

Desserts

	Calories	Saturated Fat(g)	Sodium(mg)	Carbohydrate(g)
Slice				
Apple Pie	700	9	570	87
Cherry Pie	730	9	550	96
Dutch Apple Pie	730	5	590	124
Banana Cream Pie	790	19	780	75
Coconut Cream Pie	890	27	900	84
Chocolate Cream Pie	860	18	650	104
Pecan Pie	790	7	290	84
Lemon Meringue Pie	770	10	320	115
Cream Cheese	660	22	590	64
Hot Fudge Sundae	620	23	500	57
Hot Carmek Sundae	570	16	540	64
Vanilla Ice Cream, 2 scoops	210	7	50	22
Vinilla Shake	760	20	440	103
Chocolate Shake	740	20	600	85
Strawberry Shake	580	20	430	59

Kids Dessert

	Calories	Saturated Fat(g)	Sodium(mg)	Carbohydrate(g)
Junior Sundae	370	11	280	45
Fruit & Whipped Cream	170	6	250	18

Your Name Here

Kids Lunch or Dinner

	Calories	Saturated Fat(g)	Sodium(mg)	Carbohydrate(g)
Macaroni & Cheese	340	3	830	48
Grilled Chicken	180	1	370	0
Grilled Cheese Sandwich Stack	430	10	630	32
Turkey Sandwich	490	4	1110	35
Corn Chowder	230	6	530	26
Tomato Bisque	190	7	920	14
Potato Cheese	170	5	740	20
Chicken and Wild Rice	170	3.5	1000	15
New England Clam Chowder	170	3	1180	18
Hearty Vegetable	70	0	600	12
Cream of Broccoli	190	3.5	1060	21
Saltine Crakers - 1 Package	20	0	95	4

Kids Sides/Options

	Calories	Saturated Fat(g)	Sodium(mg)	Carbohydrate(g)
Cinnamon Apples	150	0	140	38
Fruit	50	0	25	12
Toast - Rye w/ margarine	210	2.5	410	23
Toast - Sourdough w/ margarine	180	2.5	230	16
Toast - Wheat w/ margarine	180	2.5	280	18
Maple Flavored Syrup (2 oz)	220	0	105	55
Seasonal Vegetables	100	1	135	8
Rice	190	0	370	40
Mashed Potatoes	220	5	560	27
French Fries w/ salt	450	10	440	55
Salad (add 1 oz dressing)	35	0	80	5

Nutritional Information

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

The nutritional information provided is approximate for informational purposes only. Reported nutritional values are based upon data collected through laboratory testing, published resources, suppliers and third party software. Values listed may be different than the actual values due to supplier differences, serving size, product differences, specification ranges, tolerances, variable preparation, recipe changes and ingredient substitutions. We encourage you to consult your doctor if you have questions about your health or diet.

Breakfast Menu

3-Egg Omeletts

	Calories	Saturated Fat(g)	Sodium(mg)	Carbohydrate(g)
California Omelette	870	20	1200	33
Bacon, Ham & Sausage Omelette	840	20	1200	33
Denver Omelette	730	17	1260	34
Vegetable Omelette	810	21	1230	37

Fit & Lively

	Calories	Saturated Fat(g)	Sodium(mg)	Carbohydrate(g)
Turkey Sausage & Eggs	280	5	610	6
Tomato Basil Egg White Omelette	350	6	1100	30
Oatmeal, Berries & Nuts	360	1	110	58
Fit & Lively Combo	480	3	1772	53
Fresh Start	370	2	170	61
Gourmet Mushroom & Tomato Egg White Scramble	240	2	690	11

Senior Breakfast

	Calories	Saturated Fat(g)	Sodium(mg)	Carbohydrate(g)
Cheese Omelette	610	15	670	28
Traditional Bacon & Eggs	330	8	400	2
<i>Add breakfast bread & juice:</i>				
Morning Breakfast	430	1.5	135	96
Buttermilk Pancake Combo	840	10	1710	95
Breakfast Special	450	7	410	27

Bakery Products

	Calories	Saturated Fat(g)	Sodium(mg)	Carbohydrate(g)
Blueberry Muffin	420	4.5	630	69
Honey Bran Muffin	630	6	670	89
Banana Walnut Muffin	390	3	570	63
Low Fat Blueberry Muffin	350	2.5	720	72
Maple Pecan Muffin	360	2.5	390	59
Cinamon Roll	930	7	840	148
Fresh-Baked Quiche	400	9	530	23
<i>Cookies (1 each):</i>				
Chocolate Chunk	300	8	120	36
Oatmeal Rasin	260	4	160	39
Peanut Butter	310	7	210	32

Additions

	Calories	Saturated Fat(g)	Sodium(mg)	Carbohydrate(g)
Buttery Croissant	340	11	270	41
English Muffin w/ margarine	230	2.5	310	28
Toast - Rye w/ margarine	330	2.5	730	46
Toast - Sourdough w/ margarine	270	2.5	370	32
Toast - Wheat w/ margarine	270	2.5	470	34
Hash Brown Potatoes	280	2.5	510	35
Seasoned Breakfast Potatoes	250	2.5	300	27
Fresh Seasonal Fruit	70	0	25	18
Breakfast Sausage Links (4)	390	15	530	1
Breakfast Sausage Links (2)	200	7	260	0
Turkey Sausage Patties (2)	140	3	520	0
Turkey Sausage Patty (1)	70	1.5	260	0
Applewood Smoked Bacon (4)	270	8	580	3
Applewood Smoked Bacon (2)	130	4	290	1
Ham (3 slices)	150	2.5	1350	0
Ham (1 slice)	50	1	450	0
Pancakes w/ margarine (3)	640	6	1600	94
Pancakes w/ margarine (2)	430	3.5	1090	62
Margarine (1 oz)	190	4.5	190	0
Jam (1 pkt)	35	0	0	9
Honey (1 pkt)	35	0	0	10
Maple Flavored Syrup (2 oz)	220	0	105	55
Strawberry Topping and Whipped Cream	370	9	370	55

Beverages

	Calories	Saturated Fat(g)	Sodium(mg)	Carbohydrate(g)
Iced Tea	0	0	5	0
Coffee	0	0	0	0
Hot Tea	1	0	3	0
Herbal Tea	2	0	2	0
Hot Cocoa	280	6	480	39
Lemonade	100	0	105	27
Raspberry Iced Tea	80	0	0	21
Apple Juice	110	0	10	25
Orange Juice	100	0	0	25
Tomato Juice	35	0	610	8
Cranberry Juice	110	0	30	29
Pink Grapefruit Juice	100	0	30	25
Milk 2%	210	5	180	20
Milk, Non-Fat	150	0	180	21
Chocolate Milk	350	5	190	55
Diet Soda	0	0	30	0
Regular Sodas	110	0	30	31

Small Beverages

	Calories	Saturated Fat(g)	Sodium(mg)	Carbohydrate(g)
Milk 2%	140	3.5	115	13
Milk, Non-Fat	90	0	115	14
Apple Juice	140	0	10	33
Orange Juice	120	0	0	30
Diet Soda	0	0	15	0
Regular Sodas	60	0	15	17