



Seniors & Juniors

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.) | |
|---|--------------------|----------|---------|-------------------|------------------|-------------|------------------|-----------|-----------|-------------|----------------|-------------------|------------------|------------------|-----------------------------|
| Senior Meals | | | | | | | | | | | | | | | |
| Senior Omelette ¹ | 9 | 429 | 20 | 12 | 515 | 755 | 8 | 2 | 6 | 25 | 15 | 20 | 25 | 15 | 2 CHO, 3 HF meat, 4 fat |
| Senior Starter ^{TM 3} | 8 | 544 | 42 | 11 | 245 | 631 | 23 | 2 | 0.6 | 16 | 10 | 4 | 7 | 12 | 1.5 CHO, 1.5 MF meat, 7 fat |
| Senior French Slam | 9 | 820 | 65 | 22 | 432 | 777 | 40 | 1 | 8 | 28 | 21 | 13 | 16 | 0 | 2.5 CHO, 3 HF Meat, 9 Fat |
| Senior Belgian Waffle Slam ^{® 2} | 6 | 399 | 33 | 8 | 302 | 612 | 12 | 0 | 2 | 16 | 23 | 9 | 28 | 1 | 4 CHO, 2 MF meat, 3 fat |
| Senior Fried Shrimp Dinner ³ | 3.5 | 129 | 5 | 1 | 66 | 645 | 13 | 1 | 4 | 12 | 2 | 0 | 0 | 0 | 1 CHO, 1 HF meat, 1 fat |
| Senior Pot Roast ³ | 4 | 160 | 6 | 3 | 48 | 512 | 3 | 0 | 0 | 25 | 15 | 2 | 10 | 10 | 1.5 CHO, 2 HF meat, 3.5 fat |
| Senior Turkey & Stuffing ³ | 8 | 220 | 2 | 0 | 60 | 1378 | 25 | 1 | 9 | 25 | 10 | 4 | 2 | 6 | 3 VL meat, ½ CHO |
| Senior Grilled Chicken Breast ³ | 6 | 200 | 5 | 1 | 67 | 824 | 15 | 1 | 0 | 25 | 6 | 22 | 2 | 4 | 2 CHO, 2.5 VL meat |
| Senior Country Fried Steak ³ | 5 | 341 | 23 | 5 | 44 | 1464 | 18 | 6 | 6 | 14 | 13 | 3 | 0 | 5 | 1 CHO, 3 MF meat |
| Senior Chicken Strip Dinner ³ | 5 | 285 | 10 | 0 | 37 | 969 | 31 | 0 | 13 | 19 | 16 | 1 | 5 | 0 | 2 CHO, 2 L meat, 1 Fat |
| Senior Club* | 9 | 540 | 31 | 5 | 89 | 1499 | 34 | 3 | 4 | 29 | 16 | 9 | 7 | 14 | 2 CHO, 3 MF Meat, 3 Fat |
| Grilled Cheese Sandwich* | 7 | 510 | 30 | 14 | 54 | 1360 | 40 | 3 | 2 | 19 | 10 | 40 | 20 | 15 | 2 CHO, 1 HF meat, 2 fat |
| Senior Fish and Chips | 13 | 756 | 47 | 35 | 67 | 1116 | 64 | 6 | 11 | 20 | 13 | 7 | 3 | 78 | 4 CHO, 1MF Meat, 8 Fat |
| Turkey Sand./Multigrain w/o Mayo ³ | 7 | 277 | 4 | 1 | 15 | 609 | 41 | 5 | 6 | 23 | 19 | 9 | 6 | 14 | 2.5 CHO, 2 MF Meat, 1 Fat |
| Albacore Tuna Salad on White* | 6 | 418 | 24 | 4 | 38 | 734 | 32 | 2 | 4 | 18 | 16 | 8 | 7 | 8 | 2CHO, 2 VL Meat, 4 fat |
| Ham & Swiss on Rye w/o mayo* | 9 | 417 | 16 | 8 | 57 | 1762 | 39 | 5 | 8 | 31 | 17 | 7 | 6 | 14 | 2.5 CHO, 3MF meat, 1 fat |
| KID's Meals | | | | | | | | | | | | | | | |
| Smiley-face Hotcakes w/meat ² | 6 | 463 | 22 | 7 | 38 | 1410 | 63 | 2 | 7 | 14 | 8 | 9 | 17 | 0 | 1 CHO |
| Smiley-face Hotcakes w/o meat ² | 4 | 344 | 9 | 3 | 13 | 1014 | 62 | 2 | 6 | 7 | 6 | 9 | 16 | 0 | 4 CHO, 1 HF meat, 3 fat |
| Junior Grand Slam ^{® 2} | 5 | 397 | 25 | 7 | 230 | 1118 | 33 | 1 | 2 | 17 | 9 | 8 | 16 | 0 | 4 CHO, 2 fat |
| Frenchtastic Slam ^{TM 2} | 6 | 452 | 33 | 9 | 311 | 664 | 22 | 1 | 3 | 19 | 13 | 5 | 23 | 0 | 2 CHO, 2 HF meat, 2 fat |
| Burgerlicious ^{TM *} | 4 | 296 | 17 | 6 | 28 | 368 | 24 | 1 | 2 | 13 | 15 | 3 | 6 | 0 | 4 CHO, 1 HF meat, 2.5fat |
| Burgerlicious TM w/cheese * | 4 | 341 | 20 | 6 | 40 | 580 | 24 | 1 | 2 | 15 | 15 | 10 | 12 | 0 | 1.5 CHO, 1.5 MF meat, 2 fat |
| Pizza Party TM | 6 | 400 | 15 | 3 | 10 | 1090 | 47 | 7 | 8 | 18 | 15 | 50 | 10 | 4 | 1.5 CHO, 2 MF meat, 2 fat |
| The Big Cheese * | 3 | 334 | 20 | 2 | 24 | 828 | 28 | 2 | 3 | 9 | 9 | 20 | 24 | 0 | 3 CHO, 1.5 HF meat |
| Dennysaur TM Chicken Nuggets ^{1, *} | 2 | 190 | 13 | 4 | 30 | 340 | 9 | 0 | 0 | 9 | 5 | 2 | 2 | 0 | 2 CHO, 1 HF meat, 1.5 fat |
| Jr. Fish and Chips | 9.5 | 698 | 45 | 8 | 46 | 704 | 55 | 4 | 0 | 18 | 10 | 3 | 0 | 23 | 3.5 CHO, 1 MF Meat, 8 Fat |
| Jr. ShrimpsAhoy! | 7 | 411 | 18 | 4 | 66 | 792 | 50 | 4 | 4 | 13 | 5 | 3 | 29 | 15 | 3 CHO, 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
- 2 = Add choice of syrup or margarine
- 3=Add bread; choice of soup, salad or fruit; & vegetable selection.
- * = Add fries or substitute

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

g=grams
 mg=milligrams