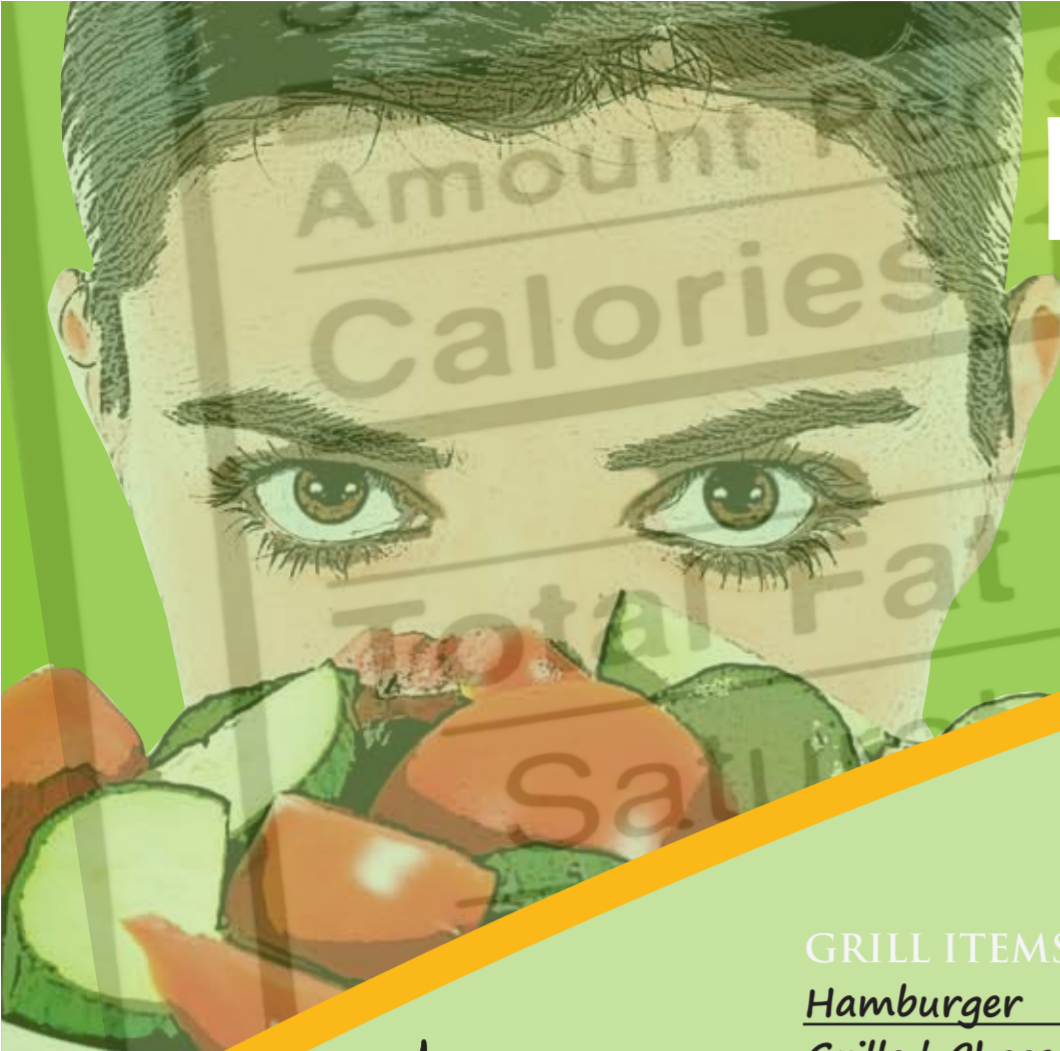


nutrition CENTRAL



GRILLS & VEGGIES

T=Trace Amounts

GRILL ITEMS

	Calories (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Cholesterol (mg)	Dietary Fiber (g)
Hamburger	516	45	34	22	8	537	93	2
Grilled Cheese	539	46	21	28	15	1178	70	4
Grilled Chicken Sandwich	250	30	19	5	1	445	35	1
Cheeseburger	531	36	35	26	10	1004	106	2
Boneless Wings (8 each)	409	18	19	29	5	1829	53	1
Gardenburger, Malibu Burger	171	21	5	8	1	611	0	5

GRILL SIDES, FRIES

Twister Fries	439	33	3	33	7	700	0	3
Shoestring Fries	339	28	3	24	4	400	0	2
Waffle Fries	337	29	3	23	3	280	0	2
Onion Rings (6 each)	253	28	3	14	6	531	12	0
Chili Cheese Fries	612	63	16	33	9	1162	34	5

Our sandwiches are made-to-order.

NOTE: For your custom or combo order, add the nutritional value of any of the above listed items.

VEGETABLES/STARCHES-4 OZ.

Macaroni & Cheese	229	21	10	11	7	316	33	1
Calabacitas	48	8	1	1	0	75	0	1
Mashed Potatoes	96	15	2	3	1	44	1	1
Garlic Breadstick	106	17	3	2	1	182	5	0
Charro Pinto Beans w/ Pico de Gallo	237	32	11	10	0	348	0	8
Mexicali Corn	41	7	1	1	0	78	0	1
Brown Rice	177	36	4	1	0	247	0	2
Spicy Greens	101	8	3	7	1	390	0	3
Mexican Rice	89	16	1	1	0	262	0	1
Braised Cabbage	55	7	1	2	1	7	6	1
Breaded Okra	251	28	3	14	2	481	0	2
Herb Roasted Red Potatoes	102	21	2	1	0	4	0	2
Bean & Carrot Saute	42	8	2	1	0	9	0	3
Veggie & Potato Hash	127	15	2	7	3	78	9	2
Potato Lyonnaise	123	19	2	5	1	144	0	1
Soba Noodles	75	16	3	0	0	183	0	0
Roasted Italian Vegetables	85	4	1	7	1	30	2	3

<https://portal.tri-c.edu/campusdining>

The nutrition provided is based on single serving size ARAMARK standardized recipes. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions and product assembly. Temporary or featured products may or may not be included. We encourage anyone with food sensitivities, allergies, or special dietary needs to check with the location manager. For more nutritional information or individual consultations please visit your campus dining site.

