

MONDAY 10

Chicken soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 79 calories

Calories from fat: 27

Total fat: 3g

Saturated Fat: 1.2 g

Polyunsaturated Fat: 0.6 g

Monounsaturated Fat: 1.2

Carbohydrate Total: 9 g

Dietary Fiber: 1.3 g

Sugars: 1 g

Protein: 4 g

Broccoli Cheese Soup (Prepared with Milk)

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 167

Calories from fat: 81

Total fat: 9 g

Saturated Fat: 3 g

Polyunsaturated Fat: 2 g

Monounsaturated Fat: 4 g

Carbohydrate Total: 15 g

Dietary Fiber: 2.0 g

Sugars: 7 g (lactose)

Protein: 6.5 g

Rosemary roast pork

Nutrition Facts:

Serving Size: 6 oz

Calories: 259

Calories from fat: 135

Total fat: 15 g

Saturated Fat: 6.5 g

Polyunsaturated Fat: 2.5 g

Monounsaturated Fat: 6.0 g

Carbohydrate Total: 0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 31 g



BBQ chicken (1tbsp. BBQ sauce)

Nutrition Facts:

Serving Size: 6 oz

Calories: 243

Calories from fat: 99

Total fat: 11 g

Saturated Fat: 3.0 g

Polyunsaturated Fat: 2.8 g

Monounsaturated Fat: 5.2 g

Carbohydrate Total: 2 g

Dietary Fiber: 0 g

Sugars: 0.6 g

Protein: 36 g

Rice pilaf

Nutrition Facts:

Serving Size: 1 cup

Calories: 214.5

Calories from fat: 22.5

Total fat: 2.5 g

Saturated Fat: 0.6 g

Polyunsaturated Fat: 0.4 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 44 g

Dietary Fiber: 1.2 g

Sugars: 0 g

Protein: 4.0 g

Mashed Potatoes (Prepared with Milk and Butter)

Nutrition Facts:

Serving Size: 1 cup

Calories: 209

Calories from fat: 63

Total fat: 7.0 g

Saturated Fat: 1.5 g

Polyunsaturated Fat: 2.0 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 33 g

Dietary Fiber: 2.7 g

Sugars: 1.5 g (lactose)

Protein: 3.5 g



Steamed Vegetables Broccoli, Carrots, and Cauliflower (with vinegar, rosemary, salt, mustard)

Nutrition Facts:

Serving Size: 1 cup

Calories: 36

Calories from fat: 0

Total fat: 0 g

Carbohydrate Total: 7 g

Dietary Fiber: 3 g

Sugars: 2

Protein: 2 g

TUESDAY 11

Vegetable Beef Soup

Serving Size: 1 cup

Calories: 159

Calories from fat: 63

Total fat: 7.0 g

Saturated Fat: 2.5 g

Polyunsaturated Fat: 0.5 g

Monounsaturated Fat: 5.0 g

Carbohydrate Total: 17 g

Dietary Fiber: 2.0 g

Sugars: 0 g

Protein: 7 g

Ginger carrot soup (Prepared with Milk)

Serving Size: 1 cup

Calories: 62

Calories from fat: 18

Total fat: 2 g

Saturated Fat: 0.5 g

Polyunsaturated Fat: 0.3 g

Monounsaturated Fat: 1.2 g

Carbohydrate Total: 6 g

Dietary Fiber: 3.0 g

Sugars: 3 g

Protein: 5 g



Herbs & roasted beef tenderloin

Nutrition Facts:

Serving Size: 6 oz

Calories: 235

Calories from fat: 99

Total fat: 11 g

Saturated Fat: 4.5 g

Polyunsaturated Fat: 3.5 g

Monounsaturated Fat: 3.0 g

Carbohydrate Total: 0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 34 g

Baked chicken breast/w mushrooms sauce-(creamy)

Serving Size: 6 oz

Calories: 287

Calories from fat: 135

Total fat: 15 g

Saturated Fat: 4.0 g

Polyunsaturated Fat: 3.0 g

Monounsaturated Fat: 8.0 g

Carbohydrate Total: 2 g

Dietary Fiber: 0 g

Sugars: 0.6 g

Protein: 36 g

Whole wheat penne

Serving Size: 1 cup

Calories: 201.5

Calories from fat: 13.5

Total fat: 1.5 g

Saturated Fat: 0 g

Polyunsaturated Fat: 0.5g

Monounsaturated Fat: 1.0 g

Carbohydrate Total: 40 g

Dietary Fiber: 6.0 g

Sugars: 2 g

Protein: 7 g



Cafeteria Menu: Nutrition Facts

Vegetable rice pilaf sautéed broccoli

Serving Size: 1 cup

Calories: 208.5

Calories from fat: 40.5

Total fat: 4.5 g

Saturated Fat: 0.7 g

Polyunsaturated Fat: 2.3 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 36 g

Dietary Fiber: 1.2 g

Sugars: 0 g

Protein: 6.0 g

WEDNESDAY 13

Lentil soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 171.5 calories

Calories from fat: 31.5

Total fat: 3.5 g

Saturated Fat: 0.6 g

Polyunsaturated Fat: 2.3 g

Monounsaturated Fat: 0.6 g

Carbohydrate Total: 25 g

Dietary Fiber: 7 g

Sugars: 0 g

Protein: 10 g

Butternut squash soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 94 calories

Calories from fat: 18

Total fat: 2.0 g

Saturated Fat: 1.3 g

Polyunsaturated Fat: 0.1 g

Monounsaturated Fat: 0.6 g

Carbohydrate Total: 17 g

Dietary Fiber: 2.2 g

Sugars: 0 g

Protein: 2.0 g

Chicken teriyaki

Serving Size: 6 oz

Calories: 233.5

Calories from fat: 85.5

Total fat: 9.5 g

Saturated Fat: 3.0 g

Polyunsaturated Fat: 2.5 g

Monounsaturated Fat: 4.0 g

Carbohydrate Total: 1 g

Dietary Fiber: 0 g

Sugars: 0.6 g

Protein: 36 g

Smoked pork chop Jazmin rice

Nutrition Facts:

Serving Size: 1 cup

Calories: 265.5

Calories from fat: 49.5

Total fat: 5.5 g

Saturated Fat: 2.6 g

Polyunsaturated Fat: 1.4 g

Monounsaturated Fat: 3.0 g

Carbohydrate Total: 44 g

Dietary Fiber: 1.2 g

Sugars: 0 g

Protein: 10 g

Roasted potatoes

Nutrition Facts:

Serving Size: 1 medium – 1 cup

Calories: 182

Calories from fat: 36

Total fat: 4.0 g

Saturated Fat: 1.5 g

Polyunsaturated Fat: 1.0 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 33 g

Dietary Fiber: 2.7 g

Sugars: 1.5 g

Protein: 3.5 g



Baby carrot

Nutrition Facts:

Serving Size: 1 cup

Calories: 30

Calories from fat: 0

Total fat: 0 g

Carbohydrate Total: 6 g

Dietary Fiber: 3 g

Sugars: 2

Protein: 1.5 g

Tomato and Cucumber Salad with oil and Vinegar

Nutrition Facts:

Serving Size: 1 cup

Calories: 69

Calories from fat: 45

Total fat: 5 g

Saturated Fat: 0.5 g

Polyunsaturated Fat: 1.0 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 5 g

Dietary Fiber: 3 g

Sugars: 0

Protein: 1.0 g

FRIDAY 14

Seafood soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 99 calories

Calories from fat: 27

Total fat: 3.0 g

Saturated Fat: 0.5 g

Polyunsaturated Fat: 2.0 g

Monounsaturated Fat: 0.5 g

Carbohydrate Total: 11 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 7 g



Cream corn chicken soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 127.5 calories

Calories from fat: 31.5

Total fat: 3.5 g

Saturated Fat: 0.6 g

Polyunsaturated Fat: 2.3 g

Monounsaturated Fat: 0.6 g

Carbohydrate Total: 20 g

Dietary Fiber: 3 g

Sugars: 0 g

Protein: 4 g

Baked sea bass / with garlic sauce

Serving Size: 6 oz

Calories: 200

Calories from fat: 72

Total fat: 8 g

Saturated Fat: 1.5 g

Polyunsaturated Fat: 4.5 g

Monounsaturated Fat: 2.0 g

Carbohydrate Total: 0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 32 g

Baked chicken tender

Nutrition Facts:

Serving Size: 6 oz

Calories: 264

Calories from fat: 108

Total fat: 12 g

Saturated Fat: 4.0 g

Polyunsaturated Fat: 2.8 g

Monounsaturated Fat: 5.2 g

Carbohydrate Total: 3 g

Dietary Fiber: 0 g

Sugars: 0.6 g

Protein: 36 g



Green peas rice pilaf

Serving Size: 1 cup

Calories: 216.5

Calories from fat: 40.5

Total fat: 4.5 g

Saturated Fat: 0.7 g

Polyunsaturated Fat: 2.3 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 38 g

Dietary Fiber: 1.2 g

Sugars: 0 g

Protein: 6.0 g

Baked potatoes wedge

Nutrition Facts:

Serving Size: 1 medium – 1 cup

Calories: 182

Calories from fat: 36

Total fat: 4.0 g

Saturated Fat: 1.5 g

Polyunsaturated Fat: 1.0 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 33 g

Dietary Fiber: 2.7 g

Sugars: 1.5 g

Protein: 3.5 g

Sautéed green beans

Nutrition Facts:

Serving Size: 1 cup

Calories: 57

Calories from fat: 45

Total fat: 5 g

Saturated Fat: 0.5 g

Polyunsaturated Fat: 1.0 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 6 g

Dietary Fiber: 3 g

Sugars: 0

Protein: 2.0 g



MONDAY 17

Sancocho soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 123 calories

Calories from fat: 27

Total fat: 3g

Saturated Fat: 1.2 g

Polyunsaturated Fat: 0.6 g

Monounsaturated Fat: 1.2

Carbohydrate Total: 20 g

Dietary Fiber: 1.3 g

Sugars: 1 g

Protein: 4 g

Creamy vegetable soup-Spinach

Serving Size: 1 cup

Calories: 59

Calories from fat: 27

Total fat: 3 g

Saturated Fat: 0.5 g

Polyunsaturated Fat: 0.5 g

Monounsaturated Fat: 2.0 g

Carbohydrate Total: 5 g

Dietary Fiber: 3.0 g

Sugars: 0 g

Protein: 3 g

Beef stew

Nutrition Facts:

Serving Size: 6 oz

Calories: 244

Calories from fat: 108

Total fat: 12 g

Saturated Fat: 3.5 g

Polyunsaturated Fat: 4.5 g

Monounsaturated Fat: 4.0 g

Carbohydrate Total: 0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 34 g



Cafeteria Menu: Nutrition Facts

Pork chop with sautéed yellow onions in garlic

Nutrition Facts:

Serving Size: 6 oz

Calories: 285

Calories from fat: 153

Total fat: 17 g

Saturated Fat: 6.5 g

Polyunsaturated Fat: 3.5 g

Monounsaturated Fat: 7.0 g

Carbohydrate Total: 2 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 31 g

White rice

Nutrition Facts:

Serving Size: 1 cup

Calories: 185.5

Calories from fat: 13.5

Total fat: 1.5 g

Saturated Fat: 0.2 g

Polyunsaturated Fat: 0.3 g

Monounsaturated Fat: 1.0 g

Carbohydrate Total: 40 g

Dietary Fiber: 1.2 g

Sugars: 0 g

Protein: 3.0 g

Roasted mash potatoes

Nutrition Facts:

Serving Size: 1 cup

Calories: 209

Calories from fat: 63

Total fat: 7.0 g

Saturated Fat: 1.5 g

Polyunsaturated Fat: 2.0 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 33 g

Dietary Fiber: 2.7 g

Sugars: 1.5 g

Protein: 3.5 g



Cafeteria Menu: Nutrition Facts

Sautéed broccoli

Nutrition Facts:

Serving Size: 1 cup

Calories: 57

Calories from fat: 45

Total fat: 5 g

Saturated Fat: 0.5 g

Polyunsaturated Fat: 1.0 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 6 g

Dietary Fiber: 3 g

Sugars: 0

Protein: 2.0 g

Caesar salad

Nutrition Facts:

Serving Size: 1 cup

Calories: 174

Calories from fat: 90

Total fat: 10 g

Saturated Fat: 1.0 g

Polyunsaturated Fat: 2.0 g

Monounsaturated Fat: 7.0 g

Carbohydrate Total: 15 g

Dietary Fiber: 3 g

Sugars: 0

Protein: 6.0 g

TUESDAY 18

Minestrone soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 124 calories

Calories from fat: 36

Total fat: 4 g

Saturated Fat: 1.2 g

Polyunsaturated Fat: 0.6 g

Monounsaturated Fat: 2.2

Carbohydrate Total: 17 g

Dietary Fiber: 1.3 g

Sugars: 1 g

Protein: 5 g



Cream of cauliflower soup

Serving Size: 1 cup

Calories: 53

Calories from fat: 9

Total fat: 1.0 g

Saturated Fat: 0.5 g

Polyunsaturated Fat: 0.1 g

Monounsaturated Fat: 0.4 g

Carbohydrate Total: 9 g

Dietary Fiber: 3.0 g

Sugars: 3 g

Protein: 2 g

Chicken cacciotore

Nutrition Facts:

Serving Size: 6 oz

Calories: 229

Calories from fat: 81

Total fat: 9 g

Saturated Fat: 3.0 g

Polyunsaturated Fat: 2.5 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 1 g

Dietary Fiber: 0 g

Sugars: 0.6 g

Protein: 36 g

Whole wheat spaghetti

Serving Size: 1 cup

Calories: 201.5

Calories from fat: 13.5

Total fat: 1.5 g

Saturated Fat: 0 g

Polyunsaturated Fat: 0.5g

Monounsaturated Fat: 1.0 g

Carbohydrate Total: 40 g

Dietary Fiber: 6.0 g

Sugars: 2 g

Protein: 7 g



Baked ham

Nutrition Facts:

Serving Size: 6 oz

Calories: 396

Calories from fat: 252

Total fat: 28 g

Saturated Fat: 9.5 g

Polyunsaturated Fat: 7.5 g

Monounsaturated Fat: 11.0 g

Carbohydrate Total: 0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 36 g

Rice pilaf

Nutrition Facts:

Serving Size: 1 cup

Calories: 214.5

Calories from fat: 22.5

Total fat: 2.5 g

Saturated Fat: 0.6 g

Polyunsaturated Fat: 0.4 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 44 g

Dietary Fiber: 1.2 g

Sugars: 0 g

Protein: 4.0 g

Steam Vegetables Broccoli, Carrots, and Cauliflower (with vinegar, rosemary, salt, mustard)

Nutrition Facts:

Serving Size: 1 cup

Calories: 36

Calories from fat: 0

Total fat: 0 g

Carbohydrate Total: 7 g

Dietary Fiber: 3 g

Sugars: 2

Protein: 2 g



Green salad

Nutrition Facts:

Serving Size: 1 cup

Calories: 24

Calories from fat: 0

Total fat: 0 g

Carbohydrate Total: 5 g

Dietary Fiber: 3 g

Sugars: 0

Protein: 1 g

THURSDAY 20

Black beans soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 114.5 calories

Calories from fat: 22.5

Total fat: 2.5 g

Saturated Fat: 0.5g

Polyunsaturated Fat: 0.5g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 17 g

Dietary Fiber: 5g

Sugars: 0 g

Protein: 6 g

Roasted Tomatoes cream soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 57.5 calories

Calories from fat: 13.5

Total fat: 1.5 g

Saturated Fat: 0.4g

Polyunsaturated Fat: 0.1g

Monounsaturated Fat: 1.0 g

Carbohydrate Total: 7 g

Dietary Fiber: 5 g

Sugars: 0 g

Protein: 4 g



Cafeteria Menu: Nutrition Facts

Herbs roasted turkey/ w gravy

Nutrition Facts

Serving Size: 6 oz

Calories: 252

Calories from fat: 108

Total fat: 12 g

Saturated Fat: 3.5 g

Polyunsaturated Fat: 4.5 g

Monounsaturated Fat: 4.0 g

Carbohydrate Total: 0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 36 g

Filet mignon

Nutrition Facts

Serving Size: 6 oz

Calories: 271

Calories from fat: 135

Total fat: 15 g

Saturated Fat: 4.5 g

Polyunsaturated Fat: 4.5 g

Monounsaturated Fat: 4.0 g

Carbohydrate Total: 0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 34 g

Fettuccini Alfredo

Serving Size: 1 cup (8 oz)

Calories: 389 calories

Calories from fat: 153

Total fat: 17 g

Saturated Fat: 7 g

Polyunsaturated Fat: 6 g

Monounsaturated Fat: 4.0 g

Carbohydrate Total: 47 g

Dietary Fiber: 2 g

Sugars: 0 g

Protein: 12g



Cafeteria Menu: Nutrition Facts

Basil mashed potatoes

Nutrition Facts:

Serving Size: 1 cup

Calories: 170

Calories from fat: 36

Total fat: 4.0 g

Saturated Fat: 1.5 g

Polyunsaturated Fat: 1.0 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 31 g

Dietary Fiber: 2.7 g

Sugars: 1.5 g

Protein: 2.5 g

Steamed Vegetables Broccoli, Carrots, and Cauliflower (with vinegar, rosemary, salt, mustard)

Nutrition Facts:

Serving Size: 1 cup

Calories: 36

Calories from fat: 0

Total fat: 0 g

Carbohydrate Total: 7 g

Dietary Fiber: 3 g

Sugars: 2

Protein: 2 g

FRIDAY 21

Fish soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 114.5 calories

Calories from fat: 18

Total fat: 2.0 g

Saturated Fat: 0.5g

Polyunsaturated Fat: 0.5g

Monounsaturated Fat: 1.0 g

Carbohydrate Total: 17 g

Dietary Fiber: 5g

Sugars: 0 g

Protein: 6 g



Creams of mushroom soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 83 calories

Calories from fat: 27

Total fat: 3 g

Saturated Fat: 0.5g

Polyunsaturated Fat: 1.5g

Monounsaturated Fat: 1.0 g

Carbohydrate Total: 10 g

Dietary Fiber: 5g

Sugars: 0 g

Protein: 4 g

Seafood casserole

Serving Size: 6 oz

Calories: 205

Calories from fat: 81

Total fat: 9 g

Saturated Fat: 2.5 g

Polyunsaturated Fat: 4.5 g

Monounsaturated Fat: 2.0 g

Carbohydrate Total: 0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 31 g

Roasted chicken

Nutrition Facts:

Serving Size: 6 oz

Calories: 234

Calories from fat: 90

Total fat: 10 g

Saturated Fat: 3.0 g

Polyunsaturated Fat: 2.8 g

Monounsaturated Fat: 4.2 g

Carbohydrate Total: 2 g

Dietary Fiber: 0 g

Sugars: 0.6 g

Protein: 36 g



Rice pilaf

Nutrition Facts:

Serving Size: 1 cup

Calories: 214.5

Calories from fat: 22.5

Total fat: 2.5 g

Saturated Fat: 0.6 g

Polyunsaturated Fat: 0.4 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 44 g

Dietary Fiber: 1.2 g

Sugars: 0 g

Protein: 4.0 g

Baked potatoes with sautéed red pepper in Onions

Nutrition Facts:

Serving Size: 1 medium

Calories: 201

Calories from fat: 45

Total fat: 5.0 g

Saturated Fat: 1.5 g

Polyunsaturated Fat: 1.5 g

Monounsaturated Fat: 2.0 g

Carbohydrate Total: 35 g

Dietary Fiber: 3.5 g

Sugars: 1.0 g

Protein: 4.0 g

Stir fried Vegetables Broccoli, Carrots, and Cauliflower

Nutrition Facts:

Serving Size: 1 cup

Calories: 99

Calories from fat: 63

Total fat: 7 g

Saturated Fat: 1.0 g

Polyunsaturated Fat: 2.5 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 7 g

Dietary Fiber: 3 g

Sugars: 2

Protein: 2 g



Watercress salad

Serving Size: 1 cup

Calories: 21

Calories from fat: 9

Total fat: 1 g

Saturated Fat: 0.2 g

Polyunsaturated Fat: 0.3g

Monounsaturated Fat: 0.5 g

Carbohydrate Total: 2g

Dietary Fiber: 1.5 g

Sugars: 0

Protein: 1 g

MONDAY 24

Chicken vegetables soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 79 calories

Calories from fat: 27

Total fat: 3g

Saturated Fat: 1.2 g

Polyunsaturated Fat: 0.6 g

Monounsaturated Fat: 1.2

Carbohydrate Total: 9 g

Dietary Fiber: 1.3 g

Sugars: 1 g

Protein: 4 g

Yellow split peas soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 139 calories

Calories from fat: 27

Total fat: 3.0 g

Saturated Fat: 0.5 g

Polyunsaturated Fat: 2.0 g

Monounsaturated Fat: 0.5 g

Carbohydrate Total: 20 g

Dietary Fiber: 5g

Sugars: 0 g

Protein: 8 g



Cafeteria Menu: Nutrition Facts

Beef mushroom lasagna

Nutrition Facts:

Serving Size: 1

Calories: 374 calories

Calories from fat: 162

Total fat: 18 g

Saturated Fat: 8.0 g

Polyunsaturated Fat: 3.5 g

Monounsaturated Fat: 6.5 g

Carbohydrate Total: 30 g

Dietary Fiber: 3g

Sugars: 2 g

Protein: 23 g

Roasted chicken breast with rosemary sauce

Nutrition Facts:

Serving Size: 6 oz

Calories: 225

Calories from fat: 81

Total fat: 9 g

Saturated Fat: 3.0 g

Polyunsaturated Fat: 2.8 g

Monounsaturated Fat: 3.2 g

Carbohydrate Total: 0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 36 g

Rice pilaf

Nutrition Facts:

Serving Size: 1 cup

Calories: 214.5

Calories from fat: 22.5

Total fat: 2.5 g

Saturated Fat: 0.6 g

Polyunsaturated Fat: 0.4 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 44 g

Dietary Fiber: 1.2 g

Sugars: 0 g

Protein: 4.0 g

Baby zucchini

Serving Size: 1 cup

Calories: 24

Calories from fat: 0

Total fat: 0 g

Carbohydrate Total: 4 g

Dietary Fiber: 2.0 g

Sugars: 0 g

Protein: 2 g

Caprese salad

Serving Size: 1

Calories: 251

Calories from fat: 135

Total fat: 15 g

Saturated Fat: 0.6 g

Polyunsaturated Fat: 0.4 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 10 g

Dietary Fiber: 4 g

Sugars: 0 g

Protein: 19 g

TUESDAY 25**Onion soup**

Serving Size: 1 cup

Calories: 214

Calories from fat: 90

Total fat: 10 g

Saturated Fat: 2g

Polyunsaturated Fat: 3g

Monounsaturated Fat: 5 g

Carbohydrate Total: 26 g

Dietary Fiber: 1 g

Sugars: 3 g

Protein: 2 g



Creamy leek potatoes soup

Serving Size: 1 cup

Calories: 202

Calories from fat: 90

Total fat: 10 g

Saturated Fat: 2g

Polyunsaturated Fat: 3g

Monounsaturated Fat: 5 g

Carbohydrate Total: 22 g

Dietary Fiber: 1 g

Sugars: 3 g

Protein: 2 g

Mac and cheese spinach

Serving Size: 1 cup

Calories: 250

Calories from fat: 54

Total fat: 6 g

Saturated Fat: 3 g

Polyunsaturated Fat: 1g

Monounsaturated Fat: 2g

Carbohydrate Total: 39 g

Dietary Fiber: 3 g

Sugars: 2g

Protein: 10 g

Roasted short ribs

Nutrition Facts:

Serving Size: 6 oz

Calories: 236

Calories from fat: 108

Total fat: 12 g

Saturated Fat: 5.0 g

Polyunsaturated Fat: 0.5 g

Monounsaturated Fat: 6.5 g

Carbohydrate Total: 0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 32g



Cafeteria Menu: Nutrition Facts

Stir fried chicken

Serving Size: 6 oz

Calories: 268

Calories from fat: 108

Total fat: 12 g

Saturated Fat: 3.5 g

Polyunsaturated Fat: 3.5 g

Monounsaturated Fat: 4.0 g

Carbohydrate Total: 4 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 36g

Jazmin rice

Nutrition Facts:

Serving Size: 1 cup

Calories: 185.5

Calories from fat: 13.5

Total fat: 1.5 g

Saturated Fat: 0.2 g

Polyunsaturated Fat: 0.3 g

Monounsaturated Fat: 1.0 g

Carbohydrate Total: 40 g

Dietary Fiber: 1.2 g

Sugars: 0 g

Protein: 3.0 g

Baked potatoes gratin

Nutrition Facts:

Serving Size: 1 medium

Calories: 209

Calories from fat: 63

Total fat: 7.0 g

Saturated Fat: 2.5 g

Polyunsaturated Fat: 1.0 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 33 g

Dietary Fiber: 2.7 g

Sugars: 1.5 g

Protein: 3.5 g



Sautéed cauliflower

Nutrition Facts:

Serving Size: 1 cup

Calories: 77

Calories from fat: 45

Total fat: 5g

Saturated Fat: 0.5 g

Polyunsaturated Fat: 1.0 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 6 g

Dietary Fiber: 2.5 g

Sugars: 0 g

Protein: 2.0 g

Avocado salad

Nutrition Facts:

Serving Size: 1 cup

Calories: 96

Calories from fat: 72

Total fat: 8g

Saturated Fat: 0.5 g

Polyunsaturated Fat: 1.0 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 5g

Dietary Fiber: 2.0 g

Sugars: 0 g

Protein: 1.0 g

THURSDAY 27

Lentil soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 171.5 calories

Calories from fat: 31.5

Total fat: 3.5 g

Saturated Fat: 0.6 g

Polyunsaturated Fat: 2.3 g

Monounsaturated Fat: 0.6 g

Carbohydrate Total: 25 g

Dietary Fiber: 7 g

Sugars: 0 g

Protein: 10 g



Cafeteria Menu: Nutrition Facts

Cream of asparagus soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 117 calories

Calories from fat: 45

Total fat: 5 g

Saturated Fat: 2.0 g

Polyunsaturated Fat: 2.0 g

Monounsaturated Fat: 1.0 g

Carbohydrate Total: 14 g

Dietary Fiber: 1 g

Sugars: 0 g

Protein: 4 g

THURSDAY 27

Roasted pork with gravy

Nutrition Facts:

Serving Size: 6 oz

Calories: 259

Calories from fat: 135

Total fat: 15 g

Saturated Fat: 6.5 g

Polyunsaturated Fat: 2.5 g

Monounsaturated Fat: 6.0 g

Carbohydrate Total: 0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 31 g

Baked turkey breast with thyme lemon and garlic

Nutrition Facts:

Serving Size: 6 oz

Calories: 225

Calories from fat: 81

Total fat: 9 g

Saturated Fat: 2.0 g

Polyunsaturated Fat: 2.8 g

Monounsaturated Fat: 4.2 g

Carbohydrate Total: 2 g

Dietary Fiber: 0 g

Sugars: 0.6 g

Protein: 31 g



Vegetable rice pilaf

Nutrition Facts:

Serving Size: 1 cup

Calories: 182.5

Calories from fat: 22.5

Total fat: 2.5 g

Saturated Fat: 0.6 g

Polyunsaturated Fat: 0.4 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 37 g

Dietary Fiber: 2.0 g

Sugars: 0 g

Protein: 3.0 g

Couscous arugula salad

Serving Size: 1 cup

Calories: 155

Calories from fat: 63

Total fat: 7 g

Saturated Fat: 1.0 g

Polyunsaturated Fat: 2.5 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 20 g

Dietary Fiber: 2.0 g

Sugars: 0 g

Protein: 3.0 g

Baked potatoes

Nutrition Facts:

Serving Size: 1 medium

Calories: 182

Calories from fat: 36

Total fat: 4.0 g

Saturated Fat: 1.5 g

Polyunsaturated Fat: 1.0 g

Monounsaturated Fat: 1.5 g

Carbohydrate Total: 33 g

Dietary Fiber: 2.7 g

Sugars: 1.5 g

Protein: 3.5 g

FRIDAY 28

Fish chowder

Fish soup

Nutrition Facts:

Serving Size: 1 cup (8 oz)

Calories: 114.5 calories

Calories from fat: 18

Total fat: 2.0 g

Saturated Fat: 0.5g

Polyunsaturated Fat: 0.5g

Monounsaturated Fat: 1.0 g

Carbohydrate Total: 17 g

Dietary Fiber: 5g

Sugars: 0 g

Protein: 6 g

Beef soup

Vegetable Beef Soup

Serving Size: 1 cup

Calories: 159

Calories from fat: 63

Total fat: 7.0 g

Saturated Fat: 2.5 g

Polyunsaturated Fat: 0.5 g

Monounsaturated Fat: 5.0 g

Carbohydrate Total: 17 g

Dietary Fiber: 2.0 g

Sugars: 0 g

Protein: 7 g

Paella

Serving Size: 1 cup

Calories: 311

Calories from fat: 63

Total fat: 7.0 g

Saturated Fat: 2.8 g

Polyunsaturated Fat: 7.2 g

Monounsaturated Fat: 3.0 g

Carbohydrate Total: 40 g

Dietary Fiber: 2.0 g

Sugars: 0 g

Protein: 22 g



Cafeteria Menu: Nutrition Facts

Roasted chicken

Nutrition Facts:

Serving Size: 6 oz

Calories: 234

Calories from fat: 90

Total fat: 10 g

Saturated Fat: 3.0 g

Polyunsaturated Fat: 2.8 g

Monounsaturated Fat: 4.2 g

Carbohydrate Total: 2 g

Dietary Fiber: 0 g

Sugars: 0.6 g

Protein: 36 g

Brown rice

Nutrition Facts:

Serving Size: 1 cup

Calories: 181

Calories from fat: 9

Total fat: 1.0 g

Saturated Fat: 0.2 g

Polyunsaturated Fat: 0.3 g

Monounsaturated Fat: 0.5 g

Carbohydrate Total: 39 g

Dietary Fiber: 2.0 g

Sugars: 0 g

Protein: 4.0 g

Fettuccini a la carbonara

Serving Size: 1 cup

Calories: 403

Calories from fat: 135

Total fat: 15 g

Saturated Fat: 8.5 g

Polyunsaturated Fat: 3.0 g

Monounsaturated Fat: 3.5 g

Carbohydrate Total: 51 g

Dietary Fiber: 2.0 g

Sugars: 0 g

Protein: 16.0 g

Quinoa salad

Serving Size: 1 cup

Calories: 107

Calories from fat: 27

Total fat: 3 g

Saturated Fat: 0.5 g

Polyunsaturated Fat: 0.5 g

Monounsaturated Fat: 2.0 g

Carbohydrate Total: 13 g

Dietary Fiber: 3.0 g

Sugars: 0 g

Protein: 7 g



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Cafeteria Menu: Nutrition Facts