

Food Service Rotation

New Menu Item and Nutrient Analysis

Together with my preceptor, I chose a new menu item to add to the regular menu for the doctor's lounge and cafeteria selection options. We chose a healthy grain/nourish bowl to encourage healthy eating and balance, incorporate more cultures, and encourage others to try new things.

Three Day Nutrient Analysis for Cafeteria Options:

Tuesday:

Breakfast Nutrient Analysis:

Fried Hash Browns (1 serving or 1 cup)

- Calories: 410 kcal
- Protein: 4 grams
- Fat: 30 grams
- Carbohydrates: 35 grams

Fruit (1 serving or 1 cup)

- Calories: 70 kcal
- Protein: 1 gram
- Fat: 0.5 grams
- Carbohydrates: 18 grams

Lunch Nutrient Analysis

Philly Cheesesteak (1 serving or 1 sandwich)

- Ingredients Assumed: 6-inch white hoagie roll, 4 ounces of ribeye steak, 2 slices of provolone cheese, 1/4 cup sautéed onions, 1/4 cup sautéed bell peppers, 1 tablespoon of vegetable oil (for cooking)

- Calories: 700 kcal
- Protein: 35 grams
- Fat: 30 grams
 - Saturated Fat: 12 grams
- Carbohydrates: 60 grams

Sweet Potato Fries (1 serving or 1 cup)

- Calories: 180 kcal
- Protein: 2 grams
- Fat: 8 grams
 - Saturated Fat: 1 gram
 - Carbohydrates: 28 grams

Wednesday:

Breakfast Nutrient Analysis

Breakfast Quesadillas

- Ingredients assumed: 2 medium flour tortillas (8-inch), 2 large eggs, 1/2 cup shredded cheddar cheese, 1/4 cup diced bell peppers, 1/4 cup diced onions, 1 tablespoon butter or oil (for cooking)
- Calories: 520 kcal
- Protein: 22 grams
- Fat: 30 grams
 - Saturated Fat: 14 grams
- Carbohydrates: 40 grams

Lunch Nutrient Analysis

Loaded Waffle Fries

- Ingredients assumed: 6 ounces (about 170 grams) of frozen waffle fries, 1/2 cup shredded cheddar cheese, 2 slices of cooked bacon, crumbled, 2 tablespoons sour cream, 1 tablespoon chopped green onions
- Calories: 620 kcal
- Protein: 15 grams
- Fat: 40 grams
- Carbohydrates: 52 grams

Thursday:

Breakfast Nutrient Analysis:

Omelets

- Ingredients assumed: 3 large eggs, 1/4 cup shredded cheddar cheese, 1/4 cup diced bell peppers, 1/4 cup diced onions, 1/4 cup diced mushrooms, 1 tablespoon butter (for cooking), Salt and pepper to taste
- Calories: 400 kcal
- Protein: 22 grams
- Fat: 32 grams
- Carbohydrates: 5 grams

Lunch Nutrient Analysis

Chicken nourish bowl

- Ingredients assumed: brown rice, chicken, spring mix, feta cheese, chickpeas, butternut squash
- Calories: 510 kcal

- Protein: 37 grams
- Fat: 18 grams
- Carbohydrates: 50 grams