

NIH Clinical Center

Room Service Menu



Están disponibles menú en español

At Your Service

The Nutrition Department wants to make your visit as pleasant as possible by providing you with room service.



HOW TO PLACE YOUR ORDER

1

Dial 3 or
301-451-3663 (FOOD)
between the hours of
6:30am and 6:30pm.

2

Identify yourself to the Room
Service Attendant who will verify
your name, room number and the
diet ordered by your physician.

3

Place your order.
Enjoy!



We offer meal specials Monday through Friday. The meals are exclusively designed for our Clinical Center patients. Ask the call center personnel about the special meal of the day.

We also offer a variety of special menus upon request including kosher, halal, gluten-free, vegan, and many others.

To assist with service and delivery, please limit meals to one tray per call. The Room Service Attendant will inform you when an order has exceeded one tray. If after consuming the first tray you would like another one, feel free to call for a second tray.

Your meal will be prepared to your specifications and served to you within 45 minutes of your request.

Won't be back until after 6:30pm? Call in advance to order from the deli menu. We will package your meal and leave it in the refrigerator on your unit.



For Your Health, Safety, and Interest

We strive to prepare delicious food that is both healthy for you and environmentally conscious. We source many sustainable ingredients and products and have multiple sustainable practices throughout our department.

- ♻️ All of our milk is free of added growth hormones.
- ♻️ Our coffees are Fair Trade. Fair Trade aims to help producers from developing countries seek greater equity in international trade and promote sustainability on exports such as coffee.
- ♻️ We recycle our cans, bottles, and fryer oil.
- ♻️ Items denoted with a **V** indicate a Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs.)
- ♻️ All of our menu items are free of added trans fat.

FOOD SAFETY IS OF UTMOST IMPORTANCE TO US.

Our omelets, scrambled eggs, hard boiled eggs, and fried eggs (including sunny side up and over easy) are pasteurized and safe for consumption.

If you have a weakened immune system (immunosuppression) due to a treatment or condition, you may be asked to avoid specific foods due to your increased risk of food borne illness. More information is available from your dietitian.

For general food safety information, please see www.foodsafety.gov.



Room Service is for Clinical Center patients only. Cafeterias and coffee shops are available for visitors. Vending machines outside the second floor cafeteria are available 24 hours a day. Food in these locations is provided by a food service contractor.



The Nutrition Department is committed to providing you with excellent service. Feel free to let your Room Service Attendant know how we can help meet all of your food service needs.

Please note that not all menu items are appropriate for all diets. If you are on a special/restricted diet, our Room Service Attendant will assist you with your meal selections.

Breakfast

Remember condiments when placing order

ENTRÉES

- Scrambled Eggs *(Cheese may be added, low cholesterol eggs available upon request)*
- Fried Eggs *(Sunny Side Up, Over Easy, Hard Fried)*
- Breakfast Panini *(grilled sandwich with bacon, eggs, and cheese)*
- Hard Boiled Egg
- Omelet *(low cholesterol eggs available upon request)* with your choice of: Tomatoes, Onions, Green Peppers, Mushrooms, Spinach, Ham, Cheddar-Jack Cheese, Swiss Cheese, American Cheese, Low Fat American Cheese
- Pancakes
- Blueberry Pancakes
- Cinnamon French Toast
- Heuvos Rancheros *(corn tortilla, refried beans, topped with over easy eggs and salsa)* 



SIDES

- Tater Tots
- Applewood Bacon
- Turkey Bacon
- Pork Sausage
- Turkey Maple Sausage
- Veggie Sausage 
- Cottage Cheese

CEREAL

- Oatmeal
- Cream of Wheat
- Grits
- Honey Nut Cheerios
- Raisin Bran
- Corn Flakes
- Low-Fat Granola
- Corn Pops
- Froot Loops
- Rice Chex
- Crispy Rice *(toasted rice cereal)*
- Granola Bar

BAKERY

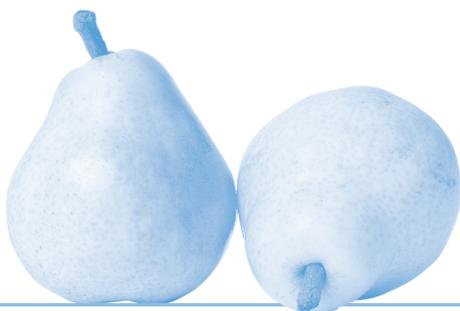
- Fresh Baked Blueberry Muffin
- Cinnamon Roll
- Croissant
- English Muffin
- Bagel: Plain, Cinnamon Raisin

YOGURT

- Lowfat: Plain, Blueberry
- Non-Fat/No Sugar Added: Strawberry, Peach
- Greek Yogurt-Fat Free Vanilla
- Yogurt Parfait *(granola, vanilla yogurt, and strawberry)*



Fruit



- Fresh Whole Fruit: Apple, Banana, Grapes, Orange *(fresh fruit can be quartered if desired)*
- Fruit Plate
- Diced Pears Cup
- Mandarin Orange Cup
- Fruit In Season

- Peaches in Fruit Juice
- Pineapple Tidbits
- Mixed Tropical Fruit
- Applesauce
- Dried Apricots
- Dried Prunes
- Raisins

Condiments



- Ketchup
- Mustard
- Mayonnaise*
- Relish
- Pickle Chips
- Tartar Sauce
- Lemon Packet
- Lemon Wedge
- Salt
- Pepper
- Mrs. Dash

- Sour Cream
- Parmesan Cheese
- Barbecue Sauce
- Hot Sauce
- Soy Sauce
- Sweet 'n Sour Sauce
- Guacamole 
- Salsa
- Jalapenos
- Hummus 

- Half & Half
- French Vanilla Creamer
- Hazelnut Creamer
- Non-Dairy Creamer
- Sugar
- Splenda
- Stevia
- Peanut Butter
- Cream Cheese
- Butter

- Margarine
- Strawberry Jelly
- Grape Jelly
- Diet Strawberry/ Grape/ Blackberry Jelly
- Pancake Syrup
- Diet Pancake Syrup
- Honey
- Brown Sugar
- Ground Cinnamon

*Lower sodium, fat and/or calorie versions of these foods are available.

 Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)

Beverages

COFFEE

(regular/decaf)

TEA

Black (regular/decaf)
Green (regular/decaf)
Earl Grey
Vanilla Chai

MILK

Skim, 2%, Whole
(4 ounces or 8 ounces)
Chocolate
Lactaid
Soy

HERBAL TEAS

Chamomile
Cinnamon Apple
Lemon
Mint
Orange
Raspberry

HOT CHOCOLATE

(regular or sugar free)

JUICE

Apple
Orange
Cranberry
Grape
Prune
Tomato
Low Sodium V-8

REFRESHING DRINKS

Decaf Iced Tea
(unsweetened)
Lemonade
Crystal Lite
Lemonade
Fruit Punch
Sparkling Cranberry
Ice Water

SODA

Coke
Diet Coke
Sprite
Sprite Zero
Ginger Ale
Diet Ginger Ale
Cherry Coke
Root Beer
Seltzer Water

SMOOTHIES

Strawberry/Banana
Banana/Mango



Clear Liquids

BROTHS

Beef, Chicken,
Vegetable

JUICE, FRUIT DRINKS, AND SODA

Apple
Cranberry
Grape
Fruit Punch
Lemonade
Diet Lemonade
Ginger Ale
Diet Ginger Ale
Sparkling Cranberry
Ice Water

TEA

Black (regular/decaf)
Green (regular/decaf)
Earl Grey
Vanilla Chai

COFFEE (regular/decaf)

HERBAL TEAS

Chamomile
Cinnamon Apple
Lemon
Mint
Orange
Raspberry

GELATIN CUP

Strawberry
Lemon
Sugar-Free Orange

FRUIT ICE

Lemon, Cherry

POPSICLE

Grape, Cherry, Orange



Full Liquids

Clear liquid items are usually allowed on full liquid diet.

SOUP

Tomato
Blended
Chicken Noodle

HOT CEREAL

Cream of Wheat
Cream of Rice

YOGURT

Plain
Greek Yogurt:
Honey Vanilla

JUICE

Tomato
Low Sodium V-8

ICE CREAM AND SHERBET

Vanilla
Chocolate
Strawberry
No Sugar Added Vanilla
Orange Sherbet

PUDDING

Vanilla
Chocolate
No Sugar
Added Chocolate

MILK

Skim, 2%, Whole
(4 ounces or 8 ounces)
Chocolate
Lactaid
Soy
Boost: Vanilla,
Chocolate, Strawberry

MILK SHAKES

Vanilla
Chocolate
Strawberry

HOT CHOCOLATE

(regular or sugar free)

Puréed Foods

Clear liquid and full liquid items are usually allowed on pureed foods diet.

Cream of Wheat, Grits, Oatmeal
Puréed Bananas, Peaches, Pears
Applesauce

Puréed Chicken Breast
Puréed Beef Steak
Puréed Seafood Filet

Mashed Potatoes
Puréed Carrots, Green Beans,
Peas, Corn

To order meals, press 3, or call 301-451-3663 (FOOD)

Remember condiments when placing order



Lunch &

Ask about our meal specials

DELI SANDWICH Whole or Half

CHOICE OF:	Egg Salad
Turkey	Uncrustables <i>(Prepackaged Peanut Butter & Jelly on Wheat)</i>
Ham	Peanut Butter & Jelly
Roast Beef	BLT <i>(Bacon, Lettuce & Tomato)</i>
Chicken Salad	
Tuna Salad	

Cold deli meats are not recommended for immunosuppressed individuals. Heated deli meats are available at your request.

CHEESE	Swiss	Low Fat American
	American	Provolone

BREADS	Multi-Grain	Corn Tortilla
White	Rye	Flour Tortilla
Whole Wheat	Hoagie Roll	

ACCOMPANIMENTS	Lettuce	Tomato	Onion
-----------------------	---------	--------	-------

GRILLED PANINI SANDWICHES	Turkey <i>with bacon, guacamole, and provolone, served on a toasted bagel</i>
Roast Beef <i>with provolone, sliced onion, mustard, mayonnaise, on multigrain</i>	Tomato Basil <i>with mozzarella cheese, fresh tomatoes and fresh basil, in a flour tortilla</i>
Vegan <i>with hummus, spinach, and red onion on a bagel</i>	

GRILL	Chicken Fingers
Cheese Steak Sub <i>(with peppers and onions)</i>	Caesar-marinated Grilled Chicken Sandwich
Hamburger	Grilled Cheese Sandwich*
Cheeseburger	on white, whole wheat, or rye
Veggie Burger	Fried Chicken Wings
Hot Dog*	Fish Sticks

SNACKS	String Cheese	Peanuts (salted)
Potato Chips*	Corn Tortilla Chips	Whole Grain Goldfish Crackers
Baked Potato Chips	Guacamole	Graham Crackers
Pretzels	Salsa	Granola Bar
Saltine Crackers	Pita Chips	Rice Krispy Treat
	Hummus	

SALAD BAR

SMALL	MEDIUM	LARGE <i>(entrée)</i>
0-4 toppings	5-8 toppings	9+ toppings

CHOICE OF:	Diced Hard Boiled Eggs
Spring Mix	Diced Avocado
Romaine Lettuce	Cheddar-Jack Cheese
Baby Spinach	Grilled Chicken
Iceberg Lettuce	Turkey
Sliced Mushrooms	Ham
Sliced Cucumbers	Chickpeas
Matchstick Carrots	Black Beans
Diced Tomatoes	Sliced Black Olives
Diced Red Onions	Craisins
Red and Green Peppers	Sunflower Seeds
Crumbled Bacon	Croutons

SALAD DRESSINGS	Italian
Ranch	Caesar
Honey Mustard	Olive Oil
Balsamic Vinegar	Lite Italian
French	Fat-Free Ranch
Blue Cheese	

PERSONAL PIZZA WITH CHOICE OF:

Mozzarella Cheese	Diced Tomato
Pepperoni	Onions
Mushrooms	Ham
Green Peppers	Diced Chicken
Pineapple	Spinach



*Lower sodium, fat and/or calorie versions of these foods are available.

Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)

Dinner

Monday-Friday



APPETIZERS

SOUP

- Chicken Noodle
- Tomato

Vegetable

- Southwestern Chicken Soup

SIDE SALADS

- Tossed Side Salad
- Fresh Vegetable Plate

ENTRÉE SALADS

- Grilled Chicken Caesar
- Classic Cobb

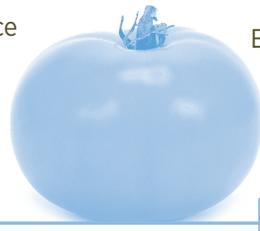
PASTA

CHOICE OF PASTA:

- Spaghetti
- Penne
- Egg Noodles
- Whole Wheat Spaghetti
- Spinach Ricotta Ravioli

CHOICE OF SAUCE & MEAT:

- Marinara Sauce
- Meat Sauce
- Olive Oil
- Turkey Meatballs (choose sauce)
- Butter Sauce



CHEF'S FAVORITES

TILAPIA • BONELESS CHICKEN BREAST

with choice of seasoning:
Cajun, Mrs. Dash, Lemon Pepper
Olive Oil-Lemon Juice

Grilled Caesar Chicken Breast

Baked Salmon

Asian Noodles and Steamed Vegetables
Plain , with Chicken, or with Shrimp

Grilled Steak

Roast Turkey with (or without) Gravy*

Burrito, choice of: Beef, Chicken, Shrimp,
Vegetable or Bean and Cheese

Chicken Pot Pie

ON THE SIDE

- Fresh Steamed Baby Carrots
- Fresh Steamed Broccoli
- Sautéed Garlic Spinach
- Seasonal Vegetable
- Corn on the Cob
- Baked Sweet Potato
- Baked Potato
- French Fries (small or large)
- Tater Tots
- Mashed Potatoes*
- Brown Gravy*
- Macaroni & Cheese*
- Basmati (White) Rice
- Brown Wild Rice Blend
- Rice and Beans
- Seasoned Black Beans
- Vegetarian Refried Beans
- Dinner Roll

Dessert

COOKIES

- Chocolate Chip
- Oatmeal Raisin
- Snickerdoodle
- Rice Krispy Treat

GELATIN CUP

- Strawberry
- Lemon
- Sugar-Free Orange

CAKES & PIES

- Chocolate Cake
- Carrot Cake
- Angel Food Cake
- Apple Pie
- Key Lime Pie

POPSICLE

- Grape, Cherry, Orange

PUDDING

- Vanilla
- Chocolate
- Rice Pudding
- No Sugar Added Chocolate

FRUIT ICE

- Lemon, Cherry

ICE CREAM & SHERBET

- Vanilla
- Strawberry
- Chocolate
- No Sugar Added Vanilla
- Orange Sherbet

MILK SHAKES

- Vanilla
- Chocolate
- Strawberry
- Cookies and Cream



To order meals, press 3, or call 301-451-3663 (FOOD)

Remember condiments when placing order

Nutrition Information

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
APPETIZERS								
Salad, Tossed Garden	1 Cup	19	0	0	4	1	1	19
Soup, Chicken Noodle	6 OZ	113	2	0	13	1	9	227
Soup, Southwestern Chicken	6 OZ	81	1	0	11	3	6	579
Soup, Tomato	3/4 Cup	66	1	0	13	1	1	433
Soup, Tomato, Low Sodium	1 Cup	68	1	0	15	1	2	54
Soup, Vegetable	6 OZ	37	2	0	5	1	1	186
Vegetable Plate	1 Plate	24	0	0	5	2	1	57

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
BEVERAGES								
Coffee	8 oz	4	0	0	0	0	0	0
Coffee Decaf	8 oz	9	0	0	2	0	0	1
Hot Chocolate	8 oz	113	4	3	21	1	1	241
Hot Chocolate, Diet	8 oz	49	0	0	10	1	2	179
Juice, Apple	4 oz	60	0	0	14	0	0	15
Juice, Cranberry	4 oz	59	0	0	19	0	0	1
Juice, Fruit Punch	4 oz	59	0	0	15	0	0	0
Juice, Grape	4 oz	87	0	0	22	0	1	0
Juice, Orange	4 oz	50	0	0	12	0	1	15
Juice, Prune	4 oz	93	0	0	24	0	1	20
Juice, Tomato	5.5 oz	30	0	0	6	1	1	470
Juice, V-8 Low, Sodium	5.5 oz	30	0	0	7	1	1	95
Lemonade	4 oz	60	0	0	16	0	1	1
Lemonade, Diet	10 oz	0	0	0	0	0	0	0
Milk, 2%	8 oz	129	5	0	14	0	9	125
Milk, Chocolate	8 oz	170	2	0	28	0	9	204
Milk, Lactaid	8 oz	79	0	0	14	0	9	125
Milk, Skim	8 oz	86	0	0	12	0	8	120
Milk, Soy	8 oz	130	4	1	19	1	6	120
Milk, Whole	8 oz	148	8	4	12	0	8	123
Soda, Cherry Coke	10 oz	97	0	0	25	0	0	10
Soda, Coke	10 oz	90	0	0	25	0	0	31
Soda, Diet Coke	10 oz	1	0	0	0	0	0	28
Soda, Diet Ginger Ale	8 oz	0	0	0	0	0	0	29
Soda, Ginger Ale	10 oz	76	0	0	22	0	0	38
Soda, Root Beer	10 oz	106	0	0	29	0	0	46
Soda, Sprite	10 oz	96	0	0	47	0	0	26
Soda, Sprite Zero	10 oz	0	0	0	0	0	0	54
Smoothie, Banana Mango	10 oz	239	1	1	52	3	6	73
Smoothie, Strawberry Banana	10 oz	342	1	1	75	3	7	88
Sprakling Cranberry	10 oz	37	0	0	10	0	0	10
Tea, Assorted	8 oz	0	0	0	0	0	0	7
Tea, Decaf, Iced	10 oz	1	0	0	0	0	0	3
Water, Ice	10 oz	0	0	0	0	0	0	0

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
BREAKFAST								
Bacon	2 Slices	75	6	2	0	0	5	298
Bacon, Turkey	2 Slices	56	4	1	0	0	2	246
Bagel, Cinnamon Raisin	Whole	232	1	0	47	2	8	274
Bagel, Plain	Whole	168	1	0	33	1	7	292
Bread, English Muffin	Whole	129	1	0	25	2	5	241
Bread, Multigrain	2 Slices	195	3	1	35	3	8	455
Bread, Rye	2 Slices	199	3	0	40	4	8	459
Bread, Wheat	2 Slices	200	3	0	36	6	10	360
Bread, White	2 Slices	162	2	0	32	0	4	324
Cereal, Corn Flakes	Box	77	0	0	19	1	1	154
Cereal, Corn Pops Cereal	Box	78	0	0	18	1	1	191
Cereal, Cream of Wheat	1/2 Cup	57	0	0	13	1	2	0
Cereal, Crispy Rice	Box	69	0	0	15	0	1	161
Cereal, Froot Loops	Bowl	80	1	0	18	0	1	95
Cereal, Granola w/Raisin LF	Bowl	242	3	1	51	4	5	156
Cereal, Grits	1/2 Cup	96	0	0	21	1	2	0
Cereal, Honey Nut Cheerios	Bowl	110	2	0	22	2	3	190
Cereal, Oatmeal	1/2 Cup	98	2	0	17	2	4	6
Cereal, Raisin Bran	Box	114	1	0	27	4	3	206
Cereal, Rice Chex	Bowl	75	0	0	17	0	1	173
Cinnamon Roll	2 oz	240	5	5	28	1	4	280
Cottage Cheese, Low Fat	1/2 Cup	71	1	1	5	0	12	363
Croissant	1 Each	230	12	7	26	1	5	422
Egg, Fried	2 Eggs	211	16	4	2	0	15	171
Egg, Hard Boiled	1 Each	72	5	2	0	0	6	70
Egg, Scrambled	2 Eggs	127	9	3	0	0	11	127
Egg, Scrambled with Cheese	2 Eggs	189	14	6	1	0	15	430
Egg, Scrambled with Low Cholesterol Eggs	2 Eggs	48	0	0	2	0	10	128
French Toast	2 Slices	249	4	1	43	3	9	392
Granola Bar	1 Bar	90	3	0	15	1	2	80
Huevos Rancheros	2 Eggs	401	18	4	39	6	21	890
Muffin, Blueberry	1 Muffin	356	16	2	50	2	5	320
Omelet, Plain	2 Eggs	127	9	3	0	0	11	127
Pancakes, Blueberry	2 Each	122	2	0	23	1	3	368
Pancakes	2 Each	114	1	0	22	1	3	367
Panini, Breakfast	1 Each	423	20	7	33	0	24	1109
Sausage, Pork	2 Each	123	9	3	0	0	9	248
Sausage, Turkey Maple	2 Each	120	7	2	3	0	10	370
Sausage, Veggie	2 Each	80	3	0	3	2	9	300
With Cheese Swiss	Slice	51	4	3	1	0	4	30
With Cheese, America	1oz	62	5	3	1	0	4	303
With Cheese, Cheddar-Jack	1oz	110	9	5	0	0	7	180
With Cheese, Low Fat American	Slice	51	3	1	2	0	4	294
With Chopped Tomato	1oz	5	0	0	1	0	0	1
With Diced Ham	1oz	30	1	0	0	0	5	294
With Green Pepper	1oz	5	0	0	1	0	0	1
With Mushrooms Sliced	1oz	6	0	0	1	0	1	1
With Onions Chopped	1oz	10	0	0	2	0	0	1
With Spinach	1oz	7	0	0	1	1	1	22
Yogurt, Blueberry, Low Fat	6 oz	170	2	2	32	0	5	80

The Nutrition Department strives to ensure that the nutritional information is accurate; however variations due to product or preparation changes may slightly alter these values.

Nutrition Information

BREAKFAST, CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Yogurt, Greek, Vanilla Fat Free	4 oz	100	0	0	16	0	8	80
Yogurt, Parfait	1 Serving	167	1	1	34	1	4	78
Yogurt, Peach, Nonfat, No Sugar Added	6 oz	90	0	0	16	0	5	80
Yogurt, Plain, Low Fat	6 oz	107	3	2	12	0	9	119
Yogurt, Strawberry, Nonfat, No Sugar Added	6 oz	90	0	0	16	0	5	80

CHEF'S FAVORITES

Asian Noodles and Chicken	1 Serving	607	14	2	80	7	40	683
Asian Noodles and Shrimp	1 Serving	533	11	1	81	7	28	961
Asian Noodles and Vegetables	1 Serving	476	11	1	80	7	15	624
Burrito, Bean and Cheese	Burrito	538	14	6	79	22	26	1250
Burrito, Beef	Burrito	369	13	6	40	6	23	557
Burrito, Chicken	Burrito	405	13	6	40	6	32	576
Burrito, Shrimp	Burrito	312	8	4	41	6	20	685
Burrito, Vegetable	Burrito	353	11	5	50	8	15	535
Chicken, Caesar	3 oz	158	5	1	1	0	23	386
Chicken, Cajun	3 oz	131	3	1	0	0	25	249
Chicken, Lemon Pepper	3 oz	133	3	1	0	0	25	428
Chicken, Mrs. Dash	3 oz	132	3	1	0	0	25	59
Chicken, Olive-Oil Lemon Juice	3 oz	137	3	1	0	0	25	59
Chicken, Plain	3 oz	131	3	1	0	0	25	59
Grilled Steak	3 oz	167	10	4	0	0	17	359
Pot Pie	1 Serving	405	20	6	44	4	10	754
Roast Turkey	4 oz	142	1	0	0	0	30	71
Salmon, Baked	1 Fillet	239	15	3	1	0	23	70
Tilapia, Cajun	1 Fillet	139	2	1	0	0	32	440
Tilapia, Lemon Pepper	1 Fillet	142	2	1	0	0	32	429
Tilapia, Mrs. Dash	1 Fillet	144	2	1	1	0	32	61
Tilapia, Olive-Oil Lemon Juice	1 Fillet	162	4	1	0	0	32	61
Tilapia, Plain	1 Fillet	139	2	1	0	0	32	60

CONDIMENTS

Barbecue Sauce	Packet	21	1	0	4	0	1	231
Black Pepper	Packet	1	0	0	0	0	0	0
Butter, Salted	Packet	36	4	3	0	0	0	29
Cinnamon, Ground	1 Tsp	6	0	0	2	1	0	1
Cream Cheese	Packet	72	7	4	1	0	1	67
Creamer, French Vanilla	Each	36	2	0	5	0	0	11
Creamer, Half & Half	Each	14	1	0	0	0	0	4
Creamer, Hazelnut	Each	27	1	0	4	0	0	9
Creamer, Non-Dairy	Each	15	1	0	1	0	0	8
Creamer, Powdered	Packet	10	1	0	2	0	0	0
Guacamole	1 oz	45	4	1	3	2	1	115
Honey	Packet	27	0	0	7	0	0	0
Hot Sauce	Packet	0	0	0	1	0	0	65
Hummus	1/2 Cup	486	38	3	27	11	11	648
Jalapeño Slices	7 slices	2	0	0	0	0	0	179
Jelly, Grape	Packet	38	0	0	10	0	0	4
Jelly, Strawberry	Packet	38	0	0	10	0	0	4

CONDIMENTS, CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Jelly, Diet	Packet	10	0	0	3	0	0	0
Ketchup	Packet	9	0	0	2	0	0	100
Lemon Juice	Packet	1	0	0	0	0	0	1
Lemon Wedge	1 Each	4	0	0	2	1	0	1
Margarine	Packet	36	4	1	0	0	0	54
Mayonnaise	Packet	86	10	0	0	0	0	72
Mayonnaise Low Fat	Packet	40	4	0	0	0	0	85
Mrs Dash	Packet	2	0	0	0	0	0	1
Mustard	Packet	4	0	0	0	0	0	62
Parmesan Cheese	Packet	15	1	1	0	0	1	54
Peanut Butter	Packet	125	11	2	4	1	5	98
Pickle Chips	4 slices	0	0	0	0	0	0	187
Pickle Relish	Packet	12	0	0	3	0	0	73
Salsa	Packet	21	0	0	4	1	1	510
Salt	Packet	0	0	0	0	0	0	233
Sour Cream	1 oz	61	6	4	1	0	1	15
Soy Sauce	Packet	5	0	0	1	0	1	507
Splenda	Packet	0	0	0	0	0	0	0
Stevia	Packet	0	0	0	0	0	0	0
Sugar	Packet	12	0	0	3	0	0	0
Sugar, Brown	1 oz	65	0	0	17	0	0	5
Sweet/Sour Sauce	Packet	26	1	0	5	0	0	75
Syrup, Pancake	Packet	113	0	0	30	0	0	26
Syrup, Pancake Diet	Packet	9	0	0	4	0	0	66
Tartar Sauce	Packet	62	6	1	2	0	0	82

DELI SANDWICH

Bacon	2 slices	75	6	2	0	0	5	298
Bread, Corn Tortilla	1 Each	60	1	0	12	1	1	0
Bread, Flour Tortilla	Tortilla	175	2	0	35	5	6	350
Bread, Hoagie Roll	Roll	2	0	45	2	8	430	
Bread, Multigrain	2 Slices	195	3	1	35	3	8	455
Bread, Rye	2 Slices	199	3	0	40	4	8	459
Bread, White	2 Slices	162	2	0	32	0	4	324
Bread, Whole Wheat	2 Slices	200	3	0	36	6	10	360
Chicken Salad	1/2 Cup	197	12	1	1	0	20	616
Egg Salad	1/2 Cup	228	19	4	1	0	13	329
Ham	2 oz	57	2	1	0	0	10	559
Panini, Roast Beef	1 Each	451	20	8	40	4	28	1399
Panini, Tomato Basil	1 Each	526	27	15	39	6	32	1063
Panini, Turkey Bacon Avocado	1 Each	466	21	7	39	4	30	1317
Panini, Vegan	1 Each	231	6	0	49	4	11	495
Peanut Butter and Jelly on White	1 Each	400	17	3	53	2	10	480
Roast Beef	2 oz	68	3	1	0	0	10	489
Tuna Salad	1/2 Cup	161	9	1	3	0	17	687
Turkey	2 oz	57	1	0	1	0	12	522
Uncrustables	1 Each	320	17	4	32	3	10	320
With American	1 Slice	62	5	3	1	0	4	303
With American, Low Fat	1 Slice	51	3	1	2	0	4	294
With Lettuce	1 Leaf	3	0	0	0	0	0	5
With Onions	2 Slices	16	0	0	4	1	0	2

Nutrition Information

DELI SANDWICH, CONTINUED

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
With Provolone	1 Slice	80	6	3	1	0	5	180
With Swiss	Slice	51	4	3	1	0	4	30
With Tomato Slice	2 Slices	6	0	0	1	0	0	2

DESSERTS

Cake, Angel Food	1 Slice	97	0	0	22	0	2	150
Cake, Carrot	1 Slice	358	17	4	47	1	4	334
Cake, Chocolate	1 Slice	241	10	4	35	1	2	265
Cookie, Double Chocolate	1 Cookie	160	8	5	23	1	2	135
Cookie, Oatmeal Raisin	1 Cookie	150	7	4	23	2	2	130
Cookie, Snickerdoodle	1 Cookie	85	4	2	13	0	2	95
Fruit Ice, Cherry	4 oz	70	0	0	18	0	0	15
Fruit Ice, Lemon	4 oz	68	0	0	17	0	0	0
Gelatin, Lemon	1/2 Cup	81	0	0	19	0	2	102
Gelatin, Orange, Sugar Free	3.5 oz	5	0	0	1	0	0	15
Gelatin, Strawberry	1/2 Cup	81	0	0	19	0	2	102
Ice Cream, Chocolate	4 oz	130	6	4	18	1	2	50
Ice Cream, Strawberry	4 oz	130	6	4	16	0	2	50
Ice Cream, Vanilla	4 oz	130	7	5	15	0	2	50
Ice Cream, Vanilla, No Sugar Added	4 oz	110	7	4	14	0	2	55
Milkshake, Chocolate	8 oz	333	10	0	46	0	15	231
Milkshake Cookies and Cream	8 oz	352	13	1	46	0	16	293
Milkshake, Strawberry	8 oz	337	10	0	49	0	15	220
Milkshake, Vanilla	8 oz	290	10	0	36	0	15	220
Orange Sherbet	4 oz	110	1	1	25	0	1	20
Pie, Apple	1 Slice	250	10	5	39	1	2	240
Pie, Key Lime	1 Slice	421	14	6	68	1	8	341
Popsicle, Assorted	1.75 oz	38	0	0	10	0	0	5
Pudding, Chocolate	4 oz	136	2	2	24	0	2	153
Pudding, Chocolate, No Sugar Added	4 oz	60	1	1	10	4	3	130
Pudding, Rice	4 oz	133	3	2	22	0	4	133
Pudding, Vanilla	4 oz	120	4	2	20	0	1	130
Rice Krispy Treat	1 Bar	90	2	0	18	0	1	105

FRUIT

Apple	Each	70	0	0	19	3	0	1
Applesauce	4 oz	50	0	0	12	2	0	10
Apricot Halves, Dried	5 Each	50	0	0	13	2	1	0
Banana	1 Each	101	0	0	26	3	1	1
Fruit Plate, Large	Large	144	1	0	36	3	3	55
Fruit Plate, Small	Small	52	0	0	13	1	1	22
Grapes	1/2 Cup	58	0	0	15	1	1	2
Mixed Tropical Fruit	4 oz	81	0	0	19	1	0	0
Orange, Mandarin	4 oz	70	0	0	18	0	0	10
Orange, Whole	1 Each	67	0	0	17	3	1	1
Peaches in Fruit Juice	4 oz	70	0	0	18	0	0	5
Pears, Diced	4 oz	70	0	0	18	2	0	10
Pineapple Tidbits	4 oz	70	0	0	16	1	0	0
Prunes	3 Each	61	0	0	16	2	1	1
Strawberry Cup	1 Cup	48	0	0	12	3	1	2
Raisins	1 Box	136	0	0	33	2	1	11
Watermelon Cup	1 Cup	51	0	0	13	1	1	2

GRILL

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Caesar-Marinated Chicken Sandwich	1 Each	308	7	2	30	1	29	586
Cheeseburger	1 Each	422	20	9	30	1	30	574
Cheesesteak Sub	1 Each	654	35	15	51	3	36	876
Chicken Fingers	2 Each	328	19	3	18	1	21	972
Fish Sticks	4 Each	270	12	2	23	0	15	446
Fried Chicken Wings	5 Each	211	12	12	9	0	18	645
Grilled Cheese, American on Wheat Bread	1 Each	425	23	8	39	6	18	1072
Grilled Cheese, American on White Bread	1 Each	387	22	8	35	0	12	1036
Grilled Cheese, Low Fat American on Wheat Bread	1 Each	341	12	4	41	6	8	951
Grilled Cheese, Low Fat American on White Bread	1 Each	303	11	4	38	0	12	914
Hamburger on Bun	1 Each	360	16	6	29	1	26	270
Hot Dog on Bun	1 Each	309	19	7	25	0	10	817
Hot Dog on Bun, Turkey	1 Each	175	2	0	29	0	10	670
Veggie Burger on Bun	1 Each	301	3	2	39	5	24	855
With Lettuce	1 Leaf	3	0	0	0	0	0	5
With Onions Sliced	2 Slices	16	0	0	4	1	0	2
With Tomato Slice	2 Slices	6	0	0	1	0	0	2

ON THE SIDE

Baby Carrots	1/2 Cup	40	0	0	9	3	1	88
Basmati Rice	1/2 Cup	99	0	0	22	0	2	0
Broccoli	1/2 Cup	12	0	0	2	1	1	12
Brown Wild Rice Blend	1/2 Cup	121	1	0	25	2	3	216
Corn on the Cob	1/2 Cob	110	2	0	24	3	4	19
Dinner Roll	1 Roll	98	0	0	20	1	4	270
French Fries	10 Fries	205	11	1	20	2	1	270
Gravy, Brown	1 Oz	26	2	0	2	0	0	180
Gravy, Brown, Low Sodium, Low Fat	1 Oz	13	0	0	2	0	1	115
Garlic Spinach	1/2 Cup	30	1	0	4	3	3	134
Macaroni & Cheese	6 oz	262	12	5	27	2	12	756
Macaroni & Cheese, Low Fat, Low Sodium	6 oz	202	4	2	29	1	11	383
Potato, Baked	1 Potato	120	0	0	32	2	4	5
Potato, Mashed	1/2 Cup	81	1	0	17	2	2	394
Potato, Mashed, Low Sodium	1/2 Cup	110	3	1	22	1	3	17
Refried Beans, Vegetarian	1/2 Cup	90	1	0	15	5	5	440
Rice and Beans	1/2 Cup	164	2	0	30	8	7	358
Seasoned Black Beans	1/2 Cup	230	4	1	38	15	12	716
Sweet Potato, Baked	1 Potato	170	0	0	40	6	3	109
Tater Tots	10 Tots	170	11	3	15	1	4	234



Nutrition Information

PASTA & PIZZA

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Olive Oil	1 Tbsp	138	15	1	0	0	0	0
Pasta, Egg Noodles	1 Cup	217	3	1	40	2	8	12
Pasta, Penne	1 Cup	281	2	0	55	3	10	2
Pasta, Spaghetti	1 Cup	252	1	0	50	3	8	0
Pasta, Spaghetti Whole Wheat	1 Cup	252	2	0	49	6	8	0
Pasta, Spinach Ravioli	4 Each	243	7	3	33	3	14	389
Pizza, Cheese	1 Pizza	372	17	8	36	2	18	787
Pizza, Pepperoni	1 Pizza	415	21	10	36	2	20	932
Sauce, Marinara	2 oz	30	0	0	6	1	1	260
Sauce, Meat	2 oz	182	10	4	6	1	15	339
Sauce, Melted Butter	1 Tbsp	110	12	8	0	0	0	88
Turkey Meatballs	6 ea	180	8	3	7	0	19	480
With Chicken Breast	2.75 oz	158	5	1	1	0	23	386
With Diced Ham	1 oz	30	1	0	0	0	5	294
With Diced Tomato	2 Tbsp	5	0	0	1	0	0	1
With Green Pepper	1 oz	5	0	0	1	0	0	1
With Mushrooms Sliced	1 oz	6	0	0	1	0	1	1
With Onions Chopped	1 oz	10	0	0	2	0	0	1
With Pineapple	1 OZ	31	0	0	7	1	0	0
With Spinach	1 OZ	7	0	0	1	1	1	22

PURÉED FOODS & SUPPLEMENTS

Boost, Chocolate	8 oz	245	4	1	42	0	10	133
Boost, Strawberry	8 oz	239	4	1	41	0	10	130
Boost, Vanilla	8 oz	245	4	1	42	0	10	133
Pureed Bananas	5 oz	81	0	0	22	2	1	13
Pureed Beef Steak	Serving	140	8	4	4	1	14	410
Pureed Carrots	Serving	138	7	1	17	2	1	231
Pureed Chicken Breast	3 Each	150	9	4	4	0	14	310
Pureed Corn	Serving	157	6	1	23	1	2	267
Pureed Green Beans	Serving	111	6	1	12	1	1	323
Pureed Peaches	4.5 oz	83	0	0	18	2	1	8
Pureed Pears	4.5 oz	52	0	0	14	5	0	3
Pureed Peas	Serving	150	7	1	17	3	4	340
Pureed Seafood Filet	Serving	120	6	3	3	1	14	260



SALAD BAR

	Portion	Calories	Total Fat (g)	Sat. Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sodium (mg)
Avocado	1/2	70	7	1	4	3	1	3
Baby Spinach	2 Cup	11	0	0	2	1	1	37
Bacon, Crumbled	1 Tbsp	37	3	1	0	0	2	149
Black Beans	2 Tbsp	43	0	0	8	3	3	117
Black Olives, Sliced	2 Tbsp	28	3	0	2	1	0	238
Carrots, Matchstick	2 Tbsp	23	0	0	5	2	1	39
Cheese, Cheddar-Jack	2 Tbsp	80	6	4	0	0	5	130
Chicken, Grilled	2 Tbsp	79	3	1	1	0	12	193
Chickpeas	2 Tbsp	36	0	0	7	1	2	91
Crouton Packet	Each	29	0	0	5	0	1	49
Cucumber, Sliced	4 slices	8	0	0	2	0	0	1
Diced Tomato	2 Tbsp	5	0	0	1	0	0	1
Dressing, Blue Cheese	Packet	200	21	4	2	0	1	420
Dressing, Caesar	Packet	208	23	3	2	0	1	415
Dressing, French	Packet	194	19	2	7	0	0	356
Dressing, Honey Mustard	Packet	140	10	2	11	0	0	330
Dressing, Italian	Packet	198	21	3	4	0	0	405
Dressing, Italian, Lite	Packet	20	0	0	5	1	0	692
Dressing, Olive Oil	Serving	180	21	2	0	0	0	0
Dressing, Ranch	Packet	250	26	4	2	0	0	370
Dressing, Ranch Fat Free	Packet	40	0	0	11	1	0	544
Dried Cranberries, Sweetened	1 Tbsp	23	0	0	6	0	0	0
Ham, Diced	2 Tbsp	32	1	0	0	0	5	311
Hard Boiled Egg, Diced	2 Tbsp	41	3	1	0	0	4	40
Lettuce, Iceberg	2 Cup	13	0	0	3	1	0	13
Lettuce, Romaine Chopped	2 Cup	23	1	0	4	1	1	11
Mushrooms, Sliced	2 Tbsp	3	0	0	1	0	1	1
Red and Green Pepper, Diced	2 Tbsp	3	0	0	1	0	0	0
Red Onion, Diced	2 Tbsp	10	0	0	2	0	0	1
Salad, Chicken Caesar	1 Salad	214	8	1	9	1	25	491
Salad, Cobb	1 Salad	393	21	7	23	8	33	1152
Spring Mix	2 Cup	9	0	0	2	1	1	15
Sunflower Seeds	1 Tbsp	50	4	1	2	1	2	0
Turkey, Diced	2 Tbsp	38	0	0	0	0	8	19
Vinegar Balsamic	1 Tbsp	3	0	0	0	0	0	1

SNACKS

Crackers, Goldfish	.75 oz	100	4	1	14	1	3	170
Crackers, Graham	Packet	60	2	0	11	0	1	60
Crackers, Saltine	2 Each	24	1	0	4	0	1	61
Granola Bar	1 Bar	90	3	0	15	1	2	80
Guacamole	1 oz	45	4	1	3	2	1	115
Hummus	1/2 Cup	486	38	3	27	11	11	648
Pita Chips	1 oz	111	3	0	18	1	3	182
Potato Chips	1 oz	162	10	1	15	1	2	162
Potato Chips, Baked	1.125 oz	130	2	0	26	2	2	150
Potato Chips, Low Sodium	1.25 oz	188	11	2	17	1	2	6
Pretzels	1 oz	110	1	0	23	1	2	450
Salsa	Packet	21	0	0	4	1	1	510
Salted, Peanuts	1 oz	170	14	2	6	2	7	115
String Cheese	1 Each	80	6	43	0	0	7	190
Tortilla Chips	1 oz	140	7	1	18	1	2	110



creamy butter



wholesome eggs



crisp apples



fresh cream



rich vanilla



savory spices

