

Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

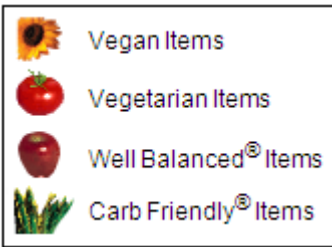
Monday February 1, 2010

Breakfast

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C	
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)													(mg)
Entree																			
Buttermilk Pancakes <i>Contains milk, eggs, wheat, soy beans</i>	2 Pancakes	226	6	25%	2	0	9	566	38	5	1	0	0	54	2	7	21	0	
Hard Cooked Eggs <i>Contains eggs</i>	1 Egg	62	4	62%	1	0	185	129	0	6	0	58	83	23	1	0	212	0	
Home Fried Potatoes <i>Contains milk, soy beans</i>	6 oz	154	7	41%	3	0	0	184	22	2	2	352	44	11	0	1	323	8	
Oatmeal	6 oz Ladle	116	2	16%	0	0	0	297	21	4	3	114	143	20	1	0	0	0	
Scrambled Eggs <i>Contains milk, eggs, soy beans</i>	4 oz Spoodle	203	15	66%	5	0	506	197	1	15	0	160	229	64	2	1	721	0	
Turkey Bacon	2 Slices	37	2	36%	0	0	22	241	0	5	0	0	0	23	0	0	0	1	
Vanilla Belgian Waffles w/Berries <i>Contains milk, eggs, wheat, soy beans</i>	1 Waffle	800	8	9%	5	0	16	1822	181	12	9	73	15	243	2	42	14	24	

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C	
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)													(mg)
Soup																			
Old Fashioned Chicken Noodle Soup <i>Contains eggs, wheat, soy beans</i>	6 oz	91	4	35%	1	0	21	490	8	7	1	142	21	13	1	1	771	2	
Vegetarian Lentil & Spinach Soup <i>Contains wheat, soy beans</i>	6 oz	84	1	14%	0	0	0	347	14	5	5	297	102	32	2	2	2157	5	
Grill																			
Cheeseburger w/Lettuce & Tomato on Bun <i>Contains milk, wheat, soy beans</i>	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8	
French Fries <i>Contains soy beans</i>	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5	
Grilled Chicken Breast	1 Breast	124	5	33%	1	0	48	538	0	19	0	218	164	12	1	0	18	1	
Hamburger with Lettuce & Tomato <i>Contains wheat</i>	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7	
Texas-Style Grilled Cheese Sandwich <i>Contains milk, wheat, soy beans</i>	1 Sandwich	439	24	48%	13	0	39	1387	42	14	2	135	79	357	3	4	1031	0	



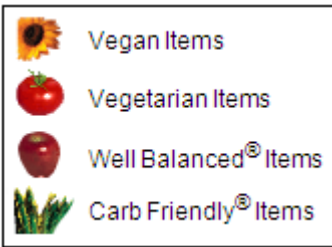
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Monday February 1, 2010

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Grill																		
Turkey Burger <i>Contains wheat</i>	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8
Vegetarian Garden Cheeseburger <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9
Entree																		
Kansas City BBQ Pork Loin	3 oz	156	8	46%	3	0	43	260	5	15	0	20	3	21	1	4	241	1
Macaroni and Cheese <i>Contains milk, wheat, soy beans</i>	6 oz	143	5	29%	2	0	8	331	20	5	1	76	74	71	1	2	95	0
Pot Likker Collard Greens <i>Contains milk, soy beans</i>	6 oz	106	4	37%	1	0	2	1576	15	3	3	165	35	148	1	9	7643	18
Eggplant Parmesan <i>Contains milk, eggs, wheat</i>	1 Cut-3x4 Hp	279	15	47%	5	0	101	567	26	12	4	366	192	205	2	7	537	4
Deli																		
Made to Order Deli Core <i>Contains milk, fish, wheat, soy beans</i>	1 Sandwich	435	18	36%	6	0	50	1222	44	28	3	385	228	255	4	3	1173	9
Muffuletta Biggie Sandwich <i>Contains milk, wheat, soy beans</i>	1 Slice-cut 6	333	17	45%	7	0	41	954	28	18	2	108	205	255	2	3	336	2
Tuscan White Bean Wrap <i>Contains milk, wheat, soy beans</i>	1 Wrap	506	18	32%	8	0	25	1599	69	17	7	532	194	439	5	6	2174	23
To Go																		
Caesar Chicken Salad <i>Contains milk, wheat, soy beans</i>	1 Salad	257	10	35%	3	0	58	413	15	27	3	555	286	183	3	2	7497	32
Caesar Salad <i>Contains milk, wheat, soy beans</i>	1 Salad	124	5	35%	2	0	7	355	14	7	3	325	112	170	2	2	7478	31
Chef Salad <i>Contains milk, eggs</i>	1 Salad	298	20	61%	10	0	167	889	10	25	4	529	312	386	3	4	8073	35
Garden Salad <i>Contains milk</i>	1 Salad	128	8	59%	3	0	14	378	10	6	5	473	125	180	2	3	10285	36
PB & J Sandwich <i>Contains wheat, peanuts, soy beans</i>	1 Sandwich	567	23	37%	5	0	0	745	76	16	5	372	79	141	4	29	22	1



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Monday February 1, 2010

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												

To Go

Thai Peanut Noodle Chicken Salad	1 Salad	556	25	41%	4	0	48	961	51	32	6	788	270	80	3	17	7697	54
<i>Contains fish, shellfish, wheat, peanuts, soy beans</i>																		
Tuna Salad Sandwich	1 Sandwich	327	8	23%	2	0	13	873	44	18	3	362	167	146	4	5	1824	8
<i>Contains fish, wheat, soy beans</i>																		

Dessert

Bourbon Street Bar with Snickers Pieces	1 Cut-6x8 Fs	206	11	47%	4	0	27	210	25	3	1	72	28	23	1	17	212	0
<i>Contains milk, eggs, wheat, peanuts, tree nuts, soy beans</i>																		
Orange Jell-O Parfait	5.5 oz Cups	97	1	7%	1	0	0	109	21	2	0	0	32	4	0	20	0	0
<i>Contains milk</i>																		

Pizza

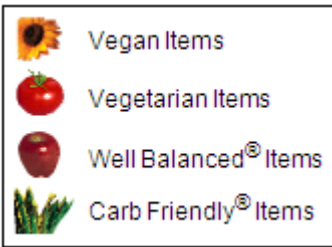
Cheese Pizza	1 Cut-8 (14")	247	7	25%	3	0	16	585	32	14	2	119	156	227	2	2	278	1
<i>Contains milk, wheat, soy beans</i>																		
Herb Seasoned Breadsticks	1 Breadstick	88	2	18%	1	0	2	165	15	3	1	0	4	14	1	1	25	0
<i>Contains milk, wheat, soy beans</i>																		
Margarita Pizza	1 Cut-8 (14")	280	10	33%	5	0	29	648	32	15	2	125	141	207	2	2	365	1
<i>Contains milk, wheat, soy beans</i>																		
Pepperoni Pizza	1 Cut-8 (14")	288	11	34%	5	0	28	700	33	14	2	121	110	166	2	3	345	1
<i>Contains milk, wheat, soy beans</i>																		

Dinner

	Serving	Calories	Calories		Sat	Trans	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												

Grill

Cheese Quesadilla & Salsa	1 Quesadilla	450	25	49%	13	0	54	979	39	17	2	68	210	500	2	1	861	7
<i>Contains milk, wheat, soy beans</i>																		
Cheeseburger w/Lettuce & Tomato on Bun	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8
<i>Contains milk, wheat, soy beans</i>																		
French Fries	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5
<i>Contains soy beans</i>																		
Fried Boneless Chicken Wings Plate	3 Wings	294	17	51%	2	0	27	834	24	13	1	0	6	24	1	7	252	1
<i>Contains eggs, wheat</i>																		



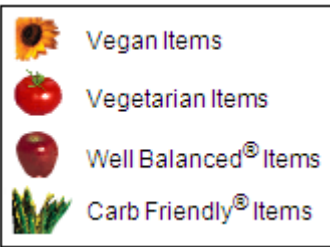
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Monday February 1, 2010

Dinner

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat	from	Fat	Fat												
Grill																		
Fried Breaded Chicken Tenders	5 Tenders	255	16	58%	2	0	30	461	13	14	0	0	0	18	1	0	13	1
<i>Contains milk, eggs, wheat, soy beans</i>																		
Fried Mozzarella Sticks	6 oz	485	27	50%	10	0	38	1220	39	22	2	0	0	419	0	13	455	0
<i>Contains milk, wheat, soy beans</i>																		
Hamburger with Lettuce & Tomato	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7
<i>Contains wheat</i>																		
Honey BBQ Roast Chicken Sandwich	1 Sandwich	350	7	18%	2	0	48	840	47	26	4	471	252	87	3	22	6612	10
<i>Contains wheat, soy beans</i>																		
Turkey Burger	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8
<i>Contains wheat</i>																		
Vegetarian Garden Cheeseburger	1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9
<i>Contains milk, eggs, wheat, soy beans</i>																		
Entree																		
Bread Dressing	6 oz	332	20	54%	9	0	3	604	32	6	2	229	70	83	2	2	895	2
<i>Contains milk, wheat, soy beans</i>																		
Roast Turkey Breast	6 oz	137	6	39%	2	0	48	610	1	19	0	265	0	0	3	1	0	2
Steamed Corn	4 oz	64	1	7%	0	0	0	0	15	2	2	185	63	2	0	2	158	3
Whipped Sweet Potatoes	4 oz	216	16	67%	10	0	43	625	16	3	2	268	79	88	1	9	10400	16
<i>Contains milk</i>																		
Vegetarian Paella	11 oz	208	6	27%	1	0	0	694	35	4	3	214	67	43	2	4	3493	22
<i>Contains wheat, soy beans</i>																		
Pizza																		
Cheese Pizza	1 Cut-8 (14")	247	7	25%	3	0	16	585	32	14	2	119	156	227	2	2	278	1
<i>Contains milk, wheat, soy beans</i>																		
Pepperoni Lovers Calzone	1 Calozone	390	16	36%	7	0	40	803	44	18	3	169	191	239	3	4	527	2
<i>Contains milk, wheat, soy beans</i>																		
Pepperoni Pizza	1 Cut-8 (14")	288	11	34%	5	0	28	700	33	14	2	121	110	166	2	3	345	1
<i>Contains milk, wheat, soy beans</i>																		
Vegetable Lovers Feast Pizza	1 Cut-8 (14")	297	9	26%	4	0	17	777	40	16	3	302	195	265	3	4	770	26
<i>Contains milk, wheat, soy beans</i>																		



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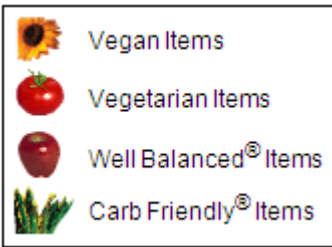
Tuesday February 2, 2010

Breakfast

	Serving	Calories	Calories		Sat	Trans	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Entree																		
Egg & Cheese Bagel <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	312	12	35%	5	0	266	601	34	16	1	156	114	150	3	4	582	0
Hard Cooked Eggs <i>Contains eggs</i>	1 Egg	62	4	62%	1	0	185	129	0	6	0	58	83	23	1	0	212	0
Hash Browned Potatoes		0	0	0%	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oatmeal	6 oz Ladle	116	2	16%	0	0	0	297	21	4	3	114	143	20	1	0	0	0
Sausage Patties	1 Patty	193	18	82%	7	0	45	384	0	8	0	0	0	9	0	0	4	0
Scrambled Eggs <i>Contains milk, eggs, soy beans</i>	4 oz Spoodle	203	15	66%	5	0	506	197	1	15	0	160	229	64	2	1	721	0
Vanilla Belgian Waffles w/Berries <i>Contains milk, eggs, wheat, soy beans</i>	1 Waffle	800	8	9%	5	0	16	1822	181	12	9	73	15	243	2	42	14	24

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Soup																		
Chicken Tortilla Soup <i>Contains milk, wheat, soy beans</i>	6 oz Ladle	97	4	32%	1	0	21	449	8	8	1	181	31	43	1	2	354	4
Loaded Baked Potato Soup <i>Contains milk, wheat, soy beans</i>	6 oz Ladle	147	8	48%	4	0	11	432	14	5	1	269	91	98	0	3	358	4
Grill																		
Cheeseburger w/Lettuce & Tomato on Bun <i>Contains milk, wheat, soy beans</i>	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8
Chicago Style Hot Dog <i>Contains wheat</i>	1 Sandwich	326	19	52%	7	0	31	1093	28	11	2	126	37	100	2	7	515	5
French Fries <i>Contains soy beans</i>	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5
Grilled Chicken Breast	1 Breast	124	5	33%	1	0	48	538	0	19	0	218	164	12	1	0	18	1
Hamburger with Lettuce & Tomato <i>Contains wheat</i>	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7
Texas-Style Grilled Cheese Sandwich <i>Contains milk, wheat, soy beans</i>	1 Sandwich	439	24	48%	13	0	39	1387	42	14	2	135	79	357	3	4	1031	0



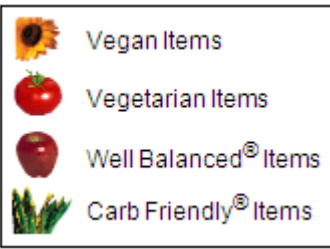
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COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Tuesday February 2, 2010

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Grill																		
Turkey Burger <i>Contains wheat</i>	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8
Vegetarian Garden Cheeseburger <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9
Entree																		
Chicken Parmesan Sandwich <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	584	29	45%	8	0	106	1099	47	32	3	339	184	242	4	5	596	4
Green Peas	6 oz	88	0	0%	0	0	0	82	16	6	6	125	87	27	2	5	2378	11
Oven Roast Herbed Red Potatoes	6 oz	137	5	32%	1	0	0	168	22	2	2	421	49	9	1	1	203	15
Baja Baked Enchilada <i>Contains milk</i>	1 Cut-3x3 Hp	290	15	47%	8	0	37	745	29	12	2	167	252	301	1	2	814	36
Deli																		
Caprese Panini Biggie Sandwich <i>Contains milk, wheat, tree nuts, soy beans</i>	1 Sandwich	435	24	50%	10	0	52	802	33	21	2	146	236	362	2	3	1089	5
Made to Order Deli Core <i>Contains milk, fish, wheat, soy beans</i>	1 Sandwich	435	18	36%	6	0	50	1222	44	28	3	385	228	255	4	3	1173	9
Tuscan White Bean Wrap <i>Contains milk, wheat, soy beans</i>	1 Wrap	506	18	32%	8	0	25	1599	69	17	7	532	194	439	5	6	2174	23
To Go																		
Caesar Chicken Salad <i>Contains milk, wheat, soy beans</i>	1 Salad	257	10	35%	3	0	58	413	15	27	3	555	286	183	3	2	7497	32
Caesar Salad <i>Contains milk, wheat, soy beans</i>	1 Salad	124	5	35%	2	0	7	355	14	7	3	325	112	170	2	2	7478	31
Chef Salad <i>Contains milk, eggs</i>	1 Salad	298	20	61%	10	0	167	889	10	25	4	529	312	386	3	4	8073	35
Egg Salad Sandwich <i>Contains eggs, wheat, soy beans</i>	1 Sandwich	343	12	30%	3	0	220	862	45	13	3	305	187	165	4	7	2101	8
Garden Salad <i>Contains milk</i>	1 Salad	128	8	59%	3	0	14	378	10	6	5	473	125	180	2	3	10285	36
PB & J Sandwich <i>Contains wheat, peanuts, soy beans</i>	1 Sandwich	567	23	37%	5	0	0	745	76	16	5	372	79	141	4	29	22	1



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Lunch

	Serving	Calories	Calories Fat (gm)	from Fat (%)	Sat Fat (gm)	Trans Fat (gm)	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
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To Go

Thai Peanut Noodle Chicken Salad	1 Salad	556	25	41%	4	0	48	961	51	32	6	788	270	80	3	17	7697	54
<i>Contains fish, shellfish, wheat, peanuts, soy beans</i>																		
Tuna Salad Sandwich	1 Sandwich	327	8	23%	2	0	13	873	44	18	3	362	167	146	4	5	1824	8
<i>Contains fish, wheat, soy beans</i>																		

Dessert

Cherry Jell-O Parfait	5.5 oz Cups	97	1	7%	1	0	0	109	21	2	0	0	32	4	0	20	0	0
<i>Contains milk</i>																		
Chocolate Brownies	1 Cut-6x8 Fs	247	7	27%	4	0	0	224	43	3	2	187	0	15	2	32	0	0
<i>Contains milk, eggs, wheat, soy beans</i>																		
Oreo Crumble Pudding Cup	5.5 oz Cups	219	7	29%	4	0	0	279	39	1	1	33	25	25	1	23	1	0
<i>Contains milk, wheat, soy beans</i>																		

Pizza

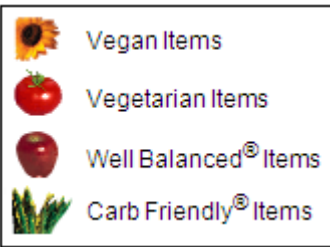
Cheese Pizza	1 Cut-8 (14")	247	7	25%	3	0	16	585	32	14	2	119	156	227	2	2	278	1
<i>Contains milk, wheat, soy beans</i>																		
Pepperoni Pizza	1 Cut-8 (14")	288	11	34%	5	0	28	700	33	14	2	121	110	166	2	3	345	1
<i>Contains milk, wheat, soy beans</i>																		
Vegetable Lovers Feast Pizza	1 Cut-8 (14")	297	9	26%	4	0	17	777	40	16	3	302	195	265	3	4	770	26
<i>Contains milk, wheat, soy beans</i>																		

Dinner

	Serving	Calories	Calories Fat (gm)	from Fat (%)	Sat Fat (gm)	Trans Fat (gm)	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
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Grill

Cheese Quesadilla & Salsa	1 Quesadilla	450	25	49%	13	0	54	979	39	17	2	68	210	500	2	1	861	7
<i>Contains milk, wheat, soy beans</i>																		
Cheeseburger w/Lettuce & Tomato on Bun	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8
<i>Contains milk, wheat, soy beans</i>																		
Crispy Garlic Ginger Chicken Wings	6 Wings	468	35	68%	19	0	117	2329	19	18	1	65	38	36	2	0	851	2
<i>Contains milk, wheat, soy beans</i>																		
French Fries	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5
<i>Contains soy beans</i>																		



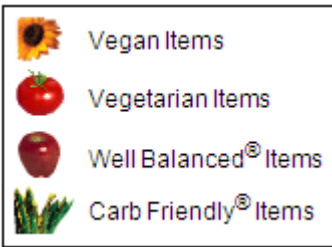
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COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Tuesday February 2, 2010

Dinner

	Serving	Calories	Calories		Sat Fat (gm)	Trans Fat (gm)	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)														
Grill																		
Fried Breaded Chicken Tenders <i>Contains milk, eggs, wheat, soy beans</i>	5 Tenders	255	16	58%	2	0	30	461	13	14	0	0	0	18	1	0	13	1
Fried Mozzarella Sticks <i>Contains milk, wheat, soy beans</i>	6 oz	485	27	50%	10	0	38	1220	39	22	2	0	0	419	0	13	455	0
Grilled Chicken Breast	1 Breast	124	5	33%	1	0	48	538	0	19	0	218	164	12	1	0	18	1
Hamburger with Lettuce & Tomato <i>Contains wheat</i>	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7
Turkey Burger <i>Contains wheat</i>	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8
Vegetarian Garden Cheeseburger <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9
Entree																		
Fettuccine Alfredo <i>Contains milk, eggs, wheat, soy beans</i>	12 oz	594	19	28%	4	0	17	949	88	17	3	233	193	139	4	7	106	1
Fresh Broccoli	6 oz	40	0	0%	0	0	0	46	8	3	4	332	76	45	1	2	1755	74
Mashed Potatoes <i>Contains milk, soy beans</i>	6 oz	88	1	13%	1	0	0	96	17	2	1	135	50	12	0	1	4	7
Meatloaf <i>Contains milk, eggs, fish, wheat, soy beans</i>	3 oz	203	13	55%	5	1	91	236	10	12	1	161	105	47	2	2	65	0
Pizza																		
Cheese Pizza <i>Contains milk, wheat, soy beans</i>	1 Cut-8 (14")	247	7	25%	3	0	16	585	32	14	2	119	156	227	2	2	278	1
Pepperoni Pizza <i>Contains milk, wheat, soy beans</i>	1 Cut-8 (14")	288	11	34%	5	0	28	700	33	14	2	121	110	166	2	3	345	1
Vegetable Lovers Feast Pizza <i>Contains milk, wheat, soy beans</i>	1 Cut-8 (14")	297	9	26%	4	0	17	777	40	16	3	302	195	265	3	4	770	26



Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

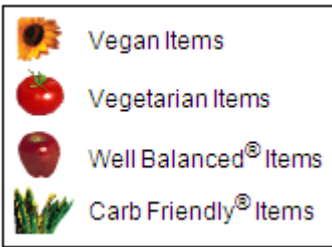
Wednesday February 3, 2010

Breakfast

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C	
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)													(mg)
Entree																			
Blueberry Pancakes	2 Pancakes	233	6	25%	2	0	9	566	39	5	2	8	2	56	2	8	27	0	
<i>Contains milk, eggs, wheat, soy beans</i>																			
Crisp Bacon	2 Slices	57	5	79%	2	0	9	188	0	3	0	0	0	1	0	0	0	0	
Hard Cooked Eggs	1 Egg	62	4	62%	1	0	185	129	0	6	0	58	83	23	1	0	212	0	
<i>Contains eggs</i>																			
Oatmeal	6 oz Ladle	116	2	16%	0	0	0	297	21	4	3	114	143	20	1	0	0	0	
Scrambled Eggs	4 oz Spoodle	203	15	66%	5	0	506	197	1	15	0	160	229	64	2	1	721	0	
<i>Contains milk, eggs, soy beans</i>																			
Sliced Lyonnaise Potatoes	6 oz	120	2	12%	1	0	0	178	25	2	2	408	52	13	0	2	72	9	
<i>Contains milk, soy beans</i>																			
Vanilla Belgian Waffles w/Berries	1 Waffle	800	8	9%	5	0	16	1822	181	12	9	73	15	243	2	42	14	24	
<i>Contains milk, eggs, wheat, soy beans</i>																			

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C	
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)													(mg)
Soup																			
Cuban Black Bean Soup	6 oz	148	5	30%	2	0	6	641	19	8	6	377	105	30	2	1	71	6	
<i>Contains wheat, soy beans</i>																			
Roast Turkey and Rice Soup	6 oz	69	2	27%	0	0	7	906	9	3	1	198	15	16	1	2	1438	2	
<i>Contains milk, wheat, soy beans</i>																			
Grill																			
Cheeseburger w/Lettuce & Tomato on Bun	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8	
<i>Contains milk, wheat, soy beans</i>																			
French Fries	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5	
<i>Contains soy beans</i>																			
Grilled Chicken Breast	1 Breast	124	5	33%	1	0	48	538	0	19	0	218	164	12	1	0	18	1	
Hamburger with Lettuce & Tomato	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7	
<i>Contains wheat</i>																			
Texas-Style Grilled Cheese Sandwich	1 Sandwich	439	24	48%	13	0	39	1387	42	14	2	135	79	357	3	4	1031	0	
<i>Contains milk, wheat, soy beans</i>																			



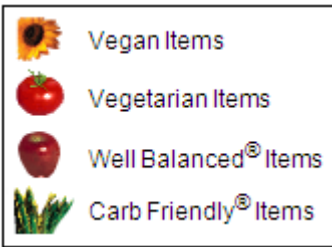
Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Wednesday February 3, 2010

Lunch

	Serving	Calories	Calories		Sat Fat (gm)	Trans Fat (gm)	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)														
Grill																		
Turkey Burger <i>Contains wheat</i>	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8
Vegetarian Garden Cheeseburger <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9
Entree																		
Buttermilk Drop Biscuits <i>Contains milk, eggs, wheat, soy beans</i>	1 Biscuit-#10	277	12	40%	10	0	7	657	37	5	1	0	3	65	2	2	8	0
Turkey Pot Pie <i>Contains milk, eggs, wheat, soy beans</i>	1 Cut-4x6 Fp	285	16	49%	6	0	35	951	20	16	2	410	36	24	3	3	3164	7
Zucchini & Tomatoes	6 oz	56	4	59%	0	0	0	379	5	1	2	249	33	27	0	3	720	7
Black Bean & Cheese Quesadilla <i>Contains milk, wheat, soy beans</i>	1 Quesadilla	460	20	39%	12	0	42	1420	50	21	6	201	246	494	4	3	917	16
Deli																		
Made to Order Deli Core <i>Contains milk, fish, wheat, soy beans</i>	1 Sandwich	435	18	36%	6	0	50	1222	44	28	3	385	228	255	4	3	1173	9
Tuscan Turkey Biggie Sandwich <i>Contains milk, wheat, soy beans</i>	1 Sandwich	339	14	37%	4	0	29	952	34	19	2	257	108	168	4	3	1945	12
Tuscan White Bean Wrap <i>Contains milk, wheat, soy beans</i>	1 Wrap	506	18	32%	8	0	25	1599	69	17	7	532	194	439	5	6	2174	23
To Go																		
Caesar Chicken Salad <i>Contains milk, wheat, soy beans</i>	1 Salad	257	10	35%	3	0	58	413	15	27	3	555	286	183	3	2	7497	32
Caesar Salad <i>Contains milk, wheat, soy beans</i>	1 Salad	124	5	35%	2	0	7	355	14	7	3	325	112	170	2	2	7478	31
Chef Salad <i>Contains milk, eggs</i>	1 Salad	298	20	61%	10	0	167	889	10	25	4	529	312	386	3	4	8073	35
Chicken Salad Sandwich <i>Contains wheat, soy beans</i>	1 Sandwich	351	10	26%	2	0	35	797	44	20	3	264	98	141	4	6	1927	9
Garden Salad <i>Contains milk</i>	1 Salad	128	8	59%	3	0	14	378	10	6	5	473	125	180	2	3	10285	36



Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

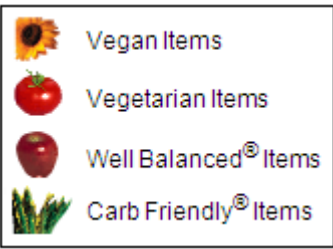
Wednesday February 3, 2010

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
To Go																		
PB & J Sandwich	1 Sandwich	567	23	37%	5	0	0	745	76	16	5	372	79	141	4	29	22	1
<i>Contains wheat, peanuts, soy beans</i>																		
Thai Peanut Noodle Chicken Salad	1 Salad	556	25	41%	4	0	48	961	51	32	6	788	270	80	3	17	7697	54
<i>Contains fish, shellfish, wheat, peanuts, soy beans</i>																		
Dessert																		
Almond Cookies	1 Cookie	106	6	48%	1	0	9	0	13	1	0	19	19	5	1	5	14	0
<i>Contains eggs, wheat, tree nuts, soy beans</i>																		
Strawberry Jell-O Parfait	5.5 oz Cups	97	1	7%	1	0	0	109	21	2	0	0	32	4	0	20	0	0
<i>Contains milk</i>																		
Strawberry Shortcake Pudding Cup	5.5 oz Cups	246	6	22%	4	0	5	318	48	2	1	55	4	27	1	32	12	13
<i>Contains milk, eggs, wheat, soy beans</i>																		
Walnut Blondies	1 Cut-6x8 Fs	356	18	45%	8	0	77	380	45	5	1	110	38	39	2	30	308	0
<i>Contains milk, eggs, wheat, tree nuts, soy beans</i>																		

Dinner

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Grill																		
Cheese Quesadilla & Salsa	1 Quesadilla	450	25	49%	13	0	54	979	39	17	2	68	210	500	2	1	861	7
<i>Contains milk, wheat, soy beans</i>																		
Cheeseburger w/Lettuce & Tomato on Bun	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8
<i>Contains milk, wheat, soy beans</i>																		
French Fries	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5
<i>Contains soy beans</i>																		
Fried Boneless Chicken Wings Plate	3 Wings	294	17	51%	2	0	27	834	24	13	1	0	6	24	1	7	252	1
<i>Contains eggs, wheat</i>																		
Fried Breaded Chicken Tenders	5 Tenders	255	16	58%	2	0	30	461	13	14	0	0	0	18	1	0	13	1
<i>Contains milk, eggs, wheat, soy beans</i>																		
Fried Mozzarella Sticks	6 oz	485	27	50%	10	0	38	1220	39	22	2	0	0	419	0	13	455	0
<i>Contains milk, wheat, soy beans</i>																		
Grilled Chicken Breast	1 Breast	124	5	33%	1	0	48	538	0	19	0	218	164	12	1	0	18	1



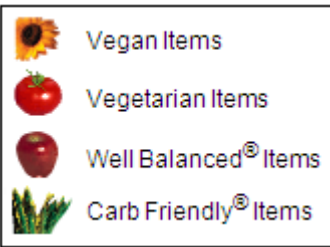
Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Wednesday February 3, 2010

Dinner

	Serving	Calories	Calories		Sat	Trans	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Grill																		
Hamburger with Lettuce & Tomato <i>Contains wheat</i>	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7
Turkey Burger <i>Contains wheat</i>	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8
Vegetarian Garden Cheeseburger <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9
Entree																		
Fresh Broccoli	6 oz	40	0	0%	0	0	0	46	8	3	4	332	76	45	1	2	1755	74
Fried Vegetable Mini Egg Roll <i>Contains eggs, wheat, soy beans</i>	1 Egg Roll	107	4	35%	0	0	3	213	16	2	1	38	9	8	0	6	285	3
General Tso's Chicken with Jasmine Rice <i>Contains eggs, wheat, soy beans</i>	8.5 oz+4 oz	461	9	17%	1	0	24	947	78	15	4	510	190	70	2	37	5611	27
Roast Loin of Pork	3 oz	157	9	53%	3	0	49	85	0	17	0	0	0	17	1	0	5	0
Lentil, Rice & Spinach Pilaf <i>Contains wheat, soy beans</i>	6 oz	149	5	30%	1	0	0	400	22	5	3	253	89	45	2	2	2401	3



Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

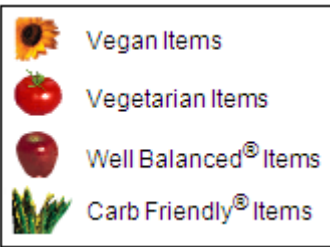
Thursday February 4, 2010

Breakfast

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Entree																		
Egg & Cheese Biscuit <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	342	21	54%	8	0	267	946	24	15	1	99	114	129	2	3	582	0
Hard Cooked Eggs <i>Contains eggs</i>	1 Egg	62	4	62%	1	0	185	129	0	6	0	58	83	23	1	0	212	0
Multi Grain French Toast <i>Contains milk, eggs, wheat, soy beans</i>	2 Halves	139	6	39%	2	0	108	218	15	6	2	107	108	51	1	5	163	0
Oatmeal	6 oz Ladle	116	2	16%	0	0	0	297	21	4	3	114	143	20	1	0	0	0
Sausage Patties	1 Patty	193	18	82%	7	0	45	384	0	8	0	0	0	9	0	0	4	0
Scrambled Eggs <i>Contains milk, eggs, soy beans</i>	4 oz Spoodle	203	15	66%	5	0	506	197	1	15	0	160	229	64	2	1	721	0
Tri-Tater Patties <i>Contains soy beans</i>	1 Tri-tater	156	11	65%	2	0	0	199	13	1	0	0	0	0	0	0	0	6
Vanilla Belgian Waffles w/Berries <i>Contains milk, eggs, wheat, soy beans</i>	1 Waffle	800	8	9%	5	0	16	1822	181	12	9	73	15	243	2	42	14	24

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Soup																		
Chunky Beef Noodle Soup <i>Contains eggs, wheat, soy beans</i>	6 oz	80	4	43%	1	0	10	507	9	3	1	145	34	17	1	1	710	2
Navy Bean Soup <i>Contains milk, wheat, soy beans</i>	6 oz Ladle	109	2	15%	1	0	0	796	19	5	6	304	84	58	1	3	2053	4
Grill																		
Cheeseburger w/Lettuce & Tomato on Bun <i>Contains milk, wheat, soy beans</i>	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8
French Fries <i>Contains soy beans</i>	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5
Grilled Chicken Breast	1 Breast	124	5	33%	1	0	48	538	0	19	0	218	164	12	1	0	18	1
Hamburger with Lettuce & Tomato <i>Contains wheat</i>	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7



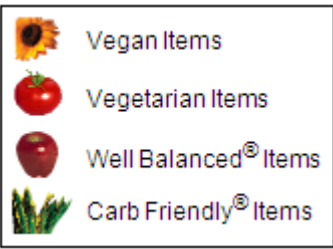
Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Thursday February 4, 2010

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Grill																		
Texas-Style Grilled Cheese Sandwich <i>Contains milk, wheat, soy beans</i>	1 Sandwich	439	24	48%	13	0	39	1387	42	14	2	135	79	357	3	4	1031	0
Turkey Burger <i>Contains wheat</i>	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8
Vegetarian Garden Cheeseburger <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9
Entree																		
French Fries <i>Contains soy beans</i>	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5
Greek Gyro <i>Contains milk, wheat, soy beans</i>	1 Sandwich	422	20	43%	7	0	37	824	44	17	2	309	157	99	4	5	482	7
Summer Squash & Carrot Medley 	6 oz	26	0	0%	0	0	0	14	6	1	2	209	33	27	0	3	4266	6
General Tso's Tofu <i>Contains wheat, soy beans</i>	8 oz	325	13	37%	2	0	0	882	43	8	2	313	122	52	1	36	964	41
Deli																		
Made to Order Deli Core <i>Contains milk, fish, wheat, soy beans</i>	1 Sandwich	435	18	36%	6	0	50	1222	44	28	3	385	228	255	4	3	1173	9
Tuscan White Bean Wrap <i>Contains milk, wheat, soy beans</i>	1 Wrap	506	18	32%	8	0	25	1599	69	17	7	532	194	439	5	6	2174	23
To Go																		
Caesar Chicken Salad <i>Contains milk, wheat, soy beans</i>	1 Salad	257	10	35%	3	0	58	413	15	27	3	555	286	183	3	2	7497	32
Caesar Salad <i>Contains milk, wheat, soy beans</i>	1 Salad	124	5	35%	2	0	7	355	14	7	3	325	112	170	2	2	7478	31
Egg Salad Sandwich <i>Contains eggs, wheat, soy beans</i>	1 Sandwich	343	12	30%	3	0	220	862	45	13	3	305	187	165	4	7	2101	8
Garden Salad <i>Contains milk</i>	1 Salad	128	8	59%	3	0	14	378	10	6	5	473	125	180	2	3	10285	36
PB & J Sandwich <i>Contains wheat, peanuts, soy beans</i>	1 Sandwich	567	23	37%	5	0	0	745	76	16	5	372	79	141	4	29	22	1



Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING


Thursday February 4, 2010

Lunch




	Serving	Calories	Calories		Sat	Trans	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												

To Go																		
Thai Peanut Noodle Chicken Salad	1 Salad	556	25	41%	4	0	48	961	51	32	6	788	270	80	3	17	7697	54
<i>Contains fish, shellfish, wheat, peanuts, soy beans</i>																		

Dessert

Angel Cookies 	1 Cookie	94	7	62%	1	0	0	49	9	1	0	9	8	2	0	6	0	0
<i>Contains wheat, tree nuts, soy beans</i>																		
Banana Cream Pie Pudding Cup	5.5 oz Cups	187	6	27%	4	0	0	219	34	1	1	74	9	56	0	20	12	2
<i>Contains milk, wheat, soy beans</i>																		
Lucky Charms Cereal Bars	1 Cut - 6x4 (hs)	244	8	31%	4	0	0	242	41	2	1	40	53	86	4	25	746	5
<i>Contains milk, soy beans</i>																		
Raspberry Jell-O Parfait	5.5 oz Cups	97	1	7%	1	0	0	109	21	2	0	0	32	4	0	20	0	0
<i>Contains milk</i>																		

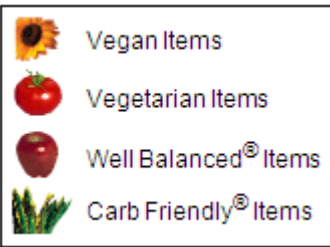
Pizza

Cheese Pizza 	1 Cut-8 (14")	247	7	25%	3	0	16	585	32	14	2	119	156	227	2	2	278	1
<i>Contains milk, wheat, soy beans</i>																		
Herb Seasoned Breadsticks 	1 Breadstick	88	2	18%	1	0	2	165	15	3	1	0	4	14	1	1	25	0
<i>Contains milk, wheat, soy beans</i>																		
Pepperoni Pizza	1 Cut-8 (14")	288	11	34%	5	0	28	700	33	14	2	121	110	166	2	3	345	1
<i>Contains milk, wheat, soy beans</i>																		
Well Balanced Greek Pizza 	1 Cut-8 (16")	294	7	21%	3	0	14	719	44	15	4	224	126	179	3	4	1498	6
<i>Contains milk, wheat, soy beans</i>																		

Dinner

	Serving	Calories	Calories		Sat	Trans	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												

Grill																		
Cheeseburger w/Lettuce & Tomato on Bun	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8
<i>Contains milk, wheat, soy beans</i>																		
French Fries	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5
<i>Contains soy beans</i>																		
Fried Boneless Chicken Wings Plate	3 Wings	294	17	51%	2	0	27	834	24	13	1	0	6	24	1	7	252	1
<i>Contains eggs, wheat</i>																		



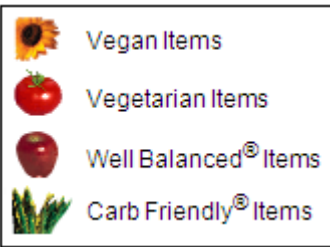
Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Thursday February 4, 2010

Dinner

	Serving	Calories	Calories		Sat Fat (gm)	Trans Fat (gm)	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)														
Grill																		
Fried Breaded Chicken Tenders <i>Contains milk, eggs, wheat, soy beans</i>	5 Tenders	255	16	58%	2	0	30	461	13	14	0	0	0	18	1	0	13	1
Fried Mozzarella Sticks <i>Contains milk, wheat, soy beans</i>	6 oz	485	27	50%	10	0	38	1220	39	22	2	0	0	419	0	13	455	0
Grilled Chicken Breast	1 Breast	124	5	33%	1	0	48	538	0	19	0	218	164	12	1	0	18	1
Hamburger with Lettuce & Tomato <i>Contains wheat</i>	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7
Turkey Burger <i>Contains wheat</i>	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8
Vegetarian Garden Cheeseburger <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9
Entree																		
Breadsticks <i>Contains milk, wheat, soy beans</i>	1 Breadstick	132	3	18%	1	0	0	270	23	4	1	0	0	11	1	1	93	1
Country Chicken & Broccoli w/Potatoes <i>Contains milk, wheat, soy beans</i>	8 oz+4 oz Pots	290	10	29%	2	0	38	453	33	19	4	507	215	92	2	5	1443	47
Italian Vegetable Blend	1/2 Cup	36	0	0%	0	0	0	31	7	2	2	0	0	21	0	1	2062	9
Leaf Spinach	4 oz	10	0	0%	0	0	0	27	1	1	1	86	14	43	1	0	3415	1
Roasted Vegetable Lasagna w/Marinara <i>Contains milk, eggs, wheat, soy beans</i>	1 Cut-3x3 Hp	393	16	36%	9	0	99	1099	41	22	5	716	328	445	2	14	1658	30
Dessert																		
Banana Cream Pie Pudding Cup <i>Contains milk, wheat, soy beans</i>	5.5 oz Cups	187	6	27%	4	0	0	219	34	1	1	74	9	56	0	20	12	2
Orange Angel Cupcakes <i>Contains milk, eggs, wheat, soy beans</i>	1 Cupcake	160	3	19%	2	0	5	222	31	2	0	47	4	37	0	24	184	12
Peach Crisp <i>Contains milk, wheat, soy beans</i>	#12 Scoop	159	3	15%	1	0	0	70	33	1	2	66	17	26	1	24	275	5
Raspberry Jell-O Parfait <i>Contains milk</i>	5.5 oz Cups	97	1	7%	1	0	0	109	21	2	0	0	32	4	0	20	0	0



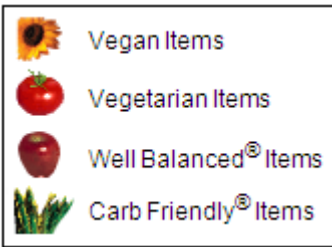
Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Thursday February 4, 2010

Dinner

			Calories	Sat	Trans														
	Serving	Calories	Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)	
Pizza																			
Cheese Pizza <i>Contains milk, wheat, soy beans</i>	1 Cut-8 (14")	247	7	25%	3	0	16	585	32	14	2	119	156	227	2	2	278	1	
Pepperoni Pizza <i>Contains milk, wheat, soy beans</i>	1 Cut-8 (14")	288	11	34%	5	0	28	700	33	14	2	121	110	166	2	3	345	1	
Vegetable Lovers Feast Pizza <i>Contains milk, wheat, soy beans</i>	1 Cut-8 (14")	297	9	26%	4	0	17	777	40	16	3	302	195	265	3	4	770	26	



Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

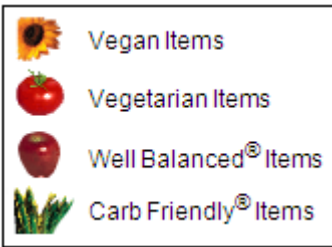
Friday February 5, 2010

Breakfast

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Entree																		
Fried Egg O'Muffin with Ham <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	258	12	42%	5	0	205	672	23	14	1	115	114	154	2	2	433	0
Frizzled Ham <i>Contains soy beans</i>	1 oz	32	1	25%	0	0	15	215	1	5	0	0	0	1	0	1	3	0
Hard Cooked Eggs <i>Contains eggs</i>	1 Egg	62	4	62%	1	0	185	129	0	6	0	58	83	23	1	0	212	0
Home Fried Potatoes <i>Contains milk, soy beans</i>	6 oz	154	7	41%	3	0	0	184	22	2	2	352	44	11	0	1	323	8
Oatmeal	6 oz Ladle	116	2	16%	0	0	0	297	21	4	3	114	143	20	1	0	0	0
Scrambled Eggs <i>Contains milk, eggs, soy beans</i>	4 oz Spoodle	203	15	66%	5	0	506	197	1	15	0	160	229	64	2	1	721	0
Vanilla Belgian Waffles w/Berries <i>Contains milk, eggs, wheat, soy beans</i>	1 Waffle	800	8	9%	5	0	16	1822	181	12	9	73	15	243	2	42	14	24

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Soup																		
New England Clam Chowder <i>Contains milk, fish, shellfish, wheat, soy beans</i>	6 oz Ladle	189	12	56%	7	0	39	392	15	6	1	339	98	69	4	1	386	6
Pasta E Fagioli <i>Contains wheat, soy beans</i>	6 oz	80	2	25%	0	0	0	537	13	3	2	188	41	31	1	3	2025	5
Grill																		
Cheeseburger w/Lettuce & Tomato on Bun <i>Contains milk, wheat, soy beans</i>	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8
French Fries <i>Contains soy beans</i>	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5
Fried Egg O'Muffin with Ham <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	258	12	42%	5	0	205	672	23	14	1	115	114	154	2	2	433	0
Grilled Chicken Breast	1 Breast	124	5	33%	1	0	48	538	0	19	0	218	164	12	1	0	18	1
Hamburger with Lettuce & Tomato <i>Contains wheat</i>	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7



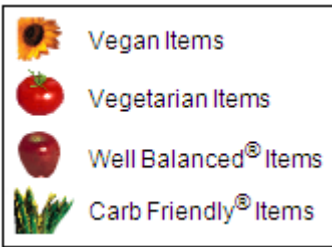
Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Friday February 5, 2010

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C	
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)													
Grill																			
Texas-Style Grilled Cheese Sandwich <i>Contains milk, wheat, soy beans</i>	1 Sandwich	439	24	48%	13	0	39	1387	42	14	2	135	79	357	3	4	1031	0	
Turkey Burger <i>Contains wheat</i>	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8	
Vegetarian Garden Cheeseburger <i>Contains milk, eggs, wheat, soy beans</i>	1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9	
Entree																			
Fresh Broccoli	6 oz	40	0	0%	0	0	0	46	8	3	4	332	76	45	1	2	1755	74	
Szechuan Pork Stir Fry <i>Contains fish, shellfish, wheat, soy beans</i>	9.25 oz	241	13	49%	3	0	33	476	17	14	3	289	42	38	1	9	2039	99	
White Rice <i>Contains milk, soy beans</i>	6 oz	142	1	6%	0	0	0	204	30	3	0	43	43	11	2	0	28	0	
Garden Vegetable Quiche <i>Contains milk, eggs, wheat, soy beans</i>	1 Wedge-cut 8	290	18	57%	9	0	125	304	20	11	2	223	190	215	1	4	799	16	
Deli																			
Made to Order Deli Core <i>Contains milk, fish, wheat, soy beans</i>	1 Sandwich	435	18	36%	6	0	50	1222	44	28	3	385	228	255	4	3	1173	9	
Tuscan White Bean Wrap <i>Contains milk, wheat, soy beans</i>	1 Wrap	506	18	32%	8	0	25	1599	69	17	7	532	194	439	5	6	2174	23	
To Go																			
Caesar Chicken Salad <i>Contains milk, wheat, soy beans</i>	1 Salad	257	10	35%	3	0	58	413	15	27	3	555	286	183	3	2	7497	32	
Caesar Salad <i>Contains milk, wheat, soy beans</i>	1 Salad	124	5	35%	2	0	7	355	14	7	3	325	112	170	2	2	7478	31	
Garden Salad <i>Contains milk</i>	1 Salad	128	8	59%	3	0	14	378	10	6	5	473	125	180	2	3	10285	36	
PB & J Sandwich <i>Contains wheat, peanuts, soy beans</i>	1 Sandwich	567	23	37%	5	0	0	745	76	16	5	372	79	141	4	29	22	1	
Thai Peanut Noodle Chicken Salad <i>Contains fish, shellfish, wheat, peanuts, soy beans</i>	1 Salad	556	25	41%	4	0	48	961	51	32	6	788	270	80	3	17	7697	54	



Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Friday February 5, 2010

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat	from	Fat	Fat												
			(gm)	Fat (%)	(gm)	(gm)	(mg)	(mg)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(gm)	(IU)	(mg)

To Go

Tuna Salad Sandwich	1 Sandwich	327	8	23%	2	0	13	873	44	18	3	362	167	146	4	5	1824	8
<i>Contains fish, wheat, soy beans</i>																		

Dessert

Berry Blue Jell-O Parfait	5.5 oz Cups	97	1	7%	1	0	0	109	21	2	0	0	32	4	0	20	0	0
<i>Contains milk</i>																		
Dulce de Leche Pudding Cup	5.5 oz Cups	244	3	11%	3	0	3	319	54	1	0	44	0	47	0	40	27	0
<i>Contains milk</i>																		

Pizza

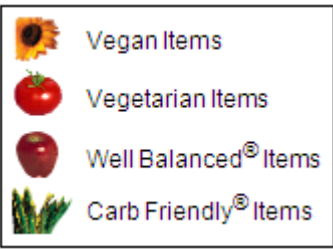
Cheese Pizza	1 Cut-8 (14")	247	7	25%	3	0	16	585	32	14	2	119	156	227	2	2	278	1
<i>Contains milk, wheat, soy beans</i>																		
Pepperoni Pizza	1 Cut-8 (14")	288	11	34%	5	0	28	700	33	14	2	121	110	166	2	3	345	1
<i>Contains milk, wheat, soy beans</i>																		
Vegetable Lovers Feast Pizza	1 Cut-8 (14")	297	9	26%	4	0	17	777	40	16	3	302	195	265	3	4	770	26
<i>Contains milk, wheat, soy beans</i>																		

Dinner

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat	from	Fat	Fat												
			(gm)	Fat (%)	(gm)	(gm)	(mg)	(mg)	(gm)	(gm)	(gm)	(mg)	(mg)	(mg)	(mg)	(gm)	(IU)	(mg)

Grill

Cheese Quesadilla & Salsa	1 Quesadilla	450	25	49%	13	0	54	979	39	17	2	68	210	500	2	1	861	7
<i>Contains milk, wheat, soy beans</i>																		
Cheeseburger w/Lettuce & Tomato on Bun	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8
<i>Contains milk, wheat, soy beans</i>																		
French Fries	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5
<i>Contains soy beans</i>																		
Grilled Chicken Breast	1 Breast	124	5	33%	1	0	48	538	0	19	0	218	164	12	1	0	18	1
Hamburger with Lettuce & Tomato	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7
<i>Contains wheat</i>																		
Turkey Burger	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8
<i>Contains wheat</i>																		
Vegetarian Garden Cheeseburger	1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9
<i>Contains milk, eggs, wheat, soy beans</i>																		








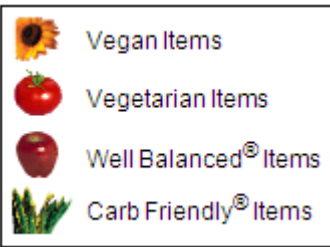
Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Friday February 5, 2010

Dinner

	Serving	Calories	Calories		Sat	Trans	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Entree																		
Roasted Cod Cakes <i>Contains milk, eggs, fish, wheat, soy beans</i>	2 Cakes	347	17	43%	3	0	82	367	35	15	2	522	205	109	2	3	144	12
Steak Cut French Fries <i>Contains soy beans</i>	6 oz	266	17	58%	2	0	0	18	26	3	2	376	0	8	1	0	0	5
Whole Green Beans 	6 oz	32	0	0%	0	0	0	0	7	2	3	180	33	48	1	1	632	5
Vegetarian Chili  <i>Contains wheat, soy beans</i>	6 oz Ladle	314	4	12%	0	0	0	547	61	10	14	596	207	63	3	5	1275	46
Pizza																		
Cheese Pizza  <i>Contains milk, wheat, soy beans</i>	1 Cut-8 (14")	247	7	25%	3	0	16	585	32	14	2	119	156	227	2	2	278	1
Herb Seasoned Breadsticks  <i>Contains milk, wheat, soy beans</i>	1 Breadstick	88	2	18%	1	0	2	165	15	3	1	0	4	14	1	1	25	0
Pepperoni Pizza <i>Contains milk, wheat, soy beans</i>	1 Cut-8 (14")	288	11	34%	5	0	28	700	33	14	2	121	110	166	2	3	345	1
Vegetable Lovers Feast Pizza  <i>Contains milk, wheat, soy beans</i>	1 Cut-8 (14")	297	9	26%	4	0	17	777	40	16	3	302	195	265	3	4	770	26











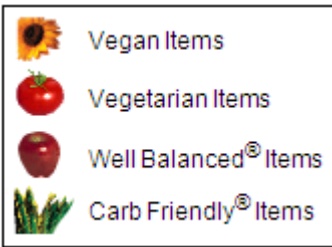
Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Saturday February 6, 2010

Lunch

	Serving	Calories	Calories		Sat Fat (gm)	Trans Fat (gm)	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)	
			Fat (gm)	from Fat (%)															
Soup																			
Creamy Tomato Basil Soup <i>Contains milk, wheat, soy beans</i>	 6 oz Ladle	158	10	58%	5	0	25	429	14	4	2	342	93	93	1	3	1334	7	
Grill																			
Omelet Bar <i>Contains milk, eggs, fish, shellfish, soy beans</i>	 1 Omelet	286	19	60%	8	0	365	571	5	24	1	323	305	290	3	2	1825	16	
Entree																			
Chocolate Chip Pancakes <i>Contains milk, eggs, wheat, soy beans</i>	 2 Pancakes	415	17	36%	8	0	11	567	60	7	3	100	0	63	3	26	21	0	
Grits <i>Contains wheat</i>	 6 oz Ladle	111	1	4%	0	0	0	189	26	3	2	57	41	8	1	0	187	0	
Hard Cooked Eggs <i>Contains eggs</i>	 1 Egg	62	4	62%	1	0	185	129	0	6	0	58	83	23	1	0	212	0	
Scrambled Eggs <i>Contains milk, eggs, soy beans</i>	 4 oz Spoodle	203	15	66%	5	0	506	197	1	15	0	160	229	64	2	1	721	0	
Scrambled Eggs with Chorizo <i>Contains milk, eggs, soy beans</i>	 6 oz	182	13	66%	5	0	390	209	2	13	0	141	175	49	2	1	708	7	
Vanilla Belgian Waffles w/Berries <i>Contains milk, eggs, wheat, soy beans</i>	 1 Waffle	800	8	9%	5	0	16	1822	181	12	9	73	15	243	2	42	14	24	
Deli																			
Made to Order Deli Core <i>Contains milk, fish, wheat, soy beans</i>	1 Sandwich	435	18	36%	6	0	50	1222	44	28	3	385	228	255	4	3	1173	9	
Dessert																			
Lemon Jell-O Parfait <i>Contains milk</i>	5.5 oz Cups	97	1	7%	1	0	0	109	21	2	0	0	32	4	0	20	0	0	
Vanilla Pudding Cup <i>Contains milk</i>	5.5 oz Cups	135	4	24%	3	0	0	194	26	1	0	0	0	16	0	16	1	0	













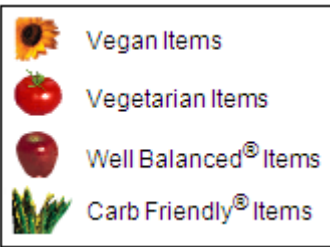
Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Saturday February 6, 2010

Dinner

	Serving	Calories	Calories		Sat	Trans	Chol.	Sodium	Carbo.	Protein	DFib	K	Phos.	Calcium	Iron	Sugars	Vit A	Vit C
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												
Grill																		
Cheese Quesadilla & Salsa <i>Contains milk, wheat, soy beans</i>	1 Quesadilla	450	25	49%	13	0	54	979	39	17	2	68	210	500	2	1	861	7
Cheeseburger w/Lettuce & Tomato on Bun <i>Contains milk, wheat, soy beans</i>	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8
French Fries <i>Contains soy beans</i>	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5
Hamburger with Lettuce & Tomato <i>Contains wheat</i>	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7
Turkey Burger <i>Contains wheat</i>	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8
Vegetarian Garden Cheeseburger <i>Contains milk, eggs, wheat, soy beans</i>	 1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9
Entree																		
Skillet Sweet Potatoes  	6 oz	194	0	0%	0	0	0	350	46	3	4	711	68	78	2	25	22670	63
Steamed Baby Carrots  	6 oz	40	0	0%	0	0	0	88	9	1	3	269	32	36	1	5	15638	3
Yankee Pot Roast <i>Contains wheat, soy beans</i> 	4 oz+pan Sauce	265	20	67%	7	0	57	867	6	14	1	365	130	26	1	2	802	3
Couscous (Vegan) <i>Contains wheat, soy beans</i>  	4 oz	132	3	18%	0	0	0	195	23	4	2	53	49	9	0	0	125	0
Tunisian Vegetable Stew <i>Contains wheat, tree nuts, soy beans</i>  	6 oz Ladle	91	2	24%	0	0	0	342	17	3	2	317	54	41	1	4	6220	10



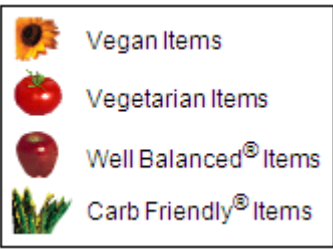
Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Sunday February 7, 2010

Lunch

	Serving	Calories	Calories		Sat Fat (gm)	Trans Fat (gm)	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)	
			Fat (gm)	from Fat (%)															
Soup																			
Cream of Broccoli Soup <i>Contains milk, wheat, soy beans</i>	6 oz Ladle	139	9	57%	5	0	8	493	13	3	1	164	52	45	1	2	824	26	
Grill																			
Omelet Bar <i>Contains milk, eggs, fish, shellfish, soy beans</i>	1 Omelet	286	19	60%	8	0	365	571	5	24	1	323	305	290	3	2	1825	16	
Entree																			
Hard Cooked Eggs <i>Contains eggs</i>	1 Egg	62	4	62%	1	0	185	129	0	6	0	58	83	23	1	0	212	0	
Hash Browned Potatoes <i>Contains soy beans</i>	4 oz	142	5	29%	1	0	0	90	23	2	3	0	0	12	0	0	22	8	
Oatmeal	6 oz Ladle	116	2	16%	0	0	0	297	21	4	3	114	143	20	1	0	0	0	
Scrambled Eggs <i>Contains milk, eggs, soy beans</i>	4 oz Spoodle	203	15	66%	5	0	506	197	1	15	0	160	229	64	2	1	721	0	
Vanilla Belgian Waffles w/Berries <i>Contains milk, eggs, wheat, soy beans</i>	1 Waffle	800	8	9%	5	0	16	1822	181	12	9	73	15	243	2	42	14	24	
Western Scrambled Eggs <i>Contains milk, eggs, soy beans</i>	6 oz	168	12	62%	4	0	388	231	2	13	0	136	175	50	2	2	567	4	
Vegan Macaroni Dinner <i>Contains wheat, soy beans</i>	10 oz	207	2	9%	0	0	0	383	41	8	6	509	151	35	2	6	635	18	
Deli																			
Caesar Chicken Salad <i>Contains milk, wheat, soy beans</i>	1 Salad	257	10	35%	3	0	58	413	15	27	3	555	286	183	3	2	7497	32	
Garden Salad <i>Contains milk</i>	1 Salad	128	8	59%	3	0	14	378	10	6	5	473	125	180	2	3	10285	36	
Made to Order Deli Core <i>Contains milk, fish, wheat, soy beans</i>	1 Sandwich	435	18	36%	6	0	50	1222	44	28	3	385	228	255	4	3	1173	9	
PB & J Sandwich <i>Contains wheat, peanuts, soy beans</i>	1 Sandwich	567	23	37%	5	0	0	745	76	16	5	372	79	141	4	29	22	1	



Nutrient Listing

COLLEGE OF NEW ROCHELLE - RESIDENT DINING

Sunday February 7, 2010

Lunch

	Serving	Calories	Calories		Sat	Trans	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												



Dessert

Chocolate Pudding Cup <i>Contains milk</i>	5.5 oz Cups	124	3	25%	3	0	0	168	23	1	1	0	0	23	0	16	50	0
Lime Jell-O Parfait <i>Contains milk</i>	5.5 oz Cups	97	1	7%	1	0	0	109	21	2	0	0	32	4	0	20	0	0





Dinner

	Serving	Calories	Calories		Sat	Trans	Chol. (mg)	Sodium (mg)	Carbo. (gm)	Protein (gm)	DFib (gm)	K (mg)	Phos. (mg)	Calcium (mg)	Iron (mg)	Sugars (gm)	Vit A (IU)	Vit C (mg)
			Fat (gm)	from Fat (%)	Fat (gm)	Fat (gm)												

Grill

Cheeseburger w/Lettuce & Tomato on Bun <i>Contains milk, wheat, soy beans</i>	1 Sandwich	368	20	50%	9	0	53	1207	28	18	2	363	143	168	3	5	1295	8
French Fries <i>Contains soy beans</i>	4 oz	238	16	60%	1	0	0	35	22	3	2	420	0	12	1	0	0	5
Grilled Chicken Breast 	1 Breast	124	5	33%	1	0	48	538	0	19	0	218	164	12	1	0	18	1
Hamburger with Lettuce & Tomato <i>Contains wheat</i>	1 Sandwich	313	16	46%	6	0	40	468	26	15	2	323	139	84	3	4	1041	7
Turkey Burger <i>Contains wheat</i>	1 Sandwich	376	23	55%	7	0	67	731	25	23	3	401	65	97	6	2	1075	8
Vegetarian Garden Cheeseburger 	1 Sandwich	479	19	36%	7	0	28	1230	59	21	7	460	263	300	5	7	1383	9

Entree

Brown Rice 	#12 Scoop	105	1	7%	0	0	0	0	22	2	1	63	94	7	0	0	0	0
Fresh Carrots with Fresh Ginger 	6 oz	151	10	58%	5	0	0	262	16	1	4	291	36	41	0	10	19174	7
Spicy Shrimp & Vegetable Stir Fry 	6 oz	180	6	28%	1	0	67	211	22	10	2	264	119	45	2	17	2837	28
Vegan Lo Mein 	10 oz	324	11	29%	2	0	0	845	49	9	5	492	149	69	3	8	8444	52