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*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible. For allergen concerns please contact Dining Services at 641-269-3661.
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<td>200</td>
<td>22</td>
<td>8</td>
<td>0</td>
<td>55</td>
<td>750</td>
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<tr>
<td>Monterey sausage pie</td>
<td>1 pc</td>
<td>340</td>
<td>210</td>
<td>24</td>
<td>10</td>
<td>0</td>
<td>75</td>
<td>620</td>
<td>19</td>
<td>3</td>
<td>13</td>
<td>20</td>
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<td>20</td>
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<tr>
<td>Moroccan skillet chic w/ pine nuts</td>
<td>1 pc</td>
<td>220</td>
<td>130</td>
<td>14</td>
<td>2</td>
<td>0</td>
<td>45</td>
<td>960</td>
<td>6</td>
<td>2</td>
<td>1</td>
<td>19</td>
<td>20</td>
<td>35</td>
<td>6</td>
<td>15</td>
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<tr>
<td>Pad Thai</td>
<td>8 oz</td>
<td>340</td>
<td>170</td>
<td>19</td>
<td>3</td>
<td>0</td>
<td>150</td>
<td>460</td>
<td>21</td>
<td>2</td>
<td>12</td>
<td>21</td>
<td>10</td>
<td>10</td>
<td>4</td>
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</tr>
<tr>
<td>Peruvian roasted chicken</td>
<td>1 pc</td>
<td>710</td>
<td>400</td>
<td>45</td>
<td>11</td>
<td>0</td>
<td>215</td>
<td>2040</td>
<td>9</td>
<td>2</td>
<td>4</td>
<td>68</td>
<td>25</td>
<td>10</td>
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<tr>
<td>Pork fried rice</td>
<td>1/2 c</td>
<td>110</td>
<td>20</td>
<td>2.5</td>
<td>0.5</td>
<td>0</td>
<td>15</td>
<td>105</td>
<td>16</td>
<td>&lt;1</td>
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<td>x</td>
</tr>
<tr>
<td>Pork potstickers</td>
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<td>140</td>
<td>70</td>
<td>8</td>
<td>3</td>
<td>0</td>
<td>10</td>
<td>170</td>
<td>12</td>
<td>&lt;1</td>
<td>0</td>
<td>5</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Pork vindaloo</td>
<td>6 oz</td>
<td>330</td>
<td>200</td>
<td>22</td>
<td>8</td>
<td>0</td>
<td>75</td>
<td>870</td>
<td>5</td>
<td>&lt;1</td>
<td>27</td>
<td>4</td>
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<td>4</td>
<td>15</td>
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<tr>
<td>Red beans &amp; rice</td>
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<td>0</td>
<td>0</td>
<td>470</td>
<td>34</td>
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<td>Roasted chicken (1/4 chic)</td>
<td>1/4</td>
<td>700</td>
<td>410</td>
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<td>17</td>
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<td>245</td>
<td>1530</td>
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<td>68</td>
<td>15</td>
<td>8</td>
<td>6</td>
<td>20</td>
</tr>
<tr>
<td>Roasted turkey</td>
<td>4 oz</td>
<td>200</td>
<td>70</td>
<td>8</td>
<td>2</td>
<td>0</td>
<td>75</td>
<td>65</td>
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<td>670</td>
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<tr>
<td>Rotisserie pork loin</td>
<td>3 oz</td>
<td>170</td>
<td>50</td>
<td>6</td>
<td>2</td>
<td>0</td>
<td>80</td>
<td>310</td>
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<td>0</td>
<td>3</td>
<td>26</td>
<td>10</td>
<td>4</td>
<td>0</td>
<td>8</td>
</tr>
</tbody>
</table>

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| Food Item                          | Serving size | Calories | Calories From Fat | Total Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C % DV | Calcium %DV | Iron % DV | None | milk | egg | soy | peanut | tree nut | wheat | fish | shellfish |
|-----------------------------------|--------------|----------|-------------------|----------------|---------------|------------------|-------------|-------------------|------------------|------------|-------------|---------------|---------------|-------------|-----------|------|------|------|-------|--------|--------|-------|-------|
| Sausage gravy                     | 4 oz         | 120      | 80                | 9              | 2.5           | 0                | 25          | 290               | >1               | 0          | 6           | 0              | 2              | 2          | x         | x    | x    | x    |        |        |        |      |      |
| Scrambled eggs                    | 1 egg        | 70       | 45                | 5              | 2             | 0                | 211         | 70               | 0                | 0          | 6           | 5              | 3              | 5          | x         |      |      |      |        |        |        |      |      |
| Shiitake & sweet pea risotto      | 4 oz         | 90       | 25                | 2.5            | 1             | 0                | 190         | 14               | <1               | 1          | 3           | 2              | 4              | 6          | x         |      |      |      |        |        |        |      |      |
| Sirloin tips & mushrooms          | 8 oz         | 380      | 210               | 23             | 6             | 0                | 90          | 460               | 7                | 2          | 4           | 32             | 4              | 10         | 4         | 15   |     |     |        |        |        |      |      |
| Sloppy Fred on a bun              | 1 pc         | 210      | 90                | 11             | 2             | 0                | 55          | 310               | 12               | 2          | 8           | 16             | 15             | 15         | 4         | 10   |     |     |        |        |        |      |      |
| Sloppy Joe on a bun               | 1 pc         | 380      | 120               | 13             | 4             | 0                | 60          | 1710              | 40               | 6          | 12          | 23             | 15             | 25         | 4         | 15   |     |     |        |        |        |      |      |
| Southern oven-fried chic          | 1 pc         | 210      | 70                | 7              | 2             | 0                | 95          | 230               | 5                | 0          | 0           | 29             | 0              | 0          | 2         | 8    |     |     |        |        |        |      |      |
| Spanish mac & cheese              | 6 oz         | 380      | 150               | 17             | 8             | 0                | 40          | 460               | 40               | 3          | 1           | 17             | 8              | 25         | 25        | 10   |     |     |        |        |        |      |      |
| Spicy chic w/ watermelon salsa    | 1 pc         | 330      | 30                | 3              | 1             | 0                | 60          | 85                | 54               | 1          | 52          | 23             | 20             | 10         | 4         | 15   |     |     |        |        |        |      |      |
| Sweet & sour pork                 | 3/4 c        | 220      | 60                | 7              | 2.5           | 0                | 55          | 570               | 22               | <1         | 17          | 18             | 30             | 40         | 4         | 8    |     |     |        |        |        |      |      |
| Tandoori chicken                  | 4 oz         | 180      | 35                | 4              | 1             | 0                | 85          | 160               | 3                | <1         | <1          | 32             | 10             | 4          | 4         | 10   |     |     |        |        |        |      |      |
| Tuna casserole                    | 1 pc         | 240      | 110               | 12             | 6             | 0                | 50          | 480               | 19               | 1          | 1           | 15             | 15             | 25         | 15        | 10   |     | x   |        |        |        |      |      |
| Turkey tetrazzini                 | 1 pc         | 340      | 120               | 14             | 7             | 0                | 55          | 1270              | 31               | 2          | 1           | 23             | 10             | 8          | 25        | 15   |     |     |        |        |        |      |      |
| Vegetable lasagna                 | 1 pc         | 320      | 110               | 13             | 7             | 0                | 60          | 550               | 31               | 2          | 3           | 9              | 18             | 25         | 30        | 35   |     |     |        |        |        |      |      |
| Vegetarian eggroll                | 1 pc         | 140      | 40                | 4.5            | 0             | 0                | 0           | 480               | 22               | 2          | 4           | 2              | 25             | 20         | 2         | 6    |     | x   |        |        |        |      |      |
| Western pork ribs                 | 8 oz         | 660      | 190               | 22             | 8             | 0                | 130         | 670               | 79               | <1         | 0           | 70             | 39             | 15         | 10        | 15   | 25  | x   |        |        |        |      |      |

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| Food Item | Serving size | Calories | Calories From Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron % DV | None | milk | egg | soy | peanut | tree nut | wheat | fish | shellfish |
|-----------|--------------|----------|------------------|--------------|-----------------|---------------|-----------------|-------------|-----------------|-----------------|------------|--------------|--------------|--------------|------------|---------|------|------|-----|-------|---------|-------|------|-------|

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The Marketplace Nutrition Information
Plat Du Jour - Entrees

| Food Item | Serving size | Calories | Calories From Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron % DV | None | milk | egg | soy | peanut | treenut | wheat | fish | shellfish |
|-----------|--------------|----------|------------------|---------------|------------------|-------------|----------------|-------------|----------------|------------------|-----------|------------|-------------|-------------|------------|----------|------|------|-----|-------|--------|--------|-------|-------|
|           |              |          |                  |               |                  |             |                |             |                 |                   |           |            |             |             |            |          |      |      |     |       |   **   |        |       |       |
|           |              |          |                  |               |                  |             |                |             |                 |                   |           |            |             |             |            |          |      |      |     |       |   **   |        |       |       |
|           |              |          |                  |               |                  |             |                |             |                 |                   |           |            |             |             |            |          |      |      |     |       |   **   |        |       |       |
|           |              |          |                  |               |                  |             |                |             |                 |                   |           |            |             |             |            |          |      |      |     |       |   **   |        |       |       |

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