

	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
Seniors											
Senior Omelette ¹	9	429	20		12	515	755	8	2	25	2 CHO, 3 HF meat, 4 fat
Senior Scram. Egg & Cheddar ²	12	735	51		17	553	2168	33	1	38	2 CHO, 4.5 MF meat, 6 fat
Senior Starter ^{TM 3}	8	544	42		11	245	631	23	2	16	1.5 CHO, 1.5 MF meat, 7 fat
Senior French Toast Slam	7	591	43		15	378	690	37	1	22	2 CHO, 2 HF Meat, 6 Fat
Senior Belgian Waffle Slam ^{@2}	10	700	51		24	518	1764	29	0	28	2 CHO, 3 HF meat, 5 fat
Senior Biscuits & Gravy	14	791	55		18	546	1488	40	1	34	3 CHO, 3.5 MF Meat, 8 Fat
Senior Grilled Tilapia ³	6	248	10		3	201	180	0	0	39	6 Lean Meat, 1 Fat
Senior Lemon Pepper Tilapia ³	9	509	41		9	104	1821	6	1	33	.5 CHO, 4.5 L Meat, 5.5 Fat
Senior Fried Shrimp Dinner ³	3.5	149	6		1	80	694	14	1	10	1 CHO, 1 MF Meat, 1 Fat
Senior Turkey & Stuffing ³	10	360	9		2	69	4280	57	2	25	4 VL meat, 2 CHO
Senior Grilled Chicken Breast ³	6	200	5		1	67	824	15	1	25	2 CHO, 2.5 VL meat
Senior Country Fried Steak ³	5	341	23		5	44	1464	18	6	14	1 CHO, 3 MF meat
Senior Chicken Strip Dinner ³	5	285	10		0	37	969	31	0	19	2 CHO, 2 L meat, 1 Fat
Senior Club*	9	540	31		5	89	1499	34	3	29	2 CHO, 3 MF Meat, 3 Fat
Senior Bacon Cheddar Burger	7	433	25		8	57	608	27	2	24	2 CHO, 3MF Meat, 2 fat
Grilled Cheese Sandwich*	7	510	30		14	54	1360	40	3	19	2 CHO, 1 HF meat, 2 fat
Senior Fish and Chips	13	756	47		35	67	1116	64	6	20	4 CHO, 1MF Meat, 8 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 sel

* = 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