



**Condiments & Beverages**

**January 2008**  
Food Exchange Values

	Serving Size (oz)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	
Blue Cheese Dressing	1	163	18	3	0	20	205	1	0	1	3.5 fat
French Dressing	1	106	10	2	0	7	274	3	0	0	2 fat
Ranch Dressing	1	129	14	2	0	8	189	1	0	0	2 fat
Thousand Island Dressing	1	118	11	2	0	15	170	5	0	0	2 fat
Caesar Dressing	1	133	14	2	0	2	380	1	0	1	3 fat
Honey Mustard Dressing	1	160	15	8	0	20	123	20	0	0	1 CHO, 3 fat
Fat Free Ranch Dressing	1	25	0.2	0	0	0	300	6	0	0.1	1/2 CHO
Fat Free Italian	1	15	0.5	0	0	0	390	3	0	0	Free
Pico de Gallo	3	21	0	0	0	0	125	5	1	1	Free
Croutons (for Salad)	0.75	112	6	1	0	0	195	12	1	2	1CHO
Garlic Dinner Bread	2 pc	170	11	2	1	0	325	15	1	2	1CHO, 1 Fat
Butter Roll	2 pc	260	9	5	0.5	10	330	38	1	5	2.5 CHO, 1 Fat
Sour Cream	1.5	91	9	6	0	19	23	2	0	1	2 fat
BBQ Sauce	1.5	47	1	0	0	0	595	11	0	0	1 CHO
2% milk, regular size	10	151	6	4	0	22	152	15	0	10	1 CHO, 1 fat
Apple Juice (regular size)	10	126	0	0	0	0	24	33	0	0	2 fruit
Ruby Red Grapefruit Juice	10	162	0	0	0	0	43	41	0	0	2 fruit
Orange Juice	10	126	0	0	0	0	31	31	0	2	2 fruit
Tomato Juice	10	56	0	0	0	0	921	11	2	2	2 VEG
Raspberry Iced Tea w/ice	16	78	0	0	0	0	0	21	0	0	2 CHO
Lemonade w/ice	16	150	0	0	0	0	38	35	0	0	1 CHO
Hot Chocolate	8	100	2	2	0	0	219	28	1	3	2 CHO
Cappuccino French Vanilla	8	100	3	3	0	0	220	28	1	3	2 CHO
Strawberry Mango Pucker	15	200	0	0	0	0	10	51	1	0	3 CHO
Pineapple Dream	15	180	0	0	0	0	35	64	1	0	1Fruit, 3 CHO
Razzdango	15	220	0	0	0	0	40	59	1	0	4 CHO
Island Fizz	15	250	0	0	0	0	35	64	0	0	1 Fruit, 3 CHO
Very Double Berry	14	280	0	0	0	0	10	69	0	0	2 fruit, 2 CHO
OJ Mango	14	240	0	0	0	0	5	60	0	0	2 fruit, 2 CHO
Cherry Limeade	15	240	0	0	0	0	45	62	0	0	4 CHO

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.

\*\* Low fat chocolate milk also available

VEG=Vegetable

MF=Medium Fat

HF=High Fat

mg=milligrams