

The Commons											Fall 2022
Just Say Cheez & Soups											Allergy/Contains:
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:	
Sandwiches (nutritional created with white bread w/ margarine)*											
All American Grilled Cheese (White Bread, Margarine, Triple American Cheese)*	1 Sandwich	905	73	38	2	24		✓		Wheat,Soy,Milk	
The Traditional w/ Turkey (White Bread, Margarine, Turkey, American Cheese, Tomato, Pickles)*	1 Sandwich	744	56	43	2	17				Wheat,Soy,Milk	
The Traditional w/ Ham (White Bread, Margarine, Ham, American Cheese, Tomato, Pickles)*	1 Sandwich	800	60	44	3	21				Wheat,Soy,Milk,Pork	
The Trio (White Bread, Maragrine, Bacon, Pepperoni, Ham, Gouda & Swiss Cheese)*	1 Sandwich	917	65	40	3	43				Wheat, Milk, Soy, Pork	
Italiano (White Bread, Maragrine, Pesto Mayo, Turkey, Provolone, Tomato, Spinach)*	1 Sandwich	803	59	45	3	23				Wheat,Soy,Milk	
Italiano (White Bread, Maragrine, Pesto Mayo, Ham, Provolone, Tomato, Spinach)*	1 Sandwich	859	63	46	4	27				Wheat,Soy,Milk	
Raider Red Melt (White Bread, Maragrine, Sriracha Mayo, Turkey, Pepper Jack, Bell Pepper, Onion)*	1 Sandwich	897	61	49	3	38				Wheat,Soy,Milk,Egg	
BLT (White Bread, Maragrine, Mayo, Bacon, Cheddar Cheese, Tomato, Lettuce)*	1 Sandwich	1083	83	42	3	42				Wheat, Soy, Milk, Egg, Pork	
Add Avocado (for Avocado BLT)	2 oz	118	10	6	4	1	✓	✓	✓		
Beef Philly Cheese Melt (Hoagie Bun, Margarine, Mayo, Steak, Provolone, Peppers, Onions)	1 Sandwich	899	67	37	2	37				Wheat, Soy, Milk	
Buffalo Melt (White Bread, Buffalo Sauce, Fried Chicken Patty, Pepper Jack Cheese, Tomato, Lettuce)	1 Sandwich	825	48	60	3	43				Wheat, Soy, Milk	
Soups											
Chicken Tortilla Soup	8oz	141.5	5.5	13	0.8	10				Milk, Soy	
Chicken Tortilla Soup	12oz	283	11	26	1.6	20				Milk, Soy	
Basil Soup	8oz	281	21	19	3	4				Wheat, Milk (Cream&Whey), Soy	
Basil Soup	12oz	562	42	38	6	8				Wheat, Milk (Cream&Whey), Soy	
Bread											
Hoagie bun	1 Bun	170	2.5	31	1	6	✓	✓		Wheat, Soy	
Sour Dough	2 slices	240	2	48	2	10	✓	✓		Wheat,Soy	
Texas Toast	2 slices	240	2	46	2	8	✓	✓		Wheat,Soy	
Wheat	2 slices	360	5	42	4	14	✓	✓		Wheat,Soy	
White Bread	2 slices	194	2	38	2	6	✓	✓		Wheat, Soy	
Gluten Free Bread- White, Northern Bake House	2 Slices	170	4	36	4	1			✓	Sunflower oil	
Cheese (1oz)											
Cheddar Cheese	1oz.	114	9	0	0	7		✓	✓	Milk	
Swiss Cheese	1oz.	107	8	0	0	8		✓	✓	Milk	
American Cheese	1oz.	106	9	0	0	6		✓	✓	Milk, Soy	
Provolone Cheese	1oz.	100	8	0	0	7		✓	✓	Milk	
Pepperjack Cheese	1oz.	95	8	0	0	7		✓	✓	Milk	
Gouda Chesse	1oz.	101	8	0	0	7		✓	✓	Milk	
Toppings											
Avocado	2 oz	118	10	6	4	1	✓	✓	✓		
Lettuce	4 oz	4	0	1	0	0	✓	✓	✓		
Tomato	2 slices	8	0	2	0	0	✓	✓	✓		
Onion	1 oz	4	0	1	0	0	✓	✓	✓		
Mayonnaise	1 oz	108	12	0	0	0		✓	✓	Egg, Soy	
Bacon	2 slices	166	14	0	0	10			✓	Pork	
Sides (Fries fried in common fryer)											
Bistro Chips	3oz	205	13	20	2	2	✓	✓	✓	Soy	
Waffle Fries	4oz	286	22	20	2	2	✓	✓	✓	Soy	
Curly Fries	4oz	219	11	27	2.6	3	✓	✓		Wheat, Soy	
Desserts											
Peach Cobbler	4.5oz	249	9	40	1	2	✓	✓		Wheat, Milk	
Apple Cobbler	4.5oz	236	8	39	1	2	✓	✓		Wheat, Milk	
Yes = ✓											
Indicates a "Smart Choice" lower in fat and packed with nutrients.											
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame											