



Sandwiches/Salads/Soups

MAY 2003

	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
Club Sandwich ¹	11	718	38	7	75	1666	62	3	6	32	24	12	6	22	4 CHO, 3 HF Meat, 3 fat
The Super Bird ® Sandwich ¹	9	620	32	5	60	1880	48	2	4	35	18	8	15	20	3 CHO, 4 MF meat, 2.5 fat
Grilled Chicken Sandwich ¹	9	469	14	3	77	1392	53	4	8	35	4	177	344	6	4.5 CHO, 3 VL meat, 2 fat
Bacon, Lettuce & Tomato ¹	7	610	38	9	35	862	50	2	5	15	14	7	6	28	2.5 CHO, 1.5 HF meat, 7 fat
BBQ Chicken Sandwich ¹	17	1089	62	14	103	1872	86	5	20	48	206	45	21	70	6CHO,5 MF meat, 5 fat
Classic Burger ¹	11	694	35	12	100	785	56	4	11	40	25	13	20	18	4 CHO, 3.5 MF meat, 4 fat
Classic Burger w/Cheese ¹	13	852	48	20	140	1385	57	4	11	49	25	34	21	18	3 CHO, 6 MF meat, 4.5 fat
Bacon Cheddar Burger ¹	14	875	52	19	163	1672	58	5	9	53	38	38	30	13	3 CHO, 7 MF meat, 6 fat
Patty Melt ¹	10	798	51	21	127	1285	37	4	10	45	26	38	10	2	2 CHO, 6 MF meat, 4 fat
Chicken Ranch Melt ¹	11	758	45	14	105	2195	44	3	4	44	18	40	15	17	3 CHO, 5 MF meat, 4 fat
Hoagie Chicken Melt ¹	12	751	44	12	93	1834	43	2	2	46	17	40	33	24	3 CHO, 5 MF meat, 4 fat
Hoagie Philly Melt ¹	18	874	50	16	114	2444	58	5	14	47	35	53	23	26	4 CHO, 5 MF meat, 5 fat
Boca Burger ® ¹	11	601	27	6	14	1446	64	9	10	32	34	35	13	17	4 CHO, 2 lean meat, 4 fat
BBQ Burger™ ¹	14	953	52	21	136	2130	72	4	12	52	28	44	33	20	5 CHO, 6.5 MF Meat, 5 Fat
Mushroom Swiss Burger	16	880	49	19	137	1619	63	5	14	51	36	17	10	12	4 CHO, 5 MF meat, 5 fat
Buffalo Chicken Sandwich ¹	11	708	28	6	74	1733	80	5	20	37	26	19	32	47	4.5 CHO, 3.5 HF meat, 3 fat
Turkey Breast on Multigrain w/o mayo ²	8	277	4	<1	15	1607	41	5	6	23	19	9	6	14	2.5 CHO, 2.5 MF meat, .5 fat
Ham & Swiss on Rye ²	9	417	16	8	57	1763	39	5	8	32	17	7	6	14	2.5 CHO, 3 MF Meat, 2 fat
Albacore Tuna Melt ¹	9	640	39	13	109	1438	42	3	3	30	16	34	20	16	3 CHO, 3 MF meat, 4 fat
Vegetable Beef	8	79	1	1	5	820	11	2	2	6	4	2	0	1	1 carbohydrate
Chicken Noodle	8	60	2	0	10	640	8	0	0	2	1	1	1	0	½ carbohydrate, ½ fat
Cream of Broccoli	8	574	43	34	0	1174	41	2	6	6	4	10	0	20	2.5 carbohydrate, 7 fat
Clam Chowder	8	624	42	34	5	1474	55	4	7	7	7	3	0	3	3.5 CHO, 7 fat
Grilled Chicken Caesar ³ (w/ dressing)	13	600	41	10	101	1792	19	4	3	37	20	30	90	70	1 veg, 1 CHO, 5 L meat, 7 fat
Garden Salad w/ Grilled Chicken Breast ³	14	264	11	5	89	714	10	4	5	32	11	22	30	36	3 veg, 4 VL meat, 1 fat
Garden Salad w/Albacore Tuna ³	16	444	29	8	81	824	12	4	6	35	18	23	31	36	1 CHO, 5 L meat, 3 fat
Garden Salad w/ Fried Chicken Strips ³	15	438	26	6	78	1030	26	4	5	33	13	24	87	59	3 veg, 1 CHO, 3 MF meat, 2 fat
Coleslaw	5	274	24	30	37	588	14	2	11	2	<1	5	3	55	2 veg, 4 fat
Side Caesar (w/ dressing)	6	362	26	7	23	913	20	3	2	11	15	25	60	45	1 CHO, 1 veg., 1/2 L meat, 4 fat
Side Garden Salad (w/o dressing)	7	113	4	1	0	147	16	3	4	3	7	4	36	39	½ CHO, 1 vegetable, 1 fat
French Fries, unsalted	6	423	20	5	0	221	57	5	0	6	0	0	0	0	4 CHO, 4 fat
Seasoned Fries	4	261	12	3	0	556	35	0	0	5	7	1	0	0	2.5 CHO, 2.5 fat
Onion Rings	4	381	23	6	6	1003	38	1	2	5	3	2	1	3	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 & portion

g=grams

The data represents an estimate of nutrient content. For additional information on specific ingredients, please contact our Nutrition Coordinator at 864-597-7396.

mg=milligrams

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