

# Tips for Wise Choices at the Grill Station

## For Breakfast

- Try going meatless for breakfast and grab a piece of fresh fruit to accompany your breakfast
- If having breakfast meat, choose a leaner meat such as Canadian bacon
- Choose an egg white or egg substitute veggie omelet

## For Lunch

- Choose a fresh fruit, vegetable, whole grain, or legume salad instead of fries or chips with your sandwich
- Top your sandwich with fresh veggies
- Choose 100% whole wheat buns/breads to give your fiber and vitamin intake a boost
- Limit your portion of high-calorie condiments such as mayonnaise and special sauces
- Opt for a veggie burger or grilled chicken sandwich instead of a hamburger
- Choose fish when available such as grilled tilapia or salmon



# Grill Station

## Nutrition Information

Use this brochure as a stepping-stone to help you choose the best choices to support your personal goals. Due to recipe differences and availability of nutrition information from food suppliers, we are not able to provide nutrition information of all foods that are served at the Café.

# Grill Station Selections

GRILL SELECTIONS	Serving Size	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Carbs (g)	Sodium (mg)	Fiber (g)
<b>FILLING</b>										
Chicken Breast, boneless, skinless	4 oz	123	26	1	0	*	66	0	60	0
Chicken Breast, Breaded, Baked	5.2 oz	250	23	10	1.5	*	50	17	960	0
Chicken Philly Steak	4 oz	350	19	29	12	*	85	0	75	0
Chicken Thigh, boneless, skinless	4 oz	133	22	4	1	*	94	0	78	0
Chicken Tender Fritters, Fried	4 oz	390	21	23	2	0	40	26	540	2
Philly Steak Beef	4 oz	210	20	14	6	0	65	0	300	0
Garden Burger	3.4 oz	100	5	3	1	0	10	18	400	5
Malibu Burger	1	170	5	8	1	0	0	21	610	4
Spicy Chipotle Black Bean Burger	1	210	17	7	1	0	0	24	700	7
Turkey Burger, Savory White	5.3 oz	290	26	20	6	0.5	100	0	510	0
Beef Patty, 4 oz	4 oz	280	20	22	10	*	90	0	85	0
Hot Dog, 4 oz	1	330	13	30	12	1	75	2	1180	0
American Cheese	1oz	110	6	9	5	0	20	1	360	0
Mild Cheddar Cheese	1 oz	110	7	9	5	0	30	1	180	0
Provolone Cheese	1oz	100	7	8	4	0	20	1	240	0
Swiss Cheese	1 oz	100	8	8	5	0	25	1	60	0
French Fries, Fried	3 oz	210	3	11	2	0	0	27	30	3
Onion Rings, Fried	3 oz	281	3	16	2.5	0	<1	32	418	2
<b>BREAD</b>										
Hamburger Bun, 4"	1	136	5	2	0.5	*	0	24	234	1
Seeded Hamburger Bun, 4 "	1	130	5	1.5	0	0	0	27	250	1
Hot Dog Bun	1 ea	120	4	1.5	0.5	*	0	21	206	1
Texas Toast	1 slice	121	4	1.5	0.5	*	0	23	309	1
Flatbread	1 each	150	4	4.5	0.5	0	0	23	270	1
<b>Condiments</b>										
Barbeque Sauce	2 T	60	0	0	0	0	0	14	370	0
Golden Barbeque Sauce	2 T	60	0	0	0	0	0	14	380	<1
Red Hot Cayenne Sauce, Franks	1 tsp	0	0	0	0	0	0	0	200	0
<b>BREAKFAST</b>										
Turkey Bacon	1 slice	50	5	3	1	0	20	1	200	0
Applewood Smoked Bacon	1 slice	40	2	3.5	1.5	*	8	0	130	*
Bacon (USDA)	1 slice	43	3	3	1	0	9	<1	185	0
Sausage Link (2 oz Jimmy Dean)	1	260	6	26	8.5	*	43	1	340	0
Sausage Patty (2 oz Jimmy Dean)	1	220	8	20	7	0	45	1	530	0
Cholesterol Free Egg Substitute	1/4 c	28	6	0	0	0	0	1	118	0
Whole Egg	1 ea	74	6	5	1.5	*	212	0	70	0
Egg Whites	1/4 c	28	6	0	0	0	0	1	90	0
Promise Spread	1 pkt.	25	0	3	0.5	0	0	0	30	0
Butter, Salted	1 tsp	34	0	4	2	0	10	0	34	0
Butter, Salted Whipped	1 tsp	22	0	3	2	0	7	0	26	0
Peanut Butter	2 T	200	6	16	3.5	0	0	8	130	2
Pancake Syrup	1/4 c	210	0	0	0	0	0	52	120	*

\* Missing, incomplete, or unavailable data

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SAMPLE COMPLETE SANDWICHES	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Carbs (g)	Sodium (mg)	Fiber (g)
Grilled Chicken Breast Sandwich with Regular Bun	259	31	3	1	*	66	24	294	1
Garden Burger with a Regular Bun	236	10	5	2	*	10	42	634	6
Cheeseburger with American Cheese and Regular Bun	526	31	33	15.5	*	110	25	679	1

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the Unit level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.