

Mackin Dining Center



Nutrition Facts	Serving Size	Calories	Calories From Fat	Total Fat (g)	Total Fat % DV	Sat. Fat (g)	Sat. Fat % DV	Trans Fat (g)	Chol. (mg)	Chol. % DV	Sodium (mg)	Sodium % DV	Carb. (g)	Carb. % DV	Dietary Fiber (g)	Dietary Fiber % DV	Sugars (g)	Protein (g)	Vit. A % DV	Vit. C % DV	Calcium % DV	Iron % DV
Salads																						
Chicken Caesar	1 salad	970	600	66	102	22.0	112	1	170	57	1910	80	35	12	5	20	6	61	30	45	100	15
Southwest Chicken	1 salad	670	410	45	69	11.0	56	0.5	110	37	1280	53	28	9	7	27	10	34	50	170	25	25
Southwest Chicken Tender	1 salad	800	500	55	84	23.0	60	0.5	80	26	2040	85	44	15	8	31	10	29	50	170	25	25
Homemade Dressings																						
Balsamic Vinaigrette	2 oz.	210	180	21	33	2.5	12	0	0	0	480	20	6	2	<1	2	0	0	0	0	2	4
Caesar	2 oz.	220	190	21	32	6.0	32	0	30	11	310	13	2	1	0	2	1	5	6	0	15	0
Creamy Chipotle	2 oz.	190	170	19	29	4.5	23	0	20	7	170	7	3	1	0	1	2	1	4	4	4	2
Honey Dijon	2 oz.	150	45	5	7	0.0	2	0	0	0	310	13	24	8	0	0	24	0	0	0	0	0
Italian	2 oz.	170	160	19	29	2.0	10	0	0	0	400	17	1	0	0	0	0	0	0	0	0	0
Ranch	2 oz.	170	150	17	26	4.5	22	0	20	7	280	12	2	1	0	0	2	2	4	0	6	2
Breads																						
Multigrain	2 ea.	320	70	8	12	0.0	0	0	20	7	220	9	54	18	2	8	12	12	8	6	0	15
Pretzel Bun	1 ea.	200	30	3	5	1.5	8	0	0	0	430	18	36	12	1	4	4	6	0	0	2	0
Sourdough	2 ea.	260	20	2	3	0.0	0	0	0	0	480	20	52	17	2	8	2	10	4	4	4	20
Spinach Wrap	1 ea.	240	30	3.5	5	1.5	8	0	0	0	540	23	45	15	2	8	1	9	8	0	10	20
Wheat Bun	1 ea.	140	20	2	3	0.0	0	0	0	0	320	13	23	8	3	12	3	7	0	0	6	6
Wheat Sub Roll	1 ea.	150	15	1.5	2	0.0	0	0	0	0	280	12	27	9	3	12	4	6	0	0	8	8
Wheat Wrap	1 ea.	260	60	7	11	1.5	8	0	0	0	540	23	48	16	8	32	0	7	0	0	10	10
White Bun	1 ea.	160	20	2	3	0.0	0	0	0	0	320	13	30	10	<1	4	2	4	0	0	6	10
White Flatbread	1 ea.	190	45	5	8	1.0	5	0	0	0	330	14	29	10	<1	4	2	6				
White Sub Roll	1 ea.	200	20	2	3	0.0	0	0	0	0	400	17	37	12	<1	4	2	6	0	0	8	15
White Wrap	1 ea.	280	50	6	9	1.5	8	0	0	0	530	22	48	16	2	8	1	7	0	0	10	15
Meats																						
Bacon	2 ea.	100	80	9	14	3.0	16	0	20	6	280	12	0	0	0	0	0	6	0	0	0	0
Beef Burger	1 ea.	330	190	22	33	8.0	41	1	105	35	90	4	0	0	0	0	0	31	0	0	2	15
Beef Philly	1 ea.	410	230	25	39	8.0	39	0.5	135	45	135	6	0	0	0	0	0	44	0	0	2	25
Chicken Breast	3 oz.	140	15	2	3	0.5	3	0	75	25	65	3	0	0	0	0	0	29	0	0	0	2
Chicken Burger	1 ea.	170	35	4	6	1.0	5	0	90	30	80	3	0	0	0	0	0	33	0	0	2	6
Chicken Philly	1 ea.	240	110	11	18	2.5	14	0	80	26	135	6	0	0	0	0	0	27	0	0	0	2
Chicken Tenders	2 ea.	330	170	19	29	2.5	11	0	35	12	930	39	18	6	1	4	0	20	0	0	0	4
Double Burger	1 ea.	650	390	43	66	16.0	82	2	215	71	180	8	0	0	0	0	0	62	0	0	6	35
Fried Chicken Breast	1 ea.	320	170	19	29	3.0	14	0	50	17	700	29	17	6	1	4	1	21	0	0	2	6
Grilled Chicken Breast	1 ea.	130	15	1.5	3	0.0	2	0	70	23	60	3	0	0	0	0	0	27	0	0	0	2
Ham	3 oz.	90	30	3	5	1.0	4	0	40	13	390	16	6	2	0	0	5	14	0	0	0	6
Salami	3 oz.	320	240	27	42	9.0	46	0	60	20	1560	65	2	1	0	0	0	17	0	0	0	6
Turkey	3 oz.	90	15	1.5	2	0.0	0	0	45	15	320	13	0	0	0	0	0	20	0	0	0	6
Turkey Bacon	2 ea.	100	50	6	9	2.0	10	0	40	13	520	22	2	1	0	0	2	10	0	0	0	4
Comfort Classics																						
Chicken Tenders	3 ea.	480	250	27	42	3.5	17	0	50	17	1360	57	27	9	1	6	0	30	0	0	0	6
Mac & Cheese Lrg	9 oz.	660	250	28	43	17.0	86	0	85	28	460	19	74	25	3	13	8	29	20	0	50	15
Mac & Cheese Sm	4 oz.	290	110	12	19	8.0	38	0	40	13	200	8	33	11	1	6	4	13	8	0	25	8

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Vegetarian																						
Chao Original	1 sl.	60	40	4.5	7	4.0	20	0	0	0	180	8	4	1	0	0	0	0	0	0	0	0
Chik Nuggets	6 ea.	290	120	14	21	2.5	11	0	0	0	900	38	29	10	6	24	3	18	0	0	10	15
Chik Patty	1 ea.	190	70	8	12	0.5	3	0	0	0	370	15	15	5	1	4	3	12				
Rst. Portabello	1 ea.	60	45	5	8	0.5	3	0	0	0	5	0	3	1	1	4	2	2	0	0	0	2
Rst. Red Pepper	2 oz.	15	0	0	0	0.0	0	0	0	0	135	6	2	1	0	2	2	0	15	45	0	2
Veggie Burger	1 ea.	130	40	5	8	0.0	0	0	0	0	320	13	18	6	3	12	2	4	30	2	2	6
Cheese																						
American	2 ea.	110	80	9	14	5.0	25	0	20	7	360	15	<1	0	0	0	0	6	6	0	20	0
Cheddar	2 ea.	110	80	9	14	6.0	30	0	30	10	180	7	0	0	0	0	0	7	6	0	20	0
Mozzarella	2 ea.	120	80	9	14	5.0	25	0	20	7	260	11	0	0	0	0	0	12	4	0	30	0
Pepper Jack	2 ea.	100	70	8	12	5.0	25	0	30	10	170	7	<1	0	0	0	0	7	6	0	20	0
Provolone	2 ea.	120	80	10	15	6.0	30	0	25	8	290	12	1	0	0	0	0	8	4	0	25	0
Swiss	2 ea.	100	70	8	12	5.0	25	0	25	8	60	2	<1	0	0	0	0	8	6	0	25	0
Vegetable Toppings																						
Avocado	1 half	70	60	7	10	1.0	4	0	0	0	0	0	3	1	3	10	0	<1	2	8	0	2
Carrots Shred	1 oz.	10	0	0	0	0.0	0	0	0	0	20	1	3	1	<1	3	1	0	90	2	0	0
Cucumbers Sliced	1 oz.	0	0	0	0	0.0	0	0	0	0	0	0	1	0	0	1	0	0	0	2	0	0
Green Peppers	1 oz.	5	0	0	0	0.0	0	0	0	0	0	0	1	0	0	2	<1	0	2	40	0	0
Grilled Mushrooms	1 oz.	15	10	1	1	0.0	0	0	0	0	0	0	<1	0	0	0	<1	<1	0	2	0	0
Grilled Onions	1 oz.	20	10	1	1	0.0	0	0	0	0	0	0	3	1	0	2	1	0	0	4	0	0
Grilled Peppers	1 oz.	15	10	1	1	0.0	0	0	0	0	0	0	1	0	0	2	<1	0	2	40	0	0
Lettuce Shred	1 oz.	0	0	0	0	0.0	0	0	0	0	0	0	<1	0	0	1	<1	0	2	2	0	0
Red Onion Sliced	1 oz.	10	0	0	0	0.0	0	0	0	0	0	0	3	1	0	2	1	0	0	4	0	0
Spinach	1 oz.	5	0	0	0	0.0	0	0	0	0	20	1	1	0	<1	2	0	<1	50	15	2	4
Tomato Sliced	2 ea.	5	0	0	0	0.0	0	0	0	0	0	0	1	0	0	2	<1	0	6	8	0	0
Pickles																						
Banana Peppers	7 ea.	0	0	0	0	0.0	0	0	0	0	130	5	0	0	0	2	0	0	0	8	0	0
Dill Slices	5 ea.	0	0	0	0	0.0	0	0	0	0	190	8	0	0	0	0	0	0	0	0	0	0
Hot Cherry Peppers	6 ea.	0	0	0	0	0.0	0	0	0	0	130	5	0	0	0	2	0	0	0	6	0	0
Sliced Jalapenos	1 ea.	0	0	0	0	0.0	0	0	0	0	240	10	0	0	0	0	0	0	0	0	0	0
Sweet Slices	2 ea.	10	0	0	0	0.0	0	0	0	0	85	4	3	1	<1	2	3	0	0	0	2	0
Sauces																						
Bleu Cheese	1 oz.	120	110	12	18	4.0	20	0	20	6	190	8	<1	0	0	1	0	2	4	0	6	0
Buffalo	1 oz.	30	0	0	0	0.0	0	0	0	0	960	40	0	0	0	0	0	0	10	10	0	0
Caesar	1 oz.	110	100	10	16	3.0	16	0	15	5	150	6	1	0	0	1	<1	2	2	0	8	0
Creamy Chipotle	1 oz.	100	90	10	15	2.5	12	0	10	4	75	3	1	0	0	0	<1	<1	2	2	2	0
Honey Dijon	1 oz.	80	20	2.5	4	0.0	1	0	0	0	150	6	12	4	0	0	12	0	0	0	0	0
Mayo	1 oz.	210	200	23	35	3.5	17	0	15	5	170	7	0	0	0	0	0	0	0	0	0	0
Pesto	1/2 oz.	60	60	6	10	1.0	6	0	<5	1	50	2	<1	0	0	1	0	<1	4	2	4	2
Ranch	1 oz.	90	80	8	13	2.0	11	0	10	4	140	6	1	0	0	0	<1	<1	2	0	2	0
Spicy Mayo	1 oz.	210	200	22	34	3.5	17	0	15	4	290	12	1	0	0	1	0	0	6	0	0	0

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Sides																						
Apple	1 ea.	70	0	0	0	0.0	0	0	0	0	0	0	19	6	3	11	14	0	1	10	0	0
Baby Carrots	4 oz.	45	0	0	0	0.0	0	0	0	0	40	2	11	4	3	11	5	1	80	0	2	2
Banana	1 ea.	110	0	0	0	0.0	0	0	0	0	0	0	27	9	3	12	14	1	2	15	0	2
Broccoli	4 oz.	40	0	0	0	0.0	0	0	0	0	5	0	5	2	3	11	1	3	8	20	2	2
Cantaloupe	4 oz.	40	0	0	0	0.0	0	0	0	0	20	1	9	3	1	4	9	<1	80	70	2	2
Corn	4 oz.	140	10	1	2	0.0	0	0	0	0	5	0	27	9	3	14	2	3	2	4	0	2
Crinkle Cut FF	4 oz.	240	110	12	18	0.5	3	0	0	0	40	2	25	8	3	10	0	3	0	15	0	2
Curly Fries	4 oz.	250	130	15	23	2.0	11	0	0	0	530	22	26	9	3	10	0	3	0	10	0	6
Grapes	4 oz.	80	0	0	0	0.0	0	0	0	0	0	0	21	7	1	4	18	<1	2	6	2	2
Green Beans	4 oz.	150	0	1	1	0.0	0	0	0	0	5	0	27	9	11	43	1	8	14	2	8	6
Peas	4 oz.	90	5	0.5	1	0.0	0	0	0	0	5	0	16	5	6	23	5	6	10	10	2	10
Pineapple	4 oz.	50	0	0	0	0.0	0	0	0	0	0	0	13	4	2	6	9	<1	1	30	2	2
Vegetable Blend	4 oz.	40	0	0	0	0.0	0	0	0	0	25	1	7	2	3	11	4	0	20	15	2	0
Beverages																						
Acai, Blueberry, Pomegranate	16 oz.	100	0	0	0	0.0	0	0	0	0	0	0	26	9	0	0	26	0	0	200	0	0
Apple Juice	16 oz.	240	0	0	0	0.0	0	0	0	0	15	1	58	19	0	0	58	0	0	6	0	0
Aquafina LL	16 oz.	0	0	0	0	0.0	0	0	0	0	75	3	0	0	0	0	0	0	0	0	0	0
Caramel Macchiato	1 Tbsp.	35	15	1.5	2	1.0	5	0	0	0	0	0	6	2	0	0	6	0	0	0	0	0
Cranberry Cktl	16 oz.	240	0	0	0	0.0	0	0	0	0	0	0	60	20	0	0	60	0	0	270	0	0
Diet Pepsi	16 oz.	0	0	0	0	0.0	0	0	0	0	80	3	0	0	0	0	0	0	0	0	0	0
Dr. Pepper	16 oz.	200	0	0	0	0.0	0	0	0	0	70	3	54	18	0	0	54	0	0	0	0	0
Dragon Fruit	16 oz.	100	0	0	0	0.0	0	0	0	0	0	0	26	9	0	0	26	0	0	240	0	0
French Vanilla	1 Tbsp.	35	15	1.5	2	1.0	5	0	0	0	0	0	6	2	0	0	6	0	0	0	0	0
Gatorade	16 oz.	100	0	0	0	0.0	0	0	0	0	220	9	29	10	0	0	28	0	0	0	0	0
Ginger Ale	16 oz.	160	0	0	0	0.0	0	0	0	0	80	3	46	15	0	0	44	0	0	0	0	0
Iced Coffee	16 oz.	0	0	0	0	0.0	0	0	0	0	10	0	0	0	0	0	0	<1	0	0	0	0
Lemonade	16 oz.	200	0	0	0	0.0	0	0	0	0	0	0	48	16	0	0	48	0	0	25	0	0
Milk, Half/Half	1 Tbsp.	20	15	1.5	2	1.0	5	0	10	3	10	0	0	0	0	0	0	0	2	0	2	0
Milk, Whole	1 Tbsp.	10	0	0	1	0.0	1	0	0	1	5	0	0	0	0	0	0	0	0	0	2	0
Mt. Dew	16 oz.	220	0	0	0	0.0	0	0	0	0	70	3	58	19	0	0	58	0	0	0	0	0
Orange Juice	16 oz.	220	0	0	0	0.0	0	0	0	0	0	0	50	17	0	0	50	4	0	240	0	0
Pepsi	16 oz.	200	0	0	0	0.0	0	0	0	0	40	2	56	19	0	0	56	0	0	0	0	0
Pink Lemonade	16 oz.	200	0	0	0	0.0	0	0	0	0	210	9	54	18	0	0	54	0	0	0	0	0
Pomegranate Green Sweet Tea	16 oz.	150	0	0	0	0.0	0	0	0	0	20	1	37	12	0	0	35	0	0	0	0	0
Raspberry Tea	16 oz.	160	0	0	0	0.0	0	0	0	0	50	2	42	14	0	0	42	0	0	0	0	0
Simple Syrup	1 Tbsp.	45	0	0	0	0.0	0	0	0	0	0	0	12	4	0	0	12	0	0	0	0	0
Sobe Yumberry	16 oz.	0	0	0	0	0.0	0	0	0	0	60	2	0	0	0	0	0	0	0	0	0	0
Unsweetened Tea	16 oz.	0	0	0	0	0.0	0	0	0	0	15	1	2	1	0	0	0	0	0	0	0	0
Condiments																						
BBQ	1 ea.	60	0	0	0	0.0	0	0	0	0	380	16	15	5	0	0	13	0	4	2	0	0
Honey	1 ea.	45	0	0	0	0.0	0	0	0	0	0	0	11	4	0	0	11	0	0	0	0	0
Honey Dijon	1 ea.	90	50	6	9	1.0	5	0	<5	2	190	8	9	3	0	0	9	0	0	0	0	0
Ketchup	2 oz.	70	0	0	0	0.0	0	0	0	0	530	22	17	6	0	0	13	0	6	6	0	0
Sweet & Sour	1 ea.	50	0	0	0	0.0	0	0	0	0	160	7	12	4	0	0	9	0	0	0	0	0