

 Breakfast Menu	Serving Size (oz)	Calories	Fat (g)	Trans Fats (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	January 2008 Food Exchange Values
One Egg	2	120	10	0	3	210	120	>1	0	6	1 MF meat, 1 fat
Two Eggs and More Breakfast *	11	630	47	0	13	515	1760	21	2	31	1.5 CHO, 4 MF meat, 4 fat
Egg Beaters @ Egg Substitute	4	56	0	0	0	0	186	2	0	11	1.5 VL meat
Ham, grilled slice, Honey Smoked	3	85	3	0	2	49	1700	6	0	15	2 VL meat
Bacon, 4 strips	1	162	18	0	5	36	640	1	0	12	1.5 HF meat, 1 fat
Sausage, 4 links	3	354	32	0	12	64	944	0	0	16	2 HF meat, 3 fat
Toast, dry, (1)	1	90	1	0	0	0	166	17	1	3	1 CHO
English Muffin, dry (1)	2oz	150	2	0	0	0	230	27	2	5	1.5 carbohydrate
Bagel, dry (1)	4	310	1	0	0	0	640	65	2	11	4 CHO
Biscuit	2	192	10	4	2	<1	519	22	0	3	1.5 CHO, 1Fat
Quaker @ Oatmeal	4	100	2	0	0	0	175	18	3	5	1 carbohydrate
Applesauce Musselman's @	3	60	0	0	0	0	13	15	1	0	1 fruit
Banana, whole	4	110	0	0	0	0	0	29	4	1	2 fruit
Grapefruit (1/2)	5	60	0	0	0	0	0	16	6	1	1 fruit
Grapes	3	55	1	0	0	0	0	15	1	1	1 fruit
Maple-Flavored Syrup (~ 3 Tbsp.)	1.5	143	0	0	0	0	26	36	0	0	2.5 carbohydrate
Sugar-Free Maple-Flavored Syrup	1.5	23	0	0	0	0	71	9	0	0	Contains phenylalanine ½CHO
Whipped Margarine	1Tbsp	40	5	0.5	1	0	30	0	0	0	1fat
Cream Cheese	1	100	10	0	6	31	90	1	0	2	2 fat
Whipped Cream, dollop	0.3	23	2	0	0	7	1	2	0	0	½ fat
Cinnamon Apple Filling	3	90	2	0	0	0	70	19	1	0	1 fruit
Cherry Topping	3	86	0	0	0	0	5	21	0	0	1.5 fruit

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.

Exchange Abbreviations

CHO= Carbohydrate

L=Lean

VL= Very Lean

VEG+ Vegetable

MF= Medium Fat

HF=high fat

mg=milligrams