



AN Protocol: Menu Item Calorie Break Downs

Sandwiches/burgers:

Wheat Bun – 190 kcals (x1 bun)
 Pretzel Bun – 280 kcals (x1 bun)
 Sliced White Bread – 70 kcals (x1 slice)
 Sliced Wheat Bread – 80 kcals (x1 slice)
 English Muffin – 100 kcals (x1 whole)
 Fried egg – 64 kcals (x1 egg)
 American cheese – 49 kcals (x1 slice)
 Swiss cheese – 54 kcals (x1 slice)
 Turkey – 15 kcals (x1 slice)
 Ham – 15 kcals (x1 slice)

Tacos:

Flour tortilla – 90 kcals (x1 tortilla)

Caesar salad:

Croutons – 66 kcals (1 serving)
 Parmesan cheese – 56 kcals (x1 serving)

Pastas/sauce:

Plain ravioli – 218 kcals (x1 serving)
 Plain Penne – 170 kcals (x1 serving)
 Plain spaghetti – 128 kcals (x1 serving)
 Marinara sauce – 30 kcals (x1 serving)
 Meat sauce – 94 kcals (x1 serving)
 Butter Parmesan sauce – 157 kcals (x1 serving)

Pizza:

Pizza crust – 416 kcals (x1 each)

