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- View and download menus
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Only at
mufood.missouri.edu

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Chips and Fries								
BBQ Chips, 1oz	150	10	3	2	15	200	1	0
Cheese Curls, 1oz	160	10	2	2	15	370	0	0
Corn Chips, 1oz	162	10	1	2	15	172	1	0
French Fries, 2.5oz	219	12	3	3	27	173	2	0
Nacho Chips, 1oz	141	7	1	2	18	201	2	1
Potato Chips, 1oz	150	10	3	2	15	180	2	0
Pretzels, 1oz	110	1	0	2	23	580	1	0
Round Tortilla Chips, 1oz	140	7	1	2	18	140	2	0
Condiments and Toppings								
A-1 Sauce, 1T	15	0	0	0	3	280	0	0
Barbeque sauce, 2 t	8	0	0	0	1	14	0	0
Dill Pickle Slices, 3	0	0	0	0	0	120	1	0
Horseradish, 1T	6	0	0	0	1	130	0	0
Ketchup, 1T	16	0	0	0	4	178	0	0
Lettuce, 1leaf	3	0	0	<1	0	8	0	0
Mayonnaise								
Reduced Calorie, 1T	50	5	1	0	1	110	0	5
Regular, 1T	95	11	2	0	0	76	0	8
Mustard								
Grey Poupon, 1T	14	1	0	1	1	196	0	0
Honey Dijon, 2T	60	1	0	0	12	150	0	22
Regular, 1T	12	1	0	1	1	200	0	0
Onion, raw, 1/4 cup	15	0	0	1	7	2	<1	0
Picante Sauce, 2T	10	0	0	0	2	350	0	0
Pickle Relish, 1T	15	0	0	0	4	120	0	0
Ranch Dressing, 1T	50	4	1	0	2	120	0	4
Salad Dressing, 1T	65	5	<1	0	5	141	0	7
Salad Oil, 1T	121	14	1	0	0	0	0	0
Salsa	20	0	0	0	5	240	<1	0
Sweet Pickles, 2 ea.	2	0	0	0	1	107	0	0
Sour Cream	26	3	2	0	1	6	0	5
Sour Cream, reduced fat	16	1	1	1	1	9	0	2
Tartar Sauce, 2 t	36	1	0	0	7	187	0	10
Tiger Sauce, 1T	54	4	1	0	4	113	0	5
Tomato, 2 slices	11	0	0	<1	2	6	1	0
Worcestershire Sauce, 1T	17	0	0	0	3	133	0	0

Cheese

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
American Slice	100	7	4.5	6	2	270	0	18
Cheddar Slice	113	9	6	7	0	174	0	29
Mozzarella Slice	79	6	4	5	1	104	0	22
Swiss Slice 102	7	5	8	1	70	0	25	

Deli Meat

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Beef, 1oz	87	7	3	4	1	314	0	1
Ham, 1oz	52	3	1	5	1	311	0	1
Turkey, 1oz	25	0	0	4	0	284	0	5

From the Grill, without Buns

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Chicken Breast, Grilled	140	3	1	26	0	63	0	72
Fish Square	128	1	0.5	12	17	267	1	21
Grilled Cheese on white	302	16	6	10	29	567	1	19
Hamburger, 4oz patty	308	20	8	31	0	103	0	100
Hot Dog	154	2	0.5	5	30	310	0	2
Veggie Burger	144	4	1	14	13	503	6	0

Bread

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Hamburger Bun	154	2	<1	5	29	310	1	0
Hot Dog Bun	114	1	<1	4	21	229	1	0
Steakum 6" Bun, Top & Bottom	178	3	1	6	32	305	1	0
Wheat Bread, 2 slices	140	2	0	5	26	237	2	0
White Bread, 2 slices	106	1	0	4	19	222	<1	0