LUNCH GRILL

Please add any additional items where appropriate

LUNCH GRILL	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Chicken Breast	4 oz	190	1	4	0	95	85	0	0	35
Frankfurter	1 each	310	19	8	0	35	810	23	1	10
Grilled Cheese	1 each	400	20	11	0	45	1050	42	4	17
Hamburger	1 each	410	20	8	0	95	340	21	0	33
Steak Cheese Sandwich	1 each	690	25	9	0	0	1360	81	5	35
Veggie Burger	1 each	240	5	2	0	10	510	39	3	11

SIDES	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
French fries	1 cup	25	0	0	0	0	25	5	3	3
Onion Rings	1 cup	25	0	0	0	0	0	4	1	2
Sweet Potato Fries	1 cup	30	0	0	0	0	15	7	2	1

TOPPINGS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
American Cheese	1 oz	110	9	6	0	25	300	1	0	5
Cheddar Cheese	1 oz	100	9	5	0	30	180	0	0	7
Swiss Cheese	1 oz									
Bacon	3 strips	240	21	0.75	0	45	750	0	0	12
Dijon Mustard	1 tbsp	15	0	0	0	0	360	0	0	0
Honey Mustard	1 tbsp	50	3	0	0	0	90	7	0	0
Ketchup	1 tbsp	0	0	0	0	0	280	1	0	0
Light Mayo	1 tbsp	45	4.5	0.5	0	5	120	<1	0	0
Mayo	1 tbsp	100	11	2	0	5	70	<1	0	0
Mustard	1 tbsp	15	1	0	0	0	200	1	0	1

BREADS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Marble	2 slices	200	3	0	0	0	440	38	4	6
Multigrain	2 slices	200	3	0	0	0	320	36	2	6
Rye	2 slices	180	2	0	0	0	420	31	4	6
Sourdough	2 slices	200	2	0	0	0	220	38	1	6
Wheat & Honey	2 slices	180	1	0	0	0	340	34	2	6
Wheat	2 slices	180	2	0	0	0	360	34	4	6
White	2 slices	200	2	0	0	0	420	38	1	6

OTHER	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Item	#	#	#	#	#	#	#	#	#	#
item	#	#	#	#	#	#	#	#	#	#