







## POMPTONIAN NUTRITION INFORMATION FOR SELECTED ENTREES

Entrée	Calories	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (IU)	Vit. C (mg)	Protein (g)	Carbs (g)	Tot. fat (g)	Sat. fat (g)
<b>HOT ENTRÉE</b>												
Cheeseburger on Bun (1/2 oz. red. fat cheese)	345	68	483	1	3	132	329	0	25	25	16	7
Cheesesteak Sandwich (1/2 oz. red. fat cheese)	386	63	668	1	4	112	329	0	27	36	14	7
Chicken Fajitas in Whole Wheat Wrap 12"	480	42	994	6	4	409	86	21	26	55	15	3
 Chicken Griller on Bun	263	42	582	1	2	60	0	0	20	27	9	2.5
Chicken Nuggets - Gold Kist (5 pc.)	200	40	520	1	2	20	200	0	15	14	10	2
Chicken Nuggets - Gold Kist (6 pc.)	240	48	624	1	2	24	240	0	18	16	18	4.2
Chicken Patty Parmesan on Kaiser Roll	500	45	1421	4	4	154	801	7	28	64	16	4
Chicken Popcorn Gold Kist( 3.08 OZ.)14pieces	190	45	630	1	2	20	100	0	14	13	11	2
Chicken Tenders- Gold Kist	240	60	669	2	3	47	188	1	19	16	14	3
Chicken Patty Home-Style on Bun - Tyson	363	56	817	1	3	60	101	0	21	36	15	3
Chicken Patty, Spicy, on Bun - Tyson	329	55	749	2	3	80	498	0	23	38	12	2
Chicken Patty, Brd, on WWhe Bun - Gold Kist	334	41	704	2	3	126	168	1	21	40	12	2
Chicken Twister Sandwich Wrap-10 "regular	452	46	934	3	3	425	765	10	27	52	15	5
 French Toast Cinn Glazed-Michael Foods 3 sticks	210	110	310	0	2	20	200	0	7	28	8	2
 French Toast Cinn Glazed w/ 2 oz. Turkey Sausage	319	166	869	0	3	91	200	0	19	29	14	3
Hamburger on Bun	310	60	275	1	3	40	0	0	21	24	14	5
Hot Dog on Bun- Sabrett	295	32	772	0	3	120	100	1	11	25	17	6
Macaroni & Cheese - Land O'Lakes (2/3 cup=6 oz)	350	60	900	1	1	400	750	0	16	22	22	13
Meatball (all-beef)Lt.Cheese Hero 6" Roll	390	46	751	2	4	63	166	3	27	46	9	3
Mozzarella Sticks /Sauce(5)-Farm Rich	475	30	955	5	3	428	679	1	20	39	22	8
Nachos Grande (turkey meat)Cheese & Chips	281	42	533	1	1	200	403	0	17	22	13	4
Pasta(1.5 cup) w/Meatballs(3)	552	30	476	6	6	55	480	7	27	88	11	3
Pizza Homemade	433	45	1105	2	3	563	614	8	27	48	14	7
Pizza - 4 "x 6" Nardone	309	30	539	1	1.8	449	361	6	20	28	12	7
Pizza - French Bread - Nardone	318	30	470	1	1	400	400	9	21	33	11	7
Pizza - Wedge - Nardone	390	30	620	2	3	450	400	9	22	46	13	7
Sampler (3 Nuggets & 3 Cheese Sticks)	380	42	750	3	3	252	359	0	20	30	18	6
Sausage, Egg & Cheese Sandwich	440	235	860	1	3	80	400	0	26	36	23	8
Spaghetti (3/4 cup) w/ Meat (beef) Sauce	318	58	242	3	3	53	587	16	22	32	11	4
Tacos Twin w/ Beef & Cheese	349	58	690	2	2	169	705	4	24	19	19	5
 Waffles (2)/Turkey Sausage (2 oz.)	222	56	865	0	2	111	4	0	15	23	8	1

Nutrition information on sandwiches and salad platters does not include condiments.














Indicates a healthy choice

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<b>SALADS</b>												
 Chef's Salad Platter w/ Dinner Roll	274	40	1088	4	3	273	11967	28	22	31	9	4
Chicken Caesar Salad w/ Dinner Roll	321	49	706	2	2	149	4235	13	25	30	12	5
 Cottage Cheese Fruit Platter w/ Dinner Roll	356	11	605	5	2	112	528	4	18	64	4	1
 Egg Salad Platter w/ Dinner Roll	317	216	409	4	2	69	8340	10	12	33	15	3
Garden Salad Platter w/ Cheese/Dinner Roll	320	32	665	4	2	549	1043	13	21	33	12	7
Tuna Salad Platter w/Dinner Roll	329	21	622	6	2	88	15734	15	21	41	10	2
 Turkey Salad Platter w/Dinner Roll	315	33	1010	5	2	71	14097	28	25	40	7	1
 Yogurt/Strawberry Parfait	406	15	224	4	2	479	157	55	16	75	6	3
<b>DELI SANDWICHES</b>												
Chicken Caesar Salad Wrap 12"	657	56	1754	7	5	268	2148	6	25	69	31	8
Grilled Vegetable Sandwich	402	19	926	4	3	465	2890	40	25	46	12	5
 Ham & Cheese Sandwich on 6" Hero Roll	381	66	1873	2	3	188	799	7	28	42	10	4
Ham & Cheese Wrap 10" whole wheat, let & tom	359	68	1771	5	3	226	730	7	26	33	13	5
Italian Hero Sandwich on 6" Hero Roll	397	47	1322	2	3	243	673	6	23	41	14	7
 Roast Beef on Rye w/ Lettuce & Tomato	256	5	1138	4	5	47	517	7	18	29	8	3
Salami & Cheese on Kaiser w/ Letuce & Tomato	402	55	1320	2	3	90	665	6	18	38	20	9
 Tuna Salad in Pita w/Lettuce & Tomato	312	21	582	2	3	73	594	7	21	38	8	1
 Tuna Salad Whole Wheat Wrap 10 'w/ Let & Tom	317	21	570	5	3	81	594	7	21	31	12	2
 Turkey on Whole Wheat Wrap 10"	312	45	892	5	3	71	444	6	24	32	10	3
 Turkey on Whole Wheat Bread w/Let & Tom	215	22	670	3	2	102	424	6	17	32	3	0

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