Big Four Café
Wellness Menu
Lunch

Monday:

Tomato Soup, Turkey and Cheese Sandwich, Sliced Apples, Milk

Nutritional Info for Tomato soup

Calories: 98.9
Total Fat: 4.1 g
Cholesterol: 0.0 mg
Sodium: 212.0 mg
Total Carbs: 14.3 g
Dietary Fiber: 1.5 g
Protein: 2.5 g

Nutritional Info for turkey and cheese sandwich

Amount Per Serving
Calories: 467.9
Total Fat: 23.6 g
Cholesterol: 109.8 mg
Sodium: 623.4 mg
Total Carbs: 30.1 g
Dietary Fiber: 4.1 g
Protein: 35.5 g

Tuesday:

Taco Soup with wheat elbow macaroni, 2 packs of crackers, Baked Apples, Milk, 1 teaspoon margarine

Nutritional Info for taco soup

Calories: 356.6
Total Fat: 16.9 g
Cholesterol: 56.7 mg
Sodium: 844.7 mg
Total Carbs: 32.6 g
Dietary Fiber: 8.6 g
Protein: 21.0 g

Wednesday:

Sausages and Peppers, 1 slice whole grain wheat, Mixed fruit, 8 oz 2% milk, 1 teaspoon margarine

Nutritional Info for sausage and peppers

Calories: 399.3
Total Fat: 12.4 g
Cholesterol: 48.7 mg
Sodium: 512.1 mg
Total Carbs: 54.7 g
Dietary Fiber: 8.4 g
Protein: 22.3 g

Thursday:

Chicken Fried Rice, 1 slice whole grain bread, Mixed Fruit, Milk

Nutritional Info for chicken fried rice

Calories: 336
Total Fat: 5.5 g
Cholesterol: 60.3 mg
Sodium: 371.7 mg
Total Carbs: 16.3 g
Dietary Fiber: 3.3 g
Protein: 26.5 g

Friday:

Tuna Melt on 1 slice of whole grain bread, Coleslaw, Mixed Fruit, ½ cup Corn, Milk

Nutritional Info for tuna melt on bread

Calories: 245
Total Fat: 12 g
Cholesterol: 244.0 mg
Sodium: 327mg
Total Carbs: 2.5 g
Dietary Fiber: 2 g
Protein: 14 g

Nutritional Info for cole slaw

Calories: 78.2
Total Fat: 4.2 g
Cholesterol: 5.0 mg
Sodium: 107.4 mg
Total Carbs: 9.5 g
Dietary Fiber: 3.3 g
Protein: 1.6 g

Saturday:

Light Reuben, Apple, Oven baked chips, Milk

Nutritional Info for light reuben

Calories: 257.2
Total Fat: 7.3 g
Cholesterol: 24.2 mg
Sodium: 830.3 mg
Total Carbs: 23.0 g
Dietary Fiber: 3.5 g
Protein: 26.6 g

Sunday:

Chicken Breast - 4oz, Baked Potato (100 gm), Green Beans – ½ cup, Whole grain roll, 1 teaspoon margarine, Baked Apples – 1 small, 2 % Milk