

HOT AND COLD BUFFET NUTRITIONAL PAMPHLETS

ITEM	Serving Size	Calories (Cal)	Calories From Fat (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
SALAD BAR ITEMS												
Asian Coleslaw	2/3 Cup (140 g)	280	190	21	3	0	0	670	19	4	7	7
Bow Tie Pasta Salad	1/2 Cup (100g)	210	70	8	1	0	0	300	31	2	3	5
Baby Arugula	1 Cup (10 g)	0	0	0	0	0	0	0	0	0	0	0
Baby Spinach	1 Cup (30 g)	5	0	0	0	0	0	25	1	1	0	1
Buffalo Cauliflower	1/2 Cup (100g)	90	50	5	2	0	5	580	8	2	4	4
Broccoli Crunch Salad	1 Cup (139 g)	180	70	8	1	0	5	190	27	4	18	4
California Bean Salad	1/2 Cup (100g)	150	70	8	0	0	0	230	15	4	2	6
Cantaloupe/Honeydew Mix	1 Cup (160 g)	60	0	0	0	0	0	25	14	1	13	1
Cauliflower Quinoa Tabbouleh	1/2 Cup (100g)	80	50	6	0.5	0	0	270	7	2	2	2
Chicken Salad	1/2 Cup (100g)	280	250	28	4	0	30	350	4	0	1	6
Chocolate Pudding	2 Tbs (30 g)	40	5	0.5	0	0	0	35	8	0	6	1
Corn & Black Bean Salad	1/2 Cup (140 g)	430	290	32	3.5	0	0	1,250	32	1	3	6
Creamy Coleslaw	1/2 Cup (110 g)	200	130	15	2.5	0	10	330	18	1	15	1
Egg Salad	1/2 Cup (114g)	330	280	31	6	0	350	460	3	0	1	10
Elbow Macaroni Salad	1/2 Cup (140 g)	350	200	22	3.5	0	10	450	36	2	1	5
Elisa's Broccoli Salad	1/2 Cup (100g)	190	160	17	3.5	0	10	230	8	2	3	3
Golden Beet w/ Fennel Salad	1/2 Cup (100g)	60	15	2	0	0	0	140	10	2	8	2
Greek Pasta Salad	1/2 Cup (100g)	310	100	11	2.5	0	10	390	44	2	3	9
Greek Vegetables w/ Feta Salad	1/2 Cup (100g)	160	150	17	2.5	0	5	660	3	1	2	2
Iceberg Lettuce Shredded	1 Cup (47 g)	5	0	0	0	0	0	0	1	1	1	0
Italian Pasta Salad	1/2 Cup (100g)	240	180	20	2	0	0	450	13	1	2	3
Jalapeno Macaroni Salad	1/2 Cup (140 g)	290	140	16	2.5	0	10	540	31	0	2	4
Jalapeno Potato Salad	1/2 Cup (140 g)	270	180	20	3	0	10	700	23	2	1	2
Kale	1 Cup (16 g)	10	0	0	0	0	0	5	1	1	0	1
Krab & Shrimp Louie Salad	1/2 Cup (100g)	170	100	12	2	0	15	620	14	0	4	4
Lemongrass Orzo Salad	1/2 Cup (100g)	210	90	10	1	0	0	370	24	3	3	7
Macaroni Salad w/ Bacon	1/2 Cup (100g)	270	190	21	3.5	0	10	240	17	1	1	4
Mango Slaw	1/2 Cup (100g)	70	25	2.5	0	0	0	115	13	3	9	1
Mediterranean Salad	2/3 Cup (140 g)	360	130	15	2.5	0	0	300	45	2	4	9
Mexican Street Corn Potato Salad	1/2 Cup (140 g)	200	100	12	2	0	5	450	21	3	2	3
Mexican Bean Salad	1/2 Cup (100g)	90	30	3.5	0.5	0	0	590	12	2	1	3

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Mixed Greens	1 Cup (43 g)	8	0	0	0	0	0	30	2	1	0	1
Nopales Salad	1/2 Cup (100g)	60	35	3.5	2.5	0	10	480	2	2	2	5
Orange Parfait	1/2 Cup (120 g)	120	15	1.5	1	0	10	15	25	0	24	1
Papaya	1 Cup (145 g)	60	0	0	0	0	0	10	16	2	11	1
Pineapple	1 Cup (140 g)	70	0	0	0	0	0	0	18	2	14	1
Potato Salad	1/2 Cup (140 g)	200	100	11	1.5	0	5	470	24	2	1	2
Power Kale Salad	1/2 Cup (100 g)	150	50	6	1	0	5	250	19	3	3	4
Raspberry Parfait	1/2 Cup (114 g)	130	20	2.5	2.5	0	0	70	25	0	24	1
Rice Pudding	2 Tbs (30 g)	30	5	0.5	0	0	5	40	5	0	4	1
Romaine Lettuce	1 Cup (47 g)	10	0	0	0	0	0	0	2	1	1	1
Shrimp Pasta Salad	1/2 Cup (140 g)	260	120	13	2	0	15	620	31	1	2	5
Spicy Peanut Noodle Salad	1/2 Cup (100g)	240	190	21	2.5	0	0	290	12	1	6	3
Spicy Tuna Pasta Salad	1/2 Cup (100g)	250	150	16	2.5	0	15	400	19	1	1	7
Spinach Pasta Salad	2/3 Cup (140 g)	350	140	15	4.5	0	40	400	37	2	3	19
Spring Red Potato Salad	1/2 Cup (100g)	130	60	7	1.5	0	40	490	14	1	0	3
Sweet Brussel & Parmesan Salad	1/2 Cup (100g)	190	140	15	2	0	5	660	10	3	5	5
SW Chipotle Pasta Salad	1/2 Cup (140 g)	280	140	16	3	0	10	620	32	0	4	5
Thai Noodle Salad	1/2 Cup (100g)	140	90	10	0.5	0	0	290	13	1	4	2
Tomato Cucumber Salad	1/2 Cup (100g)	90	60	7	1	0	0	180	5	1	3	1
Tuna Salad	2 oz (56 g)	110	80	9	1.5	0	5	180	1	0	0	8
Watermelon	1 Cup (140 g)	40	0	0	0	0	0	0	11	1	9	1
White Rose Potato Salad	1/2 Cup (100g)	200	150	17	2.5	0	10	180	14	1	1	1

DRESSINGS												
Blackberry Vinaigrette	2 Tbs (30 g)	90	70	8	0	0	0	250	5	0	4	0
Blood Orange Shallot	2 Tbs (32 g)	90	60	7	1	0	0	190	6	0	6	0
Blue Cheese	2 Tbs (30 g)	100	80	9	2	0	15	340	3	0	1	1
Caribbean Mango	2 Tbs (30 g)	110	90	10	1.5	0	0	190	4	0	4	0
Cilantro	2 Tbs (32 g)	40	15	1.5	0	0	0	140	7	0	6	0
Honey Mustard	2 Tbs (30 g)	150	130	14	2	0	15	140	5	0	4	0
Italian Herb	2 Tbs (30 g)	100	90	10	1.5	0	0	290	1	0	0	0
Jalapeno Ranch	2 Tbs (28 g)	140	130	15	2.5	0	10	340	2	0	1	1

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Poppy Seed	2 Tbs (31 g)	140	100	11	2	0	5	340	10	0	9	0
Tuscan Caesar	2 Tbs (30 g)	140	130	15	2.5	0	15	320	2	0	2	1

TAMALES

Beef Tamale w/ Red Sauce	1 Tamale (141 g)	290	180	20	9	0	30	790	19	4	1	9
Chicken Tamale w/ Green Sauce	1 Tamale (141 g)	310	200	22	9	0	40	790	17	3	1	10
Hatch Chile & Jack Cheese	1 Tamale (141 g)	340	230	26	13	0	30	780	21	4	1	6
Pineapple Tamale	1 Tamale (141 g)	310	170	19	9	0	20	450	26	2	2	8
Poblano Chile & Cheese	1 Tamale (141 g)	300	210	23	11	0	30	780	19	3	1	6
Poblano Chile & Jack Cheese	1 Tamale (141 g)	260	130	14	4.5	0	15	630	30	4	9	7
Pork Tamale w/Red Sauce	1 Tamale (141 g)	310	210	23	10	0	40	780	19	4	1	9
Strawberry Tamale	1 Tamale (141 g)	310	150	17	8	0	20	450	27	2	18	7
Sweet Corn Tamale	1 Tamale (170 g)	420	140	16	7	0	5	350	65	4	26	4

TOPPINGS

Bean Sprouts	2 Tbs (28 g)	10	0	0	0	0	0	0	2	1	1	1
Beets, Julienned	2 Tbs (30 g)	10	0	0	0	0	0	65	2	0	2	0
Bell Peppers (Tri-colored)	2 Tbs (19 g)	0	0	0	0	0	0	0	1	0	0	0
Black Beans	2 Tbs (32 g)	20	0	0	0	0	0	90	4	2	0	1
Black/Red Beans Mix	2 Tbs (32 g)	30	0	0	0	0	0	80	6	2	1	2
Broccoli	2 oz (54 g)	25	0	0	0	0	0	20	4	1	1	2
Carrots, Shredded	2 Tbs (14 g)	5	0	0	0	0	0	10	1	0	1	0
Cauliflower	2 oz (54 g)	15	0	0	0	0	0	15	3	1	1	1
Cheese Mix	2 Tbs (14 g)	60	40	4.5	2.5	0	15	90	1	1	0	3
Corn, Baby	1 oz (28 g)	5	0	0	0	0	0	65	1	1	0	0
Corn Relish	2 Tbs (30 g)	20	0	0	0	0	0	55	4	1	1	1
Corn Roasted	2 Tbs (17 g)	10	0	0	0	0	0	30	3	0	0	0
Cucumbers	2 Tbs (15 g)	0	0	0	0	0	0	0	1	0	0	0
Garbanzo Beans	2 Tbs (32 g)	45	5	1	0	0	0	70	7	2	1	2
Green Beans (Canned)	2 oz (56 g)	5	0	0	0	0	0	95	1	0	0	0
Green Onions	2 Tbs (12 g)	0	0	0	0	0	0	0	1	0	0	0
Hominy	2 Tbs (32 g)	15	0	0	0	0	0	0	3	0	1	1
Jalapenos Sliced	2 Tbs (30 g)	10	0	0	0	0	0	410	1	1	0	0

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Jicama, Cubed	2 Tbs (16 g)	5	0	0	0	0	0	0	1	0	0	0
Mandarin Oranges	2 Tbs (32 g)	20	0	0	0	0	0	0	5	1	4	0
Mushrooms, Sliced	2 Tbs (9 g)	0	0	0	0	0	0	0	0	0	0	0
Olives	2 Tbs (15 g)	20	15	1.5	0	0	0	110	1	0	0	0
Onion/Cilantro Mix	2 Tbs (20 g)	5	0	0	0	0	0	0	2	0	1	0
Onion, Red Chopped	2 Tbs (20 g)	5	0	0	0	0	0	0	2	0	1	0
Peas	2 Tbs (17 g)	15	0	0	0	0	0	20	2	1	1	1
Peas & Carrots	2 Tbs (17 g)	10	0	0	0	0	0	25	2	1	1	1
Pico de Gallo	2 Tbs (28 g)	5	0	0	0	0	0	100	2	0	1	0
Salsa Habanera Amarilla	2 Tbs (46 g)	15	0	0	0	0	0	300	3	1	1	0
Salsa Habanera Roja	2 Tbs (46 g)	10	0	0	0	0	0	300	2	1	1	0
Salas Levanta Muertos	2 Tbs (32 g)	20	15	1.5	0	0	0	160	2	0	1	0
Salas Martejada	2 Tbs (46 g)	10	0	0	0	0	0	260	2	1	1	0
Salsa Taquera Roja	2 Tbs (46 g)	20	0	0	0	0	0	280	3	1	2	1
Salsa Taquera Verde	2 Tbs (46 g)	15	0	0	0	0	0	300	3	1	2	0
Salsa Tatemada	2 Tbs (46 g)	15	0	0	0	0	0	300	3	1	2	0
Sour Cream	2 Tbs (30 g)	60	45	5	3.5	0	20	15	1	0	1	1
Tomatoes, Diced	2 Tbs (25 g)	0	0	0	0	0	0	0	1	0	1	0
Tomatoes, Grape	2 oz (54 g)	10	0	0	0	0	0	0	2	1	1	0

COLD PROTEINS

Chicken Breast, Cubed	2 oz (56 g)	100	45	5	0	0	55	210	0	0	0	13
Eggs, Chopped	2 Tbs (40 g)	60	40	4	1.5	0	150	50	0	0	0	5
Ham, Cubed	2 oz (56 g)	60	20	2	0.5	0	15	610	4	0	1	7
Tofu, Grilled	2 oz (56 g)	40	20	2	0	0	0	5	1	1	0	4
Tuna	2 oz (56 g)	60	5	0.5	0	0	0	170	0	0	0	14
Tuna Salad	2 oz (56 g)	110	80	9	1.5	0	5	180	1	0	0	8
Turkey, Cubed	2 oz (56 g)	70	25	3	1	0	25	480	2	0	1	7
Columbus Turkey Cubed	2 oz (56 g)	60	0	0.5	0	0	30	230	1	0	0	13

HOT PROTEINS/FOOD

Al Pastor	5 oz (142 g)	300	190	21	6	0	70	670	5	0	2	21
Arroz con Pollo	4 oz (113 g)	100	35	4	0	0	15	500	11	1	1	4

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Barbacoa	5 oz (140 g)	240	150	17	7	0	85	680	2	0	1	18
Breaded Chicken Wings	3 oz (85 g)	190	110	13	3.5	0	80	620	6	0	0	12
Carnitas con Nopales	1 Cup (140 g)	150	80	9	2.5	0	45	720	5	1	2	12
Carnitas en Salsa Verde	4 oz (113 g)	170	90	10	3.5	0	60	530	5	1	2	15
Carnitas Yucatan	4 oz (113 g)	200	110	12	4	0	70	590	6	0	2	18
Chicharron en Salsa Roja	4 oz (113 g)	230	140	16	6	0	40	800	7	0	6	14
Chicharron en Salsa Verde	4 oz (113 g)	220	140	16	6	0	40	900	3	1	2	14
Chicharron en Salsa Verde con Nopales	4 oz (113 g)	100	45	4.5	1.5	0	20	580	4	1	3	8
Chicken Enchiladas	2 Enchiladas (230 g)	330	120	13	5	0	50	1,040	33	4	7	16
Chicken Fajitas	4 oz (113 g)	100	45	5	0.5	0	35	360	4	1	2	8
Chicken Veracruz	4 oz (113 g)	90	45	5	1	0	35	690	4	1	2	8
Chilaquiles de Pollo en Salsa Verde	4 oz (113 g)	140	50	6	3.5	0	20	550	14	3	3	5
Chile Colorado	4 oz (113 g)	220	160	18	6	0	45	2,150	20	3	2	15
Chile Verde	4 oz (113 g)	180	90	10	2.5	0	30	440	10	3	3	9
Costillas con Poblano en Salsa Verde	1 Cup (140 g)	150	45	4.5	1	0	35	430	19	7	3	14
Roja	4 oz (113 g)	200	100	12	4.5	0	70	630	5	0	4	18
Costillas de Puerco en Salsa Verde	4 oz (113 g)	190	110	12	4.5	0	70	700	3	1	1	18
Enchiladas con Queso	g)	550	380	42	21	0	100	620	58	6	1	27
Fish Veracruz	4 oz (113 g)	120	70	8	1	0	25	740	6	1	2	10
Fried Chicken (Leg)	1 Leg	140	80	9	2.5	0	65	460	2	0	0	12
Fried Chicken (Thigh)	1 Thigh	290	170	19	5	0	140	960	4	1	0	26
Fried Chicken HOT (Leg)	1 Leg	140	80	9	2.5	0	65	550	2	1	0	12
Fried Chicken HOT (Thigh)	1 Thigh	290	170	19	5	0	140	1,050	5	1	0	26
Fried Chicken Wings, Crispy Glazed Applewood Smoke Flavored	4 oz (113 g)	260	190	21	5	0	100	520	5	0	0	14
Fried Chicken Wings, Crispy Glazed BBQ	4 oz (113 g)	260	140	16	4	0	55	520	14	0	9	14

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Fried Chicken Wings, Buffalo Blue Cheese Flavored	4 oz (113 g)	270	190	21	6	0	100	500	5	0	0	14
Fried Chicken Wings, Crispy Glazed Salt & Vinegar Flavored	4 oz (113 g)	260	170	19	5	0	65	780	6	0	0	16
Fried Chicken Wings, Crispy Glazed Buttery Buffalo Flavored	4 oz (113 g)	230	160	18	4	0	80	750	5	0	0	13
Fried Chicken Wings Boneless, Crispy Glazed Buttery Buffalo Flavored	4 oz (113 g)	260	150	17	3	0	25	1,090	17	1	0	11
Fried Chicken Wings, Boneless General Tso's Flavored	4 oz (113 g)	260	130	14	2.5	0	25	480	23	0	10	10
Fried Chicken Wings, Boneless Orange Flavored	4 oz (113 g)	270	130	15	2	0	25	830	25	1	7	11
Picadillo de Res en Salsa Rojo	1 Cup (140 g)	190	90	10	3	0	40	670	12	2	7	15
Pollo en Mole Deshebrado	1 Cup (140 g)	260	100	11	2	0	35	710	20	11	5	23
Pollo Sazonado Rostizado	4 oz (113 g)	200	90	10	4	0	105	420	0	0	0	26
Ribs, Regular (No Sauce)	3 oz (85 g)	330	230	25	9	0	100	2,790	0	0	0	24
Ribs with BBQ Sauce	4 oz (113 g)	380	230	25	9	0	100	3,100	11	1	8	25
Ribs with Chipotle BBQ Sauce	4 oz (113 g)	370	230	25	9	0	100	3,140	9	1	7	24
Rotisserie Chicken Leg Quarters	1 Leg Qtr	310	150	16	0	0	165	670	0	0	0	41
Shrimp Fajitas	4 oz (113 g)	80	35	3.5	0	0	65	420	7	1	3	9
Shrimp Veracruz	4 oz (113 g)	80	35	4	0	0	50	520	6	1	2	7
Steak Ranchero	1 Cup (140 g)	150	100	11	4	0	35	410	13	3	2	12
Tinga de Pollo	1 Cup (140 g)	100	35	3.5	1	0	35	370	3	1	2	13
Trocitos con Poblano	4 oz (113 g)	230	100	11	3	0	50	510	19	7	3	16
Trocitos en Salsa Roja con Espinaca	4 oz (113 g)	170	90	10	3	0	55	570	5	1	2	16
Trocitos en Salsa Verde con Espinaca	1 Cup (140 g)	120	45	5	1.5	0	50	620	8	2	7	9
Turkey Mole	1 Cup (140 g)	250	80	9	1.5	0	50	720	19	11	5	25

CHEESE

Cotija	2 Tbs (15 g)	50	35	4	2	0	10	210	1	0	0	4
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Cottage Cheese	2 Tbs (28 g)	25	10	1	0.5	0	5	95	1	0	1	3
Monterey Jack Cheese	2 Tbs (14 g)	50	40	4	2.5	0	10	75	0	0	0	3
Queso Fresco	2 Tbs (28 g)	90	60	7	4.5	0	20	150	3	0	1	4

SOUPS 8 oz

Albondigas Soup	8 oz (227 g)	210	130	14	5	0	40	1140	14	3	4	7
Broccoli Cheese Soup	8 oz (227 g)	240	160	18	11	0.5	55	680	11	2	3	9
Chicken & Sausage Gumbo	8 oz (227 g)	180	70	8	3	0	40	920	15	2	3	11
Chicken Noodle Soup	8 oz (227 g)	100	25	3	1	0	25	680	11	1	2	7
Chicken Poblano Pepper Soup	8 oz (227 g)	240	140	15	8	0	55	960	19	3	4	9
Chicken Tortilla Soup	8 oz (227 g)	200	90	10	3.5	0	40	690	13	2	3	12
Creamy Tomato Soup	8 oz (227 g)	210	130	15	8	0	45	860	17	0	13	4
New England Clam Chowder	8 oz (227 g)	240	130	15	9	0	60	800	18	1	4	7
Southwestern Corn Chowder	8 oz (227 g)	200	90	10	5	0	35	940	23	2	6	5
Uncle Teddy's Chili	8 oz (227 g)	250	80	9	3	0	50	1,120	21	7	4	20

SOUPS 16 oz

Albondigas Soup	16 oz (454 g)	420	250	28	10	0	80	2,280	28	6	8	14
Broccoli Cheese Soup	16 oz (454 g)	480	320	36	22	1	110	1,360	22	4	6	18
Chicken & Sausage Gumbo	16 oz (454 g)	370	150	16	6	0	80	1,830	31	4	6	21
Chicken Noodle Soup	16 oz (454 g)	200	50	6	2	0	50	1,360	22	2	4	14
Chicken Poblano Pepper Soup	16 oz (454 g)	480	270	30	16	0	110	1,920	38	6	8	18
Chicken Tortilla Soup	16 oz (454 g)	400	180	20	7	0	80	1,380	26	4	6	24
Creamy Tomato Soup	16 oz (454 g)	420	260	30	16	0	90	1,720	34	0	26	8
New England Clam Chowder	16 oz (454 g)	480	260	30	18	0	120	1,600	36	2	8	14
Southwestern Corn Chowder	16 oz (454 g)	400	180	20	10	0	70	1,880	46	4	12	10
Uncle Teddy's Chili	16 oz (454 g)	500	160	18	6	0	100	2,240	42	14	8	40

SOUPS 32 oz

Albondigas Soup	32 oz (908 g)	840	500	56	20	0	160	4,560	56	12	16	28
Broccoli Cheese Soup	32 oz (908 g)	960	650	72	44	2	220	2,720	44	8	12	36
Chicken & Sausage Gumbo	32 oz (908 g)	730	300	33	13	0	165	3,660	61	8	11	42
Chicken Noodle Soup	32 oz (908 g)	400	110	12	4	0	100	2,710	44	4	8	28

HOT AND COLD BUFFET NUTRITIONAL PAMPHLETS

ITEM	Serving Size	Calories (Cal)	Calories From Fat (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Chicken Poblano Pepper Soup	32 oz (908 g)	960	540	60	32	0	220	3,840	76	12	16	36
Chicken Tortilla Soup	32 oz (908 g)	800	360	40	14	0	160	2,760	52	8	12	48
Creamy Tomato Soup	32 oz (908 g)	840	520	60	32	0	180	3,440	68	0	52	16
New England Clam Chowder	32 oz (908 g)	960	520	60	36	0	240	3,200	72	4	16	28
Southwestern Corn Chowder	32 oz (908 g)	800	360	40	20	0	140	3,760	92	8	24	20
Uncle Teddy's Chili	32 oz (908 g)	1,000	320	36	12	0	200	4,480	84	28	16	80

STARCHES & VEGETABLES

Arroz Blanco con Cilantro	1 Cup (140 g)	230	60	7	0.5	0	0	590	38	1	1	3
Arroz Mexicano	1 Cup (140 g)	220	50	6	0.5	0	0	750	36	1	1	3
Calabacitas con Cebolla y Poblano	1/2 Cup (90 g)	80	30	3.5	0	0	0	310	11	3	3	2
Casamiento Rice & Beans	1/2 Cup (100 g)	200	70	8	2.5	0	0	770	26	5	0	6
Carrot Sticks	3 oz (85 g)	35	0	0	0	0	0	60	8	2	4	1
Celery Sticks	3 oz (85 g)	15	0	0	0	0	0	70	3	1	1	1
Fajita Black Beans	4 oz (113 g)	110	5	1	0	0	0	370	20	8	2	4
Frijoles de La Olla	1/2 Cup (125 g)	90	0	0	0	0	0	300	16	4	1	5
Frijoles Refrito	1/2 Cup (125 g)	190	70	8	3	0	10	470	22	13	1	8
Hatch Chile Mac & Cheese	8 oz (227 g)	330	120	14	8	0	45	850	34	1	5	14
Lentils	2/3 Cup (134 g)	120	0	0	0	0	0	410	21	4	1	8
Mac & Cheese	1 Cup (140 g)	170	60	7	4	0	20	510	19	1	2	7
Plantains	2 oz (56 g)	100	20	2	0	0	0	15	19	1	14	1
Vegetales Rostizado	1/2 Cup (90 g)	45	25	3	0	0	0	400	4	2	2	1

CRUNCHY TOPPINGS/OIL/VINEGAR

Banana Chips	1 Tbs (6 g)	30	20	2	1.5	0	0	0	3	0	2	0
Coconut, Shredded	2 Tbs (15 g)	70	40	4.5	4	0	0	30	7	2	5	1
Cranberries, Dried	1 Tbs (10 g)	30	0	0	0	0	0	0	8	1	7	0
Croutons	2 Tbs (7 g)	30	10	1	0	0	0	80	5	0	0	1
Garbanzo w/ Chile & Lemon	1 oz (28 g)	146	18	2	0	0	0	107	24	8	0	8
Olive Oil	2 Tbs (27 g)	240	240	27	4	0	0	0	0	0	0	0
Pecan Pieces	1 Tbs (7 g)	50	45	5	0	0	0	0	1	1	0	1

HOT AND COLD BUFFET NUTRITIONAL PAMPHLETS

ITEM	Serving Size	Calories (Cal)	Calories From Fat (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Pumpkin Seeds	1 Tbs (7 g)	30	10	1.5	0	0	0	180	4	1	0	1
Raisins	1 Tbs (10 g)	30	0	0	0	0	0	0	8	0	6	0
Red Wine Vinegar	2 Tbs (30 g)	6	0	0	0	0	0	2	0	0	0	0
Roasted Almonds, Sliced	1 Tbs (6 g)	35	30	3	0	0	0	0	1	1	0	1
Roasted Almonds, Whole Salted	1 Tbs (14 g)	85	70	8	0.5	0	0	45	3	2	1	3
Roasted Peanuts	1 Tbs (7 g)	40	30	3.5	0.5	0	0	30	1	1	0	2
Roasted Peanuts w/ Chile & Lemon	1 oz (28 g)	170	130	14	2	0	0	180	6	2	1	8
Sunflower Seeds	1 Tbs (8 g)	45	35	4	0	0	0	50	2	1	0	2
Tortilla Strips (Chili Lime)	2 Tbs (7 g)	35	15	1.5	0	0	0	30	4	0	0	1
Tortilla Strips (Tri-colored)	2 Tbs (7 g)	35	15	2	0	0	0	20	4	0	0	1
Tortilla Strips (Regular)	2 Tbs (7 g)	35	20	2	0	0	0	30	4	0	0	0
Walnuts	1 Tbs (7 g)	45	40	4.5	0	0	0	0	1	0	0	1
Wontons, Strips	2 Tbs (7 g)	35	20	2	0	0	0	30	4	0	0	1