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)