



MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS

Run Date: 10/13/2023

Eurest Sector (F00000)

Report Parameters	
Menus Included:	*2023 Core - Eurest Culinary Core Standard Menu - FDA (Master)
Days/Dates Included:	1 - 7
Meal Periods Included:	Breakfast, Lunch
Stations Included:	Deli - From the Butcher, Deli - From the Carvery, Deli - From the Farmer, Deli - From the Baker, Deli - From the Dairy, Deli - Signature Spreads, Deli - Toppings, Deli - Upgrade Your Taste, Deli - Pick a Side

Purpose of the Report:

The purpose of the FDA Menu Labeling Additional Information Report is to provide menu nutrition information using FDA guidelines as found on nutrition labels.

2000 calories a day is used for general nutrition advice, but calorie needs vary.
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Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Lunch - Deli - From the Baker															
archive 05/01/2023 Ingredient: Bread, Seed'licious, Loaf, Sliced, 1.94 oz	1646.17	2 slice	3.88oz	110g	280	6	1	0	51	9	8	0	11	7	390
EUR: 12" Wheat Sub Roll (dough)	66854.1	1/2 loaf	4.01oz	113.64g	300	10	1	0	44	3	0+	0	9	5	420
EUR: 12" White Sub Roll (dough)	66854	1/2 loaf	4.01oz	113.62g	310	10	1	0	47	3	2+	0	8	2	300
EUR: Iceberg Lettuce Wrap	93430	1 serving(s)	1.07oz	30.4g	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0
Ingredient: Bread, Marble Rye, Loaf, Sliced, 1.69 oz	1646.18	2 slice	3.39oz	96g	200	2	0	0	44	0	0	0	6	0	560
Ingredient: Bread, Multigrain, Loaf, Sliced, 1.48 oz	1646.16	2 slice	2.82oz	79.95g	180	2	0	0	36	1	1	0	7	0	280
Ingredient: Bread, Sourdough, Loaf, Sliced, 1.78 oz	1646.11	2 slice	3.53oz	100g	260	4	1	0	46	4	2	0	8	0	480
Ingredient: Bread, White, Loaf, Sliced, 1.98 oz	1646.19	2 slice	3.95oz	112g	270	4	0.5	0	49	2	-	0	8	2	520
Ingredient: Bread, White, Udi's, Sliced, 1.5 oz	1390.3	2 slice	3.46oz	98g	300	10	0.5	0	48	6	4	0	4	1	540
Ingredient: Bread, Whole Wheat, Sliced, 1.5 oz	62274	2 slice	3oz	85.05g	210	3	0.5	0	36	4	-	0	11	5	390
Ingredient: Bun, Brioche, 2.57 oz	1646.8	1 each	2.57oz	72.86g	240	5	1	0	41	8	7	0	7	1	320
Ingredient: Croissant, Sliced, 3 oz	63426	1 each	3oz	85.05g	270	67	4	0	43	3	3	15	8	2	390
Ingredient: Focaccia, Sliced, 2 oz	83581	1 serving(s)	2oz	56.7g	190	2.5	0	0	35	0	0	0	6	1	460
Ingredient: Roll, Ciabatta, 4.5 oz	62279	1 each	4.5oz	127.57g	350	5	1	-	64	0	-	0	11	4	730
Ingredient: Roll, Demi Baguette, 4 oz	62280	1 each	3.99oz	113g	330	1.5	0	0	67	0	0	0	11	2	810
Ingredient: Roll, La Baccia, Wheat, 4x4, 3.5 oz	89507	1 each	3.5oz	99.22g	300	7	0.5	0	51	4	-	0	8	3	460
Ingredient: Roll, Pretzel, 4.4 oz	62279.1	1 each	3.5oz	99.22g	280	5	0.5	0	51	7	0	35	9	3	720
Ingredient: Roll, Sandwich Thins, 100% Whole Wheat, 1.5 oz	62282	1 each	1.5oz	42.52g	100	1	0	0	21	2	2	0	5	5	170

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Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Roll, Telera, 3 oz	62281.1	1 each	3oz	85.1g	240	3.5	0	0	45	3	-	0	7	1	450
Ingredient: Tortilla Wrap, Flour, 12", 3.42 oz	34825	1 each	3.42oz	97g	290	8	4	0	48	1	1	0	8	2	570
Ingredient: Tortilla Wrap, Garlic Herb, 12", 3.67 oz	62273.5	1 each	3.43oz	97.13g	300	9	4	0	48	1	0	0	8	5	600
Ingredient: Tortilla Wrap, Spinach Herb, 12", 3.67 oz	63510	1 each	3.42oz	97g	290	8	4	0	47	0	0	0	8	2	640
Ingredient: Tortilla Wrap, Tomato Basil, 12", 3.67 oz	62273.4	1 each	3.42oz	97g	300	9	4	0	47	0	0	0	9	2	620
Ingredient: Tortilla Wrap, Whole Wheat, 12", 3.67 oz	63512	1 each	3.42oz	97g	290	9	4	0	47	4	0	0	7	5	440
Lunch - Deli - From the Butcher															
archive 02/01/2022 EUR: Bacon, 18/22, cooked	608.15	2 slice	0.64oz	18.14g	80	6	2	0	0	0	-	20	6	0	310
EUR: Grilled Chicken Breast, 4 oz	18020.3	1 each	3.1oz	87.75g	160	8	1.5	0	0	0	-	80	23	0	260
EUR: Grilled Chicken Breast, 5 oz	18020	1 each	3.83oz	108.45g	190	8	1.5	0	0	0	-	100	29	0	290
Ingredient: Bacon, Applewood, Sliced	608.19	2 slice	0.8oz	22.68g	110	8	2.5	0	0	0	-	20	8	0	380
Ingredient: Beef, Pastrami, Sliced	62331.23	4 ounce	4oz	113.4g	170	7	3	-	0	0	-	75	25	0	1220
Ingredient: Beef, Roast Beef, Rare, Deli	62331.17	4 ounce	4oz	113.4g	110	4	2	0	0	0	0	55	21	0	480
Ingredient: Beef, Roast Beef, Rare, USDA Choice, All Natural	62331.18	4 ounce	4oz	113.4g	130	6	2	0	0	0	0	55	21	0	610
Ingredient: Beef, Roast Beef, With Soy, Deli	62331.16	4 ounce	4oz	113.4g	100	3	2	0	0	0	0	50	19	0	1240
Ingredient: Beef, Roast, Deli, Sliced	48143	4 ounce	4oz	113.4g	120	4	2	0	0	0	0	70	20	0	750
Ingredient: Chicken, Breast, Breaded, Select, 4 oz	49623	1 each	3.58oz	101.49g	220	13	1.5	0	15	2	-	35	14	0	620
Ingredient: Chicken, Breast, Breaded, Spicy, 4 oz	6279.9	1 each	3.12oz	88.43g	200	12	1.5	0	10	1	0	25	13	2	640
Ingredient: Pastrami, Sliced	48144.12	4 ounce	4oz	113.4g	160	6	3	0	2	2	2	70	22	-	1170

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Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Pepperoni, Sliced	14902	2 ounce	2oz	56.7g	290	26	10	1	less than 1 gram	0	-	55	11	0	900
Ingredient: Pork, Ham, Boneless, Low Sodium	62331.19	4 ounce	4oz	113.4g	110	3	1	0	4	4	4	55	17	0	730
Ingredient: Pork, Ham, Boneless, Smoked, Black Forest, Sliced, Thin	62331.3	4 ounce	4oz	113.4g	190	10	0.5	-	4	1	-	65	19	1	920
Ingredient: Pork, Ham, Capicola, Sliced	62286	2 ounce	2oz	56.7g	70	2	0	0	4	2	0	30	10	0	870
Ingredient: Pork, Ham, Smoked, Natural Choice	79298	4 ounce	4oz	113.4g	120	4	2	0	0	0	0	70	22	0	1070
Ingredient: Salami, Genoa, Sliced	48144.27	2 ounce	2oz	56.7g	190	15	5	0	1	less than 1 gram	-	50	12	0	990
Ingredient: Turkey, Breast, Deli, Sliced, Thin	48144.1	4 ounce	4oz	113.4g	120	5	1.5	0	4	less than 1 gram	less than 1 gram	55	15	0	1030
Ingredient: Turkey, Breast, Roasted, Natural Choice	62331.20	4 ounce	4oz	113.4g	110	1	0	0	1	less than 1 gram	-	45	23	-	910
Ingredient: Turkey, Breast, Smoked, Deli, Sliced, Paper Thin	62331	4 ounce	4oz	113.4g	100	1.5	0	0	3	2	2	45	22	0	1110
Lunch - Deli - From the Carvery															
EUR: Herbed Roast Beef, Top Round	45120	4 ounce	4oz	113.4g	220	11	3	0+	less than 1 gram	0+	0+	70	26	0	270
EUR: Marinated Flank Steak	6921.3	4 oz meat	6.47oz	183.33g	310	20	4	0+	6	2	0+	75+	27	1	880
EUR: Roast Pork Loin	25091.2	4 oz portion	3.48oz	98.57g	170	12	3.5	0	less than 1 gram	0	0+	45	18	0	350
EUR: Roasted Turkey	44763	4 ounce	4oz	113.4g	210	13	1.5	0	0	0	-	60	24	0	490
EUR: Smoked Brisket	44980	4 ounce	4oz	113.4g	340	21	8	0+	4	3	-	115	32	0	390
Lunch - Deli - From the Dairy															
Ingredient: Cheese, American, Sliced, .5 oz	1748.7	1 slice	0.5oz	14.17g	50	4.5	2.5	0	less than 1 gram	0	-	15	3	0	240
Ingredient: Cheese, Blue, Crumbles	47711.1	2 tbsp	0.6oz	16.87g	60	5	3	-	0	0	-	15	4	0	190
Ingredient: Cheese, Cheddar, Mild, Loaf, Sliced .75 oz	43037.6	3/4 ounce	0.75oz	21.26g	90	7	4	-	less than 1 gram	0	-	20	5	0	140

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Ingredient: Cheese, Feta, Crumbled	62345	2 tbsp	0.66oz	18.75g	50	4	2.5	-	less than 1 gram	0	-	15	3	0	210
Ingredient: Cheese, Gouda, Smoked, Sliced	75797	3/4 ounce	0.75oz	21.26g	80	6	3.5	-	0	0	-	25	5	0	170
Ingredient: Cheese, Mozzarella, Fresh	62290	3/4 ounce	0.75oz	21.26g	60	4.5	3	-	less than 1 gram	0	-	15	5	0	105
Ingredient: Cheese, Mozzarella, Part Skim, Sliced	3664.4	3/4 ounce	0.75oz	21.26g	60	4	2.5	0	1	0	-	15	5	0	140
Ingredient: Cheese, Muenster, Sliced, .75 oz	43035.1	3/4 ounce	0.75oz	21.26g	80	6	4	-	0	0	-	20	5	0	135
Ingredient: Cheese, Pepper Jack, Sliced	43037.2	3/4 ounce	0.75oz	21.26g	80	6	4	-	0	0	-	20	5	0	130
Ingredient: Cheese, Provolone, Sliced	45467.2	3/4 ounce	0.75oz	21.26g	70	6	3.5	-	0	0	-	15	5	0	150
Ingredient: Cheese, Swiss, Reduced Fat, Sliced, 1 oz	45467.3	3/4 ounce	0.75oz	21.26g	70	4.5	3	0	less than 1 gram	less than 1 gram	0	15	6	0	85
Lunch - Deli - From the Farmer															
EUR: Chicken Salad (light mayo)	59325	1/2 cup	3.97oz	112.47g	170	7	1.5	0	1	0	0+	90	24	0	370
EUR: Egg Salad	59326	1/2 cup	2.92oz	82.83g	130	10	2.5	0+	2	less than 1 gram	0+	205	7	0	380
EUR: FAD-Free Tuna Salad (FIT)	12043.18	3-1/2 ounce	3.5oz	99.22g	100	3	0.5	0	less than 1 gram	0	0+	30	16	0	270
EUR: FAD-Free Tuna Salad (light mayo)	59323	1/2 cup	3.69oz	104.56g	110	5	1	0	1	0	0+	35	16	0	420
EUR: Grilled Vegetables	5294.29	1/2 cup	4.56oz	129.28g	50	2.5	0	0	6	4	-	0	2	2	60
Lunch - Deli - Pick a Side															
EUR: American Macaroni Salad	18177	1 cup	6.26oz	177.45g	250	7	1.5	0+	39	3	0+	10	7	3	310
EUR: Bakers Chips	18733.1	2 cup	2.92oz	82.86g	240	22	2	0	13	less than 1 gram	0+	0	less than 1 gram	4	490
EUR: Carrot and Celery Sticks	96586	1 cup	3oz	85.05g	25	0	0	0	5	3	-	0	less than 1 gram	2	65
EUR: Country Coleslaw	18183	1 cup	7.18oz	203.47g	170	9	1.5	0+	21	15	0+	10	2	4	800

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EUR: Fresh Cut Melon, Strawberry, & Pineapple	15799.2	1 cup	6oz	170.1g	70	0	0	0	18	14	-	0	1	2	10
Ingredient: Carrots, Sticks, 5 each, Fresh	4962.2	5 each	1.41oz	40g	15	0	0	0	4	2	-	0	0	1	30
Ingredient: Celery, Sticks, 5 each, Fresh	4962.1	5 each	0.63oz	17.8g	0	0	0	0	less than 1 gram	0	-	0	0	0	15
Lunch - Deli - Signature Spreads															
EUR: Chipotle Aioli	112986.7	2 tbsp	0.91oz	25.85g	170	19	3	0+	less than 1 gram	0	0+	10	0	0	140
EUR: Chipotle Buttermilk Dressing (Scratch)	42006	2 tbsp	1.06oz	30.12g	35	2.5	0	0+	3	2	0+	less than 5 milligrams	less than 1 gram	0	100
EUR: Horseradish Spread	9164.5	2 tbsp	1.01oz	28.71g	90	10	2	0+	1	less than 1 gram	0+	10	less than 1 gram	0	90
EUR: Hummus (Grecian Delight)	96523.2	2 tbsp	0.99oz	28g	70	3.5	0	0	7	1	0	0	3	2	140
EUR: Pesto Aioli	38195.3	2 tbsp	1.04oz	29.34g	80	7	1	0+	2	0	0+	10	less than 1 gram	0	230
EUR: Roasted Garlic Aioli	14681.1	2 tbsp	1.15oz	32.61g	80	7	1	0	2	0	0+	10	0	0	250
EUR: Sriracha Aioli	75951	2 tbsp	0.96oz	27.35g	35	3	0	0+	1	0	0+	less than 5 milligrams	1	0	170
Ingredient: Mayonnaise, Light	47957.24	2 tbsp	1.06oz	30g	70	7	1	0	1	0	0	10	0	0	200
Ingredient: Mustard, Dijon	57714	2 tbsp	1.1oz	31.12g	30	1.5	0	0	2	1	0	0	1	less than 1 gram	630
Ingredient: Mustard, Spicy Brown	62300	2 tbsp	1.06oz	30g	20	1	0	0	2	0	-	0	1	1	330
Ingredient: Mustard, Yellow	47957.10	2 tbsp	1.1oz	31.25g	20	1	0	0	2	0	-	0	1	1	340
Ingredient: Oil, Olive, Extra Virgin	63338.2	1/2 tbsp	0.24oz	6.75g	60	7	1	-	0	0	-	0	0	0	0
Ingredient: Salad Dressing, 1000 Island	62351	2 tbsp	1.06oz	30g	110	10	1.5	0	5	5	5	less than 5 milligrams	0	0	280
Ingredient: Salad Dressing, Dijon Honey, Ken's, Bulk	62354	2 tbsp	1.06oz	30g	130	12	2	0	7	6	6	15	0	0	160
Ingredient: Salad Dressing, Italian, Golden, Ken's, Bulk	62356	2 tbsp	1.06oz	30g	110	12	2	0	2	2	2	0	0	0	270

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Ingredient: Salad Dressing, Ranch, Ken's, Bulk	62357	2 tbsp	1.06oz	30g	140	15	2	0	1	1	1	10	0	0	190
Ingredient: Salad Dressing, Ranch, Light, Ken's, Bulk	62357.1	2 tbsp	1.06oz	30g	80	8	1	0	2	less than 1 gram	0	10	less than 1 gram	0	270
Ingredient: Sauce, Buffalo Wing	62597	2 tbsp	0.99oz	28.2g	5	0	0	0	less than 1 gram	0	0	0	0	0	610
Ingredient: Vinegar, Red Wine	62369	1/2 tbsp	0.26oz	7.47g	0	0	0	0	0	0	-	-	0	0	0
Lunch - Deli - Toppings															
Ingredient: Carrots, Grated, Fresh	57858	1 ounce	1oz	28.35g	10	0	0	0	3	1	-	0	0	less than 1 gram	20
Ingredient: Cucumbers, Scored, Sliced, Thin, Fresh	68562	1 ounce	1oz	28.35g	0	0	0	0	1	0	-	0	0	0	0
Ingredient: Lettuce, Arugula, Baby, Fresh	62323	1/4 cup	0.18oz	5g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Lettuce, Iceberg, Shredded, Fresh	13404	1/4 cup	0.63oz	18g	0	0	0	0	less than 1 gram	0	-	0	0	0	0
Ingredient: Lettuce, Leaf, Fresh	14957	1 each	0.27oz	7.68g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Lettuce, Romaine, Shredded, Fresh	81493	1/4 cup	0.41oz	11.75g	0	0	0	0	0	0	-	0	0	0	0
Ingredient: Mushrooms, Sliced, Fresh	62338	1 ounce	1oz	28.35g	5	0	0	0	less than 1 gram	less than 1 gram	-	0	less than 1 gram	0	0
Ingredient: Olives, Black, Pitted, Sliced, Drained	62339	1/4 cup	1.24oz	35.16g	40	4	1	0	2	0	-	0	0	less than 1 gram	260
Ingredient: Onions, Red, Each Slice, Fresh	14918	1 slice	0.44oz	12.6g	5	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Peppers, Banana, Rings	46017.25	1/4 cup	0.92oz	26g	0	0	0	0	0	0	0	0	0	0	120
Ingredient: Peppers, Bell, Green, Sliced, Fresh	62342	1/4 cup	0.81oz	23g	0	0	0	0	1	less than 1 gram	-	0	0	0	0
Ingredient: Peppers, Chili, Jalapeno, Sliced, Canned	13404.4	1 tbsp	0.53oz	15g	0	0	0	0	less than 1 gram	0	-	0	0	0	250
Ingredient: Peppers, Red, Roasted, Strips, Canned	62295	1/4 cup	1.69oz	48g	10	0	0	0	3	2	-	0	0	less than 1 gram	115

2000 calories a day is used for general nutrition advice, but calorie needs vary.
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A "-" dash indicates there is no value currently available for the nutrient.
A "+" plus indicates the value has been calculated from the available data, but some are missing.



MenuWorks FDA Menu Labeling Additional Information

Report Run By: AMY LUCAS
Run Date: 10/13/2023
Eurest Sector (F00000)

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Pickles, Dill Hamburger Slices	63438	4 each	0.99oz	28g	0	0	0	0	less than 1 gram	0	-	0	0	0	230
Ingredient: Pickles, Dill Spears	5197	1 each	1.06oz	30g	0	0	0	0	less than 1 gram	0	-	0	0	0	240
Ingredient: Spinach, Baby, Fresh	47960.1	1/4 cup	0.26oz	7.5g	0	0	0	0	0	0	-	0	0	0	5
Ingredient: Tomatoes, Each Slice, 1/2", Fresh	57721	1 slice	0.87oz	24.57g	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0
Lunch - Deli - Upgrade Your Taste															
archive 02/01/2022 EUR: Bacon, 18/22, cooked	608.15	2 slice	0.64oz	18.14g	80	6	2	0	0	0	-	20	6	0	310
Ingredient: Avocado, Quartered, Fresh	65294	1 serving(s)	1.11oz	31.45g	50	4.5	0.5	0	3	0	-	0	less than 1 gram	2	0
Ingredient: Bacon, Applewood, Sliced	608.19	2 slice	0.8oz	22.68g	110	8	2.5	0	0	0	-	20	8	0	380

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