

# Lunch Grill



Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)
Burger, Beef, 10% Fat, 4 oz	1 ea	180	10	4	55	0	0	21
Burger, Chipotle Black Bean, 4.25 oz	1 ea	200	7	1	700	24	7	17
Burger, Malibu Garden, 3.2 oz	1 ea	170	8	1	610	21	5	5
Chicken Tenders	1 oz (p)	90	3.5	0+	220	5	0	7
Fried Chicken Breast	1 ea	210	15	2	470	10	0	9
Fried Mozzarella Cheese Sticks	1 ea	80	4.5	2	220	7	0	4
Fried Mushrooms	4 oz	240	15	1.5	480	22	2	4
Fried Pork Tenderloin	1 sandwich	330	17	4	200	22	< 1	20
Fried Spicy Chicken Breast	1 ea	200	12	1.5	640	10	2	13
Grilled Chicken Breast, 5 oz	1 ea	210	8	1.5	220	0	0	32
Applewood Bacon	1 slice	70	6	2.5	210	0	0	3
Bacon	1 slice	35	3	1	160	0	0	3
Cheese, American	0.75 oz	80	7	4	140	0	0	5
Cheese, Cheddar	1 oz	110	9	6	180	0	0	7
Cheese, Pepper Jack	1 oz	110	9	5	150	0	0	7
Cheese, Provolone	1 oz	100	8	5	250	< 1	0	7
Cheese, Swiss, Reduced Fat	1 oz	90	6	3.5	115	1	0	8
Sauteed Mushrooms	1 oz	30	2.5	0	55	1	0	< 1
Bread, Kaiser Roll, 3.5 oz	1 ea	290	4.5	0.5	540	52	2	10
Hamburger Bun	1 ea	140	2	0.5	230	24	1	5
Hamburger Bun, Whole Wheat	1 ea	150	2	0	280	26	3	9
Sandwich Thins, 100% Whole Wheat	1 ea	100	1	0	170	22	6	5
Baked Potatoes	1 ea	210	0	0	25	48	5	6
Baked Sweet Potato	1 ea	100	0	0	40	23	4	2
Bakers Chips	4 oz	320	24	3.5	420	25	3	2
French Fries	4 oz	230	13	1.5	25	26	2	2
Onion Rings	4 oz	320	25	4	550	22	2	2
Sweet Potato Fries	4 oz	260	14	1	140	33	4	1
Barbecue Sauce	1 tbsp	25	0	0	135	6	0	0
Ketchup	1 tbsp	15	0	0	170	4	0	0
Mayonnaise	1 tbsp	100	11	1	80	0	0	0
Mayonnaise, Light	1 tbsp	35	3.5	0.5	130	1	0	0
Mustard, Yellow	1 tbsp	10	0.5	0	180	< 1	< 1	< 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 restaurant level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.

A "-" dash indicates that there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from available data, but some are missing.

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