



























Welcome to Cafeteria Alternatives at OSF Saint Francis Medical Center! The following list features common foods available in the cafeteria along with a nutrition analysis. This information should help those following Weight Watchers determine their points.










 *Items marked with a Choose HEALTH! logo are a low-fat choice (less than 30% of calories are from fat)*

Los Pablo's	Calories	Fat (grams)	Carbohydrate (grams)	Fiber (grams)
 Burrito with Chicken	602	18.5	70	8
Burrito with Beef	668	27.5	70	8
Quesadilla Beef + 1/2 Southwest Salad	651	40	50	5
Quesadilla with Chicken	411	18	43	2
Super Nacho	792	50.5	59	8
Chimichanga	766	42	52	5
 Southwest Chicken (3 oz)	51	1.5	0	0





Soups (10 oz)	Calories	Fat (grams)	Carbohydrate (grams)	Fiber (grams)
Baked Potato	339	19	29	2
Bean & Sausage	179	6.5	21	2
 Beef Rice	118	2.5	16	1
Broccoli Cheddar	213	14	13	2
Cheddar Cheese	373	26	19	1
Chicken Gumbo	165	7	18	1
 Chicken Noodle	169	2	15	< 1
 Chicken Rice	112	2	17	1
Chili	334	16	23	7
Clam Chowder	238	12	24	1
Duchess	323	22	17	1
Thai Chicken Noodle	176	7	20	1
Mushroom Spinach	205	11.5	14	3
 Vegetable Beef	85	2	11	1







Homestyle Breakfast	Calories	Fat (grams)	Carbohydrate (grams)	Fiber (grams)
Biscuit	180	7	27	1
Biscuit & Gravy	329	17.5	34	1
Hashbrown	247	12.5	32	0
 Oatmeal (10 oz)	293	5	51	8
 Oatmeal (12 oz)	351	6	61	10
Omelet with Cheese	398	28	5	0
Omelet with Ham & Cheese	416	29	4	0
Omelet with Sausage Cheese	496	39	4	0
Omelet with Veggie Cheese	333	22	7	< 1
Omelet Squares	194	11	10	0
Bacon Breakfast Sandwich, Wheat	355	18.5	20	2
Bacon Breakfast Sandwich, White	359	20	26	1
Sausage Breakfast Sandwich, Wheat	441	27.5	25	2
Sausage Breakfast Sandwich, White	444	27.5	26	1









Homestyle Meals	Calories	Fat (grams)	Carbohydrate (grams)	Fiber (grams)
 Breadstick	130	1	26	< 1
Chicken Casserole	477	21	34	1
Lasagna	553	28	43	3
 Tuna Casserole	179	4.5	13	1
Meatloaf	724	54	9	1
Sloppy Joe	444	23	35	2
 Roast Pork Loin	304	10	27	2
Ham Baked Honey	226	13.5	7	0
 Double Battered Chicken	265	7	1	0
 Country Fried Steak	606	20	12	1
 Broccoli Normandy	69	0.5	14	4
 Winter Mix Vegetables	29	0.5	5	1
 Capri Vegetables	25	0	6	2
 Peas	57	0	10	4
 Green Beans	11	0	3	1
 Whipped Potatoes	97	1	18	2
Gravy (4 ounces)	75	4	6	0
 Scalloped Potatoes	114	3.5	18	0
 Wild Rice	126	0.5	28	1
 Red Potatoes (3)	110	3.5	18	2
Stuffing	234	10.5	30	< 1
 Spanish Rice	86	3	14	< 1
 Refried Beans	107	1.5	18	6


Grill 530	Calories	Fat (grams)	Carbohydrate (grams)	Fiber (grams)
 Grilled Mahi Mahi	100	1	0	0
Grilled Beef	160	6.5	0	0
 Grilled Chicken Breast	120	4	0	0
Chipotle Blanched Vegetables	104	4.5	10	4
 Roasted Garlic Blanched Vegetables	115	3	12	4
Olive Herb Blanched Vegetables	51	2	2	4
 Roasted Red Pepper Sweet Potatoes	51	0	12	2
 Cranberry Rice Pilaf	122	0	28	1
 Sundried Tomato Couscous	145	2.5	26	2
 Grilled Wild Mushroom Bourbon Sauce	74	0.5	17	0
 Almond & Mandarin Orange Caribbean Sauce	80	0.5	18	< 1
 Blackberry Balsamic Sauce with Red & Green Peppers	53	0.5	14	< 1






Monterey Grill	Calories	Fat (grams)	Carbohydrate (grams)	Fiber (grams)
Breakfast Wrap with Sausage	517	26	45	3
Breakfast Wrap with Veggies	297	12.5	33	2
Grilled Cheese	432	21.5	39	< 1
Grilled Ham & Cheese	373	17.5	30	4
Steak Burger	251	10	35	0
Steak Burger with Cheese	304	14	36	0
Double Steak Burger	365	16	35	0
Double Steak Burger with Cheese	471	25	36	0











VinZini's	Calories	Fat (grams)	Carbohydrate (grams)	Fiber (grams)
 Calzone with Chicken	549	6.5	28	1
Calzone with Meatballs	567	29	32	1
Calzone with Sausage/Pepperoni	417	23	27	3
 Chicken Pomodoro with Alfredo Sauce	566	14	69	4
 Chicken Pomodoro with Marinara Sauce	526	6	76	4
Meatball Sub	608	32	37	< 1
Premium Italian Stallion Sandwich	408	34.5	5	< 1
Signature Caesar Salad With Chicken (dressing)	574	33.5	24	5
 Signature Salad With Chicken (no dressing)	341	11.5	14	4

Genuine New York Deli	Calories	Fat (grams)	Carbohydrate (grams)	Fiber (grams)
Buffalo Chicken Panini Wrap	631	34	56	3
Jackhammer Panini	620	29	56	< 1
Philly Cheesesteak Panini	741	40	57	1
 Deli Sandwich Ham & Turkey on Nutty Oat	334	6	47	2
 Deli Sandwich Classic Turkey on 100% Wheat	294	3	40	4
 Deli Sandwich Honey Mesquite Turkey on Honey & Berry	299	2	51	2
 Deli Sandwich Roast Beef and Turkey on Eight Grain	314	4.5	46	2
Spicy Jack Panini	453	24	31	4
Tuscan Turkey Cub	632	28	55	1
 Deli Wrap with Ham and Turkey	401	13.5	42	3
Deli Wrap with Roast Beef	538	24.5	41	2
 Deli Wrap with Turkey	419	14.5	42	2

Grab & Go	Calories	Fat (grams)	Carbohydrate (grams)	Fiber (grams)
 Bagel, Blueberry	260	1	55	2
 Bagel, Cinnamon Raisin	260	1	54	3
 Bagel, Plain	250	1.5	53	2
 Bagel, Wheat	220	1.5	47	6
Bacon Breakfast Biscuit	405	25	28	1
Sausage Breakfast Biscuit	491	32.5	29	1
Cheese Cup	330	27	1	0
Cheezy Garlic Bread	215	10	26	1
Chicken Strips	319	21	15	0
 Cilantro Hummus Wrap	292	7	48	4
French Fries	517	28	60	5
Premiere Chef Salad	260	14	11	4
Premiere Garden Salad	207	12.5	12	4
 Roast Turkey Sandwich on an Arnold Thin	429	7	30	7
 Shrimp Cocktail	121	1.5	8	< 1
Tenderloin Sandwich	610	35	58	3
 Yogurt Parfait	128	2	23	2
Honey Mustard	243	23	9	0
Cream Cheese	90	9	1	0

Snacks	Calories	Fat (grams)	Carbohydrate (grams)	Fiber (grams)
 Fresh Apple	81	0.5	21	4

 Fresh Orange	69	0.5	17	4
Rice Krispie Treat	235	10	34	0
 Jello, Regular	81	0	19	0
 Jello, Diet	6	0	0	0
 Chocolate Pudding	141	4	28	0
 Vanilla Pudding	155	3	29	0

Salad Bar	Calories	Fat (grams)	Carbohydrate (grams)	Fiber (grams)
Hardboil Egg, diced (1/4 cup)	86	6	1	0
 Iceberg Lettuce (1 cup)	7	0	1	< 1
 Romaine Lettuce (1 cup)	8	0	1	1
Mozzarella Cheese (1/4 cup)	80	6	1	0
 Cantaloupe (1/2 cup)	28	0	7	1
 Honeydew (1/2 cup)	30	0	8	< 1
 Pineapple (1/2 cup)	75	0	20	1
 Cottage Cheese (1/2 cup)	101	2.5	4	0
 Mushrooms (1/4 cup)	7	0	1	< 1
 Green pepper (1/4 cup)	8	0	2	< 1
Croutons (1/4 cup)	132	5	18	2
Bacon bits (1/4 cup)	112	10.5	2	0
 Cherry tomatoes (3)	11	0	2.5	< 1
 Cucumber (4 slices)	2	0	0	0
Olives (4)	16	1	1	0
Cole Slaw (1/2 cup)	108	9	7	2

5/09 Developed and Created by
OSF Saint Francis Medical Center Dietetic Interns:

Leah Karaliunas
Caitlin Plank
Brooke Schneider
Nathan Stock

