

 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 2008 Food Exchange Values
Club Sandwich <sup>1</sup>	11	658	34	0.5	7	60	1640	55	4	29	3 CHO, 3 MF meat, 3 fat
The Super Bird @ Sandwich <sup>1</sup>	10	570	27	0	9	55	1800	43	2	38	2 CHO, 3.5 MF meat, 2 fat
Grilled Chicken Sandwich w/o dressing <sup>1</sup>	12	490	13	0	2.5	80	1510	57	4	39	4 CHO, 3 VL meat, 2 fat
Bacon, Lettuce & Tomato <sup>1</sup>	7	570	37	0.5	9	55	850	36	5	20	2.5 CHO, 1.5 HF meat, 7 fat
Classic Burger <sup>1</sup>	11	780	45	2.5	17	125	1550	56	5	39	4 CHO, 3.5 MF meat, 4 fat
Classic Burger w/Cheese <sup>1</sup>	13	940	59	2.5	26	165	2180	56	5	49	4 CHO, 6 MF meat, 4.5 fat
Bacon Cheddar Burger <sup>1</sup>	13	970	70	3.5	31	225	2250	33	4	56	2 CHO, 2MF Meat, 3 Fat
Western Burger w/ Fries	21	1580	95	6	33	190	2780	122	10	61	9 CHO, 6 MF Meat, 11 Fat
Chicken Ranch Melt <sup>1</sup>	13	920	42	0	11	115	2800	79	4	53	4 CHO, 5 MF meat, 4 fat
Philly Melt <sup>1</sup>	17	740	43	0	13	95	1650	51	3	40	4 CHO, 4 MF meat, 5 fat
Boca Burger @ <sup>1</sup>	11	510	16	0	3.5	15	1220	64	9	31	4 CHO, 2 lean meat, 4 fat
Mushroom Swiss Burger	16	900	55	3.5	22	150	1990	62	5	46	4 CHO, 4 MF meat, 5 fat
Spicy Buffalo Chicken Melt <sup>1</sup>	14	930	46	4	12	100	3700	79	4	46	6 CHO, 5 MF Meat, 4 Fat
Vegetable Beef	12	140	5	0	0	10	1290	17	3	7	1.5 Veg, 1 CHO, 1 Fat
Chicken Noodle	12	170	9	1	2	70	340	14	0	10	1 carbohydrate, 1.5 fat
Tomato Basil	12	240	15	0	10	40	1610	21	3	4	1veg, 1 CHO, 3 fat
Clam Chowder	12	170	11	3	3	15	290	13	0	4	1 CHO, 2 fat
Grilled Chicken Breast Salad <sup>3</sup>	13	259	11	0	5	90	724	10	4	32	3 veg, 4 VL meat, 1fat
Turkey Breast Salad w/o dressing	13	248	8	0	4	86	798	12	4	31	1 CHO, 4 VL meat, 1fat
Fried Chicken Strip Salad <sup>3</sup>	15	438	26	0	6	78	1030	26	4	33	3 veg, 1 CHO, 3 MF meat, 2 fat
Coleslaw	5	260	22	0	3.5	35	520	15	3	2	2 veg, 4 fat
Side Garden Salad (w/o dressing) <sup>2</sup>	7	113	7	0	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	5	460	28	8	6	0	880	46	4	4	3 CHO, 5 fat
Onion Rings	4	381	23	0	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