

	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
Seniors											
Sr.Omelette w/Hashbrowns/Tst	12	760	55	0.5	19	515	755	36	4	32	2 CHO,4 MF meat,7 fat
Senior Scram. Egg & Cheddar ²	13	790	46	0	16	575	2290	56	2	39	2 CHO, 4.5 MF meat, 6 fat
Sr. Starter w/hbrowns/biscuit	8	410	42	0	11	245	631	23	2	16	1.5 CHO, 1.5 MF meat, 7 fat
Senior French Toast Slam	7	591	43	0	15	378	690	37	1	22	2 CHO, 2 HF Meat, 6 Fat
Senior Belgian Waffle Slam @ ²	9	580	41	0	20	485	1170	29	1	23	2 CHO, 3 HF meat,3 fat
Senior Grilled Tilapia ³	6	248	10	0	3	201	180	0	0	39	6 Lean Meat, 1 Fat
Senior Lemon Pepper Tilapia ³	9	509	41	0	9	104	1821	6	1	33	.5 CHO, 4.5 L Meat, 5.5 Fat
Senior Grilled Chicken Breast ³	6	200	5	0	1	67	824	15	1	25	2 CHO, 2.5 VL meat
Senior Country Fried Steak ³	5	341	23	0	5	44	1464	18	6	14	1 CHO, 3 MF meat
Senior Homestyle Meatloaf ³	7	570	42	2	14	170	2450	18	0	27	1CHO. 3 MF meat, 5 Fat
Senior Club*	10	570	33	0.5	5	60	1660	40	3	27	2 CHO,3 MF Meat, 3 Fat
S.r Bacon Ched'r Burger w/Fries	7	433	25	3	8	57	608	27	2	24	2 CHO, 3MF Meat, 2 fat
Grilled Cheese Sandwich*	7	540	30	0.5	12	45	1540	50	2	17	2 CHO, 1 HF meat, 2 fat
Sr. Fish & Chips w/coleslaw & FF	13	756	47	0	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