

Sandwiches, con't.

Meatball Submarine	486	31	16	18	34	1115	3	69
Philly Sandwich								
Beef	428	25	10	20	34	547	1	61
Chicken	431	14	4	20	59	1174	3	45
Cheese	467	26	15	25	33	916	2	79
Santa Fe Cheese	448	24	5.5	18	40	789	1	35
Sloppy Joe	232	11	4.5	17	17	809	1	57
Spicy Chicken	331	22	5.5	19	16	1102	2	39
Submarine	548	31	13	25	44	1816	1	59
Tiger Rib	461	14	4	18	66	1017	1	43
Tuna Melt on 1/2								
English Muffin	245	12	4	18	16	692	1	34
Turkey Bacon Club	259	11	4	19	20	689	1	67
Turkey Bacon Pita	231	8	2	18	20	363	?	?
Turkey Melt	282	14	7	25	14	612	1	60
Turkey Pastrami	225	7	3	15	26	837	8	41
Turkey & Provolone								
on Bagel	462	11	5	31	60	1178	1	43
Turkey & Swiss								
Croissant	320	16	5	18	25	544	0	30
Turkey & Swiss	461	14	4	18	66	1017	1	43
Vegetarian Gyros	462	26	11	18	40	465	2	45
Vegetarian Pita	357	24	11	15	21	606	2	44
Veggie Hoagie	279	11	6	13	32	640	2	26
Plaza Veggie Melt	578	17	6	21	85	515	5	29

Calzones

Broccoli Ricotta	616	20	8	27	84	1019	4	33
Pepperoni	546	18	7	22	73	1078	5	32
Roasted Vegetable	568	18	8	25	76	982	3	13

Salads

Antipasto	512	34	10	19	32	1675	5	56
Asian Chicken	450	17	3	32	42	476	2	102
Caesar	248	14	4	14	16	592	1	23
Chicken Primavera	348	10	2	13	52	907	4	18
Fruit plate w/ yogurt	291	2	1	7	61	99	3	7
Garden	132	7	3	6	11	203	1	12
Garlic Tortellini	46	2	<1	1	6	160	1	2
House	138	5	<1	5	18	189	1	1
Italian	127	8	2	5	9	647	2	7
Mexican Layer	195	13	3	5	15	253	5	13
Ranch	221	17	7	12	5	513	2	43
Taco in edible bowl	328	23	13	15	15	362	2	60

Vegetarian

Black Bean Burrito	429	18	9	18	49	619	8	38
Croissant	369	21	9	13	32	531	2	28
Deluxe Vegetarian								
Hoagie	276	11	6	13	31	599	2	27
Eggplant Parmesan	128	7	3.5	6	10	387	3	16
Gyros	462	26	11	17	40	465	2	46
Pita	357	24	11	14	21	606	2	44
Veggie Nuggets	188	7	1	12	19	485	2	0
Veggie Dog	150	4	0.5	7	22	500	3	0
Veggie Melt	421	18	3	18	47	1126	2	27
Vegetable Newburg	336	27	13	8	15	471	1	56
Zucchini Cheese								
Bake	377	27	8	12	22	797	2	110

Helping You Make Healthy Decisions



Campus Dining Services wants to provide you with the information you need to make healthy decisions. Look for these informative brochures in a Campus Dining Services operation near you.

Other Nutrition Facts brochures contain information on:

- Breakfast
- Desserts
- Soups & Veggies
- Salad Bar
- Dinner
- Special Sides/
- Vegan
- Beverages, & Bread

Nutrition Numbers

To calculate the percentage of calories from fat of a particular item, use the formula below. A healthy percentage to aim for is 30% for the day or lower.

$$\frac{9 \times \text{Total Grams of Fat}}{\text{Total Calories of Food}} \times 100 = \text{Percent of calories from fat}$$

Some fat calories do need to be included in your daily diet to maintain good health. To calculate the percentage of fat calories in a 2,000 calorie diet use the following formula:

$$\frac{9 \times \text{Total Grams of Fat}}{2,000} \times 100 = \text{Percent of calories in a 2,000 calorie diet}$$

- 1 gram of Fat = 9 Calories**
- 1 gram of Protein = 4 Calories**
- 1 gram of Carbohydrates = 4 Calories**

Note: The values in the nutrition fact cards have been rounded to the nearest whole number. This may cause slight discrepancies in the results of these formulas.

For more information on nutrition concerns, counseling or programs contact your dining hall manager.

Campus Dining Services
University of Missouri
900 Virginia Avenue
Columbia, MO 65211
573-882-FOOD (3663)
<http://mufood.missouri.edu>



Lunch Nutrition Facts

CAMPUS
Dining
SERVICES
The Flavor of Mizzou

Beef & Pork	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Barbeque Beef	208	8	3	24	10	442	0	73
Beef Pot Pie	288	13	4	16	27	549	3	37
Beef Stew	164	4	2	16	15	452	2	37
Bratwurst w/o bun	172	15	5	8	1	318	0	34
Brazilian Feijoada	251	16	5	17	10	348	4	59
Country Fried Steak	236	14	6	13	15	310	0	46
Ham & Beans	119	2	1	10	15	702	1	0
Honey Glazed Pork	211	11	2	27	0	1637	0	103
Pork Cavatini	340	13	5	16	40	1048	1	29
Pork Chop								
Breaded	201	8	3	24	8	208	0	61
Mandarin	215	10	3	22	9	57	0	61
Smothered	178	8	3	22	4	94	0	61
Pork Tamale	102	8	2	3	5	186	3	30
Pulled Pork	125	7	2	13	2	745	0	51

Poultry	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Chicken Parmigiana	287	18	4	17	14	486	0	25
Chicken Nuggets	192	13	3	13	6	249	0	32
Chicken Tetrazzini	226	10	3	16	18	444	1	60
Dino Nuggets	195	11	3	10	14	490	0	36
Fried Chicken Breast	297	8	2	53	3	125	0	145
Hawaiian-Glazed Chicken, Unbreaded	129	5	1	16	5	601	0	41
Hawaiian-Glazed Chicken, Breaded	350	21	7	20	20	638	1	71
Herb Baked Chicken	473	26	6	41	19	639	1	151
Indian Chicken Curry	163	3	2	9	25	274	1	22
Italian Chicken	134	3	1	23	4	422	0	61
Polynesian Chicken	278	10	2	26	21	392	1	124
Roast Turkey	55	<1	0	13	0	455	0	22
Rotisserie Chicken Wings	203	15	3	14	3	667	0	43
Sausage & Chicken Jambalya	84	5	2	4	6	233	3	42
Smotherd Chicken Wings	309	20	5	29	3	1957	0	84
Southern Fried Chicken	240	16	4	15	9	295	1	60
Turkey Tetrazzini	192	7	2	14	18	784	1	38

Seafood	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Batter Dipped Fish	185	8	1	11	17	450	1	22
Cajun Catfish Nuggets	124	3	1	12	12	563	0	41
Caribbean Fish	240	11	1	33	2	308	0	103
Caribbean Mahi Mahi	103	1	0	21	2	570	0	81
Catfish Nuggets	220	11	2	14	16	495	0	28
Crumb Topped Fish	394	22	5	38	11	427	1	130
Fish Nuggets								
Baked	179	5	2	15	18	413	0	21
Fried	220	11	2	13	17	495	0	28
Fish Square	104	1	<1	10	14	217	0	14
Fried Shrimp	114	6	1	10	5	162	0	83
Savory Baked Fish	233	11	1	33	<1	202	0	130
Seasoned Baked Fish	226	15	2	23	0	266	0	69
Shrimp Scampi	178	10	2	10	12	625	1	61

Mexican	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Cheese Enchiladas	527	29	16	21	45	581	0	70
Chicken Fajitas	568	30	7	20	54	1028	4	61

Pastas	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Baked Ravioli	192	5	2	31	6	898	0	25
Beef Lasagna	248	9	5	14	27	757	3	37
Cheese Garden Rotini	240	9	4	11	29	314	1	21
Cheese Ravioli, with sauce	147	2	1	5	27	727	0	7
Chili Macaroni	403	16	7	23	42	738	1	61
Garlic Shrimp Pasta	176	2	<1	16	23	267	1	137
Nutty Orzo Pasta	115	2	<1	5	19	285	2	2
Pasta Milan	233	7	3	10	32	301	2	49
Penne Pasta with Pesto Sauce	212	9	2	6	27	220	0	2
Ravioli Lasagna	305	14	6	21	24	748	1	42
Roasted Vegetable Penne	115	4	<1	3	17	325	1	0
Spaghetti with								

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Meatballs	440	24	9	13	43	1602	4	39
Tortellini with Sauce	238	7	2	10	34	166	0	44
Tuscan Salmon Pasta	411	37	5	4	16	646	2	18
Casseroles								
Broccoli	200	9	3	19	11	437	2	63
Broccoli Cheese	224	13	7	17	10	617	1	75
Cheeseburger	287	14	6	18	22	732	1	47
Chicken Broccoli	200	9	3	19	11	437	2	64
Chicken Noodle	282	14	4	16	23	409	1	55
Macaroni & Beef	260	11	5	15	25	586	1	46
Mexican	372	18	7	25	28	1246	5	64
Mostaccioli	116	3	1	5	17	736	1	8
Sour Cream Noodle Bake	325	18	7	23	18	771	1	71
Sour Cream Potato Casserole	98	5	2	4	9	257	0	7
Spinach Casserole	253	15	8	18	11	700	1	85
Tuna Noodle	199	5	2	17	21	463	1	43
Vegetable	218	14	6	7	16	315	2	23
Vegetable Rice	123	5	2	5	15	383	2	4

Sandwiches	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Burgers								
Bacon Cheddar	453	25	10	31	26	680	1	89
Black Bean	371	11	5	22	46	1010	1	24
Cajun	399	16	6	27	37	454	2	99
Cowboy	548	29	7	35	37	752	2	105
Hamburger	349	17	5	22	27	325	1	67
Mushroom Swiss	457	21	9	30	37	456	2	112
Patty Melt	417	24	10	28	22	560	0	79
Turkey	353	21	5	41	0	161	0	153
Veggie	97	2	0	10	10	341	4	0

Sandwiches, con't.	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Hot Dogs								
Chicago	279	24	9	11	5	945	1	43
Chili	477	34	14	19	24	1368	2	64
Footlong	445	27	11	17	34	1166	1	59
Ballpark	278	25	10	11	2	885	0	54
Veggie	80	1	0	12	6	577	1	0
BBQ Pork	298	9	3	23	31	265	0	90
Beef & Cheddar	430	23	9	27	29	1086	1	30
Caprese Sandwich	367	13	5	16	47	710	2	20
Cheesy Chicken								
Submarine	391	21	8	23	27	926	2	79
Chicken Salad Pita	405	19	3	20	38	558	2	56
Corned Beef	358	22	6	15	25	679	7	41
Cordon Bleu Chicken								
Sandwich	490	14	1	33	58	1270	2	58
Crab Salad Bagel	492	18	11	22	60	1356	1	61
Cuban	393	16	5	20	42	1416	2	46
Deluxe Vegetarian								
Hoagie	276	11	6	13	31	599	2	27
Flounder	331	4	1	32	42	683	2	31
Fried Cod Sandwich	274	3	1	18	44	537	2	23
Gouda & Bacon								
Grilled Cheese	479	24	12	26	40	1138	1	78
Grilled Ham/Swiss	468	23	9	24	41	1246	1	59
Grilled Smoked Cheddar & Tomato	462	24	12	21	40	747	1	60
Grilled Turkey & Swiss	224	7	3	17	23	510	7	30
Ham & Cheese on white bread	388	20	6	15	37	1430	7	18
Ham and Cheese on bun	390	20	7	15	38	1462	2	18
Ham Salad Pita	367	17	4	13	40	1000	5	25
Hot Link Sausage	272	24	9	12	1	731	0	58
Hot Turkey								
Sandwich	224	6	3	18	25	510	7	30
Italian Beef Submarine	405	18	7	33	28	392	1	97
Italian Grilled Chicken Submarine	475	11	4	30	64	1061	3	68