

CALORIE INFO



A balanced diet with a variety of healthy foods requires a combination of lean protein, good carbs and healthy fats. Choosing foods that are nutrient-dense will provide you a high amount of nutrients at a low caloric cost. You can find nutrient rich items on your menu every day like broccoli, spinach, salad greens, bell peppers, cantaloupe, brown rice, whole wheat bread, nonfat yogurt, lowfat milk, and assorted beans like garbanzo and kidney.

Entrée	Calories
Oven Roasted Herb Chicken	192
Buffalo Chicken Sandwich	430
Popcorn Chicken 4oz	280
Chicken Patty Sandwich	356
Chicken Nuggets, 6 Pieces	217
Cheeseburger	383
Steak and Cheese Sub	415
Meatball Sub	461
Pizza Dippers with Marinara	539
Cheese Pizza	393
Pepperoni Pizza	429
Assorted Calzones	544
Chef Salad Plate with Roll and Dressing	456
Turkey Sandwich on Pita	268
Ham and Cheese on Whole Wheat	302
Catalina Roast Turkey Salad	143
Cobb Salad	282
Side Dishes and Beverages 1/2 cup Portion on Side Dishes	
Hearty Green Salad	39
Cucumber Salad	33
Penne and Bean Salad	130
Chick Pea Salad	167
Caesar Salad	92
Potato Salad	200
Tomato and Spinach Salad	63
Broccoli and Carrot Salad	183
Greek Pasta Salad	110
Macaroni Salad	131
Sweet Corn Salad	80
Salad Dressing, 1 ounce	135
Oven Roasted Potatoes	77
Corn and Black Bean Salad	106
Whole Wheat Roll	101
Milk, 1%	102
Milk, Chocolate	158