

# BELHAVEN UNIVERISITY NUTRITION & ALLERGERN INFORMATION

|  | serving size (oz) | Calories | Total fat (g) | Saturated Fat (g) | Chol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber | Total Sugar (g) | Protein (g) | Contains Dairy | Contains Soy | Contains Wheat | Vegetarian |
|--|-------------------|----------|---------------|-------------------|-----------|-------------|----------------|---------------|-----------------|-------------|----------------|--------------|----------------|------------|
| Baked Chicken  | 5.8               | 362      | 7.1           | 2                 | 175       | 601         | 4.3            | 1.1           | 1.7             | 67          |                | X            |                |            |
| Baked Fish Alison  | 6.8               | 278      | 16.4          | 3.2               | 98        | 315         | 5              | 0.1           | 1.6             | 26          | X              | X            |                |            |
| Baked Ziti   | 4.8               | 290      | 8.4           | 4.4               | 19        | 326         | 39             | 9             | 5.7             | 18          | X              | X            | X              | X          |
| Bangers & Mash (nutritional information for sausage only)              | 2                 | 150      | 12            | 4                 | 30        | 430         | 1              | 0             | 0               | 9           | X              | X            |                |            |
| BBQ Baked Chicken (nutritional information for plain baked chicken)    | 5.8               | 362      | 7.1           | 2                 | 175       | 601         | 4.3            | 1.1           | 1.7             | 67          |                | X            |                |            |
| BBQ Sauce  | 2 tbs             | 70       | 0             | 0                 | 0         | 290         | 18             | 0             | 16              | 0           |                | X            |                | X          |
| Beef and Corn Casserole  | 5.5               | 340      | 22            | 8.2               | 62        | 434         | 18             | 1.5           | 2.3             | 18          | X              | X            |                |            |
| Beef and Rice Casserole  | 5                 | 563      | 17.2          | 8                 | 157       | 471         | 37             | 2.6           | 2.7             | 45          | X              | X            |                |            |
| Beef Stroganoff Casserole  | 7.5               | 366      | 22            | 9.4               | 89        | 460         | 23             | 1.2           | 2               | 17          | X              | X            | X              |            |
| Beef Tacos (nutritional information for taco meat only)                | 3.8               | 272      | 18.6          | 6.7               | 57        | 334         | 11             | 1.3           | 0               | 15          |                | X            |                |            |
| Blackened (Cajun) Baked Chicken  | 5.8               | 362      | 7.1           | 2                 | 175       | 601         | 4.3            | 1.1           | 1.7             | 67          |                | X            |                |            |
| Brown Sugar Glazed Ham (nutritional information for plain ham)         | 2                 | 90       | 5             | 2                 | 30        | 470         | 1              | 0             | 1               | 9           |                | X            |                |            |
| Buffalo Chicken Mac & Cheese   | 7                 | 589      | 8.6           | 3.2               | 64        | 860         | 89             | 3.8           | 5.4             | 38          | X              | X            | X              |            |
| Buffalo Chicken Nachos   | 6                 | 322      | 6.4           | 0.2               | 129       | 1496        | 15             | 2             | 1.6             | 51          | X              | X            |                |            |
| Cajun Baked Fish   | 1 piece           | 80       | 2             | 1                 | 40        | 292         | 0              | 0             | 0               | 15          |                | X            |                |            |
| Cajun Chicken & Shrimp Pasta   | 6.5               | 598      | 17.4          | 5.7               | 217       | 1362        | 61             | 0.3           | 2.2             | 48          | X              | X            | X              |            |
| Cajun Mac & Cheese   | 5                 | 267      | 5.2           | 2.5               | 29        | 217         | 38             | 1.7           | 4.3             | 17          | X              | X            | X              | X          |
| Cajun Roast Pork Loin  | 4                 | 277      | 15.8          | 5.9               | 91        | 105         | 0.5            | 0             | 0               | 31          |                | X            |                |            |
| Cheese Manicotti   | 1 each            | 160      | 7             | 4                 | 35        | 360         | 16             | 1             | 2               | 8           | X              | X            | X              | X          |
| Cheese Ravioli (nutritional information for just ravioli)              | 5.5               | 232      | 8             | 5                 | 55        | 222         | 30             | 2             | 3               | 10          | X              | X            | X              | X          |
| Cheese Tortellini  | 5.5               | 240      | 4             | 2                 | 30        | 300         | 37             | 2             | 2               | 10          | X              | X            | X              | X          |
| Cheeseburger Mac & Cheese  | 5.5               | 463      | 13.3          | 6.3               | 121       | 705         | 41             | 1.7           | 6.9             | 42          | X              | X            | X              |            |
| Chicken & Broccoli Casserole   | 6                 | 333      | 7.5           | 2.6               | 79        | 288         | 31             | 1.2           | 4.1             | 34          | X              | X            |                |            |
| Chicken & Dumplings  | 1 cup             | 240      | 7             | 2                 | 40        | 990         | 30             | 1             | 3               | 14          | X              | X            | X              |            |
| Chicken & Sausage Gumbo  | 6                 | 351      | 21.2          | 7.6               | 110       | 1007        | 7              | 1.4           | 1.8             | 32          |                | X            | X              |            |
| Chicken & Waffles (Chicken Tenders)                                    | 2 each            | 170      | 5             | 1                 | 20        | 470         | 13             | 0             | 0               | 20          |                | X            | X              |            |
| Chicken & Waffles (Waffles)  | 2 each            | 200      | 6             | 1                 | 0         | 330         | 32             | 1             | 2               | 4           | X              | X            | X              | X          |
| Chicken Alfredo (nutritional information for plain alfredo sauce)      | 1/4 cup           | 60       | 4             | 1.5               | 5         | 270         | 5              | 0             | 1               | 1           | X              | X            | X              |            |
| Chicken Bacon Ranch Casserole  | 6                 | 540      | 13.8          | 3.7               | 159       | 622         | 60             | 0             | 1               | 42          | X              | X            | X              |            |
| Chicken Cordon Blue Casserole  | 7                 | 539      | 20.9          | 10                | 131       | 887         | 48             | 1.6           | 1.8             | 51          | X              | X            | X              |            |
| Chicken Enchilada Casserole  | 6                 | 490      | 14.9          | 5.1               | 94        | 644         | 40             | 7.7           | 3.9             | 36          | X              | X            | X              |            |
| Chicken Florentine Sauce   | 1/2 cup           | 186      | 8.9           | 4.7               | 52        | 301         | 9              | 2.1           | 3.6             | 19          |                | X            | X              |            |
| Chicken Lo Mein  | 6                 | 358      | 4             | 0.4               | 105       | 482         | 54             | 0.9           | 1.9             | 26          |                | X            | X              |            |
| Chicken Marsala (nutritional information for sauce w/o pasta)          | 1/2 cup           | 210      | 5.3           | 0.2               | 86        | 935         | 4.1            | 0.6           | 2               | 35          |                | X            | X              |            |
| Chicken Parmesan (chicken cutlet)                                      | 1 each            | 198      | 9             | 1                 | 43        | 411         | 11             | 0             | 0               | 18          | X              | X            | X              |            |
| Chicken Parmesan (sauce and cheese)                                    | 1/2 cup           | 117      | 7.2           | 4.7               | 22        | 601         | 4.3            | 0.9           | 2.7             | 10          | X              | X            |                |            |
| Chicken Patty Sandwich (nutrition information for chicken cutlet only) | 1 each            | 198      | 9             | 1                 | 43        | 411         | 11             | 0             | 0               | 18          |                | X            | X              |            |
| Chicken Piccata  | 6                 | 218      | 5.7           | 0.4               | 97        | 1262        | 3.4            | 0.5           | 1.6             | 38          |                | X            | X              |            |
| Chicken Pot Pie  | 5                 | 397      | 14            | 2.2               | 100       | 634         | 28             | 2.2           | 14              | 41          | X              | X            | X              |            |
| Chicken Ro*tel   | 5                 | 436      | 24.1          | 14                | 119       | 635         | 18             | 0.5           | 8.1             | 35          | X              | X            |                |            |
| Chicken Tacos  | 2 each            | 239      | 10.3          | 2.1               | 9         | 195         | 30             | 2.9           | 1.3             | 6.9         | X              | X            |                |            |
| Chicken Tetrazzini   | 8                 | 601      | 10.6          | 3.2               | 169       | 339         | 87             | 0.7           | 1.8             | 38          | X              | X            | X              |            |
| Country Fried Steak (no gravy)   | 4                 | 298      | 18            | 7                 | 48        | 573         | 21             |               |                 | 14          | X              | X            | X              |            |
| Crawfish Etouffee  | 1/2 cup           | 110      | 7             | 4                 | 50        | 510         | 6              | 1             | 2               | 6           |                | X            | X              |            |
| Eggplant Parmesan (cutlet only)  | 3                 | 170      | 7             | 1                 | 0         | 240         | 23             | 2             | 2               | 3           | X              | X            | X              | X          |
| Eggplant Parmesan (Sauce and cheese)                                   | 1/2 cup           | 117      | 7.2           | 4.7               | 22        | 601         | 4.3            | 0.9           | 2.7             | 10          | X              | X            |                | X          |
| Greek Chicken Pasta Sauce  | 1/2 cup           | 138      | 4.7           | 1.5               | 18        | 1040        | 13             | 0.8           | 3               | 11          | X              | X            | X              |            |

|  |          |     |      |     |     |      |     |     |     |     |   |   |   |   |
|--|----------|-----|------|-----|-----|------|-----|-----|-----|-----|---|---|---|---|
| Greek Style Baked Chicken  | 8        | 451 | 17.1 | 4.7 | 202 | 315  | 4.3 | 0.9 | 1.3 | 66  |   | X |   |   |
| Honey Mustard Chicken  | 8        | 725 | 37.8 | 7.9 | 266 | 474  | 9.6 | 0   | 9.6 | 79  | X | X |   |   |
| Honey Mustard Pork Loin  | 8        | 619 | 39.6 | 12  | 173 | 292  | 6.9 | 0   | 6.9 | 53  | X | X |   |   |
| Italain Herb Baked Fish  | 1 fillet | 80  | 2    | 1   | 40  | 292  | 0   | 0   | 0   | 15  |   | X |   |   |
| Italian Roast Pork Loin  | 4        | 277 | 15.8 | 5.9 | 91  | 105  | 0.5 | 0.2 | 0.2 | 31  |   | X |   |   |
| Jalapeno Popper Chicken Casserole                                | 5        | 451 | 18.1 | 7.7 | 105 | 484  | 37  | 1   | 1.4 | 33  | X | X | X |   |
| John Wayne Casserole   | 5        | 393 | 19.1 | 7.5 | 98  | 375  | 22  | 1   | 1.3 | 32  | X | X | X |   |
| Lemon Pepper Baked Chicken                                       | 5.8      | 362 | 7.1  | 2   | 175 | 601  | 4.3 | 1.1 | 1.7 | 67  |   | X |   |   |
| Lemon Pepper Baked Fish  | 1 piece  | 80  | 2    | 1   | 40  | 292  | 0   | 0   | 0   | 15  |   | X |   |   |
| Meat Chili   | 8        | 252 | 6.2  | 2.2 | 81  | 529  | 16  | 4.3 | 5.2 | 33  |   | X |   |   |
| Meat Lasagna   | 1 cup    | 330 | 14   | 7   | 40  | 920  | 32  | 2   | 7   | 19  | X | X | X |   |
| Meatballs, plain   | 4 each   | 240 | 18   | 7   | 65  | 500  | 7   | 1   | 1   | 13  | X | X | X |   |
| Meatloaf   | 6        | 302 | 9.4  | 3.4 | 158 | 364  | 12  | 0.8 | 4.9 | 40  | X | X | X |   |
| Meat Sauce   | 4.5      | 151 | 4.9  | 1.6 | 39  | 363  | 12  | 2.2 | 7.5 | 14  |   | X |   |   |
| Mexican Lasagna  | 8        | 402 | 19.3 | 9.8 | 136 | 387  | 13  | 2.3 | 2.8 | 43  | X | X | X |   |
| Old Bay Seasoned Baked Fish                                      | 1 piece  | 80  | 2    | 1   | 40  | 292  | 0   | 0   | 0   | 15  |   | X |   |   |
| Parmesan Baked Fish  | 1 fillet | 285 | 1835 | 3.7 | 52  | 479  | 12  | 0.5 | 1   | 20  | X | X | X |   |
| Pepperoni Chicken  | 1 each   | 296 | 13.3 | 5.6 | 100 | 646  | 6.4 | 1.2 | 0.1 | 36  | X | X |   |   |
| Philly Cheese Steak Sandwich                                     | 1 each   | 392 | 19.7 | 6.6 | 31  | 841  | 43  | 2   | 3.1 | 14  | X | X | X |   |
| Pineapple Glazed Ham   | 1 slice  | 88  | 3    | 1   | 16  | 375  | 12  | 0.2 | 11  | 5.1 |   | X |   |   |
| Pizza Casserole  | 1 cup    | 678 | 14.7 | 5.3 | 209 | 1163 | 77  | 2.9 | 7.5 | 58  | X | X | X |   |
| Pork Fried Rice  | 1 cup    | 383 | 9    | 3.1 | 67  | 1465 | 44  | 3.8 | 5   | 30  |   | X | X |   |
| Pot Roast  | 3        | 164 | 12   | 4   | 52  | 268  | 1   | 0   | 0   | 12  |   | X | X |   |
| Pulled Pork (nutritional information for meat only)              | 2        | 140 | 9    | 4   | 50  | 270  | 1   | 0   | 1   | 13  |   | X |   |   |
| Red Beans & Rice   | 1 cup    | 454 | 21.6 | 7.7 | 46  | 2210 | 41  | 5   | 0.5 | 23  |   | X |   |   |
| Roast Turkey   | 3        | 190 | 5.3  | 1.7 | 75  | 1010 | 4.4 | 0.2 | 0.1 | 31  |   | X |   |   |
| Salisbury Steak  | 1 each   | 277 | 18.4 | 7.7 | 72  | 393  | 4.1 | 0.5 | 0.8 | 24  |   | X | X |   |
| Shepherd's Pie   | 1 cup    | 400 | 18.5 | 7.2 | 59  | 810  | 23  | 1.9 | 1   | 19  | X | X | X |   |
| Shrimp Fried Rice  | 1 cup    | 283 | 2.6  | 0.6 | 88  | 603  | 48  | 4   | 1.6 | 15  |   | X | X |   |
| Shrimp Po Boys (nutrition information for shrimp only)           | 4        | 160 | 1    | 0   | 20  | 950  | 25  | 1   | 2   | 12  | X | X | X |   |
| Sloppy Joes  | 1 cup    | 448 | 11.6 | 4.3 | 162 | 843  | 28  | 0.7 | 24  | 56  |   | X | X |   |
| Smoked Sausage   | 2        | 150 | 12   | 4   | 30  | 430  | 1   | 1   | 0   | 9   |   | X |   |   |
| Smothered Pork Chops (nutrition information for plain pork chop) | 1 chop   | 140 | 6    | 2   | 55  | 510  | 0   | 0   | 0   | 21  |   | X | X |   |
| Southwest Beef Casserole   | 1 cup    | 611 | 18.2 | 8.2 | 179 | 320  | 44  | 3.3 | 3   | 64  | X | X | X |   |
| Southwest Chicken  | 1 each   | 244 | 11.3 | 6.4 | 65  | 418  | 13  | 3.2 | 0.9 | 23  |   | X |   |   |
| Spaghetti  | 2        | 210 | 1    | 0   | 0   | 0    | 41  | 2   | 2   | 7   |   | X | X | X |
| Spicy BBQ Sauce  | 2 tbs    | 90  | 0    | 0   | 0   | 310  | 20  | 0   | 17  | 0   |   | X |   | X |
| Sundried Tomato Basil Sauce                                      | 2 tbs    | 50  | 0    | 0   | 0   | 260  | 12  | 0   | 10  | 0   |   | X |   | X |
| Sweedish Meatballs   | 4 each   | 432 | 32.4 | 14  | 78  | 917  | 16  | 1.5 | 3.7 | 20  | X | X | X |   |
| Sweet & Sour Sauce   | 2 tbs    | 60  | 0    | 0   | 0   | 110  | 14  | 0   | 11  | 0   |   | X | X | X |
| Sweet & Spicy Sauce  | 1/2 cup  | 79  | 1.6  | 0.2 | 0   | 517  | 16  | 0.3 | 15  | 0.9 |   | X | X |   |
| Teriyaki Sauce   | 3.5      | 137 | 0    | 0   | 1   | 2240 | 30  | 1   | 21  | 4   |   | X | X | X |
| Vegetable Lasagna  | 1 cup    | 350 | 14   | 5   | 20  | 890  | 42  | 3   | 4   | 15  | X | X | X | X |

**Food Allergy Caution:** This information indicates the nutritional value and presence of allergens in the menu items provided. The safety and satisfaction of our students is our highest priority. However, as in all non-dedicated kitchens, a possibility exists of cross-contamination between food items. Additionally, fried food items may contain one or all of the allergens identified in this document as fryer oil is a source of cross-contamination. Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this information to guide your selection. MMI Dining Systems (including its affiliates, partnerships, and franchisees) assume no liability as a result of food related