

 Kid's D-Zone	Serving Size (oz.)	Calories	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	January 2008 Food Exchange Values
Smiley-Alien Hotcakes w/meat <sup>2</sup>	6	340	12	0	5	45	1060	49	1	9	1 CHO
Smiley-Alien Hotcakes w/o meat <sup>2</sup>	4	230	3	0	0.5	0	710	47	1	5	4 CHO, 1 HF meat, 3 fat
Junior Grand Slam <sup>2</sup>	5	400	21	0	7	240	900	38	1	16	4 CHO, 2 fat
Big Dipper French Toastix <sup>TM 2</sup>	7	627	71	0	13	190	1068	71	1	18	5 CHO, 1 MF Meat, 5 Fat
Little Dippers w/ Marinara & Fries	12	860	43	1.5	17	22	1679	80	8	32	5 CHO, 4 MF meat, 5 fat
Little Dipper w/ Applesauce & Marinara	10	566	27	0	13	22	1504	50	5	27	3 CHO, 4 MF meat, 1 fat
Cosmic Cheeseburger <sup>TM *</sup>	4	341	20	1	6	40	580	24	1	15	1.5 CHO, 1.5 MF meat, 2 fat
Flying Saucer Pizza <sup>TM</sup>	4	331	14	0	5	16	514	38	2	13	1.5 CHO, 2 MF meat, 2 fat
Galactic Grilled Cheese <sup>*</sup>	3	334	20	0.5	2	24	828	28	2	9	3 CHO, 1.5 HF meat
Moons & Stars Chicken Nuggets <sup>1 *</sup>	2	190	13	0	4	30	340	9	0	9	2 CHO, 1 HF meat, 1.5 fat
Macaroni & Cheese	7	353	13	0	4	19	651	48	2	12	3 CHO, 1 MF meat, 1.5 Fat
Moon Crater Mashed <sup>TM</sup> w/ Brown Gravy	5	145	6	0.5	2	6	557	20	2	3	1.5 CHO, 1 Fat
Astronaut Applesauce	3	84	0	0	0	0	38	19	1	0	.5 CHO, 1 Fruit
Goldfish <sup>®</sup> Galaxy	2	284	3	0	9	473	36	0	0	0	2CHO, 1 L meat, 2 fat
Deep-Sea Salad <sup>TM</sup> w/ Ranch	4	240	20	0	3	16	359	13	1	3	1 CHO, 3 Fat
Anti-Gravity Grapes	3	60	0	0	0	0	2	15	1	0	1 CHO
Neutron Brownie	3	344	16	1.5	4	25	245	49	2	4	
Delicious Dip Sundae	5	413	19	0	9	44	111	59	2	6	4CHO, 3 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

Exchange abbreviations

2 = Add choice of syrup or margarine

CHO=Carbohydrate

L=Lean

VL= Very Lean

g=grams

3=Add bread; choice of soup, salad or fruit; & vegetable selection.

VEG=Vegetable

MF=Medium Fat

HF=High Fat

mg=milligrams

4= Add dressing

\* = Add fries or substitute