Nutrition Information: Spring 2010

Item and Ingredients	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Sandwiches								
Chicken Salad Sandwich	288	861	56	19	140	1247	62	26
chicken salad (chicken breast, celery, onion, mayonnaise, thyme), croissant, tomato, lettuce								
Turkey & Jarlsberg Sandwich	329	792	49	11	77	1865	53	31
ciabatta roll, turkey breast, pesto aioli (pesto, mayonnaise), tomato, jarlsberg cheese, lettuce								
Roast Beef & Provolone Baguette	229	563	18	7.5	50	1603	72	29
baguette, roast beef, provolone cheese, bistro sauce								
Turkey & Swiss Baguette	239	615	23	7.5	61	1893	74	28
baguette, turkey breast, swiss cheese, bistro sauce								
Peanut Butter and Jelly	190	664	32	6	0	557	85	22
wheat bread, peanut butter, jelly								
Turkey Sandwich	168	279	5	1	40	1017	37	23
wheat bread, turkey, lettuce								
Ham Sandwich	185	321	10	2	45	1373	37	24
wheat bread, ham, lettuce								
Cheese Sandwich	212	606	36	21	104	1228	39	36
wheat bread, processed american cheese, swiss cheese, lettuce								
Italian Poor Boy	437	1064	60	20	165	4385	70	61
baguette, tomato, grilled chicken breast, prosciutto ham, mozzarella cheese, olive tapanade(olives, oil blend, capers, garlic, basil, parsley), lettuce								
Baba Ghanoush on Pita	380	590	27	4	0	993	75	13
baba ghanoush (eggplant, garbanzo beans, olive oil, tahini, lemon juice, parsley, garlic, salt, pepper), pita, cucumber, tomato, olives, onions, lettuce								
Wraps								
Chicken Caesar Wrap	313	528	15	4	43	1269	61	38
chicken breast, flour tortilla, lettuce, parmesan cheese, caesar dressing								
Ranch Veggie Wrap	453	706	41	15	70	940	72	15
flour tortilla, romaine lettuce, cream cheese, carrots, cucumber, tomato, bell pepper, ranch dressing								

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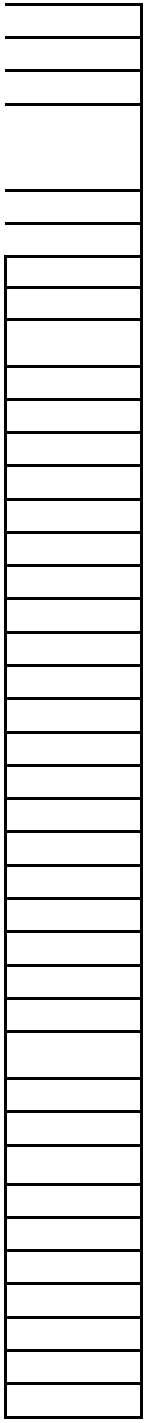
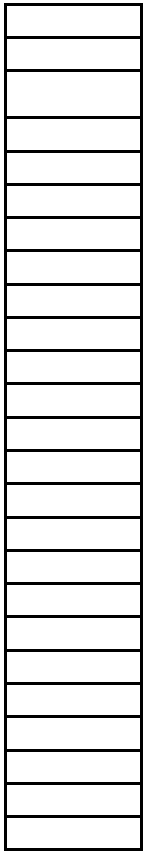
Salads*								
Salads facts are listed without dressing (see dressings below for additional nutrition facts)								
Mini Mediterranean Salad	99	84	4	1	6	504	12	4
romaine lettuce, sundried tomatoes, olives, onion, feta cheese (pair with italian dressing)								
Small Green Salad	119	24	0	0	0	16	5	1
romaine lettuce, cherry tomatoes, cucumber, carrots (paired with ranch dressing)								
Antipasto Salad	269	348	24	10	49	1084	18	18
romaine lettuce, artichoke hearts, provolone cheese, garbanzo beans, olives, pepperoni (pair with sundried tomato vinaigrette dressing)								
Cal Poly Chef Salad	326	378	24	13	194	1282	9	33
romaine lettuce, cherry tomatoes, turkey breast, ham, diced egg, jack cheese, cheddar cheese (paired with ranch dressing)								
Strawberry Chicken Salad	283	424	29	8	47	930	13	32
spinach, grilled chicken, strawberries, walnuts, blue cheese (pair with poppyseed dressing)								
Tri Tip Caesar Salad	248	290	15	5	234	256	10	29
romaine lettuce, beef tri-tip, diced egg, croutons (pair with caesar dressing)								
Deluxe Green Salad	295	85	1	0	0	118	18	4
romaine lettuce, cherry tomatoes, cucumber, garbanzo beans, carrots (pair with italian dressing)								
Firecracker Spinach Salad	376	328	9	2	25	964	37	27
spinach, grilled chicken, cucumber, bell pepper, rice noodles, carrots, sesame seeds (pair with sesame dressing)								
Seafood Louie Salad	310	159	6	1	131	761	17	12
romaine lettuce, seafood sensations product (contains pollock, shrimp, crab meat), cherry tomato, diced egg, olives, celery, tabasco sauce								
(pair with 1000 island dressing)								
Salad Dressings								
Chinese Chicken	1 pkg (64g)	200	8	1	0	310	5	1
Italian	1 pkg (42g)	35	2.5	0	0	560	3	0
Ranch	1 pkg (42g)	190	20	3.5	15	380	2	1
Honey Mustard	2 fl oz (60g)	240	20	3	0	270	16	0
Balsamic Vinaigrette	2 fl oz (64g)	200	18	3	0	600	10	0
Champagne Vinaigrette	2 fl oz (60g)	220	22	3	0	800	4	0
Sesame Ginger	2 fl oz (57g)	250	22	4	0	504	12	0
Thousand Island	2 fl oz (57g)	324	35	5	17	420	2	0
Sundried Tomato Vinaigrette	2 fl oz (57g)	77	0	0	0	447	17	0
Caesar Dressing	1 pkg (42g)	170	18	3	5	290	1	1

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Fruit and Other Items								
Blueberry Yogurt Parfait	278	351	4	2	13	169	71	9
99% fat free yogurt, low fat granola, blueberries								
Raspberry Yogurt Parfait	283	351	4	2	13	169	71	9
99% fat free yogurt, low fat granola, raspberries								
Cottage Cheese	170	146	4	2	17	561	6	20
low fat 2% cottage cheese								
Fruit & Cottage Cheese Bowl	411	206	3	1	10	358	34	14
low fat 2% cottage cheese, honeydew melon, pineapple, cantaloupe, strawberries								
Honeydew Fruit Cup	198	71	0	0	0	36	18	1
honeydew melon								
Cantaloupe Fruit Cup	198	67	0	0	0	32	16	2
cantaloupe								
Watermelon Fruit Cup	198	60	0	0	0	2	15	1
watermelon								
Strawberry Fruit Cup	198	64	0.5	0	0	2	15	1
strawberries								
Pineapple Fruit Cup	198	100	0	0	0	2	26	1
pineapple								
Grape Fruit Cup	198	137	0	0	0	4	36	1
grapes