



**NORMAN
REGIONAL**
Health System

Patient Room Service Nutrition Information

Calories (kcal)

Total Fat (g)

Sodium (mg)

Carbs (g)

Protein (g)

LS= low sodium; FF= fat free; SF= Sugar Free

Standard Tray | Breakfast

2% Milk	120	5	120	11	8
Bacon	45	4	179	0	3
Banana	126	0	0	30	1
Banana Nut Muffin	170	8	205	24	2
Breakfast Potatoes	122	3	68	23	2
Cantaloupe	27	0	24	7	1
Corn Flakes	80	0	150	18	1
Low Fat Vanilla Yogurt	70	0	75	13	5
Orange Juice	60	0	2	14	1
Raisin Bran	110	1	120	28	3
Sausage Patty	127	11	318	1	7
Scrambled Eggs	116	9	113	1	8
Sliced Apples	60	0	1	16	0

Standard Tray | Lunch

Apple Pie	355	17	399	51	3
Baked Potato Wedges	191	6	36	33	3
Banana Pudding	174	6	141	29	2
Catfish Fried	260	15	318	9	21
Cherry Cobbler	202	5	210	37	2
Chicken Alfredo	159	6	93	20	6
Chicken Fried Steak	263	13	465	18	17
Chicken Tenders	239	12	423	17	16
Chocolate Chip Cookies	320	15	151	44	3
Canned Pineapple Chunks	39	0	1	10	1
Cream Gravy	45	3	165	5	0
Decaf Unsweetened Iced Tea	35	0	3	9	0
Diced Peaches in Juice	50	0	5	13	1
Dinner Roll	97	3	159	14	2
Fruit Mix Diced in Juice	52	0	5	13	1

Green Beans	48	0	59	11	2
Low Sodium Brown Gravy	26	0	329	5	0
Low Sodium Herb Roasted Chicken Breast	187	6	329	5	30
Low Sodium Meatloaf	150	8	259	8	12
Macaroni & Cheese	182	4	414	25	10
Mandarin Orange Cup	42	0	6	11	1
Mashed Potatoes	74	0	140	16	2
Pineapple Tidbits in Juice	68	0	1	18	1
Rice Krispy Treats	236	5	199	46	2
Roasted Sweet Potatoes	117	1	328	25	2
Sliced Pears	60	0	0	15	0
Sliced Turkey Breast	107	3	336	0	19
Squash Zucchini Roasted	71	0	205	16	1
Sugar Cookie	317	15	235	43	3
Standard Tray Dinner					
BBQ Sauce	73	0	437	17	0
Broccoli	32	0	27	6	4
Carrot Cake	238	15	133	25	3
Chicken Fajitas LS	296	10	908	23	29
Chicken Stir Fry	141	3	307	2	28
Chocolate Layer Cake	225	12	201	31	2
Garden Side Salad	20	0	21	4	1
Garlic Butter Rice	206	10	95	26	3
Grilled Chicken Sandwich	307	5	584	33	33
Hamburger Bun	166	2	277	32	6
Lemon Dill Salmon	338	22	403	10	25
Lemon Meringue Pie	304	10	195	54	2
Low Sodium Beef Pot Roast	126	6	105	4	13
Low Sodium Potato Salad	116	3	125	21	2
Marinara and Meatball	345	19	1025	13	30
Penne Pasta	98	1	1	19	4
Pie Chocolate	400	25	302	44	5
Red Skinned Roasted Potatoes	112	1	274	24	2
Rice Seasoned	143	8	276	16	2
Sliced BBQ Brisket	185	9	336	0	25
Steamed Carrots	52	0	106	12	1
Stewed Carrots and Onions	105	0	184	25	2

Strawberry Shortcake	385	3	292	90	3
White Rice	93	0	2	20	2
Comfort Foods					
LS Meatloaf	150	8	259	8	12
Meatloaf	150	8	259	8	12
Renal Meatloaf	165	9	283	6	14
Pot Roast	193	9	58	0	27
LS Pot Roast	126	6	105	4	13
Fried Catfish	260	15	318	9	21
Lemon Dill Salmon	338	22	403	10	25
BBQ Beef Brisket LS	126	7	105	4	13
BBQ Beef Brisket	185	9	336	0	25
Chicken Breast Roasted LS	123	4	351	2	21
Chicken Fried Steak LS	254	11	247	18	20
Chicken Fried Steak	263	13	465	18	17
Sides and Veggies					
Pinto Beans	82	0	45	15	5
Seasoned Corn	116	1	39	28	4
French Fries	199	6	38	34	3
Baked French Fries	191	6	36	33	3
Potato Salad	162	9	600	13	3
Baked Potato	279	0	477	64	6
1/2 Baked Potato	140	0	239	32	3
Cauliflower	25	1	16	5	2
Cauliflower Rice	86	1	82	17	7
Mashed Sweet Potatoes	120	1	180	25	2
Mashed Potatoes	74	0	140	16	2
White Rice	93	0	2	20	2
Snacks					
Mozzarella String Cheese	80	6	200	1	7
Peanut Butter Crackers	199	10	333	23	5
Hummus	71	5	121	4	2
Uncrustable Grape	300	16	270	32	9
Uncrustable Strawberry	300	16	270	32	9
Potato Chips	160	10	140	15	2
Baked Potato Chips	140	5	150	22	2
Cheetos	160	10	200	15	2

Baked Cheetos	120	5	200	16	2
Doritos	260	13	290	30	4
Desserts					
Brownie	240	10	174	40	3
Angel Food	146	0	290	33	4
Carrot Cake	238	15	133	25	3
Cheesecake	364	26	497	29	6
Choc layer cake	225	12	201	31	2
Strawberry shortcake	250	1	242	55	2
SF Straw Shortcake	209	3	288	44	4
Cherry Cobbler	202	5	210	37	3
SF Cherry Cobbler	122	5	35	17	3
SF Choc Chip Cookie	130	2	113	28	2
SF Lemon Cookie	130	2	113	28	2
Sugar Cookie	159	8	117	21	2
Choc chip cookie	320	15	151	44	3
Oatmeal raisin cookie	143	5	104	22	2
Pineapple Dole Whip	102	5	5	28	0
Choc Icecream	138	7	49	18	2
SF Choc Icecream	123	4	53	19	3
Van Icecream	132	7	51	15	2
SF Van Icecream	120	5	68	15	3
Apple Pie	355	17	399	51	3
Chocolate Meringue Pie	298	14	202	46	3
Lemon Meringue Pie	304	10	195	54	2
Orange Sherbet	126	2	40	27	1
Banana Pudding	174	6	141	29	2
SF Banana Pudding	122	6	118	20	0
Choc Pudding	160	5	172	26	2
SF Choc Pudding	73	0	342	13	4
Vanilla Pudding	147	4	195	26	2
SF Van Pudding	75	0	196	15	4
Soups					
Beef broth	5	0	985	1	0
LS beef broth	4	0	2	1	0
Chicken broth	5	0	985	1	0
LS chicken broth	4	0	2	1	0

Veg broth	5	0	980	1	0
Chicken noodle soup	97	3	1404	12	5
LS chicken noodle soup	70	3	60	8	3
Cream of chicken	78	5	611	6	2
Potato soup	37	1	164	5	2
Tomato soup	68	1	398	16	2
LS tomato soup	90	1	390	18	2
Vegetable soup	97	3	1404	12	5
LS Vegetable soup	103	1	284	21	2
Fruit and Yogurt					
apples sliced	29	0	1	8	0
applesauce	77	0	2	20	0
bananas	126	0	0	30	1
blueberries	65	0	1	16	1
mandarin oranges in cup	42	0	6	11	1
cantaloupe	27	0	24	7	1
orange wedge	42	0	6	11	1
diced peach cup	50	0	5	13	1
sliced peaches	27	0	3	7	1
diced pear cup	57	0	5	15	0
sliced pears	60	0	0	15	0
pineapple	41	0	1	11	1
strawberries	35	0	11	9	1
blueberry yogurt	134	2	98	22	7
peach yogurt	134	2	98	22	7
strawberry yogurt	134	2	98	22	7
vanilla yogurt	128	2	99	21	7
Breakfast Items					
bacon	53	4	189	0	4
turkey bacon	23	1	106	1	2
bagel	312	2	606	61	12
biscuit	211	7	588	34	4
gluten free bread	70	2	127	13	1
wheat bread	72	1	128	12	4
white bread	74	1	154	15	3
honey nut cheerios cereal	111	2	162	22	2
cinnamon toast crunch cereal	116	3	161	22	2

cornflakes cereal	76	0	155	18	2
cream of wheat	108	0	0	23	3
malt o meal	600	1	8	131	14
oatmeal	121	3	7	20	4
raisin bran cereal	113	1	126	27	3
rice krispies cereal	112	1	161	24	1
cheese cottage	120	5	340	5	13
cinnamon roll	187	7	430	29	3
fried egg	79	6	79	0	7
hard boiled egg	79	6	79	0	7
scrambled eggs	116	9	113	1	8
egg substitute	83	5	419	2	8
cream gravy	45	3	165	5	0
sausage gravy	46	3	165	4	0
apple cinnamon muffin	160	6	190	25	3
banana nut muffin	170	8	205	24	2
blueberry muffin	150	8	140	17	2
english muffin white	120	1	200	23	4
english muffin whole wheat	180	3	320	34	6
pancakes	88	0	285	18	3
hash brown potatoes	70	0	35	16	1
sausage patty	127	11	318	1	7
turkey sausage	77	4	260	0	9
french toast	175	6	612	16	14
waffle	214	7	321	34	5
pancake syrup	105	0	24	28	0
SF pancake syrup	16	0	66	4	0
Condiments					
cream cheese	70	7	110	2	1
cream cheese lite	45	4	80	1	2
ff sour cream	25	0	40	4	1
liquid creamer	14	1	7	1	0
honey	25	0	0	7	0
grape jelly	40	0	5	10	0
sf grape jelly	10	0	0	5	0
strawberry jelly	50	0	0	13	0
sf strawberry jelly	17	0	0	4	0

lemon juice	1	0	1	0	0
ketchup	9	0	82	3	0
ls ketchup	11	0	23	2	0
margarine	27	3	32	0	0
mayo	82	9	76	0	0
lite mayo	26	2	89	1	0
miracle whip	31	3	81	2	0
mustard	3	0	62	0	0
peanut butter cup	180	15	130	8	7
black pepper	0	0	0	0	0
salt	0	0	193	0	0
bbq sauce	73	0	437	17	0
hot sauce	3	0	4	1	0
mustard bbq sauce/renal	81	0	362	21	0
salsa	7	0	143	2	0
salt free seasoning	0	0	0	0	0
cinnamon	70	0	3	23	1
sugar sub pink	4	0	0	1	0
sugar sub yellow	3	0	0	1	0
sugar	11	0	0	3	0
brown sugar	54	0	4	14	0
Salad Dressing					
1000 island dressing	130	12	480	7	0
balsamic vinaigrette dressing	120	11	430	5	0
bleu cheese dressing	170	17	450	2	1
creamy caesar dressing	230	25	514	1	1
creamy french dressing	180	16	340	9	0
honey mustard dressing	150	12	350	10	1
regular italian dressing	130	2	690	6	0
ff italian dressing	25	0	360	7	0
ranch dressing	150	16	370	3	1
ff ranch dressing	60	0	260	14	0
raspberry vinaigrette dressing	40	0	370	9	0
Beverages					
hot cocoa	90	2	135	16	1
coffee	2	0	5	0	0
decaf coffee	0	0	5	0	0

crystal lite	0	0	0	0	0
apple juice	50	0	5	15	0
cranberry juice	50	0	0	14	0
grape juice	50	0	25	14	0
orange juice	60	0	2	14	1
prune juice	90	0	0	22	1
tomato juice	30	0	470	7	1
v8 juice	30	0	440	6	1
LS v8 juice	30	0	95	6	1
lemonade	32	0	14	8	0
2% milk	120	5	120	11	8
skim milk	80	0	120	11	8
whole milk	150	8	120	11	8
lactaid milk	110	3	130	13	8
chocolate milk	130	3	130	19	8
almond milk	80	3	170	13	1
soy milk	110	5	85	9	8
coke	90	0	30	25	0
diet coke	0	0	25	0	0
sprite	90	0	40	24	0
sprite zero	0	0	25	0	0
dr pepper	90	0	35	25	0
diet dr pepper	0	0	40	0	0
hot tea	0	0	7	0	0
decaf hot tea	0	0	7	0	0
unsweet tea	0	0	5	0	0
unsweet decaf tea	0	0	7	0	0
Salads					
grilled chicken salad	412	19	898	29	34
chicken caesar salad	749	28	1781	78	47
country fried chicken salad	385	22	651	24	25
chef salad	396	21	1105	29	26
garden side salad	20	0	21	4	1
garden side salad no tomatoes	14	0	19	3	1
side caesar salad	133	7	395	11	8
raw veggies w/dipping sauce	209	19	427	9	1
BYO Pasta					

penne pasta	86	0	0	18	3
LS marinara	50	2	390	8	2
alfredo sauce	490	45	447	5	16
sliced chicken breast	141	3	307	2	28
meatballs	202	10	307	7	19
meatless italian crumbles	73	1	42	4	10
mozzarella cheese	90	6	220	2	6
parmesan cheese	110	8	320	2	9
BYO Stir Fry					
chicken stir fry	141	3	307	2	28
beef stir fry	231	14	50	6	21
vegetable stir fry	90	0	62	16	5
teriyaki sauce	50	0	330	9	3
sweet and sour sauce	90	0	200	22	0
LS soy sauce	10	0	580	1	1
BYO Tex Mex					
flour tortilla	90	3	170	14	2
corn tortilla	55	1	8	12	1
sliced chicken breast	140	3	307	0	28
seasoned steak strips	90	3	220	0	17
ground beef	210	16	56	0	17
black beans	66	0	45	10	3
pinto beans	82	0	45	15	5
white rice	93	0	2	20	2
cauliflower rice	86	1	82	17	7
lettuce	8	0	6	2	1
diced tomato	5	0	1	1	0
diced onions	10	0	3	2	0
shredded cheese	231	19	371	1	13
grilled onions	12	0	1	3	0
grilled peppers	1	0	0	0	0
BYO Grill					
chicken tenders	239	12	423	17	16
cheese pizza	654	30	1091	71	25
pepperoni pizza	734	37	1344	71	28
beef patty	283	18	82	0	29
grilled chicken breast	141	3	307	2	28

meatballs	202	10	307	7	19
philly cheesesteak meat	258	18	66	0	23
veggie patty	221	8	710	18	20
roast beef deli	65	2	484	0	11
sliced ham deli	61	2	536	0	10
sliced turkey deli	61	2	536	0	10
sliced american cheese	47	4	137	1	3
sliced cheddar cheese	86	7	135	1	5
sliced swiss cheese	79	6	37	0	5
sliced pepper jack cheese	80	7	139	0	5
shredded cheese	231	19	371	1	13
shredded mozzarella cheese	85	6	138	1	6
hamburger bun	150	2	270	30	6
hoagie roll	190	2	390	39	6
wheat bread	65	1	125	13	3
white bread	60	1	120	13	2
gluten free bread	70	2	127	13	1
grilled onions	12	0	1	3	0
grilled peppers	1	0	0	0	0
BYO Deli Sandwich					
roast beef deli	65	2	484	0	11
sliced ham deli	61	2	536	0	10
sliced turkey deli	61	2	536	0	10
chicken salad	117	5	356	2	16
tuna salad	123	5	387	2	16
bacon	53	4	189	0	4
turkey bacon	23	1	106	1	2
sliced american cheese	47	4	137	1	3
sliced cheddar cheese	86	7	135	1	5
sliced swiss cheese	79	6	37	0	5
sliced pepper jack cheese	80	7	139	0	5
shredded cheese	231	19	371	1	13
shredded mozzarella cheese	85	6	138	1	6
hamburger bun	150	2	270	30	6
hoagie roll	190	2	390	39	6
wheat bread	65	1	125	13	3
white bread	60	1	120	13	2

gluten free bread	70	2	127	13	1
whole wheat wrap	90	3	130	14	2
peanut butter	180	15	130	8	7
jelly - grape/strawberry	39	0	5	10	0
lettuce	8	0	6	2	1
sliced tomato	4	0	1	1	0
sliced red onion	12	0	1	3	0
sliced pickle	1	0	57	0	0
BYO Fruit and Yogurt					
apples sliced	29	0	1	8	0
bananas	126	0	0	30	1
blueberries	65	0	1	16	1
mandarin oranges in cup	42	0	6	11	1
cantaloupe	27	0	24	7	1
orange wedge	42	0	6	11	1
diced peach cup	50	0	5	13	1
sliced peaches	60	0	0	14	1
diced pear cup	57	0	5	15	0
sliced pears	60	0	5	15	0
pineapple	40	0	1	11	1
strawberries	35	0	11	9	1
blueberry yogurt	70	0	75	13	5
peach yogurt	70	0	75	13	5
strawberry yogurt	70	0	75	13	5
vanilla yogurt	70	0	75	13	5
cottage cheese	120	5	340	5	13
granola fruit medley	112	2	47	22	2
BYO Breakfast					
bagel	270	2	590	56	10
wheat toast	65	1	125	13	3
white toast	60	1	120	13	2
gluten free bread	70	2	127	13	1
english muffin white	120	1	200	23	4
english muffin wheat	180	3	320	34	6
flour tortilla	90	3	170	14	2
corn tortilla	55	1	8	12	1
scrambled eggs	116	9	113	1	8

egg substitute	83	5	419	2	8
sausage patty	127	11	318	1	7
turkey sausage	77	4	260	0	9
bacon	53	4	189	0	4
turkey bacon	23	1	106	1	2
sliced american cheese	47	4	137	1	3
sliced cheddar cheese	86	7	135	1	5
sliced swiss cheese	79	6	37	0	5
sliced pepper jack cheese	80	7	139	0	5
shredded cheese	231	19	371	1	13
diced onions	10	0	3	2	0
diced green bell pepper	8	0	1	2	0
diced tomatoes	5	0	1	1	0
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