

VCS Nutrition Information - PatriotCafe

BREAKFAST SIMPLY TO GO	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
Bagel: Egg, Bacon & Cheese	1 ea	450	15	1080	59	2	18			
Bagel: Egg, Ham & Cheese	1 ea	440	13	1240	59	2	22			
Bagel: Egg, Sausage & Cheese	1 ea	560	25	1100	59	2	21			
Big Breakfast Sandwich w/ Bacon	1 ea	510	35	910	28	1	21			
Big Breakfast Sandwich w/ Sausage	1 ea	470	31	850	28	1	20			
Biscuit: Egg, Bacon & Cheese	1 ea	360	23	850	24	1	12			
Biscuit: Egg, Ham & Cheese	1 ea	360	21	1130	25	1	15			
Biscuit: Egg, Sausage & Cheese	1 ea	480	34	990	24	1	14			
Biscuits & Gravy	1 ea	320	20	810	29	1	6			
Breakfast Bowl	1 ea	560	37	1060	33	1	25			
Breakfast Burrito Chorizo	12 oz	850	51	2070	60	4	34			
Breakfast Burrito Meat Trio	12 oz	750	42	1820	58	3	33			
Breakfast Burrito Veggie	12 oz	660	34	1510	61	4	26			
Croissant: Egg, Bacon & Cheese	1 ea	400	26	740	28	2	13			
Croissant: Egg, Ham & Cheese	1 ea	390	23	910	28	2	17			
Croissant: Egg, Sausage & Cheese	1 ea	510	36	770	27	2	16			
English Muffin: Egg & Cheese	1 ea	250	12	610	27	1	11			
English Muffin: Egg & Turkey Sausage	1 ea	330	18	870	27	1	18			
English Muffin: Egg White, Kale & Cheese	1 ea	250	8	502	28	2	15			
English Muffin: Egg, Bacon & Cheese	1 ea	320	19	570	27	1	13			
English Muffin: Egg, Ham & Cheese	1 ea	280	13	840	27	1	16			
English Muffin: Egg, Sausage & Cheese	1 ea	400	25	700	26	1	15			
Garden Veggie Scramble	10 oz	110	6	180	6	2	9			
BREAKFAST ENTREES & SIDES	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
Bacon	2 slices	70	7	140	0	0	2		G	
Biscuit	1 ea	250	14	440	27	1	4			
Biscuit & Sausage Gravy	1 Bis/4 oz	370	23	920	30	1	7			

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Breakfast Bowl w/ Egg, Biscuit, Sausage & Cheese	6 oz	560	37	1060	33	1	26			
Breakfast Potatoes w/ Peppers & Onions	4 oz	270	13	70	31	2	4		G	
Breakfast Taco on 6" Tortilla w/ Eggs, Potatoes, Onion, Sausage & Cheese	1 ea	360	24	670	20	4	18			
Corned Beef Hash	4 oz	190	12	480	11	1	10			
Egg: Scrambled	1 egg	110	8	80	1	0	7		G	
Egg White: Scrambled	1 egg	50	0	90	0	0	6	B	G	
French Toast on Texas Toast	1 slice	280	17	380	24	0	7			
Grits	8 oz	160	1	0	36	3	4	B	G	V
Grits	12 oz	240	1	0	53	4	6	B	G	V
Hash Brown	1 ea	310	24	10	24	3	2			
Oatmeal	8 oz	140	3	0	25	4	5	B		V
Oatmeal	12 oz	200	4	0	37	5	7	B		V
Omelet: Cheddar Cheese	3 eggs	520	40	610	4	0	35		G	
Omelet: Egg White w/ Cheddar Cheese	3 eggs	360	23	650	2	0	32		G	
Omelet: Egg White w/ Vegetables	3 eggs	150	5	280	5	1	19	B	G	
Omelet: Ham & Cheddar Cheese	3 eggs	600	44	1280	4	0	45		G	
Omelet: Veggie	3 eggs	320	22	240	6	1	23		G	
Omelet: Western w/ Cheddar Cheese	3 eggs	630	45	1330	8	1	47		G	
Pancakes: Buttermilk	2 ea	300	13	690	40	2	5			
Pancakes: Multi Grain	2 ea	240	7	610	37	3	5	B		
Pork Sausage Link	1 oz	40	4	110	0	0	3		G	
Pork Sausage Patty	2 oz	140	13	260	0	0	4		G	
Syrup	1 oz	70	0	25	17	0	0		G	V
Syrup: Sugar Free	1 oz	10	0	5	14	1	0		G	V
Toast: White	2 slices	130	2	250	25	1	5			V
Toast: Whole Wheat	2 slices	140	2	260	25	2	5	B		V
Turkey Bacon	2 slices	40	1	220	0	0	6	B	G	
Turkey Sausage Link	1 oz	60	3	280	0	0	6		G	
Turkey Sausage Patty	1.5 oz	60	3	150	1	0	7		G	
GRILL	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
1/3lb Angus Cheeseburger	1 ea	540	31	950	39	2	28			
1/3lb Angus Hamburger	1 ea	490	27	690	38	2	26			

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BLT on Texas Toast	1 ea	640	46	1020	43	3	13			
Cheese Sauce	2 oz	100	8	470	4	0	4			
Cheese Slice	1/2 oz	50	5	90	1	0	3		G	
Chicken Tender Sandwich	1 ea	550	30	970	51	2	23			
Chicken Tenders w/ BBQ Sauce	1 ea	590	34	1250	53	0	24			
Chili Cheese Dog	1 ea	530	32	1510	32	2	21			
Chili Dog	1 ea	430	24	1040	28	2	17			
Chili Topping	2 oz	90	5	280	5	1	4			
Crispy Cod Sandwich	1 ea	610	33	1530	61	2	21			
Grilled Cheese on Texas Toast	1 ea	620	42	1650	43	2	17			
Grilled Chicken Sandwich	1 ea	400	7	480	34	2	36	B		
Grilled Ham & Cheese on Texas Toast	1 ea	700	45	2350	44	2	34			
Nathan's All Beef Hot Dog	1 ea	340	19	760	23	1	13			
Turkey Burger	1 ea	400	16	960	35	2	34			
CUTTING BOARD	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
All American Lettuce Wrap	1 ea	110	2	600	6	1	24	B	G	
All American Lettuce Wrap w/ Cheese	1 ea	220	12	790	6	1	24		G	
All American on Multigrain	1 ea	380	6	1020	53	5	27			
All American on Multigrain w/ Cheese	1 ea	490	16	1200	54	5	33			
Chicken Salad on Lettuce w/ Cheese	1 ea	280	16	280	7	1	27		G	
Chicken Salad on Lettuce Wrap	1 ea	170	8	220	5	1	19		G	
Chicken Salad on Sourdough	1 ea	440	10	850	59	6	30			
Chicken Salad on Sourdough w/ Cheese	1 ea	550	18	910	61	6	38			
Chunky Tuna Salad on Lettuce w/ Cheese	1 ea	270	15	490	7	2	27		G	
Chunky Tuna Salad on Lettuce	1 ea	160	6	420	6	2	19		G	
Chunky Tuna Salad on Sourdough	1 ea	420	9	1050	59	6	30			
Chunky Tuna Salad on Sourdough w/ Cheese	1 ea	530	17	1120	60	6	38			
Ham Sandwich	1 ea	480	15	1180	52	5	34			
Hummus & Veggie on Lettuce	1 ea	240	14	660	21	6	12		G	
Hummus & Veggie Wrap	1 ea	480	20	1270	60	7	19			
The Club on Lettuce	1 ea	160	9	560	4	1	17		G	
The Club on Lettuce w/ Cheese	1 ea	280	19	750	5	1	23		G	

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The Club on Multigrain	1 ea	430	13	980	52	5	26			
The Club on Multigrain w/ Cheese	1 ea	540	22	1030	52	5	34			
Tour of Italy on Hoagie	1 ea	530	30	1750	41	1	24			
Tour of Italy on Hoagie w/ Cheese	1 ea	640	38	2010	44	2	32			
Tour of Italy on Lettuce	1 ea	350	29	1380	5	1	18		G	
Tour of Italy on Lettuce w/ Cheese	1 ea	500	40	1750	6	1	28		G	
Turkey Sandwich	1 ea	490	14	1020	56	5	35			
SIMPLY TO GO SANDWICHES	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
1/2 All American on Multigrain	1 ea	240	8	600	26	2	17			
1/2 The Club on Multigrain	1 ea	270	11	580	26	2	16			
1/2 Tour of Italy on Hoagie	1 ea	320	19	1000	21	1	16			
Big Hoagie	1 ea	600	27	1850	44	2	47			
Chicken Salad Sandwich Wedge	1 ea	280	8	450	29	3	22			
Egg Salad Wedge	1 ea	190	7	370	22	1	9			
Ham & Cheddar Wedge	1 ea	280	10	860	27	1	20			
PB & J Wedge	1 ea	470	24	450	55	4	14			V
Tuna Salad Sandwich Wedge	1 ea	280	8	660	29	2	22			
Turkey & Swiss Wedge	1 ea	270	9	630	27	2	22			
SIMPLY TO GO SALADS	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
BBQ Chicken Salad	9 oz	540	18	560	39	5	45			
Chef Salad	9 oz	190	9	570	8	2	19		G	
Chicken Caesar Salad	6 oz	230	8	720	14	2	34			
Farmers Salad	7 oz	220	9	170	27	4	11		G	
Fiesta Protein Bowl	11 oz	400	14	1330	45	6	31			
Greek Salad	7 oz	400	33	1800	13	2	29			
Plant Power Salad	8.5 oz	290	13	190	29	12	16		G	V
Small Garden Salad	5 oz	30	0	40	7	2	2	B	G	V
Small Superfood Kale Salad	5 oz	120	7	10	11	3	4	B	G	V
Southwest Chicken Salad	6 oz	320	11	380	25	5	27	B	G	

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Strawberry Spinach Salad	9 oz	150	6	240	13	2	19	B	G	
Tuna Tomato Salad	1 ea	160	6	410	8	2	18		G	
Vegan Protein Bowl Salad	8.5 oz	430	19	590	50	11	16			V
SIMPLY TO GO COLD SNACKS	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
2 Egg Protein Cup	3 oz	160	11	120	1	0	13		G	
Cheese & Grape Cup	1 ea	270	19	370	12	1	13		G	
Cottage Cheese Cup	3/4 cup	130	2	710	5	0	22		G	
Fruit & Yogurt Bowl	10 oz	320	1	50	38	3	4	B	G	
Fruit Cup: Cantaloupe	6 oz	90	0	40	23	3	2	B	G	V
Fruit Cup: Pineapple	6 oz	150	0	0	38	4	2	B	G	V
Fruit Cup: Strawberry & Grape	6 oz	80	0	0	21	2	1	B	G	V
Greek Parfait: Blueberry	8 oz	220	5	160	30	2	16			
Greek Parfait: Strawberry	8 oz	230	5	160	32	2	16			
Pasta Salad	6 oz	220	6	440	34	3	6			
Peanut Butter & Apple Slices	1 ea	360	24	200	31	6	11	B	G	V
Potato Salad	8 oz	320	13	960	52	3	3		G	
Snack Box: Egg, Grape, Nut & Cheese	1 ea	460	34	340	20	4	23		G	
Snack Box: Hummus & Crackers	1 ea	230	11	670	29	6	9			V
Snack Box: Salami & Cheese	1 ea	410	29	790	22	2	17			
Snack Box: Turkey & Cheese	1 ea	350	21	570	23	2	20			
Snack Box: Turkey Wrap, Grape & Almonds	1 ea	350	15	710	35	3	21			
Veggies & Ranch Cup	1 ea	190	14	490	8	2	3		G	
Yogurt Parfait: Berry	7 oz	270	6	170	46	3	7	B		
SIMPLY TO GO DESSERTS	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
Banana Bread	4 oz	210	2	470	45	3	5			
Brownie	4 oz	300	15	260	37	2	4			
Cheesecake Parfait: Blueberry	1/2 cup	510	14	790	86	1	12			
Cheesecake Parfait: Strawberry	1/2 cup	450	10	760	80	1	12			

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Cookie Chocolate Chip	4 oz	520	17	240	56	1	10			
Donut Holes	4 oz	590	30	740	76	2	6			
Pudding Parfait Banana	9 oz	320	9	330	55	1	2			
Pudding Parfait Chocolate	9 oz	310	12	370	50	2	3			
Rice Krispy Treat	2.7 oz	320	8	360	58	0	2		G	
CHICKEN	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
Baked Chicken Breast	1 piece	190	6	90	0	0	32	B	G	
Baked Chicken Drumstick	1 piece	70	4	40	0	0	11		G	
Baked Chicken Thigh	1 piece	160	10	100	0	0	19		G	
Baked Chicken Wing	1 piece	80	3	40	0	0	9		G	
Fried Chicken Breast	1 piece	320	9	1360	5	0	43			
Fried Chicken Drumstick	1 piece	150	7	590	2	0	17			
Fried Chicken Thigh	1 piece	290	16	710	4	0	24			
Fried Chicken Wing	1 piece	160	10	610	3	0	14			
Rotisserie Chicken Breast Quarter	5.9 oz	270	9	590	0	0	41		G	
Rotisserie Chicken Leg Quarter	4.2 oz	230	14	580	1	0	30		G	
Rotisserie Half Chicken	10.1 oz	500	24	1160	1	0	70		G	
Spicy Chicken Breast	1 piece	370	10	1590	6	0	50			
Spicy Chicken Drumstick	1 piece	150	7	590	2	0	17			
Spicy Chicken Thigh	1 piece	290	16	700	4	0	24			
Spicy Chicken Wing	1 piece	160	10	610	3	0	14			
PIZZA	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
ByTheSlice										
Cheese	1 slice	450	14	880	61	4	20			
Combo	1 slice	600	27	1380	65	4	26			
Hamburger	1 slice	500	18	1100	61	4	22			
Italian Sausage	1 slice	510	20	1030	62	4	22			
Pepperoni	1 slice	510	19	1070	62	4	22			
Supreme Pizza	1 slice	630	29	1460	63	4	29			

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7" Individual Pizzas										
Cheese	1 pizza	600	21	1240	72	6	33			
Hamburger	1 pizza	700	32	1580	70	6	34			
Italian Sausage	1 pizza	690	31	1410	71	6	33			
Pepperoni	1 pizza	630	25	1350	70	6	32			
Vegetable	1 pizza	560	17	1200	74	8	29			
Individual Flatbreads										
Bacon Cheeseburger	1 ea	620	41	1300	34	4	30			
BBQ Chicken	1 ea	650	31	1330	56	2	35			
Cheese	1 ea	450	26	840	32	3	24			
Italian Sausage	1 ea	580	40	1180	32	3	25			
Pepperoni	1 ea	510	33	1130	32	3	23			
SOUP	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
Boston Clam Chowder	8 oz	220	8	1580	20	0	6			
Broccoli-Cheese	8 oz	300	22	1600	20	4	4			
Chicken Noodle	8 oz	140	4	1580	20	1	8			
Chili	8 oz	210	5	780	26	8	14			
Chili	12 oz	320	8	1170	39	12	21			
Vegetable Beef Barley	8 oz	180	4	1580	28	4	8			
SIDES, HOT	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
Biscuit	1 ea	250	14	440	27	1	4			
Corn On The Cob	1 ea	120	1	150	29	4	4	B	G	V
Cornbread	1 ea	135	4	270	23	2	2			
Dinner Roll	1 ea	90	2	130	15	1	3			V
French Fries, Unseasoned	4 oz	370	26	50	32	2	2			
Onion Rings	5 oz	310	15	810	39	3	3			
Potato Wedge	1 ea	80	4	200	10	0	1			
Small Baked Potato	7 oz	180	0	20	40	4	5	B	G	V

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MISCELLANEOUS HOT SNACKS	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
BBQ Chicken Wings	6 ea	670	41	440	28	0	47			
Boneless Wings w/ BBQ	6 oz	570	26	1530	61	2	27			
Boneless Wings w/ Buffalo Sauce	7 oz	490	30	2930	34	2	26			
Buffalo Chicken Wings	6 ea	800	67	1660	4	0	47			
Chicken Tenders w/ BBQ Sauce	3 ea/2 oz	540	28	1250	53	0	24			
Egg Rolls: Pork w/ Sauce	2 ea/2 oz	630	35	850	64	1	13			
Egg Rolls: Veggie w/ Sauce	2 ea/2 oz	630	29	1040	81	4	10			
Heat & Go Entrée: Chicken Teriyaki	14 oz	410	8	1300	57	6	41			
Heat & Go Entrée: Lasagna	10 oz	320	11	830	36	3	17			
Heat & Go Entrée: Turkey Meatball & Sweet Potatoes	11 oz	540	31	920	38	7	26			
Jalapeno Poppers	6 oz	330	15	1120	47	3	7			
CONDIMENTS	Serving Size	Calories (Cal)	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Better4U	Gluten Aware	Vegan
Creamer: Powdered	2.5 grams	10	0.5	0	2	0	0		G	
Equal	1 gram	4	0	0	0	0	0		G	V
Half & Half	½ oz	15	1	4	0	0	0		G	
Jelly/Jam: Reduced Calorie	½ oz	10	0	0	2	0	0		G	V
Jelly/Jam: Regular	½ oz	35	0	0	9	0	0		G	V
Ketchup	1 oz	40	0	320	10	0	0		G	V
Liquid Creamer: Irish Cream	13 mL	30	1.5	5	4	0	0		G	
Liquid Creamer: Amaretto	13 mL	30	2	0	4	0	0		G	
Liquid Creamer: French Vanilla	13 mL	30	1.5	5	7	0	0		G	
Liquid Creamer: Hazelnut	13 mL	30	1.5	0	4	0	0		G	
Liquid Creamer: Plain	13 mL	10	1	0	0	0	0		G	
Mayo: Regular	½ oz	100	10	100	0	0	0		G	
Mustard: Honey Dijon, Fat Free	1 Tbsp	15	0	260	2	0	0		G	
Mustard: Yellow	½ oz	15	0	180	2	0	0		G	V

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Salsa	1 oz	15	0	220	3	1	0		G	V
Smart Balance Margarine Trans Fat Free	5 grams	30	3	30	0	0	0		G	V
Sour Cream	1 oz	60	5	50	2	0	1		G	
Splenda	1 pkt	0	0	5	1	0	0		G	V
Sugar	1 pkt	10	0	0	3	0	0		G	V
Sweet & Low	1 pkt	0	0	0	1	0	0		G	V
Tartar Sauce	1 Tbsp	40	3	100	3	0	0		G	