

 Selections contain less than 15 gm fat	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
Slim Slam™ (w/o topping) ²	13	490	11	0	3	45	2160	63	2	33	4 CHO, 4 L meat
Pg3/toppings(cherry,blueberry,strawberry)											
Skinny Moons	15	650	14	0	3	45	1950	93	4	40	6 CHO, 3 VL Meat, 2 Fat
Veggie EB Omelette w/Eng.Muffin	14	330	8	0	3	0	850	37	5	25	2.5 CHO, 3 VL Meat, 1 Fat
Toast, dry	1	92	1		0	0	166	17	1	3	1 carbohydrate
English Muffin, dry	2oz	150	2	0	0	0	230	27	2	5	1.5 carbohydrate
Bagel, dry	4 oz	310	1	0	0	0	640	65	2	11	4 carbohydrate
Choice: Oatmeal	4	100	2	0	0	0	175	18	3	5	1 CHO
Grits	4	80	0	0	0	0	520	18	0	2	1 CHO
Cereal (average)	1	100	0	0	0	0	276	23	1	2	1.5 CHO
2% Milk	5	87	5		3	19	70	7	0	5	½ milk, 1 fat
Grapes	3	55	1	0	0	0	0	15	1	1	1 fruit
Banana (1)	4	110	0	0	0	0	0	29	4	1	2 fruit
Choice: Apple Juice	10	126	0	0	0	0	24	33	0	0	2 fruit
Ruby Red Grapefruit Juice	10	162	0	0	0	0	43	41	0	0	2 fruit
Orange Juice	10	126	0	0	0	0	31	31	0	2	2 fruit
Tomato Juice	10	56	0	0	0	0	921	11	2	2	2 VEG
Boca Burger w/ sm fruit bowl	15	508	11		3	15	1308	78	10	33	5 CHO, 2 VL Meat, 2 Fat
Turkey Breast Salad without Dressing	13	230	10	0	5	45	1310	13	5	22	1 CHO, 4 VL Meat, 1 Fat
Grilled Chicken Breast Salad ¹	15	310	13	0	6	90	800	13	4	35	3 VEG 4 VL meat, 2 fat
Side Garden Salad (w/o dressing) ⁴	7	113	7	0	5	0	144	6	2	7	1 Veg,1 fat
Vegetable Beef Soup	8	79	1	0	1	5	820	11	2	6	1VEG, ½ CHO, 1 fat
Chicken Noodle	8	110	6	0	1	25	1130	16	0	2	1 CHO, 1 fat
Grilled Chicken Breast Dinner ⁵	11	190	3	0	1	70	650	12	3	30	2 CHO, 2.5 VL meat
Tilapia/Rice/ Gr. Beans/Tomato Sl.	18	410	11	0	3	85	1270	44	5	38	3 CHO, 4 L meat, 2 fat
Baked Potato, plain w/skin	7	220	0	0	0	0	16	51	5	5	3 CHO, 2.5 fruit, 1 fat
Mashed Potatoes	5	168	7		3	8	498	23	2	3	1.5 CHO, 1 Fat
Corn	4	110	2	0	0	0	180	23	3	3	1 CHO
Green Beans	4	40	1		0	2	47	8	3	2	1 VEG
Applesauce Musselman's®	3	60	0	0	0	0	13	15	1	0	1 fruit
Sliced Tomatoes	2	13	0		0	0	6	3	1	1	½ VEG

The nutrition information provided is based on a 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 Administrator at 864-597-7396

1= Add dressing selection (above) and bread service.

4=add croutons

Exchange abbreviations

2= Add choice of sides from list this page.

5=Served w/tomato sl.& green beans CHO=Carbohydrate

L= Lean

VL= Very Lean

3= Add choice of bread.

VEG= Vegetable

MF=Medium Fat

HF=High Fat

mg=