

Buffalo State College

Selona Grill Nutritional Information

Lunch & Dinner Menu Items

Item	Portion	Calories	Fat Cal	Fat	Sat. Fat	Sugars	Cholesterol	Sodium	Carbs	Fiber	Protein
Grilled Cheese	1 sandwich	440	220	24g	13g	0g	40mg	1390mg	42g	2g	14g
Hamburger on bun	1 sandwich	340	160	18g	7g	3g	45g	690mg	27g	1g	17g
Cheeseburger on bun	1 sandwich	390	210	23g	10g	3g	60mg	940g	27g	1g	19g
BLT Sandwich	1 sandwich	380	150	17g	5g	5g	20mg	1030g	44g	3g	12g
Turkey Burger on bun	1 sandwich	480	290	32g	6g	2g	70mg	610mg	25g	3g	23g
Gardenburger on bun	1 sandwich	280	80	9g	3.5g	5g	35mg	1160g	54g	7g	15g
Grilled Rueben Sandwich	1 sandwich	740	480	53g	20g	4g	135mg	1850mg	34g	5g	33g
Tennessee Turkey Sandwich	1 sandwich	710	405	48g	18g	4g	120mg	1630mg	30g	3g	31g
6" Philly Cheesesteak	1 sandwich	730	200	22g	9g	8g	70mg	2090mg	96g	5g	38g
12" Philly Cheesesteak	1 sandwich	1460	400	44g	18g	16g	140mg	4180mg	192g	10g	76g
6" Veggie Philly	1 sandwich	390	200	14g	4g	4g	25mg	120mg	12g	7g	5g
12" Veggie Philly	1 sandwich	780	400	28g	8g	8g	50mg	240mg	24g	14g	10g
Fried Fish Sandwich	1 sandwich	530	230	26g	3.5g	7g	25mg	670mg	57g	2g	18g
French Fries	4 oz.	240	140	16g	1.5g	0g	0mg	40mg	22g	2g	2g
Cole Slaw	3 oz.	100	60	7g	1.5g	5g	0mg	140mg	7g	2g	1g
Onion Rings	1 order	380	160	18g	3g	6g	160mg	105mg	43g	2g	4g
Mozzarella Sticks	4 sticks	360	160	22g	18g	8g	40g	40mg	36g	2g	16g
Chili Dog	1 sandwich	475	62	25g	8g	4g	13mg	1233mg	45g	6g	16g
Hot Dog	1 sandwich	258	57	6g	1.5 g	2g	1mg	448mg	43g	3g	7g
Chili Fries	1 order	1086	491	67g	29g	4g	107mg	1069mg	91g	12g	34g

Nutrient Information Disclaimer

The nutrient information displayed for Sodexo recipes represent the know amount of a particular nutrient in a recipe. The recipes were analyzed using a database and additional information from food manufacturers. The data are averages only, and should be used as a guide.

Various factors including diet of an animal, and food processing methods influence the amounts of fats in food. However, we hope this information will be useful to you, and assist you in your desire to achieve good health through healthful eating.