	140	0	26.3	3	0.8	72.3	63
	Steak	2 oz	128	0	15.4	6.9	2.6	46.5	35.7
Sides	Tortilla	1 each	159	27	4	3.5	1	0	234
	Refried Beans	1/2 cup	100	18.8	6.1	2.1	0.8	0.7	506
	Mexican Rice	3 oz	196	40.9	4.9	1.9	0.5	0	667.9
	Peppers & Onions	1/2 cup	112	7.6	1	9.2	1.2	0	2.5
Grill Station									
Featured Entrées	Country Fried Steak Sandwich	1 each	442	37.5	14.6	25.5	7.7	25.1	1005
	Corndogs	1 each	311	31.1	9	17.1	4	45.2	792.8
Entrée	Veggie Burger	1 each	242	39.1	10	5.3	1.6	18.4	985.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
Stir Fry Station									
	Soy Chicken Strips	3 oz	130	5	21	3	0.5	0	680
	Beef	3 oz	340	5	48	12.8	3.8	120.9	689.1
	Bean Sprouts	1/2 cup	6	1.1	0.5	0	0	0	10
	Snow Peas	1/2 cup	34	5.6	2.6	0.2	0	0	3.2
	Bell Peppers	1/4 cup	10	2.4	0.3	0	0	0	0.7
	Broccoli	1/2 cup	26	5	3	0	0	0	10
	Water Chestnuts	2 T	11	2.7	0.2	0	0	0	2.6
	White Rice	3 oz	112	24.8	2	0.2	0	0	121.1
	Teriyaki Sauce	2 T	30	5.7	2	0	0	0	1379
Pasta Station									
Pasta Entrée	Linguini with Sausage & Peppers	8 oz	461	41.7	21.9	23.7	9.8	46.5	615
Pizza Station									
Specialty	Calzone	1 each	489	43.4	21.1	25.2	8.6	63.1	601.1
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Pinapple Coconut	1 slice	333	65	8.5	4.7	2.3	0	400

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Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Chicken Salad	3 oz	163	5.3	16.5	8.2	1.5	49.2	282.8
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Supreme Turkey Wrap	1 each	654	51.7	35.6	33.3	12.2	94.4	2598.8
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	BBQ Ribs	3 oz	288	9	27	15	7	79	473
Sides	Baked Beans	5 oz	190	37.4	7.8	2.7	0.8	12	774.1
	Cole Slaw	1/2 cup	269	5.9	0.9	27.1	3.7	24.5	225
	Corn on the Cob	1 each	62	14.8	2.1	0.5	0.1	0	3.2
Exhibition									
Entrée	Roast Beef	4 oz	232	1.2	23	14.4	5.6	107	379
Sides	Green Onion Mashed Potatoes	4 oz	197	33.4	3.9	5.8	3.4	15.5	387.2
	Herb Roasted Veggies	5 oz	117	11.8	1.7	7.9	1.1	0	109
Grill Station									
Featured Entrées	Grilled Veggie Pita Melt								
	Comdogs	1 each	311	31.1	9	17.1	4	45.2	792.8
Entrée	Veggie Burger	1 each	242	39.1	10	5.3	1.6	18.4	985.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
	Stir Fry Station								
	Soy Chicken Strips	3 oz	130	5	21	3	0.5	0	680
	Beef	3 oz	340	5	48	12.8	3.8	120.9	689.1
	Bean Sprouts	1/2 cup	6	1.1	0.5	0	0	0	10
	Snow Peas	1/2 cup	34	5.6	2.6	0.2	0	0	3.2
	Bell Peppers	1/4 cup	10	2.4	0.3	0	0	0	0.7
	Broccoli	1/2 cup	26	5	3	0	0	0	10
	Water Chestnuts	2 T	11	2.7	0.2	0	0	0	2.6
	Teriyaki Sauce	2 T	30	5.7	2	0	0	0	1379
	White Rice	3 oz	112	24.8	2	0.2	0	0	121.1
Pasta Station									
Pasta Entrée	Cheese Ravioli	4 oz	279	42.7	12.3	6.6	3.3	38.2	312
	Pesto	1/4 cup	143	4	6	12	3	15	237
Pizza Station									
Specialty	Quattro Formaggio	1 slice	348	41	16.5	13.3	6	24	701
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Pineapple Coconut	1 slice	333	65	8.5	4.7	2.3	0	400

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Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Ham Salad	3 oz	183	9	7.4	13.2	4.3	31.5	776
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Veggie Pita Melt	1 item	455	54.1	16.7	20.2	6.6	19.6	1070
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Meatball Stroganoff	6 oz	434	7.7	35.6	27.5	12.1	107.9	601.4
Sides	Egg Noodles	3 oz	145	26.9	5.4	1.7	0.4	31.8	7.9
	Green Peas	1/2 cup	67	12.5	4.3	0.2	0	0	2.4
	Sauteed Mushrooms	1/4 cup	128	2.7	3.4	13.1	2.1	0	114.2
Exhibition									
Entrée	Smoked Pit Ham	3 oz	286	39.7	15	7.9	3.4	45	942.2
Sides	Sweet Potato Casserole	3 1/2 oz	241	35.4	4.2	9.6	3.9	12.7	67.6
	Lima Beans	1/2 cup	104	20	5.8	0.3	0	0	14.5
	Corn on the Cobb	1 each	62	14.8	2.1	0.5	0.1	0	3.2
Grill Station									
Featured Entrées	Grilled Chicken Sandwich	1 each	250	23.9	23.1	6.3	1.4	52.1	499.9
	Hot Dog	1 each	283	22.2	10.2	16.6	6.2	26.6	802.9
Entrée	Veggie Burger	1 each	242	39.1	10	5.3	1.6	18.4	985.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
	Nacho Bar								
	Tortilla Chips	1 oz	142	18	2	7.4	1.4	0	149
	Nacho Cheese	2 oz	109	5.5	4.1	7.9	3.4	15.2	189.1
	Black Beans	4 oz	248	42.5	14	3.2	0.5	0	361.9
	Sour Cream	1 T	51	1	0.7	5	3	11	13
	Cheese	1 T	51	1	0.7	5	3	11	13
	Black Olives	1 each	5	0.3	0	0.4	0.1	0	35
	Jalapeno Peppers	1/4 cup	8	1.7	0.3	0.4	0	0	497
	Green Onion	1 T	9	2.2	0.5	0	0	0	4.8
	Salsa	1 T	5	1	0.2	0	0	0	69
Pasta Station									
Pasta Entrée	Gnocchi with a Blue Cheese Cream	5 oz	223	19.8	6.1	13.3	6.9	26.5	509
Pizza Station									
Specialty	Margherita Pizza	1 slice	221	33.9	9.7	5.5	2.4	11.3	389
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Cinnamon Pizza Sticks	1 each	218	38.3	4	6.1	3.1	0	198.8

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Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Ham Salad	3 oz	183	9	7.4	13.2	4.3	31.5	776
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Veggie Pita Melt	1 item	455	54.1	16.7	20.2	6.6	19.6	1070
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Turkey Pot Pie	8 oz	426	29.1	32	19	7.4	91.2	394
Sides	Parsley Rice	3 1/2 oz	161	26.6	2.6	4.1	0.8	1.1	335.4
	Green Beans	1/2 cup	61	4.4	1	0	0	0	6
Exhibition									
Entrée	Jerk Rotisserie Chicken	1 each	475	1.4	50.45	28.45	7.45	162.15	309.4
Sides	Cuban Yellow Rice	4 oz	268	35	5.1	11.8	6.2	29.8	194.9
	Black Beans Salsa	3 3/4 oz	113	20.5	7.3	0.6	0.1	0	316.7
	Cumin Green Beans	3 oz	37	5.2	1.2	1.7	0.3	0	25.5
Grill Station									
Featured Entrées	Hard Shell Beef Tacos	2 each	340	19.3	19.8	20.6	7.7	65.4	669.2
	Hot Dog	1 each	283	22.2	10.2	16.6	6.2	26.6	802.9
	Veggie Burger	1 each	242	39.1	10	5.3	1.6	18.4	985.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
	Nacho Bar								
	Tortilla Chips	1 oz	142	18	2	7.4	1.4	0	149
	Nacho Cheese	2 oz	109	5.5	4.1	7.9	3.4	15.2	189.1
	Black Beans	4 oz	248	42.5	14	3.2	0.5	0	361.9
	Sour Cream	1 T	51	1	0.7	5	3	11	13
	Cheese	1 T	51	1	0.7	5	3	11	13
	Black Olives	1 each	5	0.3	0	0.4	0.1	0	35
	Jalapeno Peppers	1/4 cup	8	1.7	0.3	0.4	0	0	497
	Green Onion	1 T	9	2.2	0.5	0	0	0	4.8
	Salsa	1 T	5	1	0.2	0	0	0	69
Pasta Station									
Pasta Entrée	Mac & Cheese	7 1/2 oz	407	38.9	17.7	19.8	12	57.2	1048.8
Pizza Station									
Specialty	Philly Cheese Pizza	1 slice	307	34.6	19.1	10.2	3.5	38	500
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Cinnamon Pizza Sticks	1 each	218	38.3	4	6.1	3.1	0	198.8

Please be aware that some menu items may occasionally be substituted due to product availability. A nutrient composition book is located at each dining hall, if needed, to obtain nutrient values of a substituted item.

Harcombe Menu Nutrient Analysis									
Thursday Lunch									
Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Chicken Salad	3 oz	163	5.3	16.5	8.2	1.5	49.2	282.8
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Steak Caesar Wrap	1 each	410	19.4	27.2	24.4	7.2	76.8	423
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Sesame Chicken	4 oz	153	8.4	14	6.3	1.8	48.4	1940
Sides	Jasmine Rice	1/2 cup	81	18	17	0	0	0	2.4
	Oriental Vegetables	2 oz	17	3.4	1	0.1	0	0	8.7
	Egg Rolls	1 each	250	22.6	3.6	16.4	3.2	3.5	445.1
Exhibition									
Entrée	Stuffed Peppers - Meat	1 each	378	42.8	17.7	15.5	5.3	39.9	809
Entrée	Stuffed Peppers - Veg	1 each	420	50	13	20	7.4	29.8	877
Sides	Roasted Mushrooms	1/4 cup	128	2.7	3.4	13.1	2.1	0	114.2
	Broccoli, Tomato, Penne Salad	4 oz	143	20.9	5	4.4	1.1	2.3	242.7
Grill Station									
Featured Entrées	Grilled Pork Chops	3 oz	204	0	24.4	11	4.1	69.7	49.3
	Foot Long Hot Dogs	1 each	460	43	16	26	9.5	45	1110
Entrée	Veggie Burger	1 each	242	39.1	10	5.3	1.6	18.4	985.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
Coney Dog Station									
	Hotdog	1 each	283	22.2	10.2	16.6	6.2	26.6	802.9
	Relish	1 T	15	4	0	0	0	0	95
	Cheese Sauce	2 oz	109	5.5	4.1	7.9	3.4	15.2	189.1
	Hot Dog Chili	1/4 cup	48	4.5	4.2	1.6	0.5	8.9	242.5
	Chopped Onions	1/4 cup	15	3.5	0.4	0	0	0	1.2
	Jalapeno Peppers	1/4 cup	8	1.7	0.3	0.4	0	0	497
Pasta Station									
Pasta Entrée	Southwest Blackened Chicken	8 oz	403	39	35.5	10.6	5	90.9	145
Pizza Station									
Specialty	French Bread Pizza	1 each	340	52	21	5	1.5	20	600
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Strawberry Cream Cheese Pizza	1 slice	249	49.3	1.6	2.9	0.4	0	96.6

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Harcombe Menu Nutrient Analysis									
Thursday Dinner									
Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Chicken Salad	3 oz	163	5.3	16.5	8.2	1.5	49.2	282.8
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Steak Caesar Wrap	1 each	410	19.4	27.2	24.4	7.2	76.8	423
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Baked Ham	3 oz	121	7.1	14.9	3.3	1.1	34.4	972.4
Sides	Grilled Sweet Potato Wedges	4 oz	153	18.5	1.6	8.4	1.1	0	13.9
	Peas & Pearl Onions	1/2 cup	40	7.8	2.3	0.2	0	0	33
	Squash Casserole	4 oz	141	10.4	1	11.5	2.3	0	469.2
Exhibition									
Entrée	Chicken Scampi	1 each	262	2	26.5	9.8	1.8	72	63
Sides	Garlic Linguini	1/2 cup	96	18	4	1	0.4	22	8
	Broccoli	1/2 cup	26	5	3	0	0	0	10
Grill Station									
Featured Entrées	Shish Kebobs	1 each	108	3.2	17.3	2.5	0.8	31	24
	Hot Dogs	1 each	283	22.2	10.2	16.6	6.2	26.6	802.9
Entrée	Veggie Burger	1 each	242	39.1	10	5.3	1.6	18.4	985.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
Coney Dog Station									
	Hotdog	1 each	283	22.2	10.2	16.6	6.2	26.6	802.9
	Relish	1 T	15	4	0	0	0	0	95
	Cheese Sauce	2 oz	109	5.5	4.1	7.9	3.4	15.2	189.1
	Hot Dog Chili	1/4 cup	48	4.5	4.2	1.6	0.5	8.9	242.5
	Chopped Onions	1/4 cup	15	3.5	0.4	0	0	0	1.2
	Jalapeno Peppers	1/4 cup	8	1.7	0.3	0.4	0	0	497
Pasta Station									
Pasta Entrée	Baked Ziti	6 oz	247	23	13	12	4.5	33	412
Pizza Station									
Specialty	Pesto Chicken Pizza	1 slice	379	32	17.6	20.2	7.2	36	601
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Cinnamon Pizza Sticks	1 each	218	38.3	4	6.1	3.1	0	198.8

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Harcombe Menu Nutrient Analysis									
Friday Lunch									
Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Seafood Salad	4 oz	244	9.4	10.9	17.8	2.5	33.2	929.4
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Reuben	1 each	581	35.9	24.3	37.7	12.2	85.6	1569.6
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Baked Salmon	3 oz	175	0	18.7	10.5	2.1	53.6	51.9
Sides	Wild Rice	3 oz	133	24.4	2.7	1.9	0	0	278
	Grilled Veggie Medley	4 oz	112	7.4	1.9	9.3	2.8	11.1	205.4
	Seasoned Corn	1/2 cup	66	16	2.3	0.3	0	0	4
Exhibition									
Entrée	Meatball Sub	1 each	593	64.3	36.6	20.5	7.2	81.6	1209.3
Sides	Chips	1 1/2 oz	264	31.4	3.4	14	2.9	0	150.1
	Pasta Salad	1/3 cup	95	13.7	2.9	3.3	0.6	13	164.8
Grill Station									
Featured Entrées	Turkey Burger	1 each	528	58.5	23.7	22.7	5	54.1	1258.1
	Comdogs	1 each	311	31.1	9	17.1	4	45.2	792.8
Entrée	Veggie Burger	1 each	242	39.1	10	5.3	1.6	18.4	985.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
	Ice Cream Bar								
	Chocolate	1/2 cup	143	18.6	2.5	7.3	4.5	22.4	50.2
	Vanilla	1/2 cup	144	16.9	2.5	7.9	4.9	31.7	57.6
	Strawberry	1/2 cup	126	18.2	2.1	5.5	3.4	19.1	39.6
	Butter Pecan	1/2 cup	160	14	3	10	5	20	115
	Chocolate Chip	1/2 cup	160	17	3	9	5	20	40
	Cookies and Cream	1/2 cup	160	19	3	8	4	25	50
Pasta Station									
Pasta Entrée	Mediterranean Pasta	1 serving	330	40	24	8	4	25	1000
Pizza Station									
Specialty	Deep Dish Sausage & Peppers	1 slice	367	30.9	20.5	17.9	7.3	51	1585.5
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Cinnamon Pizza Sticks	1 each	218	38.3	4	6.1	3.1	0	198.8

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Harcombe Menu Nutrient Analysis									
Friday Dinner									
Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Seafood Salad	4 oz	244	9.4	10.9	17.8	2.5	33.2	929.4
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Reuben	1 each	581	35.9	24.3	37.7	12.2	85.6	1569.6
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Four Cheese Lasagna	1 slice	464	33.6	25	26.7	10.1	104.3	1613.7
Sides	Garlic Breadsticks	4 each	377	59.1	12.6	10.3	5.1	20.3	632.5
	Italian Green Beans	3 oz	59	5.9	1.4	4	2.4	10.3	58.5
	Fried Zucchini	3 oz	196	19	3.7	11.6	3.1	0	526
Exhibition									
Entrée	London Broil	3 oz	199	1.7	26.4	9	3.1	65.5	377.5
Sides	Pasta Salad	3 oz	56	5.3	1.4	3.8	0.8	0	49.4
	White Bean Salad	3 2/3 oz	102	16.9	2.3	4.2	2.4	9.5	1.4
	Caesar Salad	1 serving	235	12.9	5	17.9	4.5	34	496
	Romaine Lettuce	1/2 cup	4	0.7	0.5	0	0	0	2
	Croutons	1/2 cup	93	12.7	2	3.5	1	0	250
	Parmesan Cheese	1 T	22	0.2	2	1.4	1	4	76
	Ceasar Dressing	2 T	120	0	1	13	2.5	30	170
Grill Station									
Featured Entrées	Fried Catfish PoBoy	1 each	548	49	21.7	29.8	5.9	77	774.28
	Hot Dog	1 each	283	22.2	10.2	16.6	6.2	26.6	802.9
Entrée	Veggie Burger	1 each	242	39.1	10	5.3	1.6	18.4	985.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
	Ice Cream Bar								
	Chocolate	1/2 cup	143	18.6	2.5	7.3	4.5	22.4	50.2
	Vanilla	1/2 cup	144	16.9	2.5	7.9	4.9	31.7	57.6
	Strawberry	1/2 cup	126	18.2	2.1	5.5	3.4	19.1	39.6
	Butter Pecan	1/2 cup	160	14	3	10	5	20	115
	Chocolate Chip	1/2 cup	160	17	3	9	5	20	40
	Cookies and Cream	1/2 cup	160	19	3	8	4	25	50
Pasta Station									
Pasta Entrée	Mediterranean Pasta	1 serving	330	40	24	8	4	25	1000
Pizza Station									
Specialty	Deep Dish Sausage & Peppers	1 slice	367	30.9	20.5	17.9	7.3	51	1585.5
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Cinnamon Pizza Sticks	1 each	218	38.3	4	6.1	3.1	0	198.8

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Harcombe Menu Nutrient Analysis									
Saturday Lunch									
Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Tuna Salad	3 oz	142	0.5	9.4	11.1	1.7	25.5	411.7
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	BLT	1 each	232	28.1	10.7	8.5	2.6	17.6	725
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Beef Pot Pie	1 slice	348	22.2	23.7	18	7.5	119.1	450.9
Sides	Rice	1/2 cup	81	18	1.7	0	0	0	2.4
	Italian Green Beans	3 oz	59	5.9	1.4	4	2.4	10.3	58.5
Exhibition									
Entrée	BBQ Pork Sandwich	1 each	390	32.1	25.5	16.9	5.5	75	555
Sides	Cole Slaw	1/2 cup	269	5.9	0.9	27.1	3.7	24.5	225
	Baked Beans	5 oz	190	37.4	7.8	2.7	0.8	12	774.1
	Potato Salad	3 oz	152	9.4	2.2	11.8	1.8	53.8	260.1
Grill Station									
Featured Entrées	Fried Chicken	1 each	280	25	19	11	4.5	65	590
	Grilled Cheese	1 each	380	29.7	14.3	22.9	10.1	45.4	1112.8
Entrée	Veggie Burger	1 each	242	39.1	10	5.3	1.6	18.4	985.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
Pasta Station									
	Pasta	1 cup	105	21	4	0.5	0	0	2
	Marinara	1/2 cup	47	9	2	0.3	0	0	503
	Meat Sauce	1/2 cup	202	7	13	13	5	50	366
	Alfredo Sauce	1/2 cup	300	11	5	26	13	55	560
Pasta Station									
Pasta Entrée	Spinach & Artichoke Pasta	10 oz	397	50.6	13.9	17	10	44	174
Pizza Station									
Specialty	Hawaiian Pizza	1 slice	293	31.3	17.2	11	5.1	35.3	1557.9
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Smores Pizza	1 slice	273	51	9.3	4.4	0	5.8	426

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Harcombe Menu Nutrient Analysis									
Saturday Dinner									
Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Tuna Salad	3 oz	142	0.5	9.4	11.1	1.7	25.5	411.7
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	BLT	1 each	232	28.1	10.7	8.5	2.6	17.6	725
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Red Beans & Rice	1/2 cup	123	22.2	3.2	2.4	0.4	0	614
Sides	Fried Okra	11 each	160	13	2.1	11.2	1.5	1.8	110
	Collard Greens	1/2 cup	60	5	2	3	1	25	290
Exhibition									
Entrée	Beef & Broccoli Stir Fry with Rice	6 oz	97	12.2	6.3	2.2	0.5	10	325
	Spring Roll	1 each	250	22.6	3.6	16.4	3.2	3.5	445.1
Grill Station									
Featured Entrées	Veggie Burger	1 each	325	52.5	14.2	6.7	2.2	25.1	1238.1
	Hot Dog	1 each	283	22.2	10.2	16.6	6.2	26.6	802.9
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
Pasta Station									
	Pasta	1 cup	105	21	4	0.5	0	0	2
	Marinara	1/2 cup	47	9	2	0.3	0	0	503
	Meat Sauce	1/2 cup	202	7	13	13	5	50	366
	Alfredo Sauce	1/2 cup	300	11	5	26	13	55	560
Pasta Station									
Pasta Entrée	Spinach & Artichoke Pasta	10 oz	397	50.6	13.9	17	10	44	174
Pizza Station									
Specialty	Hawaiian Pizza	1 slice	293	31.3	17.2	11	5.1	35.3	1557.9
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Smoes Pizza	1 slice	273	51	9.3	4.4	0	5.8	426

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Harcombe Menu Nutrient Analysis									
Sunday Lunch									
Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Tuna Salad	3 oz	142	0.5	9.4	11.1	1.7	25.5	411.7
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Veggie Hummus Wrap	1 each	532	73	15.7	21.7	3.4	0	1066
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Brunch									
	Scrambled Eggs	6 oz	253	2	21	17	5	722	214
	Country Sausage	2 oz	192	0	11	16	5	47.6	424.6
	Bacon	2 slices	92	0	4.9	7.9	2.8	13.6	255.4
	Grits	1 cup	142	31	3.4	0.5	0	0	4.8
	Cheese Grits	1/2 cup	223	16.2	10.4	13	6.8	82.7	276.4
	Pancakes	1 each	74	14	2	1	0.2	5	239
	Maple Syrup	1/4 cup	104	27	0	0	0	0	24
	Butter	1 T	107	0	0.2	12	6	32	86
Grill Station									
Featured Entrées	Omeletes								
	Scrambled Eggs	6 oz	253	2	21	17	5	722	214
	Ham	2 oz	68	1	7.7	3.5	1.1	22.3	536.8
	Cheese	1 oz	114	0.4	7	9.4	6	29.8	176
	Mushrooms	1/4 cup	4	0.7	0.5	0	0	0	0.7
	Peppers	1/4 cup	10	2.4	0.3	0	0	0	0.7
	Onions	1/4 cup	15	3.5	0.4	0	0	0	1.2
	Veggie Burger	1 each	325	52.5	14.2	6.7	2.2	25.1	1238.1
Hot Dog	1 each	283	22.2	10.2	16.6	6.2	26.6	802.9	
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Pizza Station									
Specialty	Breakfast Pizza	1 slice	324	34.5	16.8	13.1	5.2	136	705
Pizzas	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Cinnamon Pizza Sticks	1 each	218	38.3	4	6.1	3.1	0	198.8

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Harcombe Menu Nutrient Analysis									
Sunday Dinner									
Vegetarian Options									
Station	Menu Item	Serv. Size	Cal	Carb (g)	Pro (g)	Fat (g)	S. Fat (g)	Chol (mg)	Sod. (mg)
Deli									
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
	Salami	2 slices	115	1	6.4	9.2	3.7	28.9	489.9
Protein Salad	Tuna Salad	3 oz	142	0.5	9.4	11.1	1.7	25.5	411.7
Cheeses	American Cheese	1 oz	94	2.2	5.2	7.2	4.2	22.7	359.3
	Swiss	1 oz	106	1.5	7.5	7.8	5	25.8	53.8
	Provolone	1 oz	99	0.6	7.2	7.5	4.8	19.3	245.3
Specialties	Veggie Hummus Wrap	1 each	532	73	15.7	21.7	3.4	0	1066
	Chicken Caesar Wrap	1 each	541	66.4	23.4	19.9	4.1	34.7	1311.7
Home Cooking									
Entrée	Smoked Pork Loin	3 oz	199	0	22.4	11.4	4.3	68	53.6
Sides	Roasted Garlic Mashed Potatoes	4 oz	197	33.4	3.9	5.8	3.4	15.5	387.2
	Grilled Zucchini & Squash	3 oz	38	4.2	0.8	2.4	0.3	0	50.5
	Steamed Spinach	1/2 cup	21	3.4	2.7	0.2	0	0	63
Exhibition									
Entrée	Blackened Chicken with Garlic	10 oz	430	42	35.4	13	5	117	473
	Broccoli	1/2 cup	26	5	3	0	0	0	10
	Roasted Tomatoes	1 1/4 oz	46	10.3	1.9	0.7	0.1	0	18.4
Grill Station									
Featured Entrées	Philly Cheesesteak	1 each	528	46.6	34.9	21.6	7.6	74.4	758.5
	Hot Dog	1 each	283	22.2	10.2	16.6	6.2	26.6	802.9
Entrée	Veggie Burger	1 each	325	52.5	14.2	6.7	2.2	25.1	1238.1
Entrée	Hamburger	1 each	513	38.5	35.2	23.1	8.1	105.3	466.4
Starch	French Fries	4 oz	157	19.6	2.6	7.9	2	0	706.2
Fun For You									
Brunch Bar									
	Scrambled Eggs	6 oz	253	2	21	17	5	722	214
	Country Sausage	2 oz	192	0	11	16	5	47.6	424.6
	Bacon	2 slices	92	0	4.9	7.9	2.8	13.6	255.4
	Grits	1 cup	142	31	3.4	0.5	0	0	4.8
	Cheese Grits	1/2 cup	223	16.2	10.4	13	6.8	82.7	276.4
	Pancakes	1 each	74	14	2	1	0.2	5	239
	Maple Syrup	1/4 cup	104	27	0	0	0	0	24
	Butter	1 T	107	0	0.2	12	6	32	86
Pasta Station									
Pasta Entrée	Cheese Manicotti	8 oz	404	50.8	18	14.9	5.8	49.6	656
Pizza Station									
Specialty	Mac n Cheese Pizza	1 slice	619	68.5	25.8	26.2	13.5	58.4	1353.1
	Cheese Pizza	1 slice	243	32.7	13.5	6.4	3.1	18.1	603.6
Pizzas	Veggie Pizza	1 slice	203	27.6	7.2	6.9	2.6	7.8	412
	Pepperoni Pizza	1 slice	284	33.1	15.3	9.9	4.5	28.6	762.1
	Supreme Pizza	1 slice	330	30	14	17	6	35	720
Dessert	Cinnamon Pizza Sticks	1 each	218	38.3	4	6.1	3.1	0	198.8

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