








# 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	365	65	472	1	3.24	116	152	0	23.53	25.52	18	6.27
Cheesesteak Sandwich	421	65	855	1	3.6	171.87	304	0	28.07	38.04	15.56	7.53
Chicken Fajitas in Whole Wheat Wrap 10"	355	42	615	2.11	2.6	60.22	86	20.33	21.76	38.23	12.82	2.94
 Chicken Griller on Bun	243	42	482	1	1.98	20	0	0	18.83	20.83	9	2.5
Chicken Hot Wings	170	90	240	0	0.6	0	0	0	16	2	11	2.99
Chicken Nuggets -Gold Kist (5 pc.)	240	50	470	0	1.8	20	0	0	14	14	15	3.5
Chicken Nuggets- Gold Kist (6 pc.)	288	60	564	0	2.16	24	0	0	16.8	16.8	18	4.2
Chicken Patty Parmesan on Kaiser Roll	553	55	1347	4.11	4.28	154	702	7.3	25.96	57.35	23.61	6.29
Chicken Popcorn Gold Kist( 3.08 OZ.)14pieces	208	52	665	0	1.87	0	0	0	13.51	12.47	11.43	2.6
Chicken Tenders, Tyson	222	44	555	1.11	0	0	0	0	19.98	12.21	11.1	1.66
Chicken Patty on Bun-Tyson	415	51	800	2.08	2.78	91	101	0	20	38	19	4.6
Chicken Patty, Spicy, on Bun-Tyson	362	60	803	2.07	3.49	90	748	0	23.79	37.18	13.17	2.55
Chicken Twister Sandwich Wrap-10 "regular	452	46	934	2.77	3.44	425	790	10	27.22	51.54	15.01	5.13
 French Toast w/ 2 oz. Turkey Sausage	272	167	854	0.61	3.08	115	147	44.2	19.62	25.74	9.38	2.22
 French Toast w/ 2 oz. Bkd. Turkey Ham	291	189	1406	0	3.36	23	221	1.6	24.24	29.3	8.89	2.54
Hamburger on Bun	322	60	299	1	3.49	70	0	0	21.84	25	14.21	5.56
Hamburger Whopper on Bun	498	70	1013	2.36	3.67	224	1071	7.7	27.18	38.2	26.06	9.29
Hot Dog on Bun- Sabrett	295	32	718	0.9	2.51	79	100	1.2	11	22	17	6
Macaroni & Cheese	479	39	799	1.79	2.2	682	943	0	27	48.26	19.42	8.9
Meatball (all-beef) Hero Sandwich	453	40	1850	6.53	4.58	82	1177	15.7	24.96	57.47	13.6	4.59
Meatball (all-beef) (Lt. cheese) Submarine	485	45	1925	6.53	4.62	186	1233	15.7	28.85	55.91	15.13	5.56
Mozzarella Sticks /Sauce(5)-Farm Rich	475	30	955	5	3	428	679	1.4	20.49	38.5	22	8.25
Nachos Grande (turkey meat)	281	42	533	1.15	1.16	200	403	0.3	16.96	22.42	13.29	4.4
Pasta(3/4 cup) w/Meatballs(2)	317	27	983	4	3.61	50	339	6.81	18	45	7.21	2.88
Pasta(3/4 cup) w/Meatballs(3)	377	40	1207	4.35	4.21	64	339	6.81	23.38	47.58	10.22	4.22
Pizza Homemade	360	36	943	1.77	2.88	452	546	7.6	21.3	45	12	6
Pizza - Nardone	309	30	539	1	1.8	449	361	6	20	28	12	7
Pizza - French Bread -Nardone	340	30	650	1	1	450	400	9	22	36	13	7
Pizza-Wedge-Nardone	400	31	698	1.46	3.16	441	848	10.5	22.54	45.21	14.55	7.08
Sampler (3 Nuggets & 3 Cheese Sticks)	380	48	623	2.36	2.16	240	239	0.2	20.22	24.29	19.6	6.22
Sausage, Egg & Cheese Sandwich	457	235	999	1	3.94	121	442	0	25	40	20	10
Spaghetti (3/4 cup) w/ Meat (beef) Sauce	318	58	240	2.98	3.52	51	604	16.3	22.34	31.86	11.11	4.18
Tacos Twin w/ Beef & Cheese	349	58	690	2.11	2.6	169.15	705	3.57	24	19	19	5
 Waffles (2)/Turkey Sausage (2 oz.)	222	56	865	0	2.06	110	4	0	15.47	23.26	7.68	1.49

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

 Indicates a healthy choice

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<b>SALADS</b>												
Chef Salad Platter w/ Dinner Roll	224	35	1036	3.01	1.63	185.23	5488	8.62	17.98	23.31	6.98	3.09
Chicken Caesar Salad w/Dinner Roll	357	50	810	2.75	2.95	159	2851	12.74	25.62	33.95	13.26	4.79
Cottage Cheese Fruit Platter w/ Dinner Roll	360	9	691	4.62	2.06	88	532	3.9	20.33	64.25	3.26	1.38
Egg Salad Platter w/Dinner Roll	271	212	471	4.24	2.34	75	8472	10.4	11.97	35.5	9.04	1.98
Garden Salad Platter w/Cheese/Dinner Roll	305	32	650	2.69	1.6	536	3713	8	20.56	29.71	11.59	6.61
Tuna Salad Platter w/Dinner Roll	294	17	857	6.17	2.8	89	15757	15	21	40	5.54	0.66
Turkey Salad Platter w/Dinner Roll	307	33	1019	4.5	2.38	75	8213	23	25	38	6.29	0.85
Yogurt/Strawberry Parfait	406	15	224	4.42	1.99	479	157	55	16	75	6.45	2.85
<b>DELI SANDWICHES</b>												
Chicken Caesar Salad Wrap	547	56	1308	2.5	1.32	108	1466	5.64	21.45	54.91	26.75	5.55
Grilled Vegetable Sandwich	401	19	927	3.74	2.56	464	2890	47	24.55	46	11.44	4.56
Ham & Cheese Hero Sandwich	381	68	1873	1.8	3.05	188	799	7.4	27.71	41.7	9.5	4.07
Ham & Cheese Wrap 10" whole wheat, let & tom	359	68	1771	465	2.99	226	730	7	25.59	33.3	13.48	5.07
Italian Hero Sandwich	451	64	1496	1.7	2.7	212	740	6.4	26.31	41	18	8.81
Roast on Rye w/ Lettuce & Tomato	257	5	1138	4	5	47	517	7	18	29	8	3
Salami & Cheese on Kaiser w/ Letuce & Tomato	440	55	1370	2	4.5	110	665	6.5	18	43	21	9
Tuna Salad in Pita w/Lettuce & Tomato	288	17	836	2.5	2.8	74	616	7.6	21	39	4.87	0.7
Tuna Salad Platter w/Dinner Roll	294	17	857	6.17	2.8	89	15757	15	21	40	5.54	0.66
Tuna Salad Whole Wheat Wrap 12 'w/ Let & Tom	439	17	1219	3.27	4.06	65	616	7.6	25	52	14.66	2.7
Turkey on Whole Wheat Wrap 10"	312	45	892	4.71	3.36	71.23	444	6.1	23.65	31.78	9.52	2.64
Turkey Salad Platter w/Dinner Roll	307	33	1019	4.5	2.38	75	8213	23	25	38	6.29	0.85
Turkey on Whole Wheat Sandwich w/Let & Tom	242	32	831	4.57	2.64	68	446	6.6	24	31	3.4	0.81

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