

MONGOLIAN GRILL

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
LOCAL 009	GRILLED BEEF STRIPS	3 OZ		211	15.3	16.1	0.2	54	7	246
LOCAL 011	GRILLED PORK LOIN STRIPS	3 OZ		122	11.8	7.9	0.2	38	12	239
LOCAL 010	GRILLED CHICKEN STRIPS	3 OZ		88	11.5	3.9	1.6	55	9	706
HUB 048	STEAMED SHRIMP	2-1/2 OZ		84	16	1.2	1.1	148	64	666
Q 035 01	JASMINE RICE	4 Ounces		413	3.6	29.6	34.6	0	52	279
E 004 00	BOILED SPAGHETTI NOODLES	1 Cup		207	7.1	1.4	40.6	0	20	291
M G 001 10	CABBAGE, FRESH SHREDDED	1/2 CUP		2	0.1	0	0.5	0	4	2
M G 001 69	SPINACH, FRESH, LEAF	3/4 CUP		5	0.6	0.1	0.7	0	20	16
M G 001 05	BEAN SPROUTS	1/4 CUP								
M G 001 09	BROCCOLI, FRESH, FLOWERETS	2 Flowerets		9	0.8	0.1	1.8	0	13	9
M G 001 11	CARROTS, FRESH, SLICED	2 Tbsps		8	0.2	0	2	0	7	14
M G 001 15	CELETY, FRESH, STICK OR STRIPS	4 Strips		5	0.2	0.1	0.9	0	2	77
M G 001 28	MUSHROOMS, SLICED	1 Tbsp		5	0.3	0.1	0.9	0	2	77
M G 001 33	ONIONS, DRY, SLICED	3 Slices		11	0.3	0	2.6	0	6	1
M G 001 71	ONIONS, GREEN, SLICED	1 Tbsp		5	0.3	0	1.1	0	10	2
M G 001 66	PEPPERS, GREEN, FRESH, DICED	1 OZ		6	0.2	0	1.3	0	3	1
A 013	PINEAPPLE, SLICED	2 Slices		69	0.6	0.1	17.9	0	18	1
SDX HUB 095	GARLIC CLOVES MINCED	1/2 Tsp		2	0.1	0	0.5	0	3	0
SDX HUB 093	GINGER MINCED	1/2 Tsp		8	0.2	0.1	1.8	0	2	1
O 014 00	TERIYAKI SAUCE	5-1/8 Tbsp		94	2.6	4.6	11.2	0	20	1684
R/M	SOY SAUCE	2 Tbsps		17	2.6	0.2	1.6	0	11	1758
SDX 72314-1	ASIAN BROWN SAUCE	2 Ounces		98	1.6	0.6	22.7	0	9	995
HUB 046	CHILI GARLIC SAUCE	1 Tsp		2	0.1	0	0.5	0	2	55
O 010 00	SZECHWAN SAUCE	1/3 Cup		137	0.8	9.2	12.9	0	6	507
SDX 038389	THAI HONEY PEANUT SAUCE	1 Ounce		76	0.6	0.3	19.3	0	4	259

TACO BAR

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
HUB L 034 00	TACOS FILLING	1/2 Cup		143	15.2	7.5	2.7	48	12	322
LO/L 043 01	CHIKEN FAJITA MEAT	3 Ounces		111	19.5	2.6	1.2	53	13	303
LO/L 043 00	BEEF FAJITA MEAT	3 Ounces		108	15.8	4.1	1.2	42	7	231
Q 027 02	MEXICAN CORN	3/4 Cup		165	4.3	5.9	28.8	13	10	122
E 011 00	MEXICAN RICE	3/4 Cup		96	1.5	4.6	12	0	22	238
E 005 00	STEAMED RICE	3/4 Cup		54	1.2	0.6	10.6	0	11	213
LO/Q 038 01	REFRIED BEANS	1/2 Cup		37	2	0.8	5.5	0	14	154
D 015 03	JALAPENO CORN BREAD	1 Piece		223	4.3	6.5	36.7	1	39	479
MFR	TORTILLAS, CORN 6"									
MFR	TORTILLAS, FLOUR 10"	1 Each		211	5.7	4.2	36.8	0	91	510
MFR	TORTILLA CHIPS	1 Ounce		134	2	5.9	19.2	0	30	93
MFR	SHELLS, TACO, CORN	1 Each		57	0.8	2.6	7.6	0	12	39
R/M	CHEESE, CHEDDAR, SHREDDED	2 Tbsps		58	3.4	4.8	0.2	14	96	91
M G 001 26	LETTUCE FRESH, SHREDDED	1 Ounce		4	0.3	0	0.8	0	5	3
M G 001 51	TOMATOES, FRESH, DICED	2 Tbsps		9	0.5	0.1	2	0	5	3
M G 001 31	ONIONS, DRY, CHOPPED	2 Tbsps		8	0.2	0	1.8	0	4	1
M G 001 29	OLIVES, BLACK, SLICED	3 Each		35	0.3	3.3	1.9	0	27	225
M G 001 37	PEPPERS, JALAPENO, SLICED	3 Tbsps		3	0.1	0.1	0.6	0	3	197
M G 001 35	ONIONS, GREEN, CHOPPED	2 Tbsps		5	0.3	0	1.1	0	10	2
MFR	SOUR CREAM, LOW FAT	1 Tbsp		26	1	2	1	5	20	10
M 052 00	GUACAMOLE	2 Tbsps		56	0.6	5	3.2	1	4	105
O 007 00	TACO SAUCE	2 Tbsps		11	0.5	0.1	2.5	0	10	235
O 007 01	SALSA	2 Tbsps		7	0.3	0.1	1.6	0	11	221
MFR	CHEESE SAUCE, CHEDDAR, CANNED	1-1/2 Oz		105	4.1	8	4.1	18	111	501

WING BAR

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
IWA 001	BARBECUED CHICKEN WINGS	6 Each		716	63.3	22.3	65.2	313	124	3266
IWA 003	CARIBBEAN JERK CHICKEN WINGS	6 Each		745	60.7	20.9	76.2	307	70	2843
IWA 004	BUFFALO CHICKEN WINGS	6 Each		447	62.3	21.9	1	307	85	2388
IWA 002	GARLIC PARMESAN CHICKEN WINGS	6 Each		627	65	29.4	25.7	314	79	3346
OKI 021	LEMON PEPPER CHICKEN WINGS	4 Each		571	28.2	47.1	9.6	155	34	1126
HUB 017	HONEY BBQ CHICKEN WING	6 Each		568	62.4	21.6	31.6	313	89	2136
SDX HUB 249	CRISPY WINGS WITH ASIAN SAUCE	6 Each		548	40.7	36.7	15.1	197	62	2097
HUB Q 045 01	FRENCH FRIED CURLY FRIED	1 Cup		523	3.7	40.4	37.3	16	0	597
Q 035 01	FRENCH FRIED ONION RINGS	3 Ounces		413	3.6	29.6	34.6	0	52	279
Q G 003 10	SIMMERED CORN ON THE COB	1 Ear		123	4.1	1	29.4	0	12	83

NOTES: 1. Specialty Bar rotation is at Manager's discretion to support patron request.
 2. Wing Bar, minimum of four types of wings will be served. Additional flavors may be substituted with prior approval from Base Food Service.

PASTA BAR

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
L 166 00	PIZZA	1 Slice		495	17.8	16.1	70.2	15	248	1000
LO/L 165 07	PORK SAUSAGE PIZZA	1 Slice		541	19.3	21.1	68.8	25	242	1055
LO/L 165 02	MUSHROOM,GR PEPPER AND ONION PIZZA	1 Slice		496	18	16.1	70.8	15	244	1015
L 025 00	LASAGNA	9 1/2 Oz		392	33.1	12.8	36.7	118	297	804
MFR	VEGETABLE LASAGNA	1 Slice		345	14.6	13.9	42	23	313	885
HUB L 038 01	ITALIAN MEAT SAUCE	1 Cup		220	21	7.9	18.6	57	85	961
MFR	MEATBALLS	3 Ounces		280	11	23	5	51	40	530
MFR	ALFREDO SAUCE	3/4 Cup		248	9.5	16	16.9	38	329	682
O 004 00	MARINARA SAUCE	3/4 Cup		87	3.8	1.1	19.1	0	61	897
E 004 05	BOILED ROTINI NOODLES	1 Cup		207	7.1	1.4	40.6	0	20	291
E 004 00	BOILED SPAGHETTI NOODLES	1 Cup		207	7.1	1.4	40.6	0	20	291
E 004 00	BOILED SPAGHETTI NOODLES-WHOLE WHEAT	1 Cup		72	2.9	0.8	14.4	0	17	289
Q G 003 06	SIMMERED BROCCOLI	3/4 Cup		35	3.8	0.4	6.5	0	79	105
D 007 00	TOASTED GARLIC BREAD	2 Slices		259	6.5	12.5	30.7	29	34	443

SEAFOOD / COUNTRY BAR

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
MFR	DEEP FRIED CATFISH FILLETS	1 Fillet		504	16.6	41.2	19.2	39	20	603
L 092 00	BARBECUED SPARERIBS	7 Ounces		656	39.2	40.7	30.6	161	91	898
L 155 01	SOUTHERN FRIED CHICKEN	1 Piece		707	49.6	49.4	13.6	154	31	562
L 136 00	CREOLE SHRIMP	1 Cup		240	20.8	5	29.2	151	147	1472
Q 045 01	FRENCH FRIED POTATOES	1 Cup		458	3.6	32.8	39.4	0	14	527
Q 035 01	FRENCH FRIED ONION RINGS	3 Ounces		413	3.6	29.6	34.6	0	52	279
SDX 72804-3	DIRTY RICE	3/4 Cup		186	5.4	6.2	27.1	8	21	657
F 001 00	BAKED MACARONI AND CHEESE	1 Cup		378	18.2	15.5	40.8	45	395	742
D 015 02	HUSH PUPPIES	3 Pieces		257	3.7	10.8	36.4	1	32	417
Q G 003 10	SIMMERED CORN ON THE COB	1 Ear		123	4.1	1	29.4	0	12	83
Q 029 01	SOUTHERN STYLE GREENS	1/2 Cup		107	8	5.8	7.1	15	204	327
D 015 00	CORN BREAD	1 Piece		213	3.6	6.2	35.5	1	29	417

ASIAN BAR

Number	Recipe Name	Portion	FTF	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Cholesterol (mg)	Calcium (mg)	Sodium (mg)
MFR	EGG ROLLS	2 Rolls		716	63.3	22.3	65.2	313	124	3266
KOR 009	BULGOGI (KOREAN BBQ BEEF)	1/2 Cups		231	29.5	5.6	14.6	74	35	963
L 138 00	SHRIMP CURRY	3/4 Cup		203	17.7	9.1	11.9	151	84	998
L 159 01	SZECHWAN CHICKEN (BREAST BONELESS)	5 Ounces		289	44.8	5.6	12	121	28	660
HUB Q 045 01	SWEET AND SOUR PORK	1 Cup		523	3.7	40.4	37.3	16	0	597
Q 035 01	JASMINE RICE	4 Ounces		413	3.6	29.6	34.6	0	52	279
E 007 01	PORK FRIED RICE	1/2 Cup		100	5.9	3.5	10.8	37	22	645
IWA 004	VEGETABLE STIR FRY	1/2 Cup		447	62.3	21.9	1	307	85	2388
USMC 049	STIR FRY BOK CHOY	6 Ounces		74	2.8	5.9	4.4	0	184	529
MFR	SWEET AND SOUR SAUCE	2 Tbsp		150	0.3	0	38.2	0	10	371

NOTES: 1. Specialty Bar rotation is at Manager's discretion to support patron request.