

NUTRITIONAL ANALYSIS

Timken WHQ & Timken Steel

NG=NutriGOOD
NW=NutriWELL
LS=Low Sodium
V=Vegetarian

QUALIFIER	Recipe ID #	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
BREAKFAST:															
	3992176	Western Omelet	6 oz	360	28	70%	13	33%	0	370	1070	8	1	4	19
	3061401	Breakfast Skillet	9.5 oz	590	41	63%	11	17%	0	510	710	26	3	2	28
	4603919	Chocolate Chip Pancakes	4 oz	360	18	45%	10	25%	0	0	380	52	4	29	5
NG	3341670	Quinoa & Kale Scramble	8oz	170	6	30%	1	5%	0	0	640	16	3	2	15
FUSION:															
	4576328	Jambalaya with Shrimp & Chicken	8 oz	160	3	17%	1	6%	0	75	290	9	2	5	22
	5180567	Beef & Broccoli Stir Fry	8.5 oz	290	16	50%	3.5	11%	0	70	660	10	2	3	28
	3755037	Pork Pad Thai	14 oz	460	11	22%	2.5	5%	0	195	1000	69	4	19	34
NG	4404563	Pasta Primavera	6 oz	300	10	30%	3.5	10%	0	15	220	26	3	5	8
ENTRÉE:															
	3151536	Fettucini Carbonara	12.5 oz	830	49	53%	27	29%	1.5	130	970	66	5	6	28
	3925319	Green Bean Almondine	4.5 oz	100	6	54%	0.5	5%	0	0	460	10	4	4	3
	3319040	Cajun Catfish	5.5 oz	340	12	32%	2.5	7%	0	210	550	28	1	1	29
NG	3919211	Wild Rice Pilaf	3.5 oz	130	2.5	17%	1	7%	0	0	450	20	0	1	2
NG	3608378	Corn and Tomato Relish	2 oz	45	1	20%	0	0%	0	0	115	8	1	2	1
	4474669	Spicy Indian Butter Chicken	8 oz	330	24	65%	10	27%	0	115	980	12	2	6	18
NG	4392287	Basmati Rice	3 oz	120	0	0%	0	0%	0	0	0	27	1	0	2
NG	3816855	Naan Bread	1 oz	90	2	20%	0	0%	0	240	15	0	1	2	0
	4571749	Baked Meatball Parmesan	10oz	570	38	60%	15	24%	1.5	70	1630	31	3	18	28
NG	3843742	Broccoli and Cauliflower Medley	4 oz	40	0.5	11%	0	0%	0	0	540	7	3	2	3
NG	3608960	Garlic Breadstick	1 each	190	3.5	17%	1.5	7%	0	0	370	32	1	1	6
	4545107	Jagerschnitzel	6 oz	400	24	54%	10	23%	0	185	650	18	1	2	27
	3654924	Spaetzle	4 oz	140	6	39%	1	6%	0	90	800	19	2	0	6
NG	4119607	Steamed Brussels Sprouts	4 oz	50	0	0%	0	0%	0	0	30	10	4	2	4
DELI:															
	5987519	Chicken Caesar Panini	11 oz	750	35	42%	9	11%	0	85	2710	60	1	4	37
	3866911	Roast Beef Bistro Wrap	11 oz	660	36	49%	11	15%	0	80	2110	51	2	4	35
	3926765	Turkey Reuben	11 oz	770	43	50%	10	12%	0	70	2010	62	7	9	16
	3735102	Tremendous Turkey Sandwich	9 oz	540	21	35%	6	10%	0	80	1260	49	0	2	35
	5525507	Chipotle Chicken Salad Croissant	6.5 oz	460	38	74%	13	25%	0	100	1110	35	3	9	18
GRILL:															
	4297641	Webster Burger	1 each/9 oz	700	54	62%	18	21%	1	155	780	50	4	8	27
	3629920	BBQ Chicken Sandwich	1 each/11 oz	480	9	18%	1.5	3%	0	140	680	59	7	18	39
	3904853	North Carolina Pulled Pork	1 each/11 oz	670	27	36%	8	11%	0	115	2670	66	3	27	40
	3664511	Sloppy Joe	1 each/6 oz	390	23	53%	8	18%	1.5	65	840	28	1	7	18
	5047934	Grilled Bratwurst w/Peppers and Onions	1 each/6 oz	460	28	55%	6	12%	0	75	1070	33	2	6	17
PIZZA (6 cut):															
NG	3224087	Margarita	1 slice	320	9	25%	1	3%	0	5	890	39	2	2	22
	4365699	Buffalo Chicken Flatbread	1 each	850	52	55%	14	15%	0	90	2730	57	3	9	36
	3396185	Italian Sausage and Peppers	1 slice	520	24	42%	6	10%	0	20	1620	60	4	23	21
	4615096	Bacon, Jalapeno and Red Onion	1 slice	450	27	54%	12	24%	0	70	820	38	2	4	17
	4704227	Chicken, Spinach and Alfredo	1 slice	660	24	33%	11	15%	0	75	1670	69	1	4	38
SOUPS:															
	5640102	Hearty Vegetable	12 oz	100	3	27%	0	0%	0	0	720	18	3	5	3
	3909276	Chicken Noodle	12 oz	110	4.5	37%	1.5	12%	0	40	1100	15	1	2	9
	4964286	Stuffed Pepper	12 oz	340	17	45%	6	16%	1	60	1300	27	3	8	18
	5855876	Broccoli and Cheddar	12 oz	320	23	65%	11	31%	0	55	1730	19	2	2	10
	5483941	Chicken Gumbo	12 oz	170	4.5	24%	1	5%	0	15	590	22	2	8	11
	5751563	Vegetarian Lentil	12 oz	200	2.5	11%	0	0%	0	0	1280	33	11	7	11
	5640102	Hearty Vegetable	16 oz	140	4	26%	0	0%	0	0	960	24	4	7	4
	3909276	Chicken Noodle	16 oz	140	6	39%	2	13%	0	55	1470	20	2	2	12
	4964286	Stuffed Pepper	16 oz	450	23	46%	8	16%	1.5	80	1740	36	4	11	24
	5855876	Broccoli and Cheddar	16 oz	430	30	63%	15	31%	0	70	2300	25	3	3	14
	5483941	Chicken Gumbo	16 oz	230	6	23%	1.5	6%	0	20	790	29	2	11	15
	5751563	Vegetarian Lentil	16 oz	260	3.5	12%	0	0%	0	0	1710	44	14	10	15

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		BREAKFAST:													
	3992176	Western Omelet	6 oz	360	28	70%	13	33%	0	370	1070	8	1	4	19
	3232923	Breakfast Pizza	1 slice	580	34	53%	14	22%	0.5	195	1500	40	2	3	31
	2692965	Strawberries & Cream French Toast	7 oz	300	9	27%	6	18%	0	115	450	46	1	9	10
	3081612	Santa Fe Burrito	12.5 oz	730	44	54%	18	22%	0	305	1740	53	5	6	29
		FUSION:													
	3998863	Bourbon Glazed Salmon	5 oz.	340	22	58%	3	8%	0	75	1170	3	1	1	28
	3306804	Ponzu Flank Steak	4 oz	190	7	35%	2.5	13%	0	70	290	6	0	5	23
NG	3730355	Sweet Chili String Beans	4.5 oz	170	4.5	24%	0.5	3%	0	0	530	30	4	22	3
NG	4076963	Steamed Brown Rice	4 oz	110	1	8%	0	0%	0	0	0	24	1	0	2
NG	5675930	Teriyaki BBQ Chicken Stir Fry	7 oz.	180	4	20%	1	5%	0	55	470	13	3	8	24
	3881107	Blackened Chicken Caesar Salad	13 oz	410	18	40%	6	13%	0	90	2960	19	2	3	41
		ENTREE:													
	4676252	Tortellini w/Sausage and Mushrooms	9.5 oz	630	31	44%	10	14%	0	75	1140	61	4	6	25
	3628977	Roasted Ratatouille	4 oz	60	2.5	38%	0	0%	0	0	500	7	3	5	2
	3286814	Chicken Parmesan (Fried)	10 oz	520	21	36%	5	9%	0	125	1150	41	3	9	38
NG	3777793	Pasta Marinara	10 oz	320	3.5	10%	0.5	1%	0	0	840	61	5	6	11
NG	3608960	Garlic Breadstick	1 each	190	3.5	17%	1.5	7%	0	0	370	32	1	1	6
	5459758	Meatloaf	5 oz.	330	23	63%	8	22%	1	130	730	8	1	2	22
NG	3494122	Roasted Garlic Mashed Potatoes	4 oz	190	9	43%	4.5	21%	0	20	640	24	3	2	4
	3518702	Glazed carrots and snow peas	4 oz	80	0	0%	0	0%	0	0	40	19	3	15	2
	4652562	Pork Milanese	5 oz	420	15	32%	5	11%	0	115	430	37	1	1	32
	3489440	Zucchini Medley (sautéed)	4 oz	50	2.5	45%	0	0%	0	0	75	5	2	2	2
	5911932	Scalloped Potatoes	5 oz.	180	7	35%	4.5	23%	0	25	1910	24	2	2	6
		DELI:													
	5127633	Ham & Caramelized Onion Grilled Cheese	1 each/12.5 oz	900	44	44%	16	16%	0	110	2430	80	4	19	34
	4744255	California Dream Wrap	1 each/12 oz	800	46	52%	11	12%	0	100	1950	54	7	1	44
	4535411	Italian Beef	1 each/11.5 oz	550	12	20%	6	10%	0	70	1670	70	3	0	45
	4108713	Cobb Sandwich	1 each/13 oz	800	41	46%	17	19%	0	365	1640	42	3	7	62
	3074561	Texas Tuna Wrap	1 each/11 oz	660	36	49%	7	10%	0	65	2540	58	2	9	27
		GRILL:													
	5488266	Cheese Steak Po Boy	12 oz	730	36	44%	17	21%	0	90	1520	53	2	3	47
	5636815	Fire Cracker Chicken Sandwich	11 oz	850	58	61%	15	16%	0	115	1340	60	5	6	27
	5632029	Meat Turkey Burger	10 oz	640	48	69%	11	15%	0	105	1220	38	2	8	29
	4582756	Talladega Burger	13 oz	940	60	57%	25	24%	3	180	1040	47	2	12	51
NG	4861503P	Chicken Gyro	9 oz	320	8	23%	2	6%	0	85	430	29	4	6	32
		PIZZA (6 cut):													
	3709722	Veggie Pesto	1 slice	500	31	56%	12	22%	0	15	1180	34	3	3	24
	3126714	Chicken Bacon Ranch Calzone	1 each	1210	68	51%	19	14%	0.5	145	3460	90	0	6	56
	3478445	Spinach & Mushroom Flatbread	1 slice	420	9	19%	1.5	3%	0	5	1360	56	4	5	27
	4223654	Brier Hill	1 slice	380	16	38%	7	17%	0	40	1250	41	3	4	20
	3350172	Meat Lover's	1 slice	510	29	51%	11	19%	0	65	1250	33	2	3	28
		SOUPS:													
	3609981	Quinoa Minestrone	12 oz	130	3	21%	0	0%	0	0	1140	21	5	6	5
	3845104	Wisconsin Beer Cheese	12 oz	580	44	68%	24	37%	1	105	1370	24	2	7	22
	3956896	Tomato Bisque	12 oz	340	27	71%	10	26%	0	40	1390	23	5	11	5
	3151595	Beef Barley	12 oz	140	3.5	23%	1	6%	0	20	620	17	3	2	12
	5920969	New England Clam Chowder	12 oz	290	16	50%	9	28%	0.5	55	720	26	2	6	10
	3609981	Quinoa Minestrone	16 oz	170	3.5	19%	0	0%	0	0	1520	28	6	9	6
	3845104	Wisconsin Beer Cheese	16 oz	780	58	67%	32	37%	1.5	140	1820	32	2	9	29
	3956896	Tomato Bisque	16 oz	460	36	70%	14	27%	0.5	55	1860	31	6	15	7
	3151595	Beef Barley	16 oz	190	4.5	23%	1.5	6%	0	25	830	23	4	3	16
	5920969	New England Clam Chowder	16 oz	380	21	50%	12	28%	0.5	70	960	34	3	8	13

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BREAKFAST:															
	3168433	Farmer Style Eggs	4 oz.	90	3.5	35%	1	10%	0	125	380	9	1	2	7
	3840339	Southern Style Chicken Biscuit	1 each/5 oz.	340	13	34%	7	19%	0	30	1110	39	2	1	16
	3931796	Bacon, Avocado, Tomato Cheese on Texas Toast	1 each/7 oz.	410	19	42%	6	13%	0	225	890	39	2	2	20
	4105546	Pancake and Sausage Breakfast Sandwich	1 each/4 oz.	320	14	39%	6	17%	0	10	660	44	1	19	6
	3260166	Bacon and Onion Quiche	5 oz.	480	32	60%	12	23%	3	160	930	33	5	7	16
FUSION:															
	3190228	Bourbon Chicken over Hoppin John	12.5 oz	450	11	22%	1.5	3%	0	65	2130	53	4	30	31
NG	3090396	Hoppin John (Vegetarian)	5 oz	90	1.5	15%	0.5	5%	0	5	420	17	3	3	2
	3502460	Blackened Baja Fish Tacos	2 each/11 oz.	520	32	55%	6	10%	0	75	1940	37	6	7	23
	3942381	Bahn Mi Barley Bowl w/Broccoli Raab	16 oz	660	31	42%	5	7%	0	95	1370	54	12	9	44
	4926851	Grilled Pineapple and Chicken over Red Curry	8 oz	230	12	47%	5	20%	0	55	430	15	2	13	18
	5046964	Beef and Thai Basil w/Stir Fried Noodles	12oz.	740	14	17%	2	2%	0	70	1210	119	6	26	32
ENTRÉE:															
	3504642	Chicken and Spinach Enchilada	10 oz	410	16	35%	8	18%	0	70	840	40	2	8	24
NG	3648143	Jalapeno Rice	4 oz	130	1.5	10%	0	0%	0	0	105	27	1	0	3
NG	4840018	Southwest Vegetables	4 oz	140	4.5	29%	0.5	3%	0	0	170	22	3	4	3
	3389159	Braised Beef Brisket	5 oz	210	9	39%	3	13%	0	80	280	4	1	2	26
NG	3647607	Candied Sweet Potatoes	5 oz	170	2	11%	0.5	3%	0	0	70	38	2	21	2
	3936406	Roasted Brussels Sprouts	4 oz	140	9	58%	4	26%	0	0	920	13	5	3	5
	4042577	Turmeric & Coconut Chicken Skewers	5 oz	230	12	47%	6	23%	0	120	600	4	1	1	23
NG	3816855	Naan Bread	1 oz	90	2	20%	0	0%	0	0	240	15	0	1	2
NG	3818316	Vegetable Couscous	4 oz	160	5	28%	0.5	3%	0	0	560	24	2	0	4
	4048433	Chipotle Roasted Pork Loin	6 oz	400	30	68%	11	25%	0	95	380	1	1	0	30
NG	3149862	Baked Potato	5 oz	160	2.5	14%	0	0%	0	0	15	31	3	2	4
	3450440	Zucchini Medley (Sautéed)	4 oz	50	2.5	45%	0	0%	0	0	75	5	2	3	2
	3324440	Pittsburgh Salad (w/out Dressing)	12.5 oz	390	19	44%	5	12%	0	70	330	26	3	10	29
DELI:															
	3771489	Cajun Cow Sandwich	1 each/9 oz	530	34	58%	11	19%	0	75	930	34	2	4	24
	4126385	Diablo Chicken Wrap	1 each/13oz	860	47	49%	13	14%	0	160	1760	51	2	4	60
	3396181	El Rancho Wrap	1 each/12 oz	700	30	39%	10	13%	0	125	1370	54	6	6	52
	3238172	Supreme Sub	1 each/11 oz	660	30	41%	11	15%	0	105	2530	55	2	6	44
	3197251P	Spring Chicken Salad Sandwich	1 each/10 oz	590	20	31%	3	5%	0	90	1600	61	4	2	45
GRILL:															
	5925717	Chicken Cordon Bleu Sandwich	1 each/13 oz	840	47	50%	17	18%	0	160	1730	40	2	7	61
	2946754	Grilled Sausage Platine	1 each/15 oz	890	57	58%	18	18%	0	90	1920	61	6	10	36
	3153653	Pizza Burger	1 each/12 oz	780	48	55%	18	21%	2	130	1550	49	4	9	39
	3294745	Nashville Fried Chicken Sandwich	1 each/7 oz	590	26	40%	6	9%	0	175	1010	57	3	4	31
	4361578P	Tuscan Melt	1 each/17 oz	1030	63	55%	28	24%	0	135	1850	65	4	10	54
PIZZA (6 cut):															
	4759087	Bee Sting Pizza	1 slice	460	23	45%	10	20%	0	50	1010	43	2	8	21
	5214195	Sausage French Bread Pizza	1 slice	260	13	45%	6	21%	0	30	610	23	1	11	13
	4451312	Chicken Fajita Calzone	1 each	800	32	36%	14	16%	0.5	125	2740	82	3	7	44
	5880996	Italian Hoagie Pizza	1 slice	650	34	47%	12	17%	0	80	1600	41	2	9	27
	5131365	Pineapple and Ham Flatbread	1 slice	440	8	16%	1.5	3%	0	25	1620	58	3	7	30
SOUPS:															
	3166576	Chicken Corn Chowder	12 oz	150	8	48%	3.5	21%	0	50	500	23	2	9	18
	3593060	Homestyle Vegetable	12 oz	100	3	27%	1	9%	0	0	1750	15	3	3	2
	3228035	Thick and Zesty Chili	12 oz	320	10	28%	3.5	10%	0	45	1970	36	10	9	24
	3609981	Quinoa Minestrone	12 oz	130	3	21%	0	0%	0	0	1140	21	5	6	5
	5372349	Caribbean Turkey Stew	12 oz	280	3.5	11%	1	3%	0	25	370	47	5	5	17
	5560548	Cream of Potato	12 oz	450	23	46%	10	20%	0	10	3420	50	4	8	8
	3909276	Chicken Noodle	12 oz	110	4.5	37%	1.5	12%	0	40	1100	15	1	2	9
	5836094	Vegetable Tortellini	12 oz	220	6	25%	1.5	6%	0	25	820	36	7	8	10
	4964286	Stuffed Pepper	12 oz	340	17	45%	6	16%	1	60	1300	27	3	8	18
	5855876	Broccoli Cheddar	12 oz	320	23	65%	11	31%	0	55	1730	19	2	2	10
	3166576	Chicken Corn Chowder	16 oz	200	11	50%	4.5	20%	0	65	670	30	3	12	25
	3593060	Homestyle Vegetable	16 oz	130	4	28%	1.5	10%	0	0	2330	20	3	4	3
	3228035	Thick and Zesty Chili	16 oz	430	13	27%	4.5	9%	0	60	2620	48	13	12	32
	3609981	Quinoa Minestrone	16 oz	170	3.5	19%	0	0%	0	0	1520	28	6	9	6
	5372349	Caribbean Turkey Stew	16 oz	380	4.5	11%	1.5	4%	0	35	490	62	6	7	22
	5560548	Cream of Potato	16 oz	600	31	47%	14	21%	0	10	4560	66	5	10	10
	3909276	Chicken Noodle	16 oz	140	6	39%	2	13%	0	55	1470	20	2	2	12
	5836094	Vegetable Tortellini	16 oz	290	8	25%	2	6%	0	30	1100	48	9	10	14
	4964286	Stuffed Pepper	16 oz	450	23	46%	8	16%	1.5	80	1740	36	4	11	24
	5855876	Broccoli Cheddar	16 oz	430	30	63%	15	31%	0	70	2300	25	3	3	14

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		BREAKFAST:													
	4263001	Smothered Sausage Omelet	9 oz.	600	50	75%	20	30%	0	430	1950	9	0	2	27
	5600120	Egg BLT Sandwich	8 oz	790	57	65%	15	17%	0	185	1650	33	2	4	34
	4623006	Chorizo Breakfast Quesadilla	13 oz.	910	57	56%	25	25%	0	375	2360	52	5	7	47
	4264872	Country Fried Steak Burrito	13 oz.	830	37	40%	14	15%	0	305	2690	86	6	5	37
	6124070	Eggs Benedict Bake	5.5 oz.	340	21	46%	11	29%	0.5	265	690	20	1	3	17
		FUSION:													
	4337786	Fruit Almond and Arugula Power Bowl	12.5 oz	590	49	75%	7	11%	0	5	640	23	5	15	15
	5532835	Chicken Cacciatore en Bianco	8oz	270	16	53%	7	23%	0	90	700	7	2	4	22
	3778592	Spicy Szechuan Beef Stir Fry	8 oz	280	11	35%	3.5	11%	0	75	560	15	3	7	28
	4469379	Thai Honey Peanut Chicken	7 oz	270	8	27%	1.5	5%	0	110	800	12	1	8	38
	5121573	Adobo Braised Pork Tacos	10 oz.	580	25	39%	10	16%	0	65	1450	50	4	6	27
		ENTRÉE:													
	4051509	Chicken Piccata	8 oz	430	29	61%	14	29%	1	135	890	13	1	1	28
	4308655	Creamy Polenta	4 oz.	60	3	45%	0	0%	0	0	180	8	0	0	1
NG	3126047	Lemon Garlic Green Beans	3 oz.	40	1.5	30%	0	0%	0	0	160	6	2	3	2
NG	3489287	Walnut and Farro Stuffed Pork Loin	7 oz	420	10	21%	1.5	3%	0	65	200	54	6	8	32
NG	4162405	Gnocchi with Tomato and Parmesan	4 oz	160	4	23%	1	6%	0	5	770	26	0	1	4
NG	5875499	Sautéed Sugar Snap Peas	4 oz.	70	2	28%	0	0%	0	0	160	8	3	4	3
	3782774	Cajun Roasted Turkey Breast	6 oz	270	6	20%	1.5	5%	0	135	720	0	0	0	50
	3414972	Cheesy Chili Lime Potato Wedges	4 oz	130	5	35%	2	14%	0	10	400	18	2	1	4
	3653606	Mexican Corn	4 oz	140	8	51%	3	19%	0.5	15	125	17	2	4	4
	3776297	Beef Shepherd's Pie with Cheddar Chive Crust	12 oz	470	22	42%	8	15%	1	110	1620	44	6	9	24
NG	5393586	Barley Pilaf	4 oz	150	1.5	9%	0.5	3%	0	0	140	32	7	1	4
	3014918	Herbed Baby Carrots	4 oz	100	6	54%	3	27%	0	0	150	10	3	5	1
	3601815	Summer Field Salad	12.5 oz	560	41	66%	9	14%	0	30	500	42	5	32	10
		DELI:													
	4740486	Santa Cruz Wrap	1 each/13 oz	1060	66	56%	15	13%	0	105	1380	80	6	8	37
	2621217	Smokehack Sandwich	1 each/10 oz	660	39	53%	16	22%	0	105	2540	38	2	13	36
	5601611	Hot Italian Sub	1 each/11 oz	700	42	54%	17	22%	0	120	2690	45	2	4	34
	5223978	Chipotle Caesar Chicken Wrap	1 each/14 oz	1060	69	59%	17	14%	0.5	155	1490	57	4	2	48
	3313193	Roast Beef Cheddar Grinder	1 each/10 oz	610	33	49%	9	13%	0	85	1530	47	0	1	34
		GRILL:													
	3088093	Black and Bleu 1/3 lb. Burger	12 oz	870	57	59%	23	24%	2	140	1680	47	3	8	41
	3167754	Torta al Tinga	14.5 oz	640	27	38%	7	10%	0	135	1080	64	5	14	35
	3496999	Bacon Cheddar Hot Dog	1 each/7.5 oz	600	43	65%	17	26%	0	100	1700	26	1	5	28
	4312974	Turkey and Swiss Flatbread	11 oz	710	47	60%	14	18%	0	95	1690	44	2	12	32
	3242932	Coffee BBQ Chicken Sandwich w/Apple Cabbage Slaw	11 oz	420	10	21%	2	4%	0	105	810	54	3	17	29
		PIZZA (6 cut):													
	2961964	Garlic, Spinach, Mushroom Pizza	1 slice	430	16	33%	4.5	9%	0	5	1430	57	3	17	18
	3008423	Pesto, Ham and Jerk Chicken Pizza	1 slice	570	26	41%	6	9%	0	55	1630	41	2	2	43
	3274941	BBQ Bacon and Shalot Pizza	1 slice	530	24	41%	9	15%	0	50	1730	50	2	11	29
	4692862P	Pepperoni and Hot Pepper Pizza	1 slice	590	22	34%	10	15%	0	50	1540	67	1	4	27
	4383902	Philly Cheesesteak Pizza	1 slice	520	23	40%	6	10%	0	30	1780	59	2	22	21
		SOUPS:													
	4358793	Portuguese Chicken and Rice	12 oz	120	2.5	19%	0	0%	0	30	1120	11	1	1	10
	3083217	Curried Vegetable and Potato	12 oz	130	2	14%	0	0%	0	0	1570	25	4	4	3
	3953310	Italian Wedding	12 oz	110	4	33%	0.5	4%	0	10	1130	12	1	2	4
	3168049	Cuban Black Bean	12 oz	270	7	23%	2	7%	0	15	1400	36	12	2	17
	5483941	Chicken Gumbo	12 oz	170	4.5	24%	1	5%	0	15	990	22	2	8	11
	3845104	Wisconsin Beer Cheese Soup	12 oz	580	44	68%	24	37%	1	105	1370	24	2	7	22
	3910135	Northern Bean and Spicy Sausage	12 oz	190	6	28%	1.5	7%	0	10	1790	24	5	5	11
	5060346	Wild Rice and Mushroom Soup	12 oz	170	8	42%	4	21%	0	20	720	20	3	4	5
	3956896	Tomato Basil Bisque	12 oz	340	27	71%	10	26%	0	40	1390	23	5	11	5
	5340576	Asian Chicken Noodle Soup	12 oz	150	3.5	21%	0.5	3%	0	20	1000	19	2	4	10
	4358793	Portuguese Chicken and Rice	16 oz	150	3.5	21%	0	0%	0	40	1490	15	1	1	13
	3083217	Curried Vegetable and Potato	16 oz	170	3	16%	0	0%	0	0	2100	33	6	6	4
	3953310	Italian Wedding	16 oz	150	5	30%	1	6%	0	15	1510	16	1	2	6
	3168049	Cuban Black Bean	16 oz	370	9	22%	2.5	6%	0	20	1860	48	17	2	23
	5483941	Chicken Gumbo	16 oz	230	6	23%	1.5	6%	0	20	790	29	2	11	15
	3845104	Wisconsin Beer Cheese Soup	16 oz	780	58	67%	32	37%	1.5	140	1820	32	2	9	29
	3910135	Northern Bean and Spicy Sausage	16 oz	250	8	29%	2	7%	0	15	2380	32	7	7	14
	5060346	Wild Rice and Mushroom Soup	16 oz	230	10	39%	5	20%	0	25	960	27	3	6	7
	3956896	Tomato Basil Bisque	16 oz	460	36	70%	14	27%	0.5	55	1860	31	6	15	7
	5340578	Asian Chicken Noodle Soup	16 oz	200	4.5	20%	1	5%	0	25	1330	25	2	5	13

NUTRITIONAL ANALYSIS

Timken WHQ & Timken Steel

NG=Not/GOOD
NW=Not/WELL
LS=Low Sodium
V=Vegetarian

QUALIFIER	Recipe ID #	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
BREAKFAST:															
	3698127	Carrot Cake Pancakes	3 each/5 oz	300	16	48%	2	6%	0	75	440	30	5	7	11
	3183102	Western Breakfast Burrito	7 oz	480	24	45%	10	19%	0	275	1450	44	4	6	22
NG	3477459	Mixed Berry Smoothie	1 each/19 oz	410	4.5	10%	2.5	5%	0	20	200	83	6	75	14
FUSION:															
	5226444	Chipotle Chicken Taco Salad	13 oz	290	12	37%	2	6%	0	60	290	18	4	3	22
	5189844	Mediterranean Chicken Kabob Platter	16 oz	670	23	31%	2.5	3%	0	90	1390	72	16	10	43
	5391296	Healthy Shrimp and Grits	12 oz	240	7	26%	3.5	13%	0	105	800	26	3	7	12
NG	3345348	Honey Mustard Glazed Pork Loin	5 oz	190	6	28%	1.5	7%	0	70	630	6	0	6	24
ENTRÉE:															
	4104553	Hungarian Goulash	6 oz	230	11	43%	4	16%	0.5	35	630	20	3	8	13
NG	5702702	Garlic and Rosemary Roasted Potatoes	4oz	110	1	8%	0	0%	0	0	200	23	2	2	3
	3433880	Cauliflower Gratin	4oz	140	8	51%	3.5	23%	0	125	270	11	2	2	8
	3782466	Pretzel Crusted Cod w/Whole Grain Mustard Sauce	8oz	340	4.5	12%	1	3%	0	115	980	39	2	3	33
	3628977	Roasted Ratatouille	4oz	60	2.5	38%	0	0%	0	0	500	7	3	5	2
NG	3134122	Couscous Pilaf	4oz	170	2	11%	0	0%	0	0	290	32	2	1	6
	3105053	Sriracha Honey Pork Belly	5oz	720	72	90%	26	33%	0	95	115	6	0	5	13
NG	3887152	Molasses Baked Beans	4oz	180	2	10%	0.5	3%	0	5	380	36	4	21	7
	3705242	Sauteed Kale	4oz	130	6	42%	0.5	3%	0	0	510	16	6	4	7
	3564155	Grilled Rosemary Chicken	6oz	290	16	50%	2.5	8%	0	105	780	1	1	0	33
NG	3919211	Wild Rice Pilaf	3.5oz	130	2.5	17%	1	7%	0	0	450	20	0	1	2
	3014918	Herbed Baby Carrots	4oz	100	6	54%	3	27%	0	0	150	10	3	5	1
	3254082	Grated Beef Tips	6oz	300	14	43%	4.5	14%	0	75	790	12	1	3	30
NG	3817151	Marble Potatoes	4oz	120	1	8%	0	0%	0	0	210	27	3	3	3
	3147889	Broccoli Almondine	4oz	150	12	72%	4.5	27%	0	0	1010	8	4	2	5
DELI:															
	3611093	Crispy Chicken Bacon Ranch Sandwich	1 each	710	45	57%	14	18%	0	95	1440	53	4	5	25
	5329269	Orange Chicken Wrap	1 each	800	32	36%	6	7%	0	25	2020	105	7	46	22
	4220744	Caprese Sandwich	1 each	420	14	30%	2.5	5%	0	15	1110	48	1	1	23
	5421738	Pastrami New Yorker with Onions & Mushrooms	1 each	1110	78	63%	24	19%	0	110	3090	62	7	16	41
	3441196	Roasted Vegetable Grinder	1 each	470	19	36%	6	11%	0	20	1260	57	4	7	21
GRILL:															
	5914073	Patty Melt Third Pound	1 each/11 oz	910	67	66%	24	24%	2	145	1710	38	5	8	37
	4487167	Grilled Chicken Quesadilla	1 each/12 oz	790	44	50%	18	21%	0	130	1650	56	3	5	40
	3179925	Fried Green Tomato and Pimento Cheese Panini	1 each/8 oz	750	42	50%	13	16%	0	55	1190	73	4	17	22
	4116435	Cuban Sandwich	1 each/9 oz	570	24	38%	9	14%	0	85	1850	56	0	3	35
	4229250	Greek Melt	1 each/11 oz	750	43	52%	20	24%	0	60	1900	69	4	12	22
PIZZA(6 cut):															
	5751443	Buffalo Chicken Calzone	15 oz	1100	56	46%	17	14%	0	165	2940	85	2	3	57
	5205983	Spicy White Pizza	1 slice	550	15	25%	3	5%	0	15	1400	67	0	2	27
	4367440	Double Pepperoni Pizza	1 slice	470	28	54%	12	23%	0	65	1150	32	2	2	23
	4396760	Cheeseburger Pizza	1 slice	450	21	42%	8	16%	0	45	1700	48	2	15	22
	3881074	Artisan Pizza	1 slice	480	28	53%	13	24%	0	50	1000	33	2	4	27
SOUPS:															
	3151595	Beef and Barley Soup	12 oz	140	3.5	23%	1	6%	0	20	620	17	3	2	12
	3423616	3 Bean Mushroom Chili	12 oz	200	3.5	16%	0.5	2%	0	0	720	34	9	8	11
	3856890	Three Onion Soup	12 oz	180	8	40%	3	15%	0	5	1030	23	3	7	4
	3891163	Cream of Mushroom Soup	12 oz	270	22	73%	14	47%	1	65	1770	13	1	3	4
	4282826	Stracciatella Soup	12 oz	160	7	39%	1.5	8%	0	175	2500	12	0	3	10
	5751563	Vegetarian Lentil Soup	12 oz	200	2.5	11%	0	0%	0	0	1280	33	11	7	11
	3953310	Italian Wedding Soup	12 oz	110	4	33%	0.5	4%	0	10	1130	12	1	2	4
	5640102	Hearty Vegetable Soup	12 oz	100	3	27%	0	0%	0	0	720	18	3	5	3
	5926662	Chicken Tortilla Soup	12 oz	150	4	24%	0.5	3%	0	35	980	12	1	3	14
	4440587	Curried Cauliflower Soup	12 oz	110	2	16%	0	0%	0	0	1640	21	4	3	3
	3151595	Beef and Barley Soup	16 oz	180	4.5	23%	1.5	8%	0	25	830	23	4	3	16
	3423616	3 Bean Mushroom Chili	16 oz	270	5	17%	0.5	2%	0	0	960	45	13	11	14
	3856890	Three Onion Soup	16 oz	240	10	38%	3.5	13%	0	10	1380	31	4	9	5
	3891163	Cream of Mushroom Soup	16 oz	360	30	75%	18	48%	1	85	2360	18	2	4	6
	4282826	Stracciatella Soup	16 oz	220	10	41%	2.5	10%	0	235	3340	16	0	5	13
	5751563	Vegetarian Lentil Soup	16 oz	260	3.5	12%	0	0%	0	0	1710	44	14	10	15
	3953310	Italian Wedding Soup	16 oz	150	5	30%	1	6%	0	15	1510	16	1	2	6
	5640102	Hearty Vegetable Soup	16 oz	140	4	26%	0	0%	0	0	960	24	4	7	4
	5926662	Chicken Tortilla Soup	16 oz	210	6	26%	1	4%	0	45	1310	16	2	4	19
	4440587	Curried Cauliflower Soup	16 oz	150	3	18%	0	0%	0	0	2190	28	5	4	4

NUTRITIONAL ANALYSIS
CHEF CREATED OMELET BAR

Recipe ID #	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
4031184	Liquid Egg	3 oz	130	8	55%	2.5	17%	0	360	120	0	0	0	11
	Egg Whites, Scrambled	3oz	45	0	0%	0	0%	0	0	140	1	0	1	9
	Toppings:													
	Spanish onion, diced	.5 oz	5	0	0%	0	0%	0	0	0	1	0	1	0
	Green pepper, diced	.5 oz	5	0	0%	0	0%	0	0	0	1	0	0	0
	Roma tomatoes, diced	.5 oz	5	0	0%	0	0%	0	0	0	1	0	0	0
	Mushrooms, sliced	.5 oz	5	0	0%	0	0%	0	0	0	0	0	0	0
	Spinach, stemless	.5 oz	5	0	0%	0	0%	0	0	10	1	0	0	0
	Bacon, cooked, crumbled	.5 oz	80	6	68%	2	23%	0	15	240	0	0	0	5
	Sausage, bulk, cooked, crumbled	.5 oz	60	5	75%	2	30%	0	10	130	0	0	0	2
	Del Ham, diced	.5 oz	15	0	0%	0	0%	3	5	115	1	0	0	2
	Cheeses:													
	Cheddar Cheese, shredded	1 oz	110	9	74%	6	49%	0	30	180	0	0	0	7
	American	1 oz	100	9	81%	5	45%	0	25	520	0	0	0	5
	Swiss	1 oz	110	8	65%	5	41%	0	25	55	2	0	0	8
	Provolone	1 oz	100	8	72%	5	45%	0	20	250	1	0	0	7
	Pepperjack	1 oz	110	9	74%	6	49%	0	25	180	0	0	0	6

NUTRITIONAL ANALYSIS

NutriGood Selection		Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Recipe ID #	Menu Item													
	Romaine Lettuce	4 oz.	20	0	0%	0	0%	0	0	10	4	2	1	1
	Popcorn Chicken	4 oz.	226	9	36%	3	12%	0	160	436	8	0	0	26
	Red Hot Sauce	1.5 oz	15	0	0%	0	0%	0	0	1080	3	0	0	0
	Bleu Cheese Crumbles	1 oz	100	8	72%	5	45%	0	20	400	1	0	0	6
	Veggies:													
	Celery	1 oz	5	0	0%	0	0%	0	0	25	1	0	0	0
	Red Onion	1 oz	10	0	0%	0	0%	0	0	0	3	0	1	0
	Grape Tomatoes	1 oz	5	0	0%	0	0%	0	0	0	1	0	1	0
	Dressing:													
	Ranch	2 oz	190	21	99%	3	14%	0	20	510	2	0	2	2
	Bleu Cheese	2 oz	280	30	96%	4.5	14%	0	0	600	2	2	2	0

NUTRITIONAL ANALYSIS
TRADITIONAL NACHO BAR

NutriGood Selection		Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Recipe ID #	Menu Item													
	Tortilla Chips	2.5 oz	350	16	41%	2	5%	0	0	220	47	3	1	5
	Protein:													
	Taco Meat	3 oz	180	11	55%	4	20%	0.5	60	500	3	1	1	17
	Fajita Marinated Chicken	3 oz	150	9	54%	1	6%	0	45	105	1	0	0	16
	Toppings:													
	Pico de Gallo	2 oz	15	0	0%	0	0%	0	0	220	3	0	2	0
	Sour Cream	2 oz	110	11	90%	7	57%	0	30	45	2	0	2	1
	Cheddar Cheese Sauce	3 oz	150	10	90%	6	36%	0	25	260	6	0	3	7
	Guacamole	1 oz	50	4	72%	0.5	9%	0	0	95	3	2	0	0
	Red Onion	1 oz	10	0	0%	0	0%	0	0	0	3	0	1	0
	Green Peppers	1 oz	5	0	0%	0	0%	0	0	0	1	0	1	0
	Black Olives	1 oz	45	4.5	90%	0	0%	0	0	220	2	0	0	0
	Tomato	1 oz	5	0	0%	0	0%	0	0	0	1	0	1	0
	Roasted Corn	1 oz	30	1	30%	0	0%	0	0	200	5	1	1	1
	Shredded Lettuce	1 oz	5	0	0%	0	0%	0	0	10	1	0	0	0
	Jalapenos	1 oz	5	0	0%	0	0%	0	0	280	1	0	0	0

NUTRITIONAL ANALYSIS

HOT DOG BAR

NG=NutriGOOD
NW=NutriWELL
LS= Low Sodium
V=Vegetarian

QUALIFIER	Recipe ID #	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
		Hot Dog Bun	1 each	120	1.5	11%	0	0%	0	0	210	21	1	3	4
	5181315	Hot Dog 4x1	1 each	480	36	8%	17	32%	0	70	1460	30	1	4	18
	5055190	Hot Dog 5x1	1 each	430	26	54%	10	21%	0	50	1360	32	1	7	16
	5203539	Hot Dog 6x1	1 each	370	25	61%	11	27%	0	45	1070	29	1	4	14
	3493773	Hot Dog 8x1	1 each	300	19	57%	7	21%	0	35	860	28	1	5	11
		Condiments/Toppings:													
		Ketchup	.25 oz	10	0	0%	0	0%	0	0	65	2	0	2	0
		Mustard	.25 oz	5	0	0%	0	0%	0	0	80	0	0	0	0
		Chili Sauce	1 oz	30	1	30%	0	0%	0	0	180	4	1	0	1
	3979354	Cheddar Cheese Sauce	1 oz	50	3.5	63%	2	36%	0	9	90	2	0	1	2
	3536385	Creamy Cole Slaw	.5 oz	27	2	67%	0	0%	0	3	83	2	0	2	0
		Dill pickle slices	0	0	0	0%	0	0%	0	0	125	0	0	0	0
		Onion	.25 oz	5	0	0%	0	0%	0	0	0	1	0	0	0
	3319514	Bacon	2 slices	60	5	75%	2.5	38%	0	10	200	0	0	0	3
		Jalapeno peppers	.5 oz	5	0	0%	0	0%	0	0	0	1	0	1	0
		Shredded Lettuce	.25 oz	0	0	0%	0	0%	0	0	0	0	0	0	0
		Diced tomato	.5 oz	5	0	0%	0	0%	0	0	0	1	0	0	0

NUTRITIONAL ANALYSIS
WAFFLE BAR

Recipe ID #	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
	Waffle	1 Each	100	4	36%	1	9%	0	10	180	14	0	1	2
	Butter	1 Tbsp	100	11	99%	7	63%	0	30	0	0	0	0	0
	Maple Syrup	2 Tbsp	100	0	0%	0	0%	0	0	0	27	0	27	0
	Strawberries	2 oz	20	0	0%	0	0%	0	0	0	4	1	3	0
	Blueberries	2 oz	30	0	0%	0	0%	0	0	0	8	1	6	0
	Whipped Topping	2 Tbsp	20	1.5	68%	1	45%	0	5	0	1	0	1	0

NUTRITIONAL ANALYSIS
PASTA BAR

Recipe ID #	Menu Item	Serving Size	Calories	Total Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Sat Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
3940431	Marinated Chicken	2.5 oz	110	4.5	37%	1	8%	0	50	95	0	0	0	17
	Shrimp	2.5 oz	80	1.5	17%	0	0%	0	145	200	0	0	0	18
5296110	Meatballs, cooked	2.5 oz	200	14	63%	6	27%	0	80	252	5	0	0	13
	Italian Sausage, raw	2.5oz	120	10	75%	3.5	28%	0	20	440	2	0	0	7
4634954	Whole Grain Penne Pasta	2.5 oz	110	1.5	12%	0	0%	0	0	210	20	2	1	3
	Whole Grain Spaghetti	2.5 oz	100	1	9%	0	0%	0	0	210	20	3	1	4
5369819	Marinara Sauce	4 oz	190	17	81%	2.5	12%	0	0	240	9	2	5	2
4663591	Chicken Bercy Sauce	4 oz	170	13	69%	1.5	8%	0	5	400	7	1	0	2
4648689	Pesto Sauce	2 oz	300	31	93%	5	15%	0	10	250	3	1	0	3
4441909	Alfredo Sauce	5 oz	614	59	86%	37	54%	0	212	613	1	0	0	11
	Summer Squash	1oz	5	0	0%	0	0%	0	0	0	1	0	1	0
	Diced Onion	1oz	10	0	0%	0	0%	0	0	0	3	0	1	0
	Mushrooms	1oz	5	0	0%	0	0%	0	0	0	1	0	1	1
	Broccoli Floret	1oz	10	0	0%	0	0%	0	10	1	1	0	1	1
	Spinach, stemless	1oz	5	0	0%	0	0%	0	0	20	1	1	0	1
	Tomato	1oz	5	0	0%	0	0%	0	0	0	1	0	1	0
	Sundried Tomatoes	5 oz	35	0	0%	0	0%	0	0	300	8	2	5	2
	Artichoke Hearts	1 oz	16	0	0%	0	0%	0	0	15	3	2	0	1
	Zucchini	1 oz	5	0	0%	0	0%	0	0	1	0	1	0	0
	Roasted Red Peppers	1 oz	5	0	0%	0	0%	0	0	45	1	1	0	0
	Spinach	1 oz	5	0	0%	0	0%	0	0	20	1	1	0	1
4122607	Herb Roasted Portobello Mushrooms	1 oz	30	2	60%	0	0%	0	0	0	2	1	1	1
	Feta Cheese	1 Tablespoon	35	3	77%	2	51%	0	15	160	1	0	1	2
	Parmesan Cheese	1 Tablespoon	60	4	60%	2.5	38%	0	10	220	1	0	0	5
	Extra Virgin Olive Oil	1 Teaspoon	40	4.5	101%	0.5	11%	0	0	0	0	0	0	0
	Crushed Red Pepper	1/4 Teaspoon	0	0	0%	0	0%	0	0	0	0	0	0	0
	Garlic Breadstick	1 each/1.2 oz.	200	3	14%	0.5	2%	0	0	150	25	1	1	3