

AYR Menu Calorie Count Reference List

Food Items	Serving Size	Kcal	Protien(g)	CHO(g)	Sodium(mg)
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Breakfast

Juices and Fruits

Grape Juice	4 oz	80	<1	21	0
Orange Juice	4 oz	80	1	19	0
Apple Juice	4 oz	80	<1	19	5
Cranberry Juice	4 oz	90	<1	23	0
Prune Juice	5 oz	120	2	29	35

Fruits

Apple Red Delicious	1	70	0	18	0
Orange	1	60	1	16	0
Banana	1	90	1	22	0
Fresh Fruit Cup	1	60	<1	15	0
Apple Sauce	1/2 c	50	0	14	0
Peach Slices	1/2 c	60	<1	15	5
Pear Halves	2 halves	70	0	17	0

Cereals

Cream of Wheat	8 oz	110	4	23	45
Oatmeal	8 oz	180	6	33	10
Froot Loops	1	160	2	37	200
Frosted Flakes	1	100	1	25	135
Corn Flakes	1	80	2	18	150
Rice Krispies	1	70	1	16	100
Cheerios	1	70	2	14	110
Raisin Bran	1	110	3	27	125

Yogurt

Vanilla	6 oz	160	8	26	105
Blueberry	6 oz	80	12	9	45
Strawberry	6 oz	80	12	8	55

Breads

Buttermilk Biscuit	1	130	3	18	300
Plain Bagel	1	210	7	42	430
English Muffin	2 halves	120	4	23	190
Plain Muffin	1	170	2	19	170
Blueberry Muffin	1	140	2	17	110
Flour Tortilla	1	110	3	18	320

Morning Fare

Scrambled Eggs	1	100	9	0	95
Scrambled Egg Substitute	1	35	7	<1	140
Buttermilk Pancake	4	180	4	33	500
Texas French Toast	2 slices	200	12	33	480

Food Items	Serving Size	Kcal	Protien(g)	CHO(g)	Sodium(mg)
Buiscuit/Sausage Gravy	1	300	5	35	1070
Home Fried Potatoes	3 oz	90	1	16	120
Bacon	2 slices	70	3	0	230
Turkey Sausage Patty	2 patties	110	10	0	230
Pork Sausage Link	2	100	3	1	170

Omlette Shoppe

Plain Omlette	1	140	12	<1	135
Plain Omelette(cholesterol free)	1	60	11	1	230

Liquid Diets

Clear Liquid Diets

Beef Broth	8 oz	30	2	4	230
Chicken Broth	8 oz	40	1	4	240
Vegetable Broth	8 oz	15	0	3	170
Gelatin Lemon	1	80	2	18	125
Gelatin Cherry	1	80	2	18	100
Gelatin (SF)	4 oz	10	2	<1	0
Gelatin Citrus (SF)	4 OZ	10	2	<1	0
Lemonade Diet	12 oz	5	0	0	25
Sprite	7.5 oz	90	0	24	40
Sprite Zero	8 oz	0	0	0	0

Full Liquid Diet

Vanilla Pudding	1	140	<1	29	220
Vanilla Pudding(SF)	1	80	4	16	180
Chocolate Pudding	1	130	1	26	200
Chocolate Pudding(SF)	1	80	4	16	115
Tapioca Pudding	1	140	<1	29	210

Ice Creams

Vanilla	4 oz	100	2	19	50
Chocolate	4 oz	130	2	19	50
Orange Sherbet	4 oz	110	1	25	15

Lunch & Dinner

Broth and Soups

Garden Vegetable Soup	8 oz	60	1	10	135
Tomato Soup	8 oz	70	2	16	80
Chicken Noodle Soup	8 oz	140	8	16	210
Cream of Potatoe Soup	8 oz	200	5	23	105

From the Garden

Garden Salad	1	10	<1	2	10
Cole Slaw	1	70	<1	5	105
Cucumber Salad	1	35	<1	8	65

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Entrée Salad

Fruit & Cottage Cheese Plate	1	170	9	34	260
Chef Salad	1	220	20	8	710
Checken Ceaser Salad	1	420	20	17	910

Deli Bar

Breads

Wheat	1	50	4	10	115
White	1	60	4	25	250
Tortilla Wrap	1	110	3	18	320
Sub Roll	1	120	4	24	220

Cheeses

American	1	70	4	<1	340
Cheddar	1	90	5	0	135
Provolone	1	80	5	0	190
LF Swiss	1	70	4	0	300

Meat Fillings

Sliced Ham	1 oz	30	5	1	220
Roast Beef	3 oz	140	19	0	50
Deli Style Turkey	1 oz	25	6	0	210
Tuna Salad	1 scoop	100	9	4	350

Grille Favorites

Grilled Cheese Sandwich	1	260	11	31	820
Hot Dod	1	370	12	28	1010
Hamburger	1	350	19	28	300
Cheeseburger	1	410	22	28	560
Veggie Burger	1	290	13	46	870
Fish Fillet Sandwich	1	380	21	51	740
Chicken Tenders	3	330	23	30	970
Grilled Chicken Breast Sandwich	1	200	23	32	410

American Comforts

Macaroni and Cheese	1	300	11	44	560
Meatloaf	4 oz	180	14	12	230
New England Pot Roast	1	180	26	2	250
Roast Turkey Breast	3 oz	90	15	0	360
Chicken Pot Pie	8 oz	210	19	22	580
Lemon Herb Chicken Breast	1	120	18	0	95
Vegetarian Lasagna	1	300	19	30	390
Baked Tilapia	1 fillet	100	18	0	45

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Asian Stir-Fry

Vegetable Stir-fry	1	160	6	24	510
Beef Stir-Fry	1	260	18	19	360
Chicken Stir-Fry	1	240	21	18	420

Italian Style Choice of Pasta

Spaghetti Noodle	1/2 c	160	6	32	0
Rotini Noodle	1/2 c	160	6	33	0
Whole Wheat Penne	4 oz	110	4	23	0
Marinara Sauce	1 oz	10	0	2	0
Meat Sauce	4 oz	120	8	5	50
Cheese Pizza	1	550	26	77	1300

South of the Border

Cheese Quesadilla	1	210	10	15	410
Chicken Quesadilla	1	610	35	57	1460
Roasted Vegetable	3 oz	45	<1	6	90
Taco Beef	1	180	8	17	380
Taco Chicken	1	220	21	16	380
Cheese Enchilada	2	650	21	35	670
Chicken Enchilada	1	200	10	13	300
Beef Enchilada	1	210	8	15	220
Beef Taco Salad	1	210	13	5	350
Chicken Taco Salad	1	190	18	4	250

Accompaniments

Sliced Carrots	4 oz	35	<1	7	55
Green Beans	4 oz	20	1	4	0
Corn	4 oz	70	2	18	0
Green Peas	4 oz	70	5	13	65
Broccoli	4 oz	20	2	4	20
Summer Squash	4 oz	20	<1	4	10
White Rice	3 oz	100	2	22	0
Parsley Boiled Potatoes	3 oz	100	2	16	110
Beans Borracho	4 oz	60	3	9	220
Corn Muffin	1	170	2	22	150
Black Beans	3oz	110	7	20	70
Whipped Potatoes	4oz	100	2	20	130
Crackers	1 pack	50	1	9	160
Crackers (LS)	1 pack	35	<1	5	0

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Beverages

Hot Cocoa Unsweetend	6 oz	50	2	10	180
Milk Fat Free	8 oz	80	9	12	125
Milk 1%	8 oz	110	8	13	
Milk Whole	8 oz	150	8	12	120
Milk Chocolate	8 oz	140	8	20	180
Milk Lactose Free	8 oz	80	8	13	125
Milk Soy	8 oz	100	7	8	120
Coke	8 oz	90	0	25	30
Coke Diet	8 oz	0	0	0	25

Desserts

Vanilla Wafers	6 cookies	120	<1	18	100
Graham Crackers	1 pk	90	1	10	120
Sugar Cookies	1	120	1	17	200
Chocolate Chip	2	330	3	47	240
Oatmeal Raisin Cookies	2	310	4	46	260
100 Calorie Oreos	1	100	10	19	150
Apple Crisp	1	110	<1	24	10
Chocolate Brownie	1	150	2	26	135
Rice Krispie Bar	1	150	1	31	125
Angel Food Cake	1	120	3	28	210



