

 Kid's D-Zone	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
Smiley-face Hotcakes w/meat ²	6	463	22		7	38	1410	63	2	14	1 CHO
Smiley-face Hotcakes w/o meat ²	4	344	9		3	13	1014	62	2	7	4 CHO, 1 HF meat, 3 fat
Junior Grand Slam ²	5	397	25		7	230	1118	33	1	17	4 CHO, 2 fat
French -toastix ^{TM2}	7	627	71		13	190	1068	71	1	18	5 CHO, 1MF Meat, 5 Fat
Jr. Dippers w/ Marinara & Fries	12	860	43		17	22	1679	80	8	32	5 CHO, 4 MF meat, 5 fat
Jr. Dipper w/ Applesauce & Marinara	10	566	27		13	22	1504	50	5	27	3 CHO, 4 MF meat, 1 fat
Burgerlicious ^{TM *}	4	296	17		6	28	368	24	1	13	4 CHO, 1 HF meat, 2.5fat
Burgerlicious TM w/cheese [*]	4	341	20		6	40	580	24	1	15	1.5 CHO, 1.5 MF meat, 2 fat
Pizza Party TM	4	331	14	0	5	16	514	38	2	13	1.5 CHO, 2 MF meat, 2 fat
The Big Cheese [*]	3	334	20		2	24	828	28	2	9	3 CHO, 1.5 HF meat
Dennysaur TM Chicken Nuggets ^{1 *}	2	190	13		4	30	340	9	0	9	2 CHO, 1 HF meat, 1.5 fat
Macaroni & Cheese	7	353	13	0	4	19	651	48	2	12	3 CHO, 1 MF meat, 1.5 Fat
Thanksgiving Jr.	7	290	14		4	27	3881	49	2	12	3 CHO, 1 L meat, 2 Fat
Thanksgiving Jr. w/ Red Grapes	10	350	14		4	27	3883	64	3	13	4 CHO, 1 L meat, 2 Fat
Potato Volcano TM w/ Brown Gravy	5	145	6		2	6	557	20	2	3	1.5 CHO, 1 Fat
Cucumber Craverz TM	3	164	16		3	14	232	3	0	1	3 Fat
Applesauce Swimmers TM	3	84	0		0	0	38	19	1	0	.5 CHO, 1 Fruit
Goldfish [®] Bowl	2	284	3		9	473	36	0	0	0	2CHO, 1 L meat, 2 fat
Deep-Sea Salad TM w/ Ranch	4	240	20		3	16	359	13	1	3	1 CHO, 3 Fat
Grape Bowl	3	60	0		0	0	2	15	1	0	1 CHO
Brownie (Kid Size)	3	344	16		4	25	245	49	2	4	
Oodles of Oreo Sundae	5	413	19		9	44	111	59	2	6	4CHO, 3 Fat

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 choice of bread, &/or choice of potato, &/or choice of meat

2 = Add choice of syrup or margarine

3=Add bread; choice of soup, salad or fruit; & vegetable selection.

4= Add dressing

* = Add fries or substitute

Exchange abbreviations

CHO=Carbohydrate

L=Lean

VL= Very Lean

g=grams

VEG=Vegetable

MF=Medium Fat

HF=High Fat

mg=milligrams