

**Nutrient Analysis of the Deli/Sandwich Bar**  
**Served at Donovan Dining Center**

	<b><u>Calories</u></b>	<b><u>Grams of Protein</u></b>	<b><u>Grams of fat</u></b>	<b><u>Grams of Carb</u></b>	<b><u>Major Allergens</u></b>
Bulkie Roll	170	6	2.5	31	Wheat, soy
Pita bread (1)	186	5	0	39	Wheat
Wheat bread (1 slice)	80	4	1	18	Wheat
Wheat wrap	220	6	4.5	38	Wheat
White bread (1 slice)	80	2	1	15	Wheat
Pasta Salad (1 cup)	200	7	2	42	Wheat
American cheese - 1 oz.	106	6	9	0.5	Dairy
Cheddar cheese - 1 oz.	114	7	9	0.4	Dairy
Provolone cheese - 1 oz.	100	7	8	0.6	Dairy
Swiss cheese - 1 oz.	107	8	8	1	Dairy
Bologna - 2 slices	174	7	16	2	Dairy
Corned beef - 3 oz.	90	15	3	1.5	

<b>Ham -lean- 3 oz.</b>	<b>90</b>	<b>14</b>	<b>2</b>	<b>4.5</b>	
<b>Pastrami - 3 oz.</b>	<b>105</b>	<b>15</b>	<b>4.5</b>	<b>3</b>	
<b>Roast beef - lean - 3 oz.</b>	<b>105</b>	<b>18</b>	<b>3</b>	<b>1.5</b>	
<b>Salami - 2 slices</b>	<b>113</b>	<b>6</b>	<b>9</b>	<b>1</b>	<b>May have dairy</b>
<b>Tuna Salad - 3 oz.</b>	<b>159</b>	<b>14</b>	<b>8</b>	<b>8</b>	
<b>Turkey - lean - 3 oz.</b>	<b>90</b>	<b>20</b>	<b>1.5</b>	<b>0</b>	

**For your safety, please inform your server if you have any food allergy or sensitivity.  
They can speak with the cook who prepared the food to determine whether that ingredient was used.**

**Calorie and Nutrient contents of foods will vary depending upon the exact portion size or preparation method.**