



Appetizers and Entrees

MAY 2003

Food Exchange Values

	Serving Size (oz.)	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Iron (% D. V.)	Calcium (% D. V.)	Vit. A (% D. V.)	Vit. C (% D. V.)	Food Exchange Values
Sampler TM 1	17	1405	80	24	75	5305	124	4	4	47	16	44	3	11	8 CHO, 4.5 high fat meat, 9 fat
Buffalo Wings (12) 1	15	856	54	17	500	5552	1	1	0	92	87	19	18	49	13 lean meat, 3 fat
Mozzarella Sticks (8) 1	8	710	41	24	48	5220	49	6	0	36	8	78	0	5	3.5 CHO, 4 high fat meat, 2 fat
Smothered Cheese Fries 1	9	767	48	17	78	875	69	0	1	27	4	41	22	6	4.5 CHO, 2 HF meat, 6 fat
Buffalo Chicken Strips (5) 1	10	734	42	4	96	1673	43	0	0	48	13	2	22	36	3 CHO, 6 MF meat, 2 fat
Chicken Strips (5) 1	10	720	33	4	95	1666	56	0	14	47	13	2	0	0	4 CHO, 5 MF meat, 1.5 fat
T-bone Steak Dinner † 2	14	860	65	29	196	867	0	0	0	65	55	12	0	0.8	8.5 medium fat meat, 3.5 fat
Sirloin Steak Dinner † 2	8	337	28	8	687	344	1	1	0	18	16	9	19	0	4 medium fat meat, 1.5 fat
Pot Roast Dinner 2 (includes gravy)	7	292	11	5	87	927	5	0	0	42	10	0	8	0	6 VL meat, 1 fat, ½ CHO
Country Fried Steak 2	9	644	46	10	89	2149	30	11	7	28	11	1	0	0	2 CHO, 4 high fat meat, 2 fat
Fried Shrimp & Shrimp Scampi 2	7	346	20	4	241	1104	15	1	5	27	20	8	8	44	1 CHO, 3 VL meat, 3 fat
Steak and Shrimp Dinner 2	9	645	42	14	150	1143	31	2	4	36	19	8	4	0	2 CHO, 4.5 high fat meat, 1 fat
Fried Shrimp Dinner 2	8	219	10	2	133	774	18	1	5	17	11	6	30	13	1 CHO, 2 high fat meat, 1 fat
Roast Turkey & Stuffing ² (incl. gravy)	14	388	3	1	116	2467	38	2	17	46	20	4	4	10	2.5 CHO, 5.5 very lean meat
Shrimp Scampi Skillet Dinner 2	4.5	289	19	4	192	766	3	0.3	0.3	25	17	8	13	29	3.5 very lean meat, 4 fat
Grilled Chicken Dinner 2	4	130	4	1	67	560	0	0	0	24	2	1	1	2	3.5 very lean meat
Fish & Chips 1	17	955	57	37	97	1497	77	6	11	34	22	9	3	100	5 CHO, 2.5 MF meat, 9 fat
Chicken Strips 2	10	635	25	1	95	1510	55	0	13	47	12	2	0	0	3.5 CHO, 5 medium fat meat
Corn in butter sauce	4	120	4	2	5	260	19	5	4	3	2	0	8	1	1 CHO, 1 fat
Carrots in honey glaze	4	80	3	1	0	220	12	3	7	1	4	4	380	5	1 vegetable, ½ CHO, ½ fat
Green Beans with bacon	4	60	4	2	5	390	6	3	2	1	4	4	10	10	1 vegetable, 1 fat
Baked Potato, plain w/skin	7	220	0	0	0	16	51	5	3	5	15	2	0	45	3 carbohydrate
Mashed Potatoes, plain	5	168	7	3	8	498	23	2	1	3	1	2	0	8	1.5 CHO, 1 Fat
Bread Stuffing, plain	3	100	1	0	0	405	19	1	3	3	6	2	1	4	1 CHO,
Cottage Cheese	3	72	3	2	10	281	2	0	0	9	0	4	3	0	1 Lean meat
Applesauce Musselman's ®	3	60	0	0	0	13	15	1	15	0	0	0	0	0	1 fruit
Sliced Tomatoes (3 slices)	2	13	0	0	0	6	3	1	2	1	1	0	3	19	½ vegetable

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 condiments
- 2 = Add choice of side dishes, & bread
- 3 = Add condiments & bread
- † = Pre-cooked weight

Exchange abbreviations
 CHO = carbohydrate L = lean VL = very lean
 VEG = vegetable MF = medium fat HF = high fat