

STANDARD FAST FOOD TAKE-OUT 20230217 - 20260216

BREAKFAST

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
N 007 00	ENGLISH MUFFIN BACON, EGG & CHEESE	1 Sandwich		346	18	18	27	199	417	933
N 007 01	ENGLISH MUFFIN HAM, EGG, & CHEESE	1 Sandwich		340	21	16	27	202	418	1129
N 007 03	ENGLISH MUFFIN SAUSAGE, EGG, & CHEESE	1 Sandwich		411	19	25	27	211	421	989
SDX HUB 099	BREAKFAST BURRITO-BACON	1 Burrito		846	39.2	37.4	86.3	387	460	2025
SDX HUB 103	BREAKFAST BURRITO-BEEF	1 Burrito		813	39.7	33.4	86.6	395	464	1654
SDX HUB 100	BREAKFAST BURRITO-SAUSAGE	1 Burrito		844	35.7	39	86.2	385	462	1801
SDX HUB 098	BREAKFAST BURRITO	1 Burrito		732	31.8	28.4	86	364	458	1571
LOCAL N 007 05	PANINI BAGEL SAUSAGE, EGG & CHEESE	1 Sandwich		647	29.4	32.2	58.1	295	361	1440
LOCAL N 007 06	PANINI BAGEL HAM, EGG & CHEESE	1 Sandwich		585	38.3	21.1	57.8	295	359	2084
LOCAL N 007 04	PANINI BAGEL BACON, EGG & CHEESE	1 Sandwich		660	35.1	30.7	58.2	299	358	1797
SDX HUB 186	PANINI BAGEL EGGS VEGGIES & CHEESE	1 Sandwich		425	22.6	9.9	61	158	396	641
SDX HUB 184	PANINI BAGEL COUNTRY STYLE	1 Sandwich		511	25.2	19.2	58.6	170	560	1200
HUB Q 046 02	HASHED BROWN POTATOES	1 Patty		187	2	14	15	0	8	18

CONDIMENTS

M G 001 37	JALAPENO PEPPERS SLICED	3 Tbsp		3	0.1	0.1	0.6	0	3	197
MFR	SOUR CREAM	1 Tbsp		26	1	2	1	5	20	10
M 052 00	GUACAMOLE	2 Tbsp		56	0.6	5	3.2	1	4	105

BEVERAGES (ALL MEALS)

R/M	JUICE, APPLE, INDIVIDUAL	1 Ea		78	0.2	0.2	19.2	0	14	7
MFR	JUICE, ORANGE, INDIVIDUAL	1 Ea		142	0.5	0	35.3	0	5	5
R/M	MILK, CHOCOLATE, 1%, INDV	1 Ea		155	8.7	2.5	24.7	13	323	163
MFR	MILK, WHITE 1%, INDV	1 Ea		102	8.2	2.4	12.2	12	305	107

BREAKFAST PASTRY See Master Menu Enclosure (2)
 STANDARD FRUIT BAR See Master Menu Enclosure (4)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

- NOTES:
1. English Muffins, Bagels, and Burritos are to be Made To Order.
 2. English Muffins, Bagels, and Burritos are not to be wrapped and held for more than twenty (20) minutes.
 3. Managers have the option to serve Tater Tots in place of Hashbrowns.
 4. All condiments must be made available for patrons.
 5. Assorted Pastry and Fruit will be packaged for take-out as necessary.

LUNCH & DINNER

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
N 012 00	GRILLED HAMBURGER 90/10	1 Burger		286	24	11	22	65	84	267
N 012 01	CHEESEBURGER 90/10	1 Burger		373	29	18	22	89	330	660
N 012 02	CHEESY BACONBURGER 90/10	1 Burger		415	31	21	23	97	331	828
IWA 012	DEEP FAT FRIED CHICKEN FILLET SANDWICH	1 Sandwich		740	33.5	54.4	40	57	106	968
N 044 00	GRILLED CHICKEN BREAST MARINATED	1 Sandwich		232	25.8	4.4	4.8	70	18	457
N 032 00 LOCAL	FISHWICH (W/O TARTER SAUCE)	1 Sandwich		349	16.8	14.3	39.4	31	91	777
N 051 00	VEGETRIAN HEARTY BURGER	1 Burger		400	20.9	12.7	51.4	13	258	609
L 184 00	TURKEY BURGER	1 Burger		204	9	23	9	72	45	313
N 030 04	GRILLED FRANKFURTER ON ROLL	1 Each		263	9.3	14.5	23.1	25	67	662
Q 045 01	FRENCH FRIED POTATOES	1 Cup		458	4	33	40	0	14	527
Q 035 01	FRENCH FRIED ONION RINGS	3 Ounces		413	7	30	35	1	52	279
LOCAL 015	FRENCH FRIED SWEET POTATOES	1 Cup		437	3.6	33.4	30.2	0	1	318
HUB Q 045 01	FRENCH FRIED CURLY FRIES	1 Cup		523	3.7	40.4	37.3	16	0	597
Q 002 00	BAKED BEANS	1/2 Cup		183	8	3	32	11	690	81
M 008 00	COLE SLAW	1/2 Cup		72	0.8	4.2	8.8	4	27	272
M 040 00	POTATO SALAD	2/3 Cup		147	2.4	7.7	17.8	34	19	583
LOCAL 020	MACARONI SALAD - WHOLE GRAIN	1/2 Cup		115	3.3	2.9	20.6	3	17	222

CONDIMENTS

M G 001 26	LETTUCE LEAF OR SHREDDED	1 Ounce		4	0	0	1	0	5	3
M G 001 51	TOMATOES SLICED	2 Slices		12	1	0	3	0	7	7
M G 001 33	ONIONS, DRY, SLICED	3 Slices		11	0	0	3	0	6	1
M G 001 41	PICKLE CUCUMBER DELI, SLICED	4 Slices		6	0	0	1	0	27	383
R/M	MUSTARD PACKET	2 Each		7	1	0	1	6	1	131
R/M	CATSUP PACKET	1 Each		9	0	0	2	0	1	82
R/M	SALAD DRESSING PACKET	2 Each		50	0	4	3	4	1	131
R/M	DELI PICKLE RELISH PACKET	2 Each		2	0	0	1	0	11	162
R/M	TARTER SAUCE, PACKET	2 Each		51	0	4	3	2	6	160

BEVERAGES (ALL MEALS)

MFR	SODA, COKE	1 Can		136	0	0	35	0	7	15
MFR	SODA, DR PEPPER	1 Can		151	0	0	38	0	11	37
MFR	SODA, SPRITE	1 Can		148	0	0	37	0	7	33
MFR	SODA, MOUNTAIN DEW	1 Can		163	0	0	44	0	0	65
MFR	SODA, PEPSI	1 Can		152	0	0	39	0	7	15
MFR	SODA, ROOT BEER	1 Can		152	0	0	39	0	19	48
MFR	GATORADE, LEMON LIME	1 Bottle		63	0	0	15.7	0	2	95
MFR	GATORADE, ORANGE	1 Bottle		63	0	0	15.7	0	2	95

ASSORTED PASTRY See Master Menu Enclosure (2)
STANDARD SALAD BAR See Master Menu Enclosure (3)
STANDARD FRUIT BAR See Master Menu Enclosure (4)
STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (5)

NOTES:

1. Burgers and Sandwiches are to be Made To Order.
2. Premade Burgers and Sandwiches are not to be wrapped and held for more than twenty (20) minutes.
3. All condiments must be made available for patrons.
4. Assorted Pastry and Fruit will be packaged for take-out as necessary.

STANDARD FRESH LINE (TAKE-OUT) 20230217 - 20260216

BREAKFAST MONDAY - FRIDAY

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
F 012 01	BREAKFAST PITA	1 Pita		332	17.2	11.8	35.6	145	167	572
USMC 055	GARDEN VEGETABLE WRAP	1 Wrap		414	11.9	10.7	68.3	0	232	953

LUNCH AND DINNER

MONDAY

N 046 00	GARDEN VEGETABLE WRAP	1 Sandwich		288	5.9	16.4	29.8	8	103	635
SDX 52829-1	PANINI - CUBAN	1 Sandwich		371	27.9	17.5	20.7	67	320	1533
SDX HUB 449	PHILLY CHICKEN CHEESESTAKES	1 Sandwich		641	34	23.9	78.5	70	375	1612
USMC 052	BEEF TERIYAKI AND BROCCOLI SALAD	16 Oz Bowl		1125	51.1	71.3	78.9	108	249	2433

TUESDAY

USMC 062	TURKEY AND BACON PITA	1 Sandwich		292	20.1	6.7	40.1	49	44	1128
SDX HUB 199-1	PANINI - CHICKEN ITALIANO WRAP - FLAVORED	1 Wrap		634	42.7	29.1	48.9	93	337	1066
N 020 00	GRILLED REUBEN SANDWICH	1 Sandwich		209	26.8	40.9	33.9	127	310	1460
USMC 053	CAJUN SHRIMP SALAD	16 Oz Bowl		255	15.1	14.1	18.5	113	128	954

WEDNESDAY

SDX HUB 407	CHICKEN TIKKA PITA	1 Pita		353	33.1	7.3	36.8	89	119	1027
SDX HUB 193	PANINI - ROAST TURKEY AND SWISS	1 Sandwich		449	40.7	20.2	26.6	86	333	447
USMC 054	CATALAN TUNA WRAP	1 Wrap		633	24.1	30.3	65.6	33	223	1357
USMC 051	ASIAN CHICKEN SALAD	1 Salad		661	37.8	39.8	46.2	100	279	2128
SDX 71613	TZATZIKI SAUCE	2 Tbsps		15	1.2	0.4	1.8	1	43	45

THURSDAY

USMC 056	GRILLED CHICKEN BLT WRAP	1 Wrap		603	34.6	21.1	68.8	110	258	2206
USMC 061	TURKEY AND BACON PANINI	1 Sandwich		338	24.4	8.6	40.6	49	171	1178
N 022 00	CANNONBALL SANDWICH (MEATBALL) (HOAGIE ROLL)	1 Sandwich		403	30	13.3	38.9	85	152	1207
SDX 72976-2	CHICKEN FAJITA PASTA SALAD-WHOLE GRAIN	1/2 Cup		269	10.2	16	23.3	17	35	184

FRIDAY

SDX HUB 035	GAS CHAMBER CHICKEN SANDWICH	1 Sandwich		432	35.5	16.4	33.9	92	305	1875
USMC 059	ROAST BEEF & ONIONS PITA	1 Sandwich		562	37.9	23.9	77.8	103	53	1117
SDX 72758-1	COOL TURKEY WRAP	1 Wrap		540	36.4	13.8	67.5	63	234	1216
USMC 060	SOUTHWEST CHICKEN SALAD	1 Salad		525	25.5	19.5	71.8	73	191	1418

ASSORTED PASTRY See Master Menu Enclosure (2)
 STANDARD SALAD BAR See Master Menu Enclosure (5)
 STANDARD FRUIT BAR See Master Menu Enclosure (6)
 STANDARD BEVERAGE AND SELF SERVICE BAR See Master Menu Enclosure (7)

NOTES: 1. 1. Fresh Lines offer a convenient meal option consistent with recommended MDRIs.

STANDARD SANDWICH BAR MENU 20230217 - 20260217

LUNCH & DINNER

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
N G 001	CHICKEN, SLICED, DELI	1 Ounce		28	6.5	0.1	0.6	16	0	96
N G 001	HAM, SLICED, DELI	1 Ounce		34	5.2	1.3	0	11	2	356
N G 001	TURKEY, SLICED, DELI	1 Ounce		39	8.4	0.6	0	20	4	32
HUB 002	TUNA	3 Tbsps		20	4.6	0.2	0	9	4	59
MFR	SLICED PEPPERONI	1 Ounce		140	6.5	12.3	0	30	6	499
N G 001	ROAST BEEF, SLICED, DELI	1 Ounce		62	7.5	3.3	0	24	2	10
N G 001	SALAMI, BEEF, & PORK, SLICED, DELI	1 Ounce		95	6.2	7.3	0.7	25	4	493
N G 001	BOLOGNA, SLICED, DELI	1 Ounce		87	4.3	7	1.6	17	24	272
M G 001 26	LETTUCE FRESH, SHREDDED	1 Ounce		4	0.3	0	0.8	0	5	0.12
M G 001 66	PEPPERS, GREEN, FRESH, DICED	1 Ounce		6	0.2	0	1.3	0	3	1
M G 001 51	TOMATOES, FRESH, SLICED	2 Slices		12	0.6	0.1	2.6	0	7	7
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 39	PEPPERS, BANANA, SLICED, HOT	2 Tbsps		10	0.6	0.2	1.9	0	5	5
M G 001 31	ONIONS, DRY, CHOPPED	2 Tbsps		18	0.2	0	1.8	0	4	1
M G 001 37	PEPPERS, JALAPENO, SLICED	3 Tbsps		3	0.1	0.1	0.6	0	3	197
M G 001 41	PICKLES, CUCUMBER, DILL, SLICED	4 Slices		6	0.2	0.1	1.1	0	27	383
R/M	CHEESE, AMERICAN, SLICED	2 Slcies		84	4.1	7.2	0.8	23	237	379
R/M	CHEESE, SWISS, SLICED	1 Ounce		108	7.6	7.9	1.5	26	224	20
R/M	CHEESE, PROVOLONE, SLICED	1 Ounce		100	7.3	7.5	0.6	20	214	248
R/M	SALAD DRESSING PACKETS	2		50	0.1	4.3	3	4	1	131
R/M	MUSTARD PACKETS	2		7	0.4	0.4	0.6	0	7	121
MFR	HOAGIE ROLLS	1 Roll		105	3.3	1.6	19.1	0	35	218
R/M	TORTILLA - VARIETY WRAP 12"	1		343	9.3	6.9	59.9	0	149	830
R/M	WHITE BREAD	2 Slices		110	3.7	1.4	20.4	0	59	202
R/M	WHEAT BREAD	2 Slices		109	4.4	1.3	19.9	0	54	207
R/M	RYE BREAD	2 Slices		107	3.5	1.4	19.9	0	30	249
R/M	CHIPS, ASSORTED	1 Bag		153	1.7	9.5	16.1	0	39	146

- NOTES: 1. Minimum of 5 meats daily.
 2. Cold Cut Sandwiches may be offered with tortilla wraps or other bread varieties.