

**UPPER NEW YORK ANNUAL CONFERENCE
MENU NUTRITIONAL INFORMATION
JUNE 2-4, 2016**

LUNCH BUFFET – THURSDAY, JUNE 2					
Item	Suggested Serving Size	Calories	Fat	Carbs	Sugar
<i>Romaine Lettuce</i>	1 cup	15	0g	1g	0g
<i>Croutons</i>	6 crutons	30	1g	5g	0g
<i>Parmesan Cheese</i>	1 tbsp	22	1.43g	.2g	.04g
<i>Grilled Chicken</i>	3 oz	110	2.5g	2g	0g
<i>Roasted Vegetables</i>	4 oz	90	7g	7g	4g
<i>Soft breadsticks</i>	1 stick	140	2.5g	25g	2g
<i>Brownies</i>	1 brownie	170	6.85g	28.84g	15.38g

DINNER BUFFET – THURSDAY, JUNE 2					
Item	Suggested Serving Size	Calories	Fat	Carbs	Sugar
<i>Garden Salad</i>	1 cup	78	5.53g	2.9g	1.62g
<i>Pasta</i>	1 cup	220	1.29g	42.95g	.78g
<i>Marinara Sauce</i>	1 cup	90	3.5g	12g	7g
<i>Alfredo Sauce</i>	1 cup	90	3.5g	12g	7g
<i>Meatballs</i>	1 meatball	57	3.69g	2.12g	.42g
<i>Italian Sausage</i>	1 cup	234	18.57g	2.9g	.58g
<i>Green Beans</i>	4 oz	20	0g	4g	2g
<i>Garlic Breadsticks</i>	1 piece	140	2.5g	25g	2g
<i>Chocolate Mousse</i>	4 oz	130	3g	15g	12g

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LUNCH – FRIDAY, JUNE 3					
Item	Suggested Serving Size	Calories	Fat	Carbs	Sugar
<i>Turkey & Cheese Sandwich</i>	1 sandwich	310	12g	33g	1g
<i>Tuna Sandwich</i>	1 sandwich	287	7.17g	36.38g	6.19g
<i>Peanut Butter & Jelly Sandwich</i>	1 sandwich	210	9g	28g	9g
<i>Apple</i>	1 medium apple	72	.23g	19.06g	14.35g
<i>Potato Chips</i>	1 oz or 15 chips	160	10g	15g	Less than 1g
<i>Chocolate Chip Cookie</i>	1 Cookie	200	10g	25g	13g

DINNER – FRIDAY, JUNE 3					
Item	Suggested Serving Size	Calories	Fat	Carbs	Sugar
<i>Garden Salad</i>	1 cup	78	5.53g	2.9g	1.62g
<i>Oven Roasted Chicken</i>	6 oz	164	6.48g	0g	0g
<i>Salt Potatoes</i>	5 oz	110	0g	26g	1g
<i>Baked Beans (vegetarian)</i>	4 oz	130	0g	29g	12g
<i>Assorted Rolls</i>	1 roll	84	2g	14g	.75g
<i>Butter</i>	Per tbsp.	102	11.52g	.01g	.01g

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LUNCH – SATURDAY, JUNE 4					
Item	Suggested Serving Size	Calories	Fat	Carbs	Sugar
<i>Garden Salad</i>	1 cup	78	5.53g	2.9g	1.62g
<i>Tomato Basil Soup</i>	1 cup	84	4.9g	10.1g	5.2g
<i>Chicken Noodle Soup</i>	1 cup	65	2.39g	7.4g	1.06g
<i>Melon Wedges</i>	1 roll	23	.13g	5.63g	5.42g
<i>Assorted Rolls</i>	1 roll	84	2g	14g	.75g
<i>Butter</i>	Per tbsp.	102	11.52g	.01g	.01g

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