

 Sandwiches/Salads/Soups	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
Club Sandwich <sup>1</sup>	12	602	38		6	41	2450	45	2	31	3 CHO, 3 MF meat, 5 fat
The Super Bird ® Sandwich <sup>1</sup>	10	479	29		11	47	1764	32	2	24	2 CHO, 3.5 MF meat, 2 fat
Grilled Chicken Sandwich w/o dressing <sup>1</sup>	10	476	14		3	77	1494	56	4	36	4 CHO, 3 VL meat, 2 fat
Bacon, Lettuce & Tomato <sup>1</sup>	7	610	38		9	35	862	50	2	15	2.5 CHO, 1.5 HF meat, 7 fat
BBQ Chicken Sandwich <sup>1</sup>	17	1089	62		14	103	1872	86	5	48	6CHO,5 MF meat, 5 fat
Classic Burger <sup>1</sup>	11	694	35		12	100	785	56	4	40	4 CHO, 3.5 MF meat, 4 fat
Classic Burger w/Cheese <sup>1</sup>	13	852	48		20	140	1385	57	4	49	3 CHO, 6 MF meat, 4.5 fat
Chicken Ranch Melt <sup>1</sup>	13	838	47		15	109	2481	57	3	47	4 CHO, 5 MF meat, 4 fat
Philly Melt <sup>1</sup>	18	874	50		16	114	2444	58	5	47	4 CHO, 5 MF meat, 5 fat
Italian Chicken Melt <sup>1</sup>	21	1134	62		20	115	3735	68	7	51	4.5 CHO 5 MF meat, 4 fat
Boca Burger ® <sup>1</sup>	11	452	11		3	14	1290	64	9	32	4 CHO, 2 lean meat, 4 fat
Mushroom Swiss Burger	16	880	49		19	137	1619	63	5	51	4 CHO, 5 MF meat, 5 fat
Spicy Buffalo Chicken Melt <sup>1</sup>	14	880	47		13	98	2623	70	3	43	5 CHO,4 MF Meat, 5 Fat
Vegetable Beef	8	79	1		1	5	820	11	2	6	1 carbohydrate
Chicken Noodle	8	110	6	0	1	25	1130	16	0	2	1 carbohydrate,1 fat
Broccoli & Cheddar	8	190	14	4	5	30	1020	14	1	5	1 carbohydrate, 3 fat
Fish Sandwich	12	589	30		5	30	1557	30	3	22	4 CHO, 1.5 MF Meat, 4.5 Fat
Clam Chowder	8	624	42		34	5	1474	55	4	7	3.5 CHO, 7 fat
Taco Salad <sup>3</sup>	16	505	22		11	54	553	57	8	18	4 CHO, 2 MF Meat, 2 Fat
Chef's Salad <sup>3</sup>	17	365	16		7	289	1376	14	4	41	1CHO, 5 VL meat, 2 fat
Grilled Chicken Breast Salad <sup>3</sup>	13	259	11		5	90	724	10	4	32	3 veg, 4 VL meat, 1fat
Turkey Breast Salad w/o dressing	13	248	8		4	86	798	12	4	31	1 CHO, 4 VL meat, 1fat
Fried Chicken Strip Salad <sup>3</sup>	15	438	26		6	78	1030	26	4	33	3 veg, 1 CHO, 3 MF meat, 2 fat
Coleslaw	5	274	24		30	37	588	14	2	2	2 veg, 4 fat
Side Caesar (w/ dressing)	6	362	26		7	23	913	20	3	11	1 CHO, 1 veg., 1/2 L meat, 4 fat
Side Garden Salad (w/o dressing) <sup>2</sup>	7	113	7		5	0	144	6	2	7	1 vegetable, 1 fat
French Fries, unsalted	5	423	20	3	5	0	221	57	5	6	4 CHO, 4 fat
Seasoned Fries	4	261	12	4	3	0	556	35	0	5	2.5 CHO, 2.5 fat
Onion Rings	4	381	23		6	6	1003	38	1	5	2.5 CHO, 4.5 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 Administrator at 864-597-7396.

1 = Add French Fries or substitute, & condiments

3 = Add bread service and dressing choice

Exchange abbreviations

2 = Add condiments, soup or salad selection

CHO = Carbohydrate

L= lean

VL = very lean

VEG = vegetable

MF = medium fat

HF = high fat