

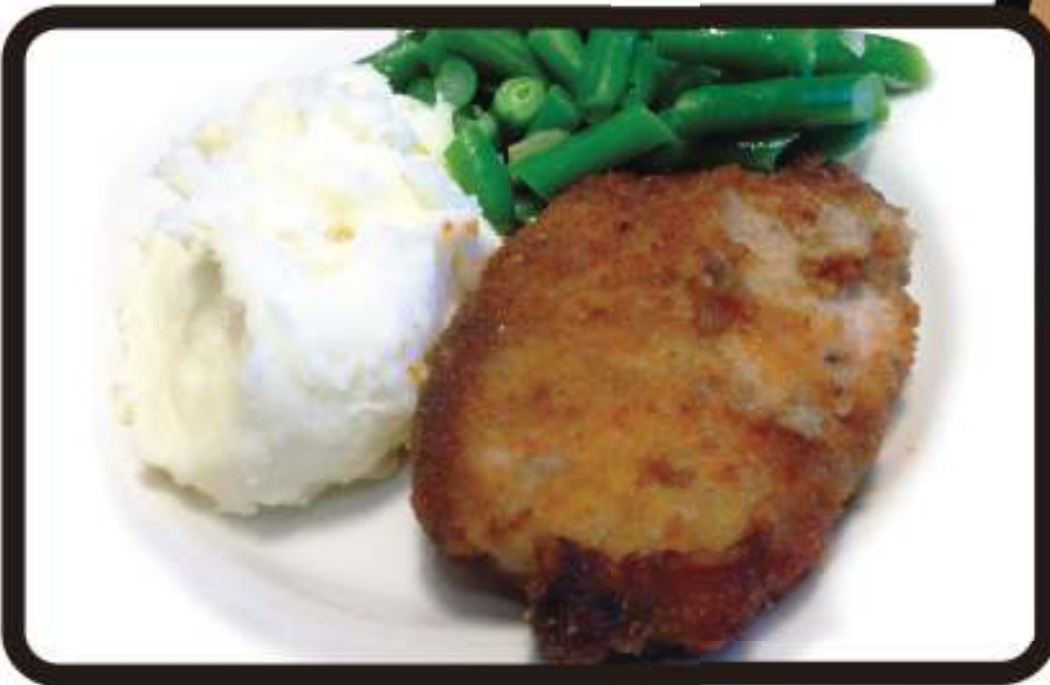
Try it  
Today!

## Pork Chops

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Pork chops come from the pig and they taste great grilled, baked, stir-fried, or roasted! A 6oz. serving contains approximately 250 calories and is an excellent source of protein!

Low cholesterol, high in iron, zinc and also high in vitamin B which helps your metabolism and energy production.



Oswego  
Dining