

	Serving Size (oz.)	Calories	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	January 2006 Food Exchange Values
Appetizers and Entrees											
Sampler TM 1	17	1405	80		24	75	5305	124	4	47	8 CHO, 4.5 high fat meat, 9 fat
Buffalo Wings (9) 1	19	974	72		18	267	4049	11	2	67	1 CHO, 9 lean meat, 9 fat
Mozzarella Sticks (8) 1	8	710	41		24	48	5220	49	6	36	3.5 CHO, 4 high fat meat, 2 fat
Smothered Cheese Fries 1	9	767	48		17	78	875	69	0	27	4.5 CHO, 2 HF meat, 6 fat
Buffalo Chicken Strips (5) 1	10	734	42		4	96	1673	43	0	48	3 CHO, 6 MF meat, 2 fat
Chicken Strips (5) 1	10	720	33		4	95	1666	56	0	47	4 CHO, 5 MF meat, 1.5 fat
Nacho	23	1278	64		31	181	1654	117	11	54	8 CHO, 4 MF meat, 9 Fat
Mini Burgers (6) w/Onion Rings	23	2044	122		38	145	3834	179	10	61	12 CHO, 4 MF meat, 20 Fat
T-bone Steak Dinner † 2	14	860	65		29	196	867	0	0	65	8.5 medium fat meat, 3.5 fat
Steakhouse Strip Dinner † 2	8	410	27		18	136	635	3	0	43	6 MF Meat, 1 Fat
Country Fried Steak 2	9	644	46		10	89	2149	30	11	28	2 CHO, 4 high fat meat, 2 fat
Steakhouse Strip & Shrimp	10	517	33		19	216	789	7	0	53	.5 CHO, 7MF Meat fat meat, 1 Fat
Blackened Steakhouse Strip	10	775	66		25	136	1427	7	1	45	.5 CHO, 6 MF Meat, 7 Fat
Fried Shrimp Dinner 2	5	258	11		2	159	849	19	1	20	1 CHO, 2 L meat, 2 fat
Roast Turkey & Stuffing ² (incl. gravy)	12	435	10		2	100	4620	62	2	42	4 CHO, 4 very lean meat, 1 Fat
Grilled Tilapia Dinner 2	11	470	18		5	201	1268	33	1	43	2 CHO, 5 very lean meat, 3 fat
Lemon Pepper Tilapia ²	15	773	47		11	248	2852	38	3	50	2CHO, 6L Meat, 6 Fat
Grilled Chicken Dinner 2	6	200	5		1	67	824	15	1	25	2 CHO, 2.5 VL meat
Hickory Grilled Chicken ²	15	766	48		16	186	6030	18	1	63	1 CHO, 8 L Meat, 5 Fat
Fish & Chips 1	17	958	54		30	88	1390	83	6	34	5 CHO, 3MF meat, 8 fat
Chicken Strips 2	10	635	25		1	95	1510	55	0	47	3.5 CHO, 5 medium fat meat
Corn	4	110	2	0	0	0	180	23	3	3	1.5 CHO
Green Beans	4	40	1	0	0	0	47	8	3	2	1 vegetable
Baked Potato, plain w/skin	7	220	0	0	0	0	16	51	5	5	3 carbohydrate
Mashed Potatoes, plain	5	168	7	0	3	8	498	23	2	3	1.5 CHO, 1 Fat
Vegetable Rice Pilaf	5	173	3	0	1	0	1033	33	1	4	2 CHO,
Bread Stuffing, plain	3	100	1		0	0	405	19	1	3	1 CHO,
Cottage Cheese	3	72	3		2	10	281	2	0	9	1 Lean meat
Applesauce Musselman's [®]	3	60	0	0	0	0	13	15	1	0	1 fruit
Sliced Tomatoes (3 slices)	2	13	0	0	0	0	6	3	1	1	½ vegetable

The nutrition information provided is based on computerized database analysis & vendor product data. This analysis uses the Operations Manual procedures & portions. The data represents an estimate of nutrient content. For additional information on specific ingredients, please contact our Nutrition Coordinator at 864-597-7396.

1 = Add condiments

2 = Add choice of side dishes, & bread

3 = Add condiments & bread

† = Pre-cooked weight

CHO= carbohydrate

VEG= vegetable

Exchange abbreviations

L= Lean VL=very lean

MF=medium fat HF=high fat

g=gram

mg=milligram