

Holiday Entrees Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	SugAdd (g)	Prot (g)
<b>Meat Choices (210 - 400 Cals)</b>												
CarveMaster Applewood Pit Ham	6 oz	260	12	4	0	100	1700	8	--	8	--	28
Brown Sugar Spiral Ham	6 oz	320	16	6	--	100	1680	10	--	6	--	30
Honey-Glazed Spiral Ham	6 oz	320	16	6	--	100	1860	14	--	12	--	30
Turkey Breast	6 oz	240	6	1.5	0	90	940	0	--	0	--	46
Whole Turkey	6 oz	210	11	3	0	70	960	0	--	0	--	26
Prime Rib	6 oz	400	32	14	2	100	650	0	--	0	--	28
<b>Pasta Choices (180 - 570 Cals)</b>												
Chicken Alfredo	1 cup	420	20	9	0	70	700	43	1.43	6	0.03	17
Three Cheese Meat Lasagna	1 cup	340	13	6	0	55	500	40	3.91	8	1.76	19
Marinara Vegetarian Lasagna	1/6 or 1/12 pan	460	26	14	0	50	900	30	4.03	8	1.81	26
Alfredo Vegetarian Lasagna, For Six	1/6 pan	570	38	22	0	95	1260	28	3.08	5	0	28
Alfredo Vegetarian Lasagna, For Twelve	1/12 pan	530	34	20	0	85	1110	26	3.08	4	0	27
Garlic Bread Sticks with Marinara	1 bread stick	180	8	2	0	0	360	21	0.33	1	0	3
Pepperoni Pinwheels	2 pinwheels	410	19	7	1	25	1070	46	1.56	2	0.88	15
<b>Brunch Choices (10 - 1310 Cals)</b>												
Broccoli and Mushroom Quiche	1/6 quiche	350	26	10	0	180	490	19	0.39	2	1.35	10
Ham and Cheese Quiche	1/6 quiche	370	27	10	0	190	780	19	0.02	3	1.35	12
Lorraine Quiche	1/6 quiche	370	28	11	0	185	700	18	0.18	2	1.35	13
Biscuits and Sausage Gravy	2 biscuits + 6 oz gravy	950	56	32	0	75	2870	90	2	9	1.98	17
Hashbrown Casserole	1 cup	200	13	8	0	30	440	16	0.06	2	0	3
Egg Casserole with Ham and Sausage Patties	8 oz	440	36	10	0	480	830	8	0.52	3	0	21
Egg Casserole with Ham and Sausage Links	8 oz	430	35	10	0	475	820	8	0.52	3	0	21
Bacon Slices	2 slices	70	6	2	0	15	230	0	--	0	--	5
Sausage Patties	2 patties	520	44	14	0	130	1560	0	--	0	--	33
Sausage Links	2 links	160	15	6	0	30	270	1	--	0	--	6
Fresh Cut Fruit	4 oz	45	0	0	0	0	10	11	1.32	9	0	1
Non-Fat Plain Yogurt	6 oz	90	0	0	0	0	120	15	0	8	0	7
Granola	1/2 cup	250	9	1	0	0	200	38	2.1	17	14.7	4
Fresh Strawberries	1 oz	10	0	0	0	0	0	2	0.57	1	0	0
Fresh Blueberries	1 oz	15	0	0	0	0	0	4	0.68	3	0	0
Gourmet Blueberry Muffins	1 muffin	520	26	5	0	70	460	65	--	33	--	6
Gourmet Chocolate Chip Muffins	1 muffin	560	28	8	0	75	450	74	0	43	4.5	6
Gourmet Cinnamon Rolls with Cream Cheese Icing	1 cinnamon roll	1310	49	22	0.5	45	350	209	0.12	144	121.15	9
<b>Breakfast Pizzas (340 - 360 Cals)</b>												
Bacon Breakfast Pizza	1/6 pizza	340	17	8	0	105	970	30	0.57	2	0.54	17
Sausage Breakfast Pizza	1/6 pizza	360	20	8	0	105	1050	32	0.57	2	0.87	16