

 Promotional	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
Promotional Items											
Peach French Toast ¹	16	1370	85	0	34	863	2385	96	4	53	6 CHO, 5 HF Meat, 9 Fat
Zesty Creole Scrambles	24	1310	74	0	22	505	3810	115	6	45	8 CHO, 3 HF Meat, 10 Fat
Ham & Jalapeno Scramble	25	1110	55	0	19	570	3930	117	7	52	8 CHO, 4 HF Meat, 7 Fat
Pepper Jck & Sm Sausage	27	1430	92	0.5	33	605	4270	118	7	54	8 CHO, 4 HF Meat, 12 Fat
Pot Roast Dinner ⁴	7	266	16	0	6	94	873	2	0	28	4 Lean Meat, 1 Fat
Chicken Fried Chicken Dinner ⁴	11	550	29	0.5	6	102	2621	32	2	41	2 CHO, 5 MF Meat
Tilapia w/Creole ⁴	14	490	23	0	5	90	1710	40	3	37	3 CHO, 4 VL Meat, 4 Fat
Chicken Tangy Lemon Mushroom ⁴	14	660	43	1	15	185	1780	10	1	56	1 CHO, 8 MF Meat, 2 Fat
Dny Texas Style Steak Tips ⁴	15	700	40	0	10	90	2290	48	3	38	3 CHO, 4 MF Meat, 4 Fat
Mushroom Swiss Chopped Steak ⁴	14	800	73	0	29	173	1140	11	1	46	1 CHO, 6 MF Meat, 7 Fat
Hershey's Chocolate Cake	5	631	33	2	13	40	420	79	2	5	

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 Administrator at 864-597-7396.

1 = Add syrup & condiments 4=add sides & bread service

Exchange abbreviations

2= Add sauce

CHO = Carbohydrate

L= lean

VL = very lean

g= gram

3=Add Dressing choice

VEG = vegetable

MF = medium fat

HF = high fat

mg = milligram