

KENDAL AT OBERLIN
ALWAYS AVAILABLE MENU NUTRITION INFORMATION

FOOD ITEM	CALORIES	FAT(gm)	SATURATED Fat	PROTEIN (gm)	CARBOHYDRATES (gm)	SODIUM (mg)
Broiled Fish(4 oz Cod)	93	1	0	20	0	0
Chicken Noodle Soup LS	70	2.5	0.5	3	2.5	60
Tomato Soup LS	110	1	0.5	2	22	30
Vegetable Soup LS	70	1	0	2	14	105
Low-sodium broths	38	1	0.5	5	3	72
Canned Fruit(4 oz)	80	0	0	0	20	5
Oatmeal (1/2 c)	84	2	0	14	3	5
Eggs (1/2cup)	140	9	3	12	3	130
Personal Pizza *	501	24	9	26	43	1409
Pancakes(3)	220	3	0	6	42	550
Omelet **	289	21	9	22	1	355
Vegetable Stir Fry(1 c.)	171	11	2	6	15	varies
Hamburger ***	452	25	11	25	27	803
Hot Dog ***	478	33	13	17	27	1146
Veggie Burger ***	398	4	1	17	74	619
Baked Potato	193	0	0	5	43	28
Baked Sweet Potato	112	0	0	2	26	72
French Fries (2 oz)	98	3	0	2	16	18
Pasta(2 oz wheat or GF)	198	1	0	8	43	5
Brown Rice (1/2 c)	109	1	0	2	23	1
Chicken Breast(3 oz)	140	3	2	26	0	63
Cottage Cheese 1% -1/2c	80	1	1	12	6	400
Steamed Vegetables- 1c	53	0	0	3	10	17
Grilled Tofu- 1/4 block	120	7	1	14	2	10
Deli Meat Wrap	332	14	7	23	27	816
Deli Sandwich(turkey)	351	11	6	24	32	772
Deli Sandwich(LS Ham)	328	11	7	24	33	676
PBJ Sandwich	383	18	3	13	45	304
Grilled Cheese Sandwich	419	25	14	20	29	656

* calculated with cheese only

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