

**Food Service Consultants, Inc.
Grill Nutrition Analysis**

	Portion Size	Calories	Protein (gm)	Carbohydrate (gm)	Fiber (gm)	Sugar (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Black Bean Burger	1	170	15	18	6	2	5	1	0	0	470
Chicken Breast, Grilled	4 oz.	110	23	0	0	0	1	0	0	55	480
Hamburger	1	230	23	0	0		15	6	0	83	368
Turkey Burger	1	231	28	2	1		12	4	0	102	100
Lettuce Leaf	1	1	0	0	0	0	0	0	0	0	1
Onions, White or Red	1 oz.	11	0	3	0	1	0	0	0	0	1
Pickle, Dill Long Cut	1	0	0	0	0	0	0	0	0	0	320
Tomato Slices	2	7	0	2	0	0	0	0	0	0	2
Cheese, American, Sliced	1 oz.	70	4	1	0	0	6	4	0	15	310
Cheese, Cheddar, Mild, Sliced	1 oz.	110	7	1	0	0	9	5	0	30	180
Cheese, Pepper Jack, Sliced	1 oz.	90	5	1	0	0	8	5	0	25	490
Cheese, Provolone, Sliced	1 oz.	100	7	1	0	0	8	5	0	20	250
Cheese, Swiss American, Sliced	1 oz.	100	6	1	0	0	8	5	0	25	450
Tortilla, Flour, Herb Garlic	1	300	8	48	3	2	9	2	0	0	640
Tortilla, Flour, Honey Wheat	1	300	8	49	4	4	8	2	0	0	560
Tortilla, Flour, Spinach	1	290	7	47	3	2	8	2	0	0	650
Tortilla, Flour, Tomato	1	310	7	49	3	2	9	2	0	0	580

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Chicken, Nugget, Tempura Battered		270	14	13	0	0	18	4	0	40	620
Chicken, Popcorn, Breaded		250	16	18	2	2	13	2	0	25	780
Chicken, Ring, Breaded		200	16	10	0	0	11	2	0	90	360
Chicken, Strip, Breaded, Buffalo Style		270	15	17	1	1	15	3	0	20	780
Chicken, Tender, Breaded		180	15	16	1	1	6	1	0	40	780
Chicken, Twist, Breaded, Seasoned		300	15	25	1	1	15	3	0	30	1110
Mozzarella Stick, Breaded		210	14	19	1	1	9	5	0	25	700
Okra, Fried, Breaded, Southern Style	15	100	3	21	3	1	1	0	0	0	390
Onion Rings, Breaded, Homestyle	6	130	3	29	1	3	1	0	0	0	530
Potato, French Fry, Crinkle Cut	1/2 cup	130	2	21	2	0	4	5	0	0	55
Potato, French Fry, Crisscut, Seasoned	1/2 cup	170	2	19	2	1	8	2	0	0	320
Potato, French Fry, Curly	1/2 cup	130	3	20	3	0	5	1	0	0	40
Potato, French Fry, Straight Cut	1/2 cup	120	2	18	2	1	4	1	0	0	25
Potato, Tator Tots, Seasoned	1/2 cup	170	2	19	2	0	10	3	0	0	340

Food Service Consultants, Inc.
Hot Fruits & Vegetables Nutrition Analysis

	Portion Size	Calories	Protein (gm)	Carbohydrate (gm)	Fiber (gm)	Sugar (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Apples, Fuji, Flame Roasted, Seasoned	1/2 cup	45	0	12	1	10	0	0	0	0	28
Asparagus Tips	1/2 cup	15	2	2	1	1	0	0	0	0	0
Bermuda Vegetable Medley	1/2 cup	15	1	2	1	2	0	0	0	0	13
Black Beans & Corn, Roasted, Seasoned	1/2 cup	50	2	9	2	3	1	0	0	0	53
Broccoli Spears	1/2 cup	15	1	2	1	1	0	0	0	0	10
California Blend Vegetables	1/2 cup	15	1	3	1	2	0	0	0	0	15
Cantonese Blend Vegetables	1/2 cup	20	1	4	1	0	0	0	0	0	11
Capri Mix Vegetables	1/2 cup	17	1	3	1	1	0	0	0	0	13
Caribbean Vegetable Blend	1/2 cup	18	1	3	1	2	0	0	0	0	15
Carrots, Baby	1/2 cup	26	1	6	2	4	0	0	0	0	49
Corn	1/2 cup	60	2	14	1	4	1	0	0	0	8
Corn & Peppers, Fire Roasted, Seasoned	1/2 cup	90	2	13	4	8	3	0	0	0	150
Corn on the Cob, 3"	1	90	3	19	1	5	1	0	0	0	0
Green Beans, French Cut	1/2 cup	10	1	3	1	1	0	0	0	0	3
Green Beans, Whole	1/2 cup	10	1	3	1	1	0	0	0	0	3
Italian Blend Vegetables	1/2 cup	15	1	3	1	1	0	0	0	0	20
Lima Beans	1/2 cup	45	3	9	3	1	0	0	0	0	13
Malibu Vegetable Blend	1/2 cup	15	1	3	1	2	0	0	0	0	23
Mediterranean Vegetables, Roasted	1/2 cup	18	1	4	2	2	0	0	0	0	33
Okra Cuts	1/2 cup	13	1	3	2	1	0	0	0	0	18

Food Service Consultants, Inc.
Hot Fruits & Vegetables Nutrition Analysis

	Portion Size	Calories	Protein (gm)	Carbohydrate (gm)	Fiber (gm)	Sugar (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Okra, Fried, Breaded, Southern Style	15	100	3	21	3	1	1	0	0	0	390
Onion Rings, Breaded, Homestyle	6	130	3	29	1	3	1	0	0	0	530
Oriental Vegetable Blend	1/2 cup	15	1	3	1	2	0	0	0	0	10
Peas	1/2 cup	50	3	9	4	3	0	0	0	0	46
Peppers & Onions, Fire Roasted, Seasoned	1/2 cup	25	1	8	4	2	1	0	0	0	110
Pot Roast Vegetables	1/2 cup	20	0	5	1	2	0	0	0	0	25
Potato, AuGratin	1/2 cup	110	2	22	2	2	2	0	0	0	590
Potato, French Fry, Crinkle Cut	1/2 cup	130	2	21	2	0	4	5	0	0	55
Potato, French Fry, Crisscut, Seasoned	1/2 cup	170	2	19	2	1	8	2	0	0	320
Potato, French Fry, Curly	1/2 cup	130	3	20	3	0	5	1	0	0	40
Potato, French Fry, Straight Cut	1/2 cup	120	2	18	2	1	4	1	0	0	25
Potato, Mashed	1/2 cup	110	2	21	2	1	2	0	0	0	232
Potato, Sweet, Cubed, Seasoned	1/2 cup	130	1	26	1	8	3	0	0	0	210
Potato, Tator Tots, Seasoned	1/2 cup	170	2	19	2	0	10	3	0	0	340
Potato, Tri-Cut, Red-Skinned	1/2 cup	60	2	13	1	0	0	0	0	0	10
Riviera Vegetable Blend	1/2 cup	18	1	3	1	2	0	0	0	0	8
Sicilian Vegetable Blend	1/2 cup	18	1	3	1	1	0	0	0	0	10
Spinach	1/2 cup	10	3	5	2	2	0	0	0	0	188
Stir Fry Vegetables	1/2 cup	19	0	3	1	1	0	0	0	0	13
Tuscany Vegetable Blend	1/2 cup	15	1	2	1	2	0	0	0	0	15
Winter Mix with Cauliflower & Broccoli	1/2 cup	13	1	2	1	1	0	0	0	0	12

**Food Service Consultants, Inc.
Healthy Habits Nutrition Analysis**

	Portion Size	Calories	Protein (gm)	Carbohydrate (gm)	Fiber (gm)	Sugar (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Romaine & Iceberg Blend	4 oz.	13	1	3	1	3	0	0		0	13
Spring Mix & Spinach Blend	4 oz.	13	1	3	1	3	0	0		0	13
Artichoke Hearts (Canned)	1 oz.	15	1	3	2	0	0	0		0	17
Beans, Black (Canned)	1 oz.	26	2	5	2	0	0	0		0	96
Beans, Garbanzo (Canned)	1 oz.	25	1	4	1	1	1	0		0	79
Beans, Kidney (Canned)	1 oz.	23	2	4	2	1	0	0		0	73
Beans, Northern White (Canned)	1 oz.	32	2	6	1	0	0	0		0	1
Bell Peppers, Green or Red	1 oz.	6	0	1	0	1	0	0		0	1
Broccoli	1 oz.	10	1	2	2	0	0	0		0	9
Carrots	1 oz.	12	0	3	1	1	0	0		0	20
Cucumbers	1 oz.	2	0	1	0	0	0	0		0	0
Edamame, Frozen	1 oz.	35	3	3	2	1	2	0		0	2
Mushrooms	1 oz.	6	1	1	0	1	0	0		0	1
Onions, White or Red	1 oz.	11	0	3	0	1	0	0		0	1
Tomatoes, Diced	1 oz.	5	0	1	0	1	0	0		0	1
Cheddar Jack Blend	1 oz.	110	7	1	0	0	8	5		30	180
Olives, Black or Green	1 oz.	33	0	2	1		3	0		0	200
Eggs, Hard-Cooked, Diced	1 oz.	44	4	0	0	0	3	1		100	35

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Healthy Habits Nutrition Analysis**

	Portion Size	Calories	Protein (gm)	Carbohydrate (gm)	Fiber (gm)	Sugar (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Sodium (mg)
Caesar	1 oz.	150	1	1	0	1	16	3		0	300
Light Caesar	1 oz.	70	1	3	0	2	6	1		0	550
French Catalina	1 oz.	130	0	8	0	8	11	2		0	420
Fat Free French Catalina	1 oz.	50	0	11	0	7	0	0		0	350
Golden Italian	1 oz.	120	0	2	0	2	12	2		0	270
Fat Free Italian	1 oz.	15	0	4	0	0	0	0		0	510
Honey Dijon	1 oz.	90	0	8	0	8	6	1		5	330
Poppy Seed	1 oz.	130	0	8	0	7	10	2		15	260
Raspberry Vinaigrette	1 oz.	110	0	6	0	5	10	2		0	150
Fat Free Raspberry Vinaigrette	1 oz.	25	0	7	0	6	0	0		0	180
Thousand Island	1 oz.	140	0	5	0	3	13	2		5	260
Fat Free Tomato Basil Vinaigrette	1 oz.	30	0	6	0	6	0	0		0	230