

## Catering - JMQ Menu

**Disclaimer:** The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>JMQ Buffet</b>												
<b>Bread</b>												
Corn Bread Muffins	1 muffin	240	117	13	2.5	0	50	220	29	0	14	3
Jalapeno Cheddar Corn Bread	1 each	360	117	13	4.5	*0	65	670	53	1	21	9
<b>Salad</b>												
Fresh Spinach Salad with Vinaigrette	1 serving	300	216	24	2.5	*0	0	550	18	5	11	6
Vegetable Pasta Salad with Vinaigrette	1/2 cup	170	76.5	8.5	1	*0	0	315	23	3	7	3
Purple Potato Salad	1/2 cup	190	90	10	1.5	0	<5	450	23	2	4	2
<b>BBQ</b>												
BBQ Beef Brisket	3 oz.	280	36	4	1.5	*0	55	700	40	0	35	19
Pulled Pork Sandwich	1 each	520	10	18	6	*0	90	1090	56	1	20	31
Pulled Pork on a Kaiser Roll	1 each	500	10	18	6	*0	90	1070	52	1	3	33
Pork Spare Ribs	1 serving	610	405	45	14	0	155	630	19	0	16	31
Smoked Chicken	2 pieces	430	216	24	7	*0	155	900	2	<1	0	48
Grilled Chicken	3 oz.	180	72	8	1	*0	85	110	3	0	*3	24
<b>Sides</b>												
Baked Beans with Bacon	1/2 cup	220	45	5	1.5	*0	10	480	34	5	17	9
Green Beans and Ham	1/2 cup	80	27	3	1	*0	5	250	11	3	5	3
Purple Coleslaw	1/2 cup	150	126	14	2	*0	10	150	5	1	*2	<1
Smoked Gouda Macaroni and Cheese	1/2 cup	240		15	8	*0	40	440	16	<1	2	12
Tabasco Collard Greens	1/2 cup	60	31.5	3.5	1	*0	<5	390	5	2	<1	3
Vegetarian Baked Beans with Pineapple	1/2 cup	150	13.5	1.5	0	*0	0	540	32	5	15	6
<b>Dessert</b>												
Oatmeal Raisin Cookie	1 cookie	150	63	7	4	0	10	130	23	1	12	2
Chocolate Chip Cookie	1 cookie	170	63	7	4	0	10	120	22	<1	14	2
Sugar Cookie	1 cookie	160	63	7	3.5	0	15	140	22	0	12	2
Carnival Cookie	1 cookie	160	63	7	3.5	0	10	125	23	<1	14	2
Brownie	1 each	290	117	13	2	0	15	115	43	2	29	3
Blondie	1 each	300	135	15	8	*0	45	200	42	1	30	4
Banand Pudding Cupcakes	1 each	170	54	6	3.5	*0	<5	140	30	<1	22	1
Banana Pudding Tarts	1 each	390	261	29	9	*4	35	150	28	3	11	7
Banana Pudding Whoopie Pies	1 each	180	72	8	4	*0	10	180	27	<1	17	2
<b>Beverages</b>												
Lemonade	8 fl. Oz.	180	0	0	0	*0	0	25	47	0	44	0
Iced Tea, Sweetened	8 fl. Oz.	140	0	0	0	*0	0	0	35	0	35	0
Iced Tea, Unsweetened	8 fl. Oz.	0	0	0	0	*0	0	0	0	0	0	0
Infused Water, Lemon/Lime	8 fl. Oz.	0	0	0	0	*	0	5	1	0	0	0
Infused Water, Orange	8 fl. Oz.	10	0	0	0	*	0	5	2	0	2	0
<b>JMQ A la Carte</b>												
<b>BBQ</b>												
BBQ Beef Brisket	3 oz.	280	36	4	1.5	*0	55	700	40	0	35	19
Pulled Pork	1/2 cup	300	135	15	5	*0	85	550	15	0	13	25
Smoked Chicken	2 pieces	430	216	24	7	*0	155	900	2	<1	0	48
Potato Roll	1 roll	190	10	1	0	0	0	360	39	1	5	5
Kaiser Roll	1 roll	170	10	1	0	0	0	340	35	1	<1	7
<b>Sides</b>												
Baked Macaroni and Cheese	1/2 cup	240	135	15	8	*0	40	440	16	<1	2	12
Maple Bourbon Baked Beans	1/2 cup	220	45	5	1.5	*0	10	480	34	5	17	9
Corn Bread Muffins	1 muffin	240	117	13	2.5	0	50	220	29	0	14	3
Smoked Corn on the Cobb	1 each	45	22.5	2.5	1.5	*0	5	0	6	<1	1	<1
<b>Deli</b>												
Cheese Tray - American	1 slice	50	36	4	2	0	13	140	<1	0	1	3
Cheese Tray - Swiss	1 slice	54	35	4	3	0	13	27	<1	0	0	4
Cheese Tray - Provolone	1 slice	50	34	4	2	0	10	124	0	0	0	4
Deli Meat Tray - Ham	3 oz.	110	45	5	1.5	0	40	1020	2	0	2	16
Deli Meat Tray - Turkey	3 oz.	80	14	1.5	0	0	30	780	4	<1	1	13

Deli Meat Tray - Roast Beef	3 oz.	120	45	5	2	0	45	350	0	0	0	20
Lettuce	1 leaf	0	0	0	0	*	0	10	<1	0	0	0
Tomato	2 slices	5	0	0	0	0	0	0	1	0	<1	0
Onion	2 slices	5	0	0	0	0	0	0	1	0	<1	0
Mayonnaise Packet	1 each	80	72	8	2	0	5	75	1	0	1	0
Mustard Packet	1 each	5	0	0	0	0	0	85	1	0	0	1
Ketchup Packet	1 each	10	0	0	0	0	0	85	3	0	2	0
Sandwich Rolls	1 roll	230	36	4	0	0	0	440	43	2	3	8
Whole Wheat Bread	2 slices	160	20	2	0	0	0	320	30	2	2	6
White Bread	2 slices	160	9	1	0	0	0	300	32	2	2	4
<b>Salads</b>												
Fruit Salad	1 serving	40	0	0	0	*	0	5	9	1	7	<1
Garden Salad	1 serving	15	0	0	0	*	0	5	3	2	2	<1
Ranch Dressing (for salad)	2 Tbsp.	100	90	10	1.5	0	10	260	1	0	<1	<1
Italian Dressing (for salad)	2 Tbsp.	40	31.5	3.5	0.5	0	0	260	2	0	2	0
Pasta Salad	1/2 cup	90	31.5	3.5	1	*0	<5	200	11	1	*2	3
Potato Salad	1/2 cup	130	54	6	0.5	*0	0	220	18	3	6	2
Sweet & Tangy Cole Slaw	1/2 cup	150	126	14	2	*0	10	150	5	1	*2	<1
<b>Desserts</b>												
Oatmeal Raisin Cookie	1 cookie	150	63	7	4	0	10	130	23	1	12	2
Chocolate Chip Cookie	1 cookie	170	63	7	4	0	10	120	22	<1	14	2
Sugar Cookie	1 cookie	160	63	7	3.5	0	15	140	22	0	12	2
Carnival Cookie	1 cookie	160	63	7	3.5	0	10	125	23	<1	14	2
Brownie	1 each	250	63	7	3.5	*0	0	220	43	2	32	3
Chocolate Cupcake	1 each	150	45	5	3	*0	<5	210	26	1	18	2
Vanilla Cupcake	1 each	150	40.5	4.5	2.5	*0	<5	180	27	0	19	1
Dog Bone Sugar Cookie	1 cookie	160	63	7	3.5	0	15	140	22	0	12	2
Chocolate Cake	1 slice	310	99	11	6	*0	<5	370	52	2	39	3
Vanilla Cake	1 slice	320	90	10	5	*0	<5	310	56	0	42	2
Lemon Cake	1 slice	150	40.5	4.5	2.5	*0	<5	160	26	0	18	1
<b>Beverages</b>												
Water	8 fl. Oz.	0	0	0	0	0	0	0	0	0	0	0
Lemonade	8 fl. Oz.	180	0	0	0	*0	0	25	47	0	44	0
Iced Tea, Sweetened	8 fl. Oz.	140	0	0	0	*0	0	0	35	0	35	0
Iced Tea, Unsweetened	8 fl. Oz.	0	0	0	0	*0	0	0	0	0	0	0
Pepsi	12 fl oz.	150	0	0	0	0	30	41	0	41	0	0
Diet Pepsi	12 fl oz.	0	0	0	0	0	35	0	0	0	0	0
Sierra Mist	12 fl oz.	120	0	0	0	0	35	30	0	29	0	0

\*Some values for this nutrient are unavailable; the number listed is incomplete.

Revised: 6/17/16