

## St. Joseph Nutritional Guide

<u>Entrée</u>	<u>Serving size</u>	<u>calories</u>	<u>sat fat</u>	<u>Sodium mg</u>	<u>Carbohydrate</u>
Chicken Burger	3.5oz pty/2oz bun	260/150=410	3g/0g=3g	820mg/70mg=390mg	14g/30g=44g
Baked Chicken	1 leg/1 thigh	417	6.9g	531mg	0g
Baked Potato w/ Chili n Cheese	1 Each (4oz.)	313	1.96g	182mg	57.88g
Bean and Cheese Burrito	1 Order (10")	390	6.5g	890mg	51g
Beef and Bean Burrito	1 Order (10")	452	7.37g	886mg	55g
Beef Shepherds Pie	1/24	294	5.09g	442mg	23.77g
Beef Taco	2 tacos	364	5.2g	154.5mg	22g
Beef Teriyaki Rice Bowl	4.2oz & 3/4c rice	390	5.25g	660mg	41g
Breakfast Sandwich	1 each	235	2.4g	600mg	36g
Cheese Omelet	1 ea (2.1oz)	130	3.5g	260mg	1g
Cheese Quesadilla	1 Each	340	11.5g	580mg	23g
Chicken Fajita Wrap	1 ea.	275.7	3.5g	970mg	30.4g
Chicken General Tso	2.8oz	140	1.5g	310mg	8g
Chicken Nuggets	5/6/8 pcs.	262/315/420	2.5/3/4g	400/480/640mg	16.25/19.5/26g
Chicken Soft Taco	1 each	326	1.82g	960mg	36g
Chicken Teriyaki Rice Bowl	3oz chix/3/4c rice	300	1g	370mg	47g
Chicken Wrap (grilled or crunchy)	1 each	342/350	4.5/5.5g	754.5/727mg	29g/38g
Chili (Homemade)	8 oz.	180	3.57g	306mg	10.68g
Chili, Chips and Cheese	1 Order	505	7.4g	1215mg	47g
Clam Chowder	3/4 cup	131	1.5g	991mg	15.71g
Corn Dog	1 Each (4oz.)	240	2.5g	390mg	30g
Enchilada	2 each	340	10g	380mg	26g
Fish Pollock Fillets	2 each	280	1g	800mg	31g
Fish sticks	4/5	200/250	.5/.625g	470/587.5mg	19/23.75g
FishWich	1 ea.	300	1.5g	510mg	39g
French Dip Sandwich	1 each	353	3.5g	713mg	38g
French Toast	4pcs/5pcs	280/350	1.5/1.875g	210mg/262.5mg	45g/56.25g
Hamburger/Cheeseburger	1 Each	210/294	3.5/5.5g	475mg	30g
Hot Dog	1 dog/1.7oz bun	210/130	11g/0g	790mg/220mg	1g/23g
Lasagna	1/24th	280.2	4.74g	421.9mg	29.5g
Macaroni and Cheese	2/3 cup	296	6.84g	896mg	27.44g
Meatball Soup	1 Order	214.58	4.66g	455mg	9.96g
Meatball Sub Sandwich	1 Order	427	6g/8.29g	1200mg	49.6g
Mexi Beef and Pasta	3/4 cup	283	4.4g	193mg	26.14g
Mini Cheese Ravioli	7 pieces	120	1.5g	200mg	15g
Mini Pop Dogs	6/8ea	270/360	3.75/5	420mg	30g/40g
Mozzarella Cheese Sticks	2 each	300	4g	740mg	34g
Orange Chicken	3.6oz, 3/4cup ric	300	.5g	280mg	51g
Pizza-cheese/pepperoni	1/8	287.5/361	6g/8.29g	0.7	30g
Popcorn Chicken	1 Order/8oz	375	3g	1080mg	24g

All Nutritional information is from manufacturer Nutritional Facts and USDA recipes. Subject to change.

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Pork-Pulled sandwich	1 each	230	0.5	240mg	30g
Sloppy Jo	1 each	345	4.96g	742mg	35.93g
Spaghetti w/meat sauce	1 Order	322	4.38g	310mg	34.24g
Flat bread pizza (Hawaiian/chz)	1-6"	370/330	5g	951mg	39/49g
Sub Sandwich (turkey or Italian)	1/6"	344/431.7	2.5/7g	1072.5/1389.7mg	40.8/38.1g
Super Nachoes	1 Order	674	15.87g	1024.5mg	47g
Sweet n Sour Chicken	1 Order	290	.5g	200mg	50g
Taco Salad	1 Order (2 cups)	149	1.93g	77.25mg	4g
Toasted Cheese	1 each	314	8.4g	904mg	26.4g
Turkey Sausage Links	2 each	120	2g	160mg	0g
Turkey Sausage Pattie	2 each	142	2g	292mg	2g
Vegetarian Lasagna	1/20th	399.6	13.85g	714.55mg	19.45g
Wiener Wrap	1 Each	300	17g	900mg	21g
Yogurt Meal	6oz.	150	4g	79mg	29.25g
Fish Nuggets	4/5	200/250	.5/.625g	330/412.5mg	22/27.5g
Mini Chicken Nuggets	11 pieces	230	2g	340mg	14g