



CHOOSE WELL HEALTHY OPTION'S GUIDELINES

For a Meal				
	Calories (kcal)	Fat	Saturated Fat	Sodium (mg)
General Guidelines	<1000	<30% of total kcal	<10% of total kcal	<1000mg

For a Single Item				
	Calories (kcal)	Fat	Saturated Fat	Sodium (mg)
Side Dish	<400	<30% of total kcal	<10% of total kcal	<600
Soups	<250	<30% of total kcal	<10% of total kcal	<700
Entrees	<600	<30% of total kcal	<10% of total kcal	<1000
Sandwiches	<600	<30% of total kcal	<10% of total kcal	<1000

For a Snack				
	Calories (kcal)	Fat	Sugar	Sodium (mg)
General Guidelines	<270	<30% of total kcal	<35% of total weight	<480



at

Delta College

***Nutritional
Information***

Delta College Food Services

www.delta.edu/foodservices

989.686.9035

Red Brix Cafe Nutritional Information

<u>Item</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat (g)</u>	<u>Cholesterol (mg)</u>	<u>Sodium (mg)</u>	<u>Carbs (g)</u>	<u>Fiber (g)</u>	<u>Sugar (g)</u>	<u>Protein (g)</u>
French Fries	6 oz	260	8	0	658	42.5	5	0.5	4
🍎 French Fries	3 oz	160	5	0	387	25	3	0.25	2.5
Mozzarella Sticks	4 pc	280	12	20	920	24	0	0	16
🍎 Crispy Chicken Slider	1 ct.	230	7	35	430	27	1	3	16
🍎 Cheeseburger	1 ct.	310	17.5	52.5	480	22	1	3	15.5
🍎 Double Cheeseburger	1 ct.	460	29.5	92.5	520	22	1	3	25.5
🍎 Hot Dog	1 ct.	280	18.5	3.5	780	21	1	3	12
🍎 Ham & Cheese Sandwich	1 ct.	255	11.5	40	870	24	1	5	13
🍎 Grilled Cheese Sandwich	1 ct.	220	18	25	720	26	1	3	9
🍎 Spudsters	6 pc	180	7	0	456	27	2	0	2.5
Chicken Tender	3 pc	300	12	53	1335	27	3	0	21
🍎 Grilled Chicken Sandwich	1 ct.	290	6	55	740	32	1	6	26
🍎 Grilled Chicken Club	1 ct.	347	10.25	13.5	937	32	1	6	29
🍎 Crispy Chicken Sandwich	1 ct.	340	9	25	820	44	2	6	20
Spicy Chicken Sandwich	1 ct.	370	10	35	1180	46	3	7	22
🍎 Fish Sandwich	1 ct.	350	3	25	710	58	2	6	19
🍎 ¼ lb. Angus Burger	1 ct.	490	28	90	390	32	1	6	24
🍎 Vegan Black Bean	1 ct.	304	5	0	657	53	6	7	13
Yellow American Cheese	1 slice	50	4	12.50	220	1	0	0	2.5
Co-Jack Cheese	1 slice	80	7	25	140	0	0	0	5
Swiss Cheese	1 slice	80	6	20	85	1	0	0	12
3% Mozzarella Cheese	1 slice	70	5	10	110	0	0	0	5
Mild Tuna on 8-Grain Bread	1 ct.	323	11.5	42	1035	47	4	12	22
🍎 Pesto Chicken Sandwich	1 ct.	420	9	55	990	49	4	4	29
Dagwood Sandwich	1 ct.	330	11	36	1323	41	4	9	22
Bistro Ham Sandwich	1 ct.	325	3	45	1380	54	2	8	23
Classic B.L.T.	1 ct.	478	21	36	1365	48	2	2	23
Turkey Bacon Club	1 ct.	356	13	32	1335	40	4	8	25
Classic Italian Panini	1 ct.	453	15	46	1343	57	2	5	23
BBQ Chicken Panini	1 ct.	494	5	55	1320	74	2	21	33
Pesto Panini	1 ct.	575	25	45	1660	60	2	6	32
Cuban Fanini Griller	1 ct.	415	12	45	1480	55	3	8	22
Buffalo Chicken Fanini Griller	1 ct.	510	17	35	1450	63	5	3	24
Chicken Caesar Wrap	1 ct.	430	10	55	1010	49	3	2	28
🍎 Veggie Wrap (Does Not Include The Vegetables)	1 ct.	310	9	0	580	49	3	2	7
🍎 Cheese Filled Breadstick	1 ct.	250	10	25	350	28	2	4	12
Pepperoni Pizza	1 slice	345	16	34	926	38	2	8	20

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Chicken Chili	8 oz.	230	4	45	1320	29	6	2	20
Chicken Dumpling Soup	8 oz.	140	3	40	1010	19	1	4	9
Chili	8 oz.	250	10	40	830	24	9	8	17
Cream of Broccoli Soup	8 oz.	190	12	50	930	14	1	6	5
Cream of Mushroom Soup	8 oz.	200	12	10	1800	20	4	4	4
🍎 Cream of Potato Soup	8 oz.	230	15	65	600	19	1	4	4
Tomato Soup	8 oz.	180	0	0	1360	38	2	18	4
Italian Wedding Soup	8 oz.	100	2	5	890	16	0	1	5
🍎 Minestrone Soup	8 oz.	100	3	0	660	15	3	3	4
🍎 Sweet Pepper & Beef Soup	8 oz.	90	2	10	680	14	3	9	6
🍎 Rosemary Chicken & Dumpling	8 oz.	80	1	15	680	12	1	2	5
🍎 Tomato Basil Bisque	8 oz.	110	5	20	630	15	3	5	2
🍎 White Bean Chicken Chili	8 oz.	90	2	10	680	14	5	3	5
🍎 Small Turkey Sandwich	1 ct.	220	8	14.5	840	26	2	6	7.5
Small Ham Sandwich	1 ct.	240	8	15.5	1060	29	2	8	7.5
Small Tuna Sandwich	1 ct.	222	7	28	490	30	2	8	12
🍎 Small Egg Salad Sandwich	1 ct.	220	22	446	620	32	2	10	18
Chicken Grab 'n Go Deli Wrap	1 ct.	480	17	45	1093	51	4	4	30.5
Club Grab 'n Go Deli Sandwich	1 ct.	466	17	62	1705	53	2	5	28
🍎 Veggie Grab 'n Go Deli Wrap	1 ct.	378	9	0	685	63	8	9	11
Chicken Salad Croissant	1 ct.	515	31	33	744	44	1	11	14
🍎 Tuna Grab 'n Go Deli Sandwich	1 ct.	373	7.5	42	855	57	2	8	20
Turkey Grab 'n Go Deli Sandwich	1 ct.	395	11	55	1490	53	2	5	28
Egg Salad Grab 'n Go Deli Sandwich	1 ct.	370	30	669	1050	60	2	11	29
🍎 Stuffed Tomato	1 ct.	109	4	18	326	8	1	6	10
🍎 Side Salad	1	142	9.5	210	250	3	1	1	10
🍎 Fruit 'n Cubed Cheese	1	340	18	60	388	34	2	30	4
🍎 Tri Salad	1	352	30	485	788	17.5	0	12	25
🍎 Tuna Salad	4 oz.	204	10	56	500	12	0	8	16
🍎 Fruit Cup	1 cup	120	0	0	28	32	2	30	0
🍎 Veggie & Hummus	1	215	10	0	480	30	4	3	6
Yogurt Parfait	1	176	2.5	7.5	113	33	2	24.5	6
🍎 B.L.T. Salad	1	232	15	20	809	7	2	2	18
Club Salad	1	262	16	34	1029	9	2	2	18
🍎 Veggies & Ranch Dip	1	218	16	5	365	15	5	8	4
🍎 Wild Side Salad	1	296	9	45	892	27	2	21	22.52
🍎 Chicken Breast Salad	1	222	9	45	582	7	2	2	22.5
🍎 Chicken Caesar Salad	1	172	6	55	442	5	2	2	20.5
🍎 Chef Salad	1	210	15	129	844	9	2	2	17

Items with an 🍎 signify a Choose Well Healthy Option. Some items do not include cheese, croutons, crackers, vegetables, or condiments. All nutritionals are based upon current information; subject to change. Nutritional updated August 2009.