

## Nutrition Information for Rita's Catering Standard Menu Items

<b>BREAKFAST PASTRIES</b>	<b>SERVING</b>	<b>CALORIES</b>	<b>FAT (g)</b>	<b>CALORIES FROM FAT</b>	<b>SAT FAT (g)</b>	<b>CHOL (mg)</b>	<b>SODIUM (mg)</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>SUGAR (g)</b>	<b>FIBER (g)</b>
Toast, White Bread	1 Slice	79	1	11%	0.2	0	160	14.7	2.4	2	1
Toast, Wheat Bread	1 Slice	76	1	12%	0.2	0	146	12.8	4.1	2	1
English Muffin	1 Muffin	131	1	7%	0.7	0	209	26	4.9	2	1
Irish Cut Oatmeal	1/4 cup dry	150	2.5	15%	0.5	0	0	27	4	0	7
Croissant	1 each	325	10	28%	6	44	594	52	7	6	1
Cinnamon Raisin Bagel	1 Bagel	310	1.5	4%	0	0	390	65	11	3	1
Plain Bagel	1 Bagel	310	1.5	4%	0	0	420	64	12	3	1
Sesame Bagel	1 Bagel	320	3.5	10%	0.5	0	400	61	12	3	1
Yogurt Parfait	12oz	611	20	29%	3	2	482	102	14	29	2
Corn Muffin	1 Muffin	543	27	45%	4	107	400	70	7	16	2
Blueberry Muffin	1 Muffin	486	26	48%	4	100	371	60	6	28	1
Bran Muffin	1 Muffin	350	8	21%	0	0	650	68	5	9	5
Banana Nut Muffin	1 Muffin	543	30	50%	4	107	357	63	7	21	2
Chocolate Croissant	1 each	360	17	43%	10	30	310	45	8	23	2
Scone	1 each	480	21	39%	10	45	970	60	9	24	3
<b>FRUIT BAR</b>	<b>SERVING</b>	<b>CALORIES</b>	<b>FAT (g)</b>	<b>CALORIES FROM FAT</b>	<b>SAT FAT (g)</b>	<b>CHOL (mg)</b>	<b>SODIUM (mg)</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>SUGAR (g)</b>	<b>FIBER (g)</b>
Honeydew (1/10 medium)	4.8 oz	50	0	0%	0	0	35	13	1	14	1
Cantaloupe (1/4 medium)	4.8 oz	50	0	0%	0	0	25	13	1	14	1
Pineapple (2 slices, 3" dia 3/4" thick)	4 oz	60	0	0%	0	0	10	16	1	17	1
Watermelon (1/18 med, 2 cups)	10 oz	100	0	0%	0	0	10	27	1	10	1
Grapes (3/4 cup)	4.5 oz	90	0	0%	0	0	15	23	0	15	1
Strawberries (8 medium)	5.3 oz	50	0	0%	0	0	0	12	1	7	3
Orange (1 medium)	5.5 oz	80	0	0%	0	0	0	21	1	17	4
Whole Fruit: Apple	1 each	95	0.03	0%	0	0	2	25.1	0.05	19	4
Whole Fruit: Orange	1 each	62	0.02	0%	0	0	0	15.4	1.2	13	3
Whole Fruit: Banana	1 each	105	0	0%	0	0	1	27	1	17	4
Vanilla Yogurt	1 cup	200	1.5	7%	1	5	105	39	7	34	0
Peanut Butter	1 TB	96	8	75%	2	0	75	3	4	2	2
Raisins	2 oz	170	0	0%	0	0	7	45	2	25	2
Granola	1 oz	124	5	36%	1	0	108	20	3	9	1

Butter PC	1 packet	40	4	90%	2.5	11	31	0	0	0	0
Margarine PC	1 packet	32	3.6	101%	0	0	28	0	0	0	0
Cream Cheese	2 TB	100	10	90%	7	30	105	2		2	0

Egg Beaters and Egg Whites are always available upon request.

GRILL - BREAKFAST	SERVING	CALORIES	FAT (g)	CALORIES FROM FAT	SAT FAT (g)	CHOL (mg)	SODIUM (mg)	CARBS (g)	PROTEIN (g)	SUGAR (g)	FIBER (g)
Egg, any Style	1 Egg	97	7.1	66%	2	239.8	97	0.5	7.1	0	0
Egg Whites	1 TB	25	0	0%	0	0	80	0	5	1	0
Egg Beaters	1/4 cup	30	0	0%	0	0	140	1	6	1	0
Egg & Cheese on English Muffin	1 sandwich	253	10	36%	4	200	523	27	13	2	1
Bacon	1 Slice	49	3.8	70%	1.2	10	210	0.1	3.4	0	0
Breakfast Sausage	1 patty	250	24	86%	8	50	610	1	7	0	0
Tater Tots	9 pieces	160	8	45%	1.5	0	410	22	2	0	5
Home Fries	5 oz	193	7	33%	1	n/a	577	28	4	0	1
Egg, Cheese & Bacon on English Muffin	1 sandwich	326	16	44%	6	211	725	27	17	3	1
Egg Wrap with Bacon	1 sandwich	491	25	46%	9	398	860	41	24	6	6
Bagel Sandwich with Bacon	1 sandwich	567	21	33%	8	398	936	65	30	2	1
French Toast	2 Slices	330	22.2	61%	12	235.9	425	23.3	9.2	2	1
Pancake	3 Pancakes	582	35.1	54%	6.3	17.1	1359	58.2	8.4	1	4
GRILL - LUNCH	SERVING	CALORIES	FAT (g)	CALORIES FROM FAT	SAT FAT (g)	CHOL (mg)	SODIUM (mg)	CARBS (g)	PROTEIN (g)	SUGAR (g)	FIBER (g)
Grilled Chicken Breast	6 oz	180	2	10%	0.5	95	11	0	39	0	0
Turkey Burger	1 patty	209	6.5	28%	2.5	104	484	0	39	2	0
Vegetable Burger	1 patty	110	3.5	29%	1.5	5	480	15	6	0	6
Hamburger Bun	1 each	200	3	14%	0.5	5	390	37	7	3	1
Whole Wheat Bun	1 each	200	3	14%	0.5	0	380	33	9	3	2
Cheeseburger	6 oz patty	524	36	62%	16	162	326	0	46	6	2
Hamburger	6 oz patty	418	27	58%	10.2	146	142	0	40.8	6	2
Steak and Cheese	1 sandwich	1095	57	47%	26	207	1713	76	65	6	3
Tuna Melt	1 sandwich	936	61	59%	15	132	1736	25	67	2	2
Grill Cheese	1 sandwich	380	23	54%	13	59	1122	26	17	2	1
Hot Dog	1 each	330	31	85%	11	65	950	1	13	9	1
Chicken Fingers	4 oz	255	10.7	38%	n/a	55	841	18.7	22.7	0	3
French Fries	7 oz	412	23.9	52%	6.5	0	351	47.3	4.7	2	1
Onion Rings	6 oz	691	49.6	65%	14.2	0	553	56.3	7.9	3	2

DELI	SERVING	CALORIES	FAT (g)	CALORIES FROM FAT	SAT FAT (g)	CHOL (mg)	SODIUM (mg)	CARBS (g)	PROTEIN (g)	SUGAR (g)	FIBER (g)
Turkey	3 oz	156	6	35%	2	18	324	15	10	0	0
Grilled Chicken	2 oz	62	1	15%	0.1	33	37	0	13	0	0
Roast Beef	3 oz	105	3	26%	1.5	52	285	0	18	0	0
Mustard	1 TB	0	0	0%	0	0	58	0	0	0	0
White Bread	2 Slices	200	2	9%	0	0	300	36	6	2	2
Wheat Bread	2 Slices	200	2	9%	0	0	190	16	4	2	2
Multigrain Bread	2 Slices	220	2	8%	0	0	274	24	5	4	4
Rye Bread	2 Slices	166	2	11%	0	0	422	31	5	1	2
Sub Roll	1 each	240	2.5	9%	0	0	500	46	9	2	3
French Round	1 roll	225	1	4%	0.5	0	495	47	8	0	1
Ciabatta Square	1 roll	200	2	9%	0.2	0	497	39	6	1	2
Country White Sliced	2 Slices	150	0.5	3%	0	0	330	31	5	5	5
Tortilla Wrap	1 wrap	340	10	26%	1	0	230	53	9	0	0
Hummus	2 TB	60	4	60%	0	0	95	5	2	0	2
Ham	3 oz	197	8	37%	3	31	906	19	12	0	0
Chicken Salad	4 oz	433	39	81%	6	73	586	2	18	1	0
Egg Salad	3 oz	234	21	81%	4	300	408	2	9	1	0
Tuna Salad	3 oz	282	24	77%	4	36	409	1	16	1	0
American Cheese 1 1/3 oz portion	2 Slice	106	9	76%	6	27	184	0	6	0	0
Cheddar Cheese 1 oz portion	1 Slice	114	9	71%	6	30	176	0	7	0	0
Provolone Cheese 1 oz portion	1 Slice	100	8	72%	5	20	190	1	8	0	0
Swiss Cheese 1 oz portion	1 Slice	110	9	74%	6	26	50	2	8	0	0
Pepperjack Cheese 1 oz portion	1 Slice	106	9	76%	5	25	152	0	7	0	0
Havarti Cheese 1 oz portion	1 Slice	118	10	76%	7	31	200	0	7	0	0
Smoked Gouda Cheese 1 oz portion	1 Slice	101	8	71%	30	5	243	0	7	0	0
Fresh Mozzarella	1 oz	80	6	68%	4	20	40	0	5	2	0
Mayonnaise	1 TB	100	11	99%	1.5	10	70	0	0	0	0
Lite Mayonnaise	1 TB	45	4	80%	0.5	4.5	95	2	0	0	0
Pesto	1 TB	76	7	83%	2	4	50	1	2	0	0
BLT - no bread	1 sandwich	817	68	75%	21	106	1903	12	39	25	2
Italian - no bread	1 sandwich	588	42	64%	16	115	2393	17	38	7	3
Tomato Mozzarella - no bread	1 sandwich	417	28	60%	12	49	332	25	9	2	0
Cheese Sandwich - White bread	1 sandwich	506	29	52%	17	81	1509	38	25	2	1

Fococcia Roll	1 roll	227	4	16%	0	0	752	42	7	2	1
7 Grain Bread	1 roll	262	4	14%	1	0	612	52	8	4	4
The Buffalo Chicken Wrap	1 sandwich	706	36	46%	6	109	1506	53	43	8	2
Whole Wheat Roll	1 roll	240	1	4%	0.5	0	595	52	8	2	3
SALAD BAR	SERVING	CALORIES	FAT (g)	CALORIES FROM FAT	SAT FAT (g)	CHOL (mg)	SODIUM (mg)	CARBS (g)	PROTEIN (g)	SUGAR (g)	FIBER (g)
Mixed Greens	1.5 Cups	15	0	0%	0	0	15	4	1	0	1
Romaine Lettuce	1.5 Cups	15	0	0%	0	0	5	3	1	1	1
Baby Spinach	1 Cup	10	0	0%	0	0	25	1	1	0	1
Cucumber	3.5 oz	15	0	0%	0	0	0	3	1	1	0
Tomato	5.3 oz	35	0.5	13%	0	0	5	7	1	0	1
Bell Pepper	3 oz	30	0	0%	0	0	0	7	1	4	3
Broccoli	3 oz	25	0	0%	0	0	23	4	2	0	0
Carrot	3 oz	33	0	0%	0	0	27	8	1	1	0
Celery	3 oz	12	0	0%	0	0	66	3	1	1	1
Mushrooms	3 oz	20	0	0%	0	0	0	3	3	0	1
Radish	3 oz	15	0	0%	0	0	25	3	1	1	0
Red Onion	1 oz	11	0	0%	0	0	1	2	0	1	0
Summer Squash	1 oz	5	0	0%	0	0	1	1	0	1	0
Sesame Pea Pods	1 oz	49	4	73%	1	0	1	2	1	1	1
Alfalfa Sprouts	1 oz	9.5	0.22	21%	0	0	2	1	1	0	1
Grilled Chicken	2 oz	62	1	15%	0.1	33	37	0	13	0	0
White Tuna	2 oz	50	0	0%	0	10	25	0	13	0	0
Hard Boiled Egg	1 egg	78	5	58%	1	213	62	0	6	0	0
Tofu (3 slices)	3 oz	50	2.5	45%	0	0	30	2	6	3	0
Mandarin oranges	1 oz	17	0	0%	0	0	2	5	0	2	0
Beets	1 oz	8	0	0%	0	0	15	2	0	2	1
Edamame	1 oz	118	6	46%	1	0	1	9	10	1	1
Roasted Red Peppers	4.5 oz	25	0	0%	0	0	140	4	1	1	0
Sun Dried Tomatoes	1 oz	73	1	12%	0	0	594	16	4	11	3
Black Beans	1 oz	24	0	0%	0	0	87	4	2	0	1
Garbanzo Beans	1 oz	34	0	0%	0	0	85	6	1	0	1
Kidney Beans	1 oz	23	0	0%	0	0	98	4	1	0	1
Pepperocini	3.5 oz	25	1	36%	0	0	1500	4	1	1	1

Marinated Artichokes	1 oz	25	2	72%	0	0	91	2	1	0	2
Feta Cheese	1 oz	80	6	68%	4	25	320	1	4	1	0
Cheddar Cheese	1 oz	114	9	71%	6	30	176	0	7	1	0
Parmesan Cheese	1 oz	129	9	63%	5	22	528	1	12	1	0
Blue Cheese	1 oz	100	8	72%	5	21	396	1	6	1	0
Kalamata Olives	1 oz	75	7	84%	0	0	450	2	0	0	0
<b>DRESSINGS &amp; TOPPINGS</b>	<b>SERVING</b>	<b>CALORIES</b>	<b>FAT (g)</b>	<b>CALORIES FROM FAT</b>	<b>SAT FAT (g)</b>	<b>CHOL (mg)</b>	<b>SODIUM (mg)</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>SUGAR (g)</b>	<b>FIBER (g)</b>
Balsamic Dressing	2 TB	60	5	75%	0.5	0	190	4	0	4	0
Light Italian Dressing	2 TB	40	3.5	79%	0.5	0	270	2	0	4	0
Balsamic Vinegar	1 TB	2	0	0%	0	0	0	0	0	4	0
Fat-Free Honey Dijon	2 TB	45	0	0%	0	0	280	9	1	4	0
Croutons	0.5 oz	58	0.09	1%	0.02	0	99.1	10.4	1.7	1	1
Sunflower Seeds	1 TB	51	4	71%	0	0	0	2	2	2	1
Peanuts	1 oz	166	14	76%	2	0	2	6	7	1	3
Whole Wheat Dinner Roll	1 roll	140	0.5	3%	0.5	0	340	30	5	2	2
Olive Oil	1 TB	120	14	105%	2	0	0	0	0	0	0
Raisins	2 oz	170	0	0%	0	0	7	45	2	0	2
Caesar Dressing	2TB	150	16	96%	2.5	0	270	1	1	4	0
Chow Mein Noodles	1 TB	15	1	60%	0.1	0	12	2	0.1	0	1
Bacon Bits	1 TB	30	2	60%	1	10	105	0	2	0	0
Butter PC	1 packet	40	4	90%	2.5	11	31	0	0	0	0
Margarine PC	1 packet	32	3.6	101%	0	0	28	0	0	0	0
Blue Cheese Dressing	2 TB	160	17	96%	3.5	15	270	1	1	4	0
Fat-Free Ranch Dressing	2 TB	30	0	0%	0	0	390	8	0	4	0
<b>PIZZA</b>	<b>SERVING</b>	<b>CALORIES</b>	<b>FAT (g)</b>	<b>CALORIES FROM FAT</b>	<b>SAT FAT (g)</b>	<b>CHOL (mg)</b>	<b>SODIUM (mg)</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>SUGAR (g)</b>	<b>FIBER (g)</b>
Cheese Pizza	1 Slice	437	17	35%	9	51	410	51	20	4	2
Pepperoni Pizza	1 Slice	508	23	41%	11	62	699	52	23	4	2
<b>SOUP</b>	<b>SERVING</b>	<b>CALORIES</b>	<b>FAT (g)</b>	<b>CALORIES FROM FAT</b>	<b>SAT FAT (g)</b>	<b>CHOL (mg)</b>	<b>SODIUM (mg)</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>SUGAR (g)</b>	<b>FIBER (g)</b>
Carrot Ginger	8 oz	110	4.5	37%	0.5	0	320	18	2	8	4
Veggie Three Bean Chili	8 oz	190	3	14%	0.5	0	380	31	9	6	3
Chipotle Sweet Potato	8 oz	150	7	42%	1	0	610	21	2	9	4

Indian Lentil	8 oz	190	6	28%	0.5	0	550	26	9	6	2
Mediterranean Vegetable	8 oz	90	5	50%	0.5	0	590	12	2	6	2
Turkey Chili	8 oz	200	4	18%	1	60	610	22	19	9	8
Broccoli Cheddar	8 oz	300	23	69%	12	55	780	14	12	12	4
Chicken and Dumpling	8 oz	240	12	45%	3.5	65	760	19	14	6	2
Chicken Noodle	8 oz	100	2	18%	0.5	30	770	10	10	0	1
Chicken Tortellini	8 oz	140	3.5	23%	1.5	25	710	14	12	0	1
Chicken Tortilla	8 oz	150	5	30%	1.5	20	680	14	10	2	3
Coconut Chicken Curry	8 oz	300	10	30%	7	25	500	40	12	6	2
Chicken and Corn Chowder	8 oz	250	14	50%	4	45	720	23	12	8	6
Italian Wedding	8 oz	180	7	35%	3	20	810	17	12	2	2
Minestrone	8 oz	140	3.5	23%	1	0	630	22	6	2	2
New England Clam Chowder	8 oz	350	26	67%	13	85	760	20	10	2	7
Pasta e Fagioli	8 oz	170	4.5	24%	1	5	750	23	12	3	6
Split Pea and Ham	8 oz	220	4.5	18%	1.5	10	780	31	16	4	12
Thai Chicken and Red Curry	8 oz	230	10	39%	7	20	810	25	11	8	4
Turkey Gumbo	8 oz	140	4	26%	1.5	30	710	16	11	1	3
White Chicken Chili	8 oz	310	14	41%	5	65	690	24	22	2	5
Beef Chili	8 oz	290	14	43%	5	45	500	23	17	2	2

Please note: Several of our soups are moderately high in sodium, despite being low in calories or saturated fat. These soups may be included in a balanced diet that is otherwise low in sodium, in order to remain below the maximum daily recommended intake of sodium, which is 2300 mg/day.

DESSERTS	SERVING	CALORIES	FAT (g)	CALORIES FROM FAT	SAT FAT (g)	CHOL (mg)	SODIUM (mg)	CARBS (g)	PROTEIN (g)	SUGAR (g)	FIBER (g)
Brownie	1 square	247	7	26%	4	0	224	43	3	18	9
Chocolate Pudding	8 oz	160	6	34%	2.5	10	149	29	5	19	0
Chocolate Chunk Cookie	1 each	380	19	45%	10	20	240	52	4	22	0
Oatmeal Raisin Cookie	1 each	390	19	44%	10	20	150	52	4	16	2
Honey Granola Cookie	1 each	420	22	47%	12	0	170	50	4	17	3