NUTRITION IN THE FAST LANE™ Fast Facts about Fast Food

The only DPP-4 inhibitor approved at 1 dose for adult patients with type 2 diabetes

No dose adjustment is recommended for patients with hepatic or renal impairment

Alone or in combination with metformin, TRADJENT A provided statistically significant improvements in A1C at 24 weeks:
- −0.7% A1C placebo-adjusted in monotherapy
- −0.6% A1C placebo-adjusted in combination with metformin

www.tradjenta.com

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FOR ADULT PATIENTS WITH TYPE 2 DIABETES MELLITUS

Indication and Important Limitations of Use

TRADJENTA is indicated as an adjunct to diet and exercise to improve glycemic control in adults with type 2 diabetes mellitus.

TRADJENTA should not be used in patients with type 1 diabetes or for the treatment of diabetic ketoacidosis.

TRADJENTA has not been studied in combination with insulin.

Important Safety Information

CONTRAINDICATIONS

TRADJENTA is contraindicated in patients with a history of hypersensitivity reaction to linagliptin, such as urticaria, angioedema, or bronchial hyperreactivity.

WARNINGS AND PRECAUTIONS

Use With Medications Known To Cause Hypoglycemia

Insulin secretagogues (eg, sulfonylurea) are known to cause hypoglycemia. Therefore, a lower dose of the insulin secretagogue may be required to reduce the risk of hypoglycemia when used in combination with TRADJENTA.

Macrovascular Outcomes

There have been no clinical studies establishing conclusive evidence of macrovascular risk reduction with TRADJENTA or any other antidiabetic drug.

ADVERSE REACTIONS

Adverse reactions reported in ≥5% of patients treated with TRADJENTA and more commonly than in patients treated with placebo included nasopharyngitis.

Hypoglycemia was more commonly reported in patients treated with the combination of TRADJENTA and sulfonylurea compared with those treated with the combination of placebo and sulfonylurea. Pancreatitis was reported more often in patients randomized to linagliptin (1 per 538 person-years versus zero in 433 person-years for comparator).

DRUG INTERACTIONS

The efficacy of TRADJENTA may be reduced when administered in combination with a strong P-glycoprotein or CYP3A4 inducer (eg, rifampin). Therefore, use of alternative treatments is strongly recommended.

USE IN SPECIFIC POPULATIONS

There are no adequate and well-controlled studies in pregnant women. Therefore, TRADJENTA should be used during pregnancy only if clearly needed. It is not known whether linagliptin is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when TRADJENTA is administered to a nursing woman. Safety and effectiveness of TRADJENTA in patients below the age of 18 have not been established.

Find out more about TRADJENTA and the Savings Card program at www.tradjenta.com

Please see brief summary of full Prescribing Information on the following page.
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Introduction

Eating a balanced diet and staying physically active play major roles in good health. Eating healthy is important for everyone. Making wise food choices can help you manage your weight, lower your blood cholesterol, and control chronic diseases such as high blood pressure, heart disease and diabetes.

Being able to select healthy food choices for a proper diet in a variety of situations is a skill which will benefit you for the rest of your life. As an educational service, Lilly has published this condensed edition of Nutrition in the Fast Lane to help you make healthy food choices on the go. People with chronic health problems or diseases should consult their doctor and registered dietitian for individual needs.

Nutrition concerns should not be left at home when you are dining out. Restaurant meals, even fast food, can provide some very good choices for a balanced diet. But, just like other food, it can also be loaded with calories, fat, cholesterol and sodium. Your copy of Nutrition in the Fast Lane will enable you to apply the same sound judgement when you dine out as you would when you eat at home. Choose your selections carefully!

How to Use This Booklet

These three basic guidelines of good nutrition apply to nearly everyone: 1) eat a balanced diet; 2) choose foods low in fat, especially saturated fat, trans fats and cholesterol; and 3) avoid high levels of sodium.

This booklet gives you nutrition facts on more than 1,000 menu items offered by 26 of the most popular national fast-food and casual dining chains. Restaurants are listed in alphabetical order. At the top of each restaurant page are guides to nutrition facts about each menu item. The following illustration is an example of a menu item from a restaurant in this booklet.

To keep this simple, it might be helpful to review the meaning of the column guides.

TOTAL CALORIES — The bigger your body, the harder it must work, and the more calories you will need. Additionally, gender, age and activity level all play an important part in these requirements. For instance, males need more calories than females, younger adults need more than seniors, and more strenuous activities require more calories to burn for energy. To determine your specific calorie needs, you should consult a registered dietitian. Generally, pre-teen children, inactive females of all ages and moderately active older women need 1,600–1,800 calories a day. Boys in their early teens require 2,200–2,400 calories a day, as do inactive males and very active
females until they reach the age of 60–65. Most active men need 2,800–3,000 calories a day, with very active 16–18 year old boys needing slightly more (3,200 calories). Active women 16–60 and men over 50 should find that 2,000 calories daily will suffice.

**TOTAL FAT, SATURATED FAT & TRANS FAT**—Fat is a major source of energy. It insulates the body and aids in the absorption of certain vitamins. When eaten in moderation, fat is important for proper growth, development and maintenance of good health. However, too much fat can contribute to obesity, high cholesterol and heart disease. This is especially true of saturated fat and trans fat. Total fat should not exceed 30% of the total calories consumed. Saturated fat should be less than 10% of total calories with trans fat consumption kept as low as possible. Fats yield 9 calories per gram.

**CALORIES FROM FAT**—When watching your diet, knowing the number of calories coming from fat can help you to quickly make a healthier choice.

**CHOLESTEROL**—All dietary cholesterol comes from animals. The main sources are egg yolks, meat, poultry, shellfish and dairy products. Studies show high blood cholesterol levels contribute to heart attacks and stroke. Nutritionists recommend keeping dietary cholesterol at less than 300 milligrams daily.

**SODIUM**—Sodium exists naturally in some foods. It also is used as a preservative to increase the shelf-life of many fast-food items. In addition, it is added during cooking and at the table in the form of salt. Consuming less than 2,300 milligrams of sodium per day is recommended.

**CARBOHYDRATE**—This is the body’s preferred energy source and is derived from sugars and starches. Some sugars occur naturally, while others are added during processing; starches occur naturally in most vegetables, grains, fruits, etc. High carbohydrate foods include fruit, milk, sugars and starchy foods such as breads, pasta and potatoes. Carbohydrates supply 4 calories per gram.

**Dietary Fiber**—Fiber plays a role in supporting bowel regularity and also helps to maintain normal cholesterol and blood sugar levels. High-fiber foods include fruits, vegetables, beans, whole grains, whole-wheat breads and cereals. A goal of 14 grams of fiber per 1,000 calories consumed is recommended.

**Sugar**—All food provides calories. All calories provide energy. But not all calories come with a full complement of extra benefits such as amino acids, fatty acids, fiber, vitamins and minerals. Natural sugars in fruits and milk contain some of these extra benefits. However, desserts, candy, syrups and jellies/jams contain the “empty” calories of added sugar and should be avoided.

**PROTEIN**—Proteins are the body’s building blocks and are needed for the growth and maintenance of muscle and body tissues. Meat, beans, nuts and dairy products are high in protein. Proteins supply 4 calories per gram.

**TOTAL CARB EXCHANGE**—Starch is in bread, cereal, pasta, potatoes, beans, peas and lentils. Natural sugars are in fruits and milk. Desserts, candy, syrups and jellies/jams all...
contain added sugar. These starches and sugars are carbohydrates and can be exchanged for each other. Eating the same amount of carbohydrate daily at meals and snacks can help an individual with diabetes control blood glucose levels.

**SUGGESTED EXCHANGE VALUE** — The exchange system is a method of meal planning developed by The American Dietetic Association and The American Diabetes Association. It promotes control of portion sizes, calories, and the amounts of carbohydrate, protein and fat that are eaten daily. Foods within a particular group can be traded or “exchanged” for each other.

The exchange lists divide all foods into three main groups
1) CARBOHYDRATE (Fruits, Starches, Milk, Vegetables and Other foods high in carbohydrate such as desserts); 2) MEAT & MEAT SUBSTITUTES (high-protein food such as meats, cheeses, chicken, fish and beans. Further grouped to easily identify the healthier choices: Plant-Based Protein “PB Protein” (normally referenced, with exceptions, as Lean Meat); Lean Meat “L Meat”; Medium Fat Meat “MF Meat”; High Fat Meat “HF Meat”); and, 3) FAT (butter, margarine, mayonnaise, oils, salad dressings, etc.).

The exchange system is helpful because it shows you how many calories something has and where those calories are coming from. For example, a food item that contains 120 calories could be from either a healthy choice like fruit or it may all be from fat. With the help of the exchange values, you can identify high-fat foods and eat those sparingly.

Some items are labeled “free” in the exchange system. A free food is a food that has less than 20 calories, or less than 5 grams of carbohydrate per serving. These foods should be limited to no more than 3 servings per day.

Healthy eating not only involves selecting a good quality of food, but also an appropriate quantity. The total number of servings from each of the food groups depends on your personal needs.

A registered dietitian can help you design a meal plan that will help you accomplish your personal nutrition goals such as cutting back on fat, losing weight, controlling blood glucose levels, or simply improving your eating habits. You can find a registered diettian in your area by calling the Nutrition Hotline of The American Dietetic Association at 1.800.877.1600/www.eatright.org.

**Dining in the Fast Lane**

The American Heart Association recommends that less than 30% of the calories we eat should come from fat. However, healthy dining is not only limited to eating healthy items, it also requires consuming appropriate portions of the items you choose. How much is eaten is every bit as important as maintaining a healthy balance.

In addition, eating less fat may contribute to weight loss as long as you don’t overeat “low-fat” foods. It is not beneficial to eat low-fat foods if you tend to eat 2-3 times more just because they are “low-fat.” For example, it is not healthy to buy fat-free cookies and eat the whole box in one day. The basic fact is that if you eat more calories than your body can use (fat-free calories or high-fat calories), you will gain weight.
In general, a balanced diet consists of less than 30% fat, between 50-65% carbohydrate and 10-20% protein. However, people with chronic health problems or diseases should consult their doctor and registered dietitian for individual needs.

The following meals were planned based on the American Heart Association’s fat recommendations and the American Dietetic Association’s guidelines for carbohydrate intake.

In an effort to give you a variety of daily menus from which to choose, each menu gives you three selections from each daily meal. These selections are interchangeable and are equal in carbohydrate (50%-65%), protein (20%) and fat (<30%). You may wish to substitute an item to suit your individual taste. If you do, be sure to choose an item with approximately the same or fewer calories, or the same or less carbohydrate, protein and fat. (Check the values of your choices later in this booklet.)

**CHOOSEMYPLATE.GOV**

Nutritional Recommendations from the USDA

The MyPlate icon graphically illustrates the relative portions of the five major food groups recommended for each meal. Emphasis is placed on at least half of the meal consisting of fruits and vegetables while limiting the amount of protein (meat, eggs, beans, etc.). At least half of grain products should be whole grain. When creating your meal plan, prefer foods with little or no solid fats or added sugars. Choose dark-green, red or orange vegetables, low-fat or fat-free milk products, and lean meats, poultry or fish. Replace sugary drinks with water or unsweetened tea.

Vary your routine by incorporating more fish, beans, peas, nuts and seeds. Variety using a wide range of brightly colored fruits and vegetables will help ensure a complete complement of vitamins and minerals.

The following chart presents general nutritional requirements by age and gender for individuals who exercise less than a half hour per day beyond daily living activities. Height, body-build and a more strenuous daily exercise regimen should also be taken into consideration when developing your own meal plan. Servings of food from the basic food groups and oils are presented in standard measures as would be used during cooking or at the dinner table. Where applicable, measurements are presented after the cooking process.

<table>
<thead>
<tr>
<th>AGE</th>
<th>CALORIES</th>
<th>VEGGIES</th>
<th>FRUITS</th>
<th>GRAINS</th>
<th>PROTEIN</th>
<th>DAIRY</th>
<th>OILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3 yrs</td>
<td>1000</td>
<td>1 cup</td>
<td>1 cup</td>
<td>3 oz</td>
<td>2 oz</td>
<td>2 cups</td>
<td>3 tsp</td>
</tr>
<tr>
<td>4-8 yrs</td>
<td>1200-1400</td>
<td>1 1/2 cups</td>
<td>1-1 1/2 cups</td>
<td>5 oz</td>
<td>4 oz</td>
<td>2 1/2 cups</td>
<td>4 tsp</td>
</tr>
<tr>
<td>9-13 yrs</td>
<td>1600</td>
<td>2 cups</td>
<td>1 1/2 cups</td>
<td>5 oz</td>
<td>5 oz</td>
<td>3 cups</td>
<td>5 tsp</td>
</tr>
<tr>
<td>14-18 yrs</td>
<td>1800</td>
<td>2 1/2 cups</td>
<td>1 1/2 cups</td>
<td>6 oz</td>
<td>5 oz</td>
<td>3 cups</td>
<td>5 tsp</td>
</tr>
<tr>
<td>19-30 yrs</td>
<td>2000</td>
<td>2 1/2 cups</td>
<td>2 cups</td>
<td>6 oz</td>
<td>5 1/2 oz</td>
<td>3 cups</td>
<td>6 tsp</td>
</tr>
<tr>
<td>31-50 yrs</td>
<td>1800</td>
<td>2 1/2 cups</td>
<td>1 1/2 cups</td>
<td>6 oz</td>
<td>5 oz</td>
<td>3 cups</td>
<td>5 tsp</td>
</tr>
<tr>
<td>51+ yrs</td>
<td>1600</td>
<td>2 cups</td>
<td>1 1/2 cups</td>
<td>5 oz</td>
<td>5 oz</td>
<td>3 cups</td>
<td>5 tsp</td>
</tr>
<tr>
<td>19-30 yrs</td>
<td>2400</td>
<td>3 cups</td>
<td>2 cups</td>
<td>8 oz</td>
<td>6 1/2 oz</td>
<td>3 cups</td>
<td>7 tsp</td>
</tr>
<tr>
<td>31-50 yrs</td>
<td>2200</td>
<td>3 cups</td>
<td>2 cups</td>
<td>7 oz</td>
<td>6 oz</td>
<td>3 cups</td>
<td>6 tsp</td>
</tr>
<tr>
<td>51+ yrs</td>
<td>2000</td>
<td>2 1/2 cups</td>
<td>2 cups</td>
<td>6 oz</td>
<td>5 1/2 oz</td>
<td>3 cups</td>
<td>6 tsp</td>
</tr>
</tbody>
</table>

**FOR MORE SPECIFIC GUIDELINES IN AN INTERACTIVE FORMAT VISIT ChooseMyPlate.gov ON THE WEB**

5 • Introduction
# 1,600 CALORIE MENU

**Inactive Women and Older Adults**

## BREAKFAST

**EINSTEIN BROS. BAGELS**
- 1/2 Honey Wheat Bagel
- Reduced-Fat Plain Cream Cheese (4 tbsp)

**CHICK-FIL-A**
- Chick-N-Minis (3-piece)

**McDONALD’S**
- Egg McMuffin

## LUNCH

**WENDY’S**
- Apple Pecan Chicken Salad w/Pomegranate Vinaigrette
- Dressing (4 tbsp)

**SUBWAY**
- Veggie Delight Salad w/o Croutons w/Fat-Free Italian Dressing (1 pkt)
- 6-inch Oven-Roasted Chicken Breast Sub w/Standard Vegetables

**CHICK-FIL-A**
- Chargrilled Chicken Cool Wrap
- Fruit Cup (large)

**DINNER**

**KFC**
- Caesar Side Salad w/ Fat-Free Drsg. (2 tbsp)
- Original Chicken Breast
- Mashed Potatoes w/Gravy
- Corn-on-the-Cob (3-inch pc)
- Biscuit w/margarine (1 pat)

**BOB EVANS**
- Specialty Garden Side Salad w/Oil & Vinegar Drsg.
- Garlic-Buttered Salmon Broccoli Florets
- Green Beans
- Fruit Cup
- 1 Dinner Roll w/marg. (1 pat)

**FAZOLI’S**
- Grilled Chicken & Artichoke Salad w/ Lemon Basil Drsg.
- Ravioli in Marinara Sauce
- 1 Dry Breadstick

## 2,200 CALORIE MENU

**Most Children, Teenage Girls, Active Women, and Many Inactive Men**

## BREAKFAST

**HARDEE’S**
- Frisco Breakfast S’wich
- Hash Rounds (1/2 order)

**DENNY’S**
- Scrambled Egg Beaters
- Grl. Honey Smoked Ham (1 slice)
- Hash Browns (plain)
- 1 Btrmlk. Biscuit w/marg. (1 pat)

**ARBY’S**
- 2 Ham & Cheese Croissants

## LUNCH

**SUBWAY**
- Subway Club Salad w/ Fat-Free Italian Dressing (1 pkt)
- 6” Cold Cut Combo

**McDONALD’S**
- Side Salad w/LF Italian Drsg.
- Chicken McNuggets (6-piece) w/Honey Mustard Sauce
- Fruit & Yogurt Parfait

**TACO BELL**
- 3 Crunchy Tacos – Fresco Style
- Pintos ‘N Cheese

## DINNER

**GOLDEN CORRAL**
- Sirloin Steak (4/1 oz pc) w/ Sauteed Mushrooms
- BBQ Pork (3 oz piece)
- Escalloped Apples (1/2 cup)
- Brussel Sprouts (1/2 cup)
- Broccoli (1/2 cup) w/ Cheese Sauce (2 oz ladle)
- Skillet Cornbread (2 oz piece)

**ARBY’S**
- Chopped Turkey & Ham Salad w/ Balsamic Vinaigrette Drsg. (1 pkt)
- Arby’s Melt Potato Cakes (2-piece)

**PANERA BREAD**
- LF Gdn. Vegetable Soup w/Pesto (12 oz. bowl)
- Greek Salad w/Greek Dressing
- 1/2 Café Sandwich – Smoked Ham & Swiss on Rye

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6 • Introduction
2,800 CALORIE MENU
Teenage Boys, Many Active Men, and Some Very Active Women

**BREAKFAST**

**McDONALD’S**
- Sausage McMuffin w/Egg
- Hash Browns (1 patty)

**BOB EVANS**
- Fruit Cup
- 3 Scrambled Eggs
- Smoked Ham (1 slice)
- Home Fries

**BURGER KING**
- Cheesy Bacon BK Wraper
- Hash Brown Rounds (sm)

**LUNCH**

**LONG JOHN SILVER’S**
- 2 Fish Value Basket (2 fish, 2 hushpuppies & fries)
- Lobster Stuffed Crab Cake (1 piece)

**KFC**
- Doublicious Sandwich w/ Grilled Filet
- BBQ Baked Beans
- Cole Slaw
- Green Beans
- Potato Wedges (sm)

**PAPA JOHN’S**
- 2 Spicy Buffalo Wings w/Ranch Dipping Sauce (½ cup)
- Original Crust Sausage Pizza (2 slices)
- 1 Breadstick

**DINNER**

**DENNY’S**
- Bcn. Chptl. Chkn. Skillet
- Green Beans
- Sliced Tomatoes
- Corn in Butter Sauce
- Dippable Veggies w/ LF Ranch Dressing

**CHILI’S**
- Caribbean Salad w/Grilled Shrimp & Dressing
- Grl. Salmon w/Garlic & Herbs Seasonal Veggies
- Black Beans w/ Pico de Gallo

**BOB EVANS**
- Open-Faced Roast Beef w/Mashed Potatoes
- Broccoli Florets
- Green Beans
- Glazed Carrots
- Fruit Cup

**PLEASE NOTE:** It is suggested that you drink water, diet drinks, unsweetened tea or coffee with your meals since all are both calorie-free and carbohydrate-free. It is further suggested that if you eat at fast-food establishments often, you should supplement your diet each day with a snack of fruit (apple, banana), dried fruit (raisins, prunes, banana slices, etc.) or vegetables (broccoli, carrots, celery sticks, etc.) with fat-free dipping sauces to increase your body’s intake of vitamins, minerals and dietary fiber.

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**Exercise is Important, too**

Regular physical activity is also an important ingredient for continued good health. Aerobic exercises are the best choice because they make your heart and lungs stronger. They also use more calories and burn more fat than other kinds of exercise.

Walking may be a good way to start being more active. It’s convenient and low cost. You can walk anywhere—in a shopping mall, local park, or in your neighborhood. Walking also can be a relaxing social activity. You can enjoy the company of others while you get the exercise you need.

You should exercise at least 30 minutes per day of moderate physical activity to get the most health benefit. This is in addition to the normal activities of independent living. A person doing moderate exercise should feel some exertion but should be able to carry on a conversation comfortably during the activity. Regular exercise may help you control your weight, increase your strength and ease of movement, and reduce stress.

---

7 • Introduction
It is important that you choose an activity that is right for you and one that you will enjoy. What you like to do and your current level of physical fitness play a big part in choosing the right activity.

Consult with your health care provider before beginning any exercise program. If you need more help in planning a healthy exercise plan, you may want to talk to an exercise physiologist, who is an expert at prescribing exercise.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>CALORIES PER MINUTE</th>
<th>CALORIES PER HOUR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Moderate Physical Activity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stretching</td>
<td>3</td>
<td>180</td>
</tr>
<tr>
<td>Weight lifting (general light workout)</td>
<td>3½</td>
<td>220</td>
</tr>
<tr>
<td>Walking (3½ mph)</td>
<td>5</td>
<td>280</td>
</tr>
<tr>
<td>Cycling (less than 10 mph)</td>
<td>5</td>
<td>290</td>
</tr>
<tr>
<td>Dancing, golfing (pulling cart), light gardening/yard work</td>
<td>5½</td>
<td>330</td>
</tr>
<tr>
<td>Hiking</td>
<td>6</td>
<td>370</td>
</tr>
<tr>
<td><strong>Vigorous Physical Activity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heavy yard work (chopping wood), Weight lifting (vigorous effort), Basketball (vigorous)</td>
<td>7</td>
<td>440</td>
</tr>
<tr>
<td>Walking (4½ mph)</td>
<td>7½</td>
<td>460</td>
</tr>
<tr>
<td>Aerobics</td>
<td>8</td>
<td>480</td>
</tr>
<tr>
<td>Swimming (slow free-style laps)</td>
<td>8½</td>
<td>510</td>
</tr>
<tr>
<td>Running/jogging (5 mph), Cycling (more than 10 mph)</td>
<td>10</td>
<td>590</td>
</tr>
</tbody>
</table>

**In Conclusion**

Staying healthy isn’t just about eating the right foods and avoiding too much fat, saturated fat, trans fats, cholesterol, sugar and sodium. You should also remember to keep a healthy weight, exercise regularly, and take your medication as prescribed by your doctor.

We hope that *Nutrition in the Fast Lane* will be helpful to you. It should fit conveniently in your purse, pocket or the glove compartment of your car. Carry it with you and use it often to help you maintain your health while making the most of your life in the fast lane.
<table>
<thead>
<tr>
<th></th>
<th>TOTAL CALORIES</th>
<th>CALORIES FROM FAT</th>
<th>TOTAL SAT FAT (gm)</th>
<th>CHOLESTEROL (mg)</th>
<th>CARBOHYDRATE (gm)</th>
<th>PROTEIN (gm)</th>
<th>TOTAL CARB (gm)</th>
<th>SUGGESTED EXCHANGE VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Value Menu</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jr. Roast Beef</td>
<td>210</td>
<td>70</td>
<td>8</td>
<td>25</td>
<td>520</td>
<td>24</td>
<td>12</td>
<td>1½</td>
</tr>
<tr>
<td>Sandwich</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 L Meat</td>
</tr>
<tr>
<td>Portion: 1 sandwich</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 Fat</td>
</tr>
<tr>
<td>Jr. Chicken</td>
<td>340</td>
<td>155</td>
<td>17</td>
<td>25</td>
<td>690</td>
<td>33</td>
<td>13</td>
<td>2</td>
</tr>
<tr>
<td>Sandwich</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 MF Meat</td>
</tr>
<tr>
<td>Portion: 1 sandwich</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 Fat</td>
</tr>
<tr>
<td>Jr. Ham &amp;</td>
<td>210</td>
<td>55</td>
<td>6</td>
<td>25</td>
<td>930</td>
<td>26</td>
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### Ham & Cheese Croissant
- Portion: 1 sandwich
- Total Calories: 270
- Calories from Fat: 125
- Total Fat (gm): 14
- Saturated Fat (gm): 8
- Trans Fat (gm): 0
- Cholesterol (mg): 920
- Sodium (mg): 22
- Carbohydrate (gm): 1
- Protein (gm): 3
- Total Carbohydrate (gm): 2
- Exchange Value: 1 1/2 Starch
- Exchange Value: 1 1/2 MF Meat
- Exchange Value: 1 Fat

### Roast Beef Sandwiches
#### Roast Beef Classic
- Portion: 1 sandwich
- Total Calories: 360
- Calories from Fat: 125
- Total Fat (gm): 14
- Saturated Fat (gm): 6
- Trans Fat (gm): 1
- Cholesterol (mg): 950
- Sodium (mg): 37
- Carbohydrate (gm): 2
- Protein (gm): 5
- Total Carbohydrate (gm): 2
- Exchange Value: 2 1/2 Starch
- Exchange Value: 2 1/2 MF Meat
- Exchange Value: 1 Fat

#### Beef 'N Cheddar Classic
- Portion: 1 sandwich
- Total Calories: 450
- Calories from Fat: 190
- Total Fat (gm): 21
- Saturated Fat (gm): 7
- Trans Fat (gm): 1
- Cholesterol (mg): 1240
- Sodium (mg): 43
- Carbohydrate (gm): 3
- Protein (gm): 10
- Total Carbohydrate (gm): 3
- Exchange Value: 2 1/2 Starch
- Exchange Value: 2 1/2 Other Carb
- Exchange Value: 3 MF Meat
- Exchange Value: 2 Fat

#### Bacon Beef 'N Cheddar
- Portion: 1 sandwich
- Total Calories: 520
- Calories from Fat: 235
- Total Fat (gm): 26
- Saturated Fat (gm): 8
- Trans Fat (gm): 1
- Cholesterol (mg): 1550
- Sodium (mg): 43
- Carbohydrate (gm): 5
- Protein (gm): 10
- Total Carbohydrate (gm): 5
- Exchange Value: 3 Starch
- Exchange Value: 2 1/2 MF Meat
- Exchange Value: 1 Fat

#### "Shroom & Swiss
- Portion: 1 sandwich
- Total Calories: 520
- Calories from Fat: 250
- Total Fat (gm): 28
- Saturated Fat (gm): 9
- Trans Fat (gm): 1
- Cholesterol (mg): 1990
- Sodium (mg): 46
- Carbohydrate (gm): 6
- Protein (gm): 8
- Total Carbohydrate (gm): 6
- Exchange Value: 3 Starch
- Exchange Value: 2 1/2 MF Meat
- Exchange Value: 1 Fat

#### French Dip & Swiss w/Au Jus
- Portion: 1 sandwich
- Total Calories: 390
- Calories from Fat: 145
- Total Fat (gm): 16
- Saturated Fat (gm): 6
- Trans Fat (gm): 1
- Cholesterol (mg): 1130
- Sodium (mg): 39
- Carbohydrate (gm): 4
- Protein (gm): 6
- Total Carbohydrate (gm): 4
- Exchange Value: 2 Starch
- Exchange Value: 2 MF Meat
- Exchange Value: 1 Fat

#### Arby's® Melt
- Portion: 1 sandwich
- Total Calories: 400
- Calories from Fat: 100
- Total Fat (gm): 11
- Saturated Fat (gm): 4
- Trans Fat (gm): 1
- Cholesterol (mg): 1230
- Sodium (mg): 58
- Carbohydrate (gm): 3
- Protein (gm): 23
- Total Carbohydrate (gm): 3
- Exchange Value: 2 Starch
- Exchange Value: 1 1/2 Other Carb
- Exchange Value: 1 1/2 L Meat
- Exchange Value: 1 Fat

### Prime-Cut Chicken
#### Cravin' Chicken Sandwich (crispy)
- Portion: 1 sandwich
- Total Calories: 500
- Calories from Fat: 190
- Total Fat (gm): 21
- Saturated Fat (gm): 3
- Trans Fat (gm): 0
- Cholesterol (mg): 1250
- Sodium (mg): 53
- Carbohydrate (gm): 4
- Protein (gm): 7
- Total Carbohydrate (gm): 4
- Exchange Value: 3 Starch
- Exchange Value: 2 1/2 Other Carb
- Exchange Value: 3 MF Meat
- Exchange Value: 1 Fat

#### Cravin' Chicken Sandwich (roast)
- Portion: 1 sandwich
- Total Calories: 370
- Calories from Fat: 110
- Total Fat (gm): 12
- Saturated Fat (gm): 2
- Trans Fat (gm): 0
- Cholesterol (mg): 990
- Sodium (mg): 42
- Carbohydrate (gm): 3
- Protein (gm): 9
- Total Carbohydrate (gm): 3
- Exchange Value: 2 Starch
- Exchange Value: 2 1/2 Other Carb
- Exchange Value: 2 MF Meat
- Exchange Value: 1 Fat

#### Chicken Bacon 'N Swiss (roast)
- Portion: 1 sandwich
- Total Calories: 470
- Calories from Fat: 170
- Total Fat (gm): 19
- Saturated Fat (gm): 5
- Trans Fat (gm): 0
- Cholesterol (mg): 1310
- Sodium (mg): 43
- Carbohydrate (gm): 2
- Protein (gm): 10
- Total Carbohydrate (gm): 2
- Exchange Value: 2 Starch
- Exchange Value: 2 Other Carb
- Exchange Value: 3 1/2 L Meat
- Exchange Value: 2 Fat

#### Chicken Cordon Bleu (roast)
- Portion: 1 sandwich
- Total Calories: 490
- Calories from Fat: 190
- Total Fat (gm): 21
- Saturated Fat (gm): 5
- Trans Fat (gm): 0
- Cholesterol (mg): 1600
- Sodium (mg): 40
- Carbohydrate (gm): 2
- Protein (gm): 8
- Total Carbohydrate (gm): 2
- Exchange Value: 2 Starch
- Exchange Value: 2 Other Carb
- Exchange Value: 4 L Meat
- Exchange Value: 2 Fat

#### Roast Chicken Club
- Portion: 1 sandwich
- Total Calories: 460
- Calories from Fat: 160
- Total Fat (gm): 18
- Saturated Fat (gm): 6
- Trans Fat (gm): 0
- Cholesterol (mg): 1440
- Sodium (mg): 41
- Carbohydrate (gm): 2
- Protein (gm): 8
- Total Carbohydrate (gm): 2
- Exchange Value: 2 Starch
- Exchange Value: 2 Other Carb
- Exchange Value: 3 1/2 L Meat
- Exchange Value: 2 Fat

#### Smokin' Chipotle Chicken Sandwich
- Portion: 1 sandwich
- Total Calories: 590
- Calories from Fat: 210
- Total Fat (gm): 23
- Saturated Fat (gm): 7
- Trans Fat (gm): 0
- Cholesterol (mg): 1820
- Sodium (mg): 60
- Carbohydrate (gm): 7
- Protein (gm): 7
- Total Carbohydrate (gm): 7
- Exchange Value: 3 Starch
- Exchange Value: 1 1/2 Other Carb
- Exchange Value: 3 1/2 MF Meat
- Exchange Value: 1 Fat
### Market Fresh® Chopped Salads

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<tr>
<th>Item</th>
<th>Calories</th>
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<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carbs</th>
<th>Suggested Exchange Value</th>
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<td>100</td>
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<td>1 Vegetable /½ L Meat /½ Fat</td>
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### Market Fresh® Sandwiches

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<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
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<td>1870</td>
<td>64</td>
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<td>42</td>
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### Sides & Snacks

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<th>Carbohydrate (gm)</th>
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For a complete listing of fountain drinks, see inside back cover.

11 • Arby’s
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<tr>
<th>Breakfast Combinations</th>
<th>Total Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (gm)</th>
<th>Saturated Fat (gm)</th>
<th>Trans Fat (gm)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Calories from Protein (gm)</th>
<th>Protein (gm)</th>
<th>Carb (gm)</th>
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<td>1409</td>
<td>33</td>
<td>16</td>
<td>16</td>
<td>2</td>
<td>2 Starch</td>
<td>1 1/2 MF Meat</td>
<td>3 Fat</td>
</tr>
<tr>
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<td></td>
<td></td>
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<td>201</td>
<td>1409</td>
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<td>Border Scramble Omelette</td>
<td>635</td>
<td>414</td>
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<td>769</td>
<td>1519</td>
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<td>39</td>
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<td>1/2 Other Carb</td>
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<td>769</td>
<td>1519</td>
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<tr>
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<td>405</td>
<td>45</td>
<td>774</td>
<td>2120</td>
<td>14</td>
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<td>38</td>
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<td>1 Vegetable</td>
<td>1/2 Other Carb</td>
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<td>752</td>
<td>1762</td>
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<td>36</td>
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<td></td>
<td></td>
<td>765</td>
<td>1808</td>
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<td>41</td>
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<td></td>
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<td>765</td>
<td>1809</td>
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<th>Saturated Fat (gm)</th>
<th>Trans Fat (gm)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Calories from Protein (gm)</th>
<th>Protein (gm)</th>
<th>Carb (gm)</th>
<th>Total Carb Exch.</th>
<th>Exchange Value</th>
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<td>Bacon</td>
<td>36</td>
<td>36</td>
<td>4</td>
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<td>&lt;1</td>
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<td>184</td>
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<td>1/2 HF Meat</td>
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<td>99</td>
<td>11</td>
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<td>0</td>
<td>1 HF Meat</td>
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<tr>
<td>Sirloin Breakfast Steak</td>
<td>421</td>
<td>261</td>
<td>29</td>
<td>77</td>
<td>638</td>
<td>3</td>
<td>33</td>
<td>33</td>
<td>0</td>
<td>5 MF Meat</td>
<td>1 Fat</td>
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</tr>
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<td>Portion: 5 oz. steak</td>
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<td>Turkey Sausage</td>
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<td>36</td>
<td>4</td>
<td>31</td>
<td>404</td>
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<td>9</td>
<td>9</td>
<td>0</td>
<td>1/2 L Meat</td>
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<tr>
<td>Portion: 1/2 oz. link</td>
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</table>

<table>
<thead>
<tr>
<th>Pancakes/Breakfast Side Items</th>
<th>Total Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (gm)</th>
<th>Saturated Fat (gm)</th>
<th>Trans Fat (gm)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Calories from Protein (gm)</th>
<th>Protein (gm)</th>
<th>Carb (gm)</th>
<th>Total Carb Exch.</th>
<th>Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hotcake w/o tspgs. (btrmlk. or blueberry)</td>
<td>329</td>
<td>72</td>
<td>8</td>
<td>0</td>
<td>783</td>
<td>58</td>
<td>5</td>
<td>3 1/2</td>
<td>3</td>
<td>3 Starch</td>
<td>1/2 Other Carb</td>
<td>1 Fat</td>
</tr>
<tr>
<td>Portion: 1 pancake</td>
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<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Toast w/o toppings</td>
<td>163</td>
<td>27</td>
<td>3</td>
<td>77</td>
<td>280</td>
<td>29</td>
<td>4</td>
<td>2</td>
<td>2</td>
<td>1/2 Starch</td>
<td>1/2 Other Carb</td>
<td></td>
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<tr>
<td>Portion: 1 slice</td>
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<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Trash-Filled Syrup</td>
<td>39</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>79</td>
<td>10</td>
<td>0</td>
<td>½</td>
<td>½ Other Carb</td>
<td></td>
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<tr>
<td>Portion: 6 tbsp.</td>
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<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

| English Muffin | 146 | 27 | 3 | 0 | 243 | 25 | 5 | 1½ | ½ Starch |
| Portion: 1 muffin |

| Biscuit (Plain) | 263 | 117 | 13 | 0 | 870 | 32 | 5 | 2 | 2 Starch |
| Portion: 1 biscuit |

| Sausage Gravy | 167 | 99 | 11 | 9 | 797 | 14 | 4 | 1 | 1 Starch |
| Portion: 6½ oz. cup |

| Scrambled Eggs | 253 | 144 | 16 | 0 | 714 | 3 | 0 | 0 | 3 MF Meat |
| Portion: order of 3 |

| Hash Browns | 324 | 72 | 0 | 0 | 1091 | 53 | 6 | 3½ | 3½ Starch |
| Portion: 4½ oz. cup |

| Home Fries | 163 | 54 | 6 | 1 | 677 | 24 | 3 | 1½ | 1½ Starch |
| Portion: 5 oz. order |

### Sandwiches

| Big Farm Burger | 725 | 378 | 42 | 17 | 156 | 1174 | 50 | 39 | 3 | 2½ Starch |
| Portion: 1 sandwich |

| Big Farm Cheeseburger | 830 | 450 | 50 | 22 | 185 | 1644 | 51 | 44 | 3 | 2½ Starch |
| Portion: 1 sandwich |

| Grilled Cheese Sandwich | 260 | 135 | 15 | 6 | 29 | 729 | 22 | 9 | 1½ | 1½ Starch |
| Portion: 1 sandwich |

| Farm-Grill Fried Chicken Sandwich | 538 | 144 | 16 | 3 | 89 | 1335 | 60 | 38 | 3½ | 3½ Starch |
| Portion: 1 sandwich |

| Farm-Grill Grilled Chicken Sandwich | 401 | 63 | 7 | 2 | 77 | 1144 | 47 | 38 | 3 | 3 Starch |
| Portion: 1 sandwich |

| Farm-Grill Grilled Chicken Club Sandwich | 543 | 180 | 20 | 9 | 108 | 1593 | 47 | 43 | 3 | 3 Starch |
| Portion: 1 sandwich |

| Turkey Bacon Melt | 568 | 243 | 27 | 11 | 85 | 1835 | 49 | 30 | 3 | 2½ Starch |
| Portion: 1 sandwich |

| Knife & Fork Meatloaf Sandwich | 748 | 369 | 41 | 20 | 216 | 2446 | 52 | 39 | 3 | 2½ Starch |
| Portion: 1 meal |

| Knife & Fork Turkey Sandwich | 725 | 378 | 42 | 16 | 99 | 3122 | 62 | 25 | 3½ | 3½ Starch |
| Portion: 1 meal |
## Kids' Meals*

<table>
<thead>
<tr>
<th>Meal</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (gm)</th>
<th>Calories from Fat Fat</th>
<th>Total Fat (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carbohydrate (gm)</th>
<th>Exchange Value</th>
<th>Suggested Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruit &amp; Yogurt</strong></td>
<td>222</td>
<td>9</td>
<td>1</td>
<td>3</td>
<td>62</td>
<td>51</td>
<td>51</td>
<td>5</td>
<td>5</td>
<td>3</td>
<td>3 / 2 Fruit</td>
<td>1 / 2 LF Milk 1 Other Carb</td>
</tr>
<tr>
<td><strong>Dippers</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Portion: 10¼ oz. order</td>
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</tr>
<tr>
<td><strong>Fruit Dish</strong></td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>7</td>
<td>14</td>
<td>1</td>
<td>1</td>
<td>5</td>
<td>1</td>
<td>1 Fruit</td>
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<td>Portion: 3¼ oz. order</td>
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<td></td>
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<td><strong>Plenty-O-Pancakes</strong></td>
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<td>18</td>
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<td>1280</td>
<td>130</td>
<td>53</td>
<td>8</td>
<td>8 / 2</td>
<td>5</td>
<td>5 Starch</td>
<td>3 / 2 Other Carb 2 Fat</td>
</tr>
<tr>
<td>w/o toppings</td>
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<td></td>
<td></td>
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<td>Portion: 11¼/2 oz. order</td>
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<tr>
<td><strong>Mini Cheeseburgers</strong></td>
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<td>135</td>
<td>15</td>
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<td>491</td>
<td>21</td>
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<td>12</td>
<td>1½</td>
<td>1½ Starch</td>
<td>1½ MF Meat</td>
<td>2 / 2 L Meat</td>
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<tr>
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<td><strong>Turkey Lurkey</strong></td>
<td>140</td>
<td>54</td>
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<td>49</td>
<td>891</td>
<td>4</td>
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<td>15</td>
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<td>2 Starch</td>
<td>1 / 2 HF Meat 2 Fat</td>
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<tr>
<td>w/o sides</td>
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<tr>
<td>Portion: 5 oz. order</td>
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<td>10</td>
<td>2</td>
<td>2</td>
<td>2 Starch</td>
<td>1 / 2 HF Meat 2 Fat</td>
</tr>
<tr>
<td>Portion: 1 order</td>
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<td>25</td>
<td>983</td>
<td>47</td>
<td>18</td>
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<td>3</td>
<td>2½ Starch</td>
<td>2½ Other Carb 1½ MF Meat 3 Fat</td>
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<td>3 Starch</td>
<td>2 Fat</td>
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<td>Portion: 4 ½ oz. order</td>
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<tr>
<td><strong>Smiley Face Potatoes</strong></td>
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<td>144</td>
<td>16</td>
<td>1</td>
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<td>29</td>
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<td>3</td>
<td>2</td>
<td>2</td>
<td>2 Starch</td>
<td>3 Fat</td>
</tr>
<tr>
<td>Portion: 3 oz. order</td>
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*Side items for children not listed on the Kids’ Menu are adult-sized portions listed in Dinner Side Items.

## Farm Fresh Salads

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<th>Salad</th>
<th>Calories</th>
<th>Calories from Fat</th>
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<th>Calories from Fat Fat</th>
<th>Total Fat (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carbohydrate (gm)</th>
<th>Exchange Value</th>
<th>Suggested Exchange Value</th>
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</thead>
<tbody>
<tr>
<td><strong>Gdn. Side Salad w/croutons</strong></td>
<td>58</td>
<td>9</td>
<td>1</td>
<td>0</td>
<td>132</td>
<td>9</td>
<td>2</td>
<td>½</td>
<td>1 / 2</td>
<td>½ Starch</td>
<td>1 Vegetable</td>
<td></td>
</tr>
<tr>
<td>Portion: 1 salad</td>
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<tr>
<td><strong>Specialty Garden Side Salad w/croutons</strong></td>
<td>124</td>
<td>63</td>
<td>7</td>
<td>16</td>
<td>334</td>
<td>10</td>
<td>6</td>
<td>½</td>
<td>1 / 2</td>
<td>½ Starch</td>
<td>1 Vegetable</td>
<td>1 / 2 HF Meat 1 Fat</td>
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*Side items for children not listed on the Kids’ Menu are adult-sized portions listed in Dinner Side Items.
### Beef Dinners (entrée only)

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<td>104</td>
<td>174</td>
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### Chicken/Turkey/Fish (entrée only)

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<th>Protein (gm)</th>
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<td>4</td>
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<td>709</td>
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<td>Slow-Roasted</td>
<td>Portion: 1 oz. piece</td>
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<td>72</td>
<td>8</td>
<td>8</td>
<td>301</td>
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<td>81</td>
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<tr>
<td>Slow-Roasted</td>
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<td>63</td>
<td>7</td>
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15 • Bob Evans
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<th>Fat from Trans Sources</th>
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<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
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*For a complete listing of fountain drinks, see inside back cover.*
## BURGER KING®

### Breakfast Sandwiches/Sides

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<th>Sugar (gm)</th>
<th>Total Sugars (gm)</th>
<th>Protein (gm)</th>
<th>Total Carbs (gm)</th>
<th>Total Carb Exchanges</th>
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### Burgers/Sandwiches

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<td>29</td>
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<td>14</td>
<td>530</td>
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<td>2 Fat</td>
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<td>Whopper, Jr.®* w/Cheese</td>
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<td>205</td>
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<td>7</td>
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<td>29</td>
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<td>16</td>
<td>740</td>
<td>1/2 MF Meat</td>
<td>3 Fat</td>
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*Data includes mayonnaise. Special order without mayo on regular-size sandwiches reduces fat by approx. 18g & 160 calories and Jr. size by approx. 9g fat & 80 calories. 5gms of fat equals 1 Fat exchange.*
### Burger King Menu Nutritional Values

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carbs</th>
<th>Suggested Exchange Value</th>
</tr>
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<tbody>
<tr>
<td>Hamburger</td>
<td>260</td>
<td>90</td>
<td>10</td>
<td>35</td>
<td>27</td>
<td>490</td>
<td>13</td>
<td>1/2</td>
<td>1 1/2 Starch 1/2 MF Meat 1/2 Fat</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>300</td>
<td>125</td>
<td>14</td>
<td>45</td>
<td>28</td>
<td>710</td>
<td>16</td>
<td>1/2</td>
<td>1 1/2 Starch 2 MF Meat 1/2 Fat</td>
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<tr>
<td>BK® Single Stacker</td>
<td>380</td>
<td>200</td>
<td>22</td>
<td>60</td>
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<td>700</td>
<td>17</td>
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<td>1 1/2 Starch 2 MF Meat 2 Fat</td>
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<td>44</td>
<td>22</td>
<td>2 1/2</td>
<td>2 Starch 1/2 Other Carb 1/2 PB Protein 2 Fat</td>
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<td>BK Big Fish® Sandwich</td>
<td>640</td>
<td>290</td>
<td>32</td>
<td>45</td>
<td>663</td>
<td>1370</td>
<td>23</td>
<td>3</td>
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<td>TenderGrill® Chicken S’wich*</td>
<td>470</td>
<td>160</td>
<td>18</td>
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<td>1100</td>
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<td>2 1/2 L Meat 4 Fat</td>
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<td>153</td>
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### Salads/Side Items

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<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carbs</th>
<th>Suggested Exchange Value</th>
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<tbody>
<tr>
<td>Side Salad w/o dressing</td>
<td>70</td>
<td>3</td>
<td>3 1/2</td>
<td>10</td>
<td>90</td>
<td>7</td>
<td>4</td>
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<td>TenderGrill® Chicken Garden Salad w/o drsg. or croutons</td>
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<td>60</td>
<td>7 1/2</td>
<td>85</td>
<td>920</td>
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<td>Chicken Fries w/o Sauce</td>
<td>250</td>
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<td>820</td>
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<td>100</td>
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<td>310</td>
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<td>1/2 Other Carb</td>
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For a complete listing of fountain drinks, see inside back cover.
## Breakfast

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<th>Saturated Fat (gm)</th>
<th>Trans Fat (gm)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Calories from Protein (gm)</th>
<th>Protein (gm)</th>
<th>Calories from Carbohydrate (gm)</th>
<th>Total Carbohydrate (gm)</th>
<th>Starch (1/2 MF Meat)</th>
<th>Fiber (1/2 Other Carb)</th>
<th>Sugar (1/2 L Meat)</th>
<th>Total Carbohydrate Exch. Value</th>
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<tbody>
<tr>
<td><strong>Hot Buttered Biscuit</strong></td>
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<td>Sugar (1/2 L Meat)</td>
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<td>17</td>
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<td>3 Fat</td>
<td>2/2 Starch</td>
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<td>2/2 Starch</td>
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## Sandwiches/Cool Wraps

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<th>Trans Fat (gm)</th>
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<th>Cholesterol (mg)</th>
<th>Calories from Protein (gm)</th>
<th>Protein (gm)</th>
<th>Calories from Carbohydrate (gm)</th>
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<th>Starch (1/2 MF Meat)</th>
<th>Fiber (1/2 Other Carb)</th>
<th>Sugar (1/2 L Meat)</th>
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<td>3 Fat</td>
<td>2/2 MF Meat</td>
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<td>3 Fat</td>
<td>1/2 Other Carb</td>
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<td>4 Fat</td>
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### Specialties/Salads

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<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
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<td>70</td>
<td>990</td>
<td>11</td>
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<td></td>
<td></td>
<td>2½</td>
<td>0</td>
<td></td>
<td></td>
<td>1</td>
<td>½ Starch</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td>0</td>
<td>½ Starch 1⅓ L Meat 1 Fat</td>
</tr>
<tr>
<td><strong>Chicken Salad on Whole Wheat</strong></td>
<td>490</td>
<td>170</td>
<td>19</td>
<td>80</td>
<td>1130</td>
<td>55</td>
<td>28</td>
</tr>
<tr>
<td>Portion: 1 sandwich</td>
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<td></td>
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<td></td>
<td></td>
<td>3</td>
<td>0</td>
<td></td>
<td></td>
<td>1</td>
<td>¼ Starch</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td>0</td>
<td>1 Starch ⅓ Other Carb 1⅓ L Meat 2 Fat</td>
</tr>
<tr>
<td><strong>Side Salad</strong></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Chargrilled Chicken &amp; Fruit Salad</strong></td>
<td></td>
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</tr>
<tr>
<td>Portion: 1 salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
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<td></td>
<td>6</td>
<td>0</td>
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<td>0</td>
<td></td>
<td></td>
<td>2</td>
<td>22</td>
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<tr>
<td><strong>Charg. Chkn. Grd. Salad w/o drsg.</strong></td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Portion: 1 salad</td>
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<td></td>
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<td>6</td>
<td>0</td>
<td></td>
<td></td>
<td>4</td>
<td>23</td>
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<tr>
<td><strong>SW Chargrilled Chkn. Salad w/o drsg. or strips</strong></td>
<td>240</td>
<td>80</td>
<td>9</td>
<td>60</td>
<td>820</td>
<td>18</td>
<td>26</td>
</tr>
<tr>
<td>Portion: 1 salad</td>
<td></td>
<td></td>
<td></td>
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<td>8</td>
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<td><strong>Tortilla Strips</strong></td>
<td></td>
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<td></td>
</tr>
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<td>Portion: ½ oz. pkt.</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>6</td>
<td>0</td>
<td></td>
<td></td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td><strong>Chick-N-Strips® Salad w/o dressing</strong></td>
<td>460</td>
<td>200</td>
<td>22</td>
<td>90</td>
<td>1350</td>
<td>26</td>
<td>40</td>
</tr>
<tr>
<td>Portion: 1 salad</td>
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<td></td>
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<td></td>
<td></td>
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</tr>
<tr>
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<td></td>
<td>6</td>
<td>0</td>
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<td>2</td>
<td>40</td>
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</table>

### Side Items

<table>
<thead>
<tr>
<th>Side Item</th>
<th>Calories</th>
<th>Total Fat (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waffle Potato</td>
<td>390</td>
<td>190</td>
<td>21</td>
<td>0</td>
<td>180</td>
<td>48</td>
<td>5</td>
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<tr>
<td>Fries® (med)</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Portion: 4½ oz. order</td>
<td></td>
<td>3</td>
<td>0</td>
<td></td>
<td></td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>Carrot &amp; Raisin Salad (lg)</td>
<td>390</td>
<td>160</td>
<td>18</td>
<td>10</td>
<td>240</td>
<td>60</td>
<td>2</td>
</tr>
<tr>
<td>Portion: 9 oz. order</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Coleslaw (lg)</td>
<td>580</td>
<td>450</td>
<td>50</td>
<td>35</td>
<td>450</td>
<td>31</td>
<td>3</td>
</tr>
<tr>
<td>Portion: 10½ oz. order</td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Salad Cup</td>
<td>350</td>
<td>200</td>
<td>22</td>
<td>120</td>
<td>1130</td>
<td>9</td>
<td>28</td>
</tr>
<tr>
<td>Portion: 6 oz. order</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit Cup (lg)</td>
<td>110</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>27</td>
<td>1</td>
</tr>
<tr>
<td>Portion: 7 oz. order</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yogurt Parfait w/Granola</td>
<td>290</td>
<td>55</td>
<td>6</td>
<td>10</td>
<td>85</td>
<td>53</td>
<td>7</td>
</tr>
<tr>
<td>Portion: 8 oz. dessert</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

*For a complete listing of fountain drinks, see inside back cover.*
# CHILI'S® Salads

<table>
<thead>
<tr>
<th>Salad</th>
<th>Total Calories</th>
<th>Total Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Suggested Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>House Salad w/o dressing</td>
<td>180</td>
<td>100</td>
<td>11</td>
<td>N/A</td>
<td>290</td>
</tr>
<tr>
<td>Chicken Caesar Salad w/dressing</td>
<td>650</td>
<td>395</td>
<td>44</td>
<td>N/A</td>
<td>1130</td>
</tr>
<tr>
<td>Caribbean Salad w/Grilled Shrimp &amp; dressing</td>
<td>620</td>
<td>280</td>
<td>31</td>
<td>N/A</td>
<td>1060</td>
</tr>
</tbody>
</table>

# Sandwiches (as served with sides)

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Total Calories</th>
<th>Total Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Suggested Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guiltless Grill Grilled Chicken S'wich w/broccoli</td>
<td>610</td>
<td>115</td>
<td>13</td>
<td>N/A</td>
<td>1320</td>
</tr>
<tr>
<td>Guiltless Santa Fe Chicken Wrap w/broccoli</td>
<td>680</td>
<td>225</td>
<td>25</td>
<td>N/A</td>
<td>2110</td>
</tr>
<tr>
<td>Classic Bacon Burger</td>
<td>1570</td>
<td>850</td>
<td>91</td>
<td>N/A</td>
<td>3690</td>
</tr>
<tr>
<td>Oldtimer® Burger</td>
<td>1310</td>
<td>585</td>
<td>65</td>
<td>N/A</td>
<td>3230</td>
</tr>
<tr>
<td>Mushroom-Swiss Burger</td>
<td>1540</td>
<td>790</td>
<td>88</td>
<td>N/A</td>
<td>3710</td>
</tr>
</tbody>
</table>

# Southwest Grill (as served with sides)

<table>
<thead>
<tr>
<th>Southwest Grill</th>
<th>Total Calories</th>
<th>Total Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Suggested Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classic Sirloin</td>
<td>1010</td>
<td>540</td>
<td>60</td>
<td>N/A</td>
<td>3370</td>
</tr>
<tr>
<td>Bacon Ranch Chicken Quesadilla</td>
<td>1650</td>
<td>965</td>
<td>107</td>
<td>N/A</td>
<td>3450</td>
</tr>
<tr>
<td>Country Fried Steak</td>
<td>1270</td>
<td>640</td>
<td>71</td>
<td>N/A</td>
<td>3700</td>
</tr>
</tbody>
</table>

# Fajitas (w/o tortillas or toppings)

<table>
<thead>
<tr>
<th>Fajitas</th>
<th>Total Calories</th>
<th>Total Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Suggested Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classic Beef</td>
<td>390</td>
<td>125</td>
<td>14</td>
<td>N/A</td>
<td>1950</td>
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</table>
### Classic Chicken

<table>
<thead>
<tr>
<th>Portion: 1 skillet</th>
<th>360</th>
<th>90</th>
<th>10</th>
<th>N/A</th>
<th>1330</th>
<th>24</th>
<th>44</th>
<th>1</th>
<th>1 Starch 6 L Meat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1/2 Starch 7 1/2 L Meat</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4 Starch 2 Fat</td>
</tr>
</tbody>
</table>

### Fajita Trio

<table>
<thead>
<tr>
<th>Portion: 1 skillet</th>
<th>530</th>
<th>180</th>
<th>20</th>
<th>N/A</th>
<th>2340</th>
<th>30</th>
<th>56</th>
<th>1 1/2</th>
<th>1/2 Starch 7 1/2 L Meat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

### Flour Tortillas

<table>
<thead>
<tr>
<th>Portion: 3-piece order</th>
<th>390</th>
<th>90</th>
<th>10</th>
<th>N/A</th>
<th>1040</th>
<th>63</th>
<th>10</th>
<th>4</th>
<th>1 Vegetable 1 HF Meat 2 Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 Fat</td>
</tr>
</tbody>
</table>

### Toppings Boat

<table>
<thead>
<tr>
<th>Portion: 1 boat</th>
<th>230</th>
<th>170</th>
<th>19</th>
<th>N/A</th>
<th>480</th>
<th>7</th>
<th>10</th>
<th>0</th>
<th>1 Vegetable 1 HF Meat 2 Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 Fat</td>
</tr>
</tbody>
</table>

### Fajita Trio

<table>
<thead>
<tr>
<th>Portion: 1 skillet</th>
<th>530</th>
<th>180</th>
<th>20</th>
<th>N/A</th>
<th>2340</th>
<th>30</th>
<th>56</th>
<th>1 1/2</th>
<th>1/2 Starch 7 1/2 L Meat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
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<td></td>
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</tbody>
</table>

### Flour Tortillas

<table>
<thead>
<tr>
<th>Portion: 3-piece order</th>
<th>390</th>
<th>90</th>
<th>10</th>
<th>N/A</th>
<th>1040</th>
<th>63</th>
<th>10</th>
<th>4</th>
<th>1 Vegetable 1 HF Meat 2 Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 Fat</td>
</tr>
</tbody>
</table>

### Toppings Boat

<table>
<thead>
<tr>
<th>Portion: 1 boat</th>
<th>230</th>
<th>170</th>
<th>19</th>
<th>N/A</th>
<th>480</th>
<th>7</th>
<th>10</th>
<th>0</th>
<th>1 Vegetable 1 HF Meat 2 Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 Fat</td>
</tr>
</tbody>
</table>

### Favorites/House-Smoaked Ribs (entrée only)

<table>
<thead>
<tr>
<th>Margarita Grilled Chicken</th>
<th>550</th>
<th>125</th>
<th>14</th>
<th>N/A</th>
<th>1870</th>
<th>62</th>
<th>46</th>
<th>3 1/2</th>
<th>3/4 Starch 5 L Meat 1 Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Salmon with Garlic &amp; Herbs</td>
<td>580</td>
<td>250</td>
<td>28</td>
<td>N/A</td>
<td>1660</td>
<td>38</td>
<td>49</td>
<td>2</td>
<td>2 Starch 1 Vegetable 5 1/2 L Meat 2 Fat</td>
</tr>
<tr>
<td>Original Baby-Back Ribs with BBQ sauce</td>
<td>1140</td>
<td>565</td>
<td>63</td>
<td>N/A</td>
<td>3800</td>
<td>75</td>
<td>69</td>
<td>4 1/2</td>
<td>4 1/2 Other Carb 10 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Shiner Bock Ribs with BBQ sauce</td>
<td>1200</td>
<td>565</td>
<td>63</td>
<td>N/A</td>
<td>3710</td>
<td>91</td>
<td>69</td>
<td>5 1/2</td>
<td>5 1/2 Other Carb 10 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Memphis Dry Rub Ribs with Dijon BBQ</td>
<td>1080</td>
<td>515</td>
<td>57</td>
<td>N/A</td>
<td>4080</td>
<td>82</td>
<td>62</td>
<td>5</td>
<td>5 Other Carb 8 MF Meat 2 Fat</td>
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</tbody>
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### Side Items

<table>
<thead>
<tr>
<th>Cinnamon Apples</th>
<th>280</th>
<th>100</th>
<th>11</th>
<th>N/A</th>
<th>130</th>
<th>48</th>
<th>0</th>
<th>3</th>
<th>1/2 Fruit 1/2 Other Carb 2 Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Beans with Pico de Gallo</td>
<td>100</td>
<td>10</td>
<td>1</td>
<td>N/A</td>
<td>620</td>
<td>18</td>
<td>6</td>
<td>1</td>
<td>1/2 Starch 1/2 Other Carb 1/2 PB Protein</td>
</tr>
<tr>
<td>Mashed Potatoes with Pepper Gravy</td>
<td>280</td>
<td>135</td>
<td>15</td>
<td>N/A</td>
<td>1300</td>
<td>31</td>
<td>4</td>
<td>2</td>
<td>2 Starch 3 Fat</td>
</tr>
<tr>
<td>Homestyle Fries (entrée side item)</td>
<td>380</td>
<td>115</td>
<td>13</td>
<td>N/A</td>
<td>1210</td>
<td>61</td>
<td>4</td>
<td>4</td>
<td>4 Starch 2 Fat</td>
</tr>
<tr>
<td>Coleslaw</td>
<td>240</td>
<td>180</td>
<td>20</td>
<td>N/A</td>
<td>490</td>
<td>15</td>
<td>1</td>
<td>1</td>
<td>1 Other Carb 4 Fat</td>
</tr>
<tr>
<td>Rice</td>
<td>190</td>
<td>65</td>
<td>7</td>
<td>N/A</td>
<td>580</td>
<td>30</td>
<td>3</td>
<td>2</td>
<td>2 Starch 1 Fat</td>
</tr>
<tr>
<td>Steamed Broccoli</td>
<td>80</td>
<td>55</td>
<td>6</td>
<td>N/A</td>
<td>490</td>
<td>6</td>
<td>3</td>
<td>0</td>
<td>1 Vegetable 1 Fat</td>
</tr>
</tbody>
</table>

For a complete listing of fountain drinks, see inside back cover.
### Chicken

<table>
<thead>
<tr>
<th>Chicken Type</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (mg)</th>
<th>Protein (mg)</th>
<th>Total Carb</th>
<th>Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Original Breast</strong></td>
<td>200</td>
<td>11</td>
<td>80</td>
<td>440</td>
<td>3</td>
<td>22</td>
<td>0</td>
<td>3 L Meat 1 Fat</td>
</tr>
<tr>
<td>Portion: 1 piece</td>
<td></td>
<td>Sat Fat 3</td>
<td>Trans Fat 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Original Leg</strong></td>
<td>110</td>
<td>6</td>
<td>55</td>
<td>280</td>
<td>3</td>
<td>10</td>
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<tr>
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### Side Items

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<th>Carbohydrate (mg)</th>
<th>Protein (mg)</th>
<th>Total Carb</th>
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For a complete listing of fountain drinks, see inside back cover.
| Sweet Deals |
|-----------------|-----------------|---------------|-----------|-------------|-------------|--------------|--------------|-----------------|
| **DAIRY QUEEN®** |
| **Sweet Deals** |
| **DQ® Original** |
| Cheeseburger | 400 | 160 | 18 | 9 | 930 | 34 | 19 | 2 | 1/2 Starch |
| Portion: 1 sandwich | | | | | | | | | 1/2 Other Carb |
| | | | Sal Fat | Trans Fat | <1 | Sugar | 8 | | |
| **Hot Dog** |
| 290 | 155 | 17 | 7 | 35 | 900 | 22 | 11 | 1 1/2 | 1 1/2 Starch |
| Portion: 1 sandwich | | | | | | | | | 1/2 MF Meat |
| | | | Sal Fat | Trans Fat | <1 | Sugar | 1 | | |
| **Grilled Chicken Wrap** |
| 280 | 135 | 15 | 4 | 30 | 800 | 22 | 15 | 1 1/2 | 1 1/2 Starch |
| Portion: 1 wrap | | | | | | | | | 2 L Meat |
| | | | Sal Fat | Trans Fat | <1 | Sugar | 1 | | |
| **French Fries (reg)** |
| 310 | 115 | 13 | 2 | 0 | 640 | 43 | 4 | 2 1/2 | 2 1/2 Starch |
| Portion: 4 oz. order | | | | | | | | | 3 Fat |
| | | | Sal Fat | Trans Fat | 0 | Sugar | 0 | | |
| **Onion Rings** |
| 360 | 145 | 16 | 2 | 0 | 840 | 47 | 6 | 3 | 3 Starch |
| Portion: 4 oz. order | | | | | | | | | 3 Fat |
| | | | Sal Fat | Trans Fat | 0 | Sugar | 3 | | |
| **Side Salad w/o dressing** |
| 20 | 0 | 0 | 0 | 0 | 15 | 5 | 1 | 0 | 1 Vegetable |
| Portion: 1 salad | | | | | | | | | |
| **Chocolate Sundae (sm)** |
| 280 | 70 | 8 | 1 1/2 | 25 | 115 | 48 | 6 | 3 | 3 Other Carb |
| Portion: 6 fl. oz. | | | | | | | | | 1 Fat |
| | | | Sal Fat | Trans Fat | 0 | Sugar | 41 | | |
| **Vanilla Cone (sm)** |
| 230 | 65 | 7 | 1 1/2 | 25 | 100 | 36 | 6 | 2 1/2 | 2 1/2 Other Carb |
| Portion: 5 1/2 fl. oz. | | | | | | | | | 1 Fat |
| | | | Sal Fat | Trans Fat | 0 | Sugar | 26 | | |

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<td><strong>Hamburgers/Sandwiches</strong></td>
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<td></td>
</tr>
<tr>
<td>Menu Item</td>
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<td><strong>Crispy Chicken</strong></td>
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<td><strong>Grilled Chicken</strong></td>
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<td><strong>Chili Cheese Dog</strong></td>
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<td><strong>Banana Split</strong></td>
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<tr>
<td><strong>Brownie Earthquake</strong></td>
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<tr>
<td><strong>Peanut Buster® Parfait</strong></td>
</tr>
<tr>
<td><strong>DO® Sandwich</strong></td>
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<tr>
<td><strong>Choc. or Choc. Mint Dilly® Bar</strong></td>
</tr>
<tr>
<td><strong>Buster Bar®</strong></td>
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<tr>
<td><strong>Starkiss® (Stars &amp; Stripes or Cherry Variety)</strong></td>
</tr>
<tr>
<td><strong>DO® Fudge Bar</strong></td>
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<tr>
<td><strong>DO® Vanilla Orange Bar</strong></td>
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<td>94</td>
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For a complete listing of fountain drinks, see inside back cover.
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<th>Carbohydrate (gm)</th>
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<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Calories from Fat</th>
<th>Fiber (gm)</th>
<th>Sugar (gm)</th>
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<td>63</td>
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<td><strong>French Toast Slam</strong></td>
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<td><strong>Moons Over My Hammy</strong></td>
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<td><strong>Omelettes (add choices)</strong></td>
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<td>67</td>
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<td>8</td>
<td>4½</td>
<td>4 Starch 1/2 Other Carb</td>
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**NOTE:** Data listed for Breakfast and Dinner items do not include side items or bread service. Data listed for Sandwiches do not include condiments. Toppings, syrups or margarine are not included unless indicated.
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<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Suggested Exchange Value</th>
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<td>0</td>
<td>1/2 Other Carb</td>
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<td>1/2 L Meat</td>
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<td>Flavored Syrup</td>
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<td>1 L Meat</td>
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<td>1/2 L Fat</td>
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<td>Hash Browns (Plain)</td>
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<td>1/2 L Fat</td>
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<td>Turkey Bacon</td>
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<td>11</td>
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<td>84</td>
<td>720</td>
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<td>20</td>
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<td>1/2 L Fat</td>
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<td>0</td>
<td>45</td>
<td>710</td>
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<td>14</td>
<td>1/2 Other Carb</td>
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<td>1/2 L Meat</td>
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<td>Chicken Sausage Patties</td>
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<td>90</td>
<td>530</td>
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<td>15</td>
<td>2 MF Meat</td>
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<td>1/2 L Meat</td>
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<td>18</td>
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<td>1</td>
<td>1 Fruit</td>
<td>0.5</td>
<td>1 Fruit</td>
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<td>Portion: 4 oz. order</td>
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</table>

**Senior Meals (add choices unless noted)**

| Senior Fit Fare® Omelette w/fruit & bowl of oatmeal (Breakfast Menu) | 480 | 160 | 18 | 25 | 690 | 57 | 27 | 3 | 1/2 Starch | 1/2 Other Carb | 3/2 L Meat | 2 Fat |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Portion: 1 meal |                |     |    |    |     |    |    |    |    |    |    |    |    |

| Sr. French Toast Slam® w/1 egg w/o syrup/tppgs. (Breakfast Menu) | 550 | 335 | 37 | 395 | 900 | 35 | 20 | 2 | 1/2 Starch | 1/2 Other Carb | 2 1/2 MF Meat | 5 Fat |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Portion: 1 meal |                |     |    |    |     |    |    |    |    |    |    |    |    |

| Senior Club Sandwich (Lunch Menu) | 550 | 290 | 32 | 50 | 1530 | 39 | 24 | 2 1/2 | 2 Starch | 2 1/2 MF Meat | 4 Fat |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Portion: 1 sandwich |                |     |    |    |     |    |    |    |    |    |    |    |    |

| Grl. Cheese Deluxe S'wich (Lunch Menu) | 520 | 250 | 28 | 40 | 1440 | 49 | 16 | 3 | 3 Starch | 1 HF Meat | 4 Fat |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Portion: 1 sandwich |                |     |    |    |     |    |    |    |    |    |    |    |    |

<table>
<thead>
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<th>Fit Fare® Grilled Chicken w/corn, broccoli &amp; salad w/Balsamic Drsg. (Dinner Menu Entrée)</th>
<th>540</th>
<th>145</th>
<th>16</th>
<th>115</th>
<th>810</th>
<th>52</th>
<th>48</th>
<th>2 1/2</th>
<th>1 1/2 Starch</th>
<th>2 Vegetable</th>
<th>1 Other Carb</th>
<th>6 L Meat</th>
<th>1/2 Fat</th>
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</thead>
<tbody>
<tr>
<td>Portion: 1 meal</td>
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</table>

<p>| Sr. Lemon Pepper Grl. Tilapia w/bread (Dinner Menu Entrée) | 610 | 290 | 32 | 155 | 1250 | 24 | 54 | 1 1/2 | 1 1/2 Starch | 7/10 L Meat | 4 Fat |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Portion: 10 oz. order |                |     |    |    |     |    |    |    |    |    |    |    |    |</p>
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<th>Kids’ Menu (add choices unless noted)</th>
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<tbody>
<tr>
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<td>TOTAL CALORIES</td>
<td>CALORIES FROM FAT</td>
<td>TOTAL FAT (gm)</td>
<td>CHOLESTEROL (mg)</td>
<td>SODIUM (mg)</td>
<td>CARBOHYDRATE (gm)</td>
<td>PROTEIN (gm)</td>
<td>TOTAL FAT CARB EXCHANGE</td>
<td>SUGGESTED EXCHANGE VALUE</td>
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<tr>
<td>Junior Grand Slam®</td>
<td>380</td>
<td>170</td>
<td>19</td>
<td>235</td>
<td>1000</td>
<td>39</td>
<td>2</td>
<td>1/2</td>
<td>2 Starch 1/2 Other Carb 1/2 HF Meat 1 Fat</td>
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<tr>
<td>Portion: 1 meal</td>
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<tr>
<td>Softball Pancake w/meat w/o tppgs.</td>
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<td>730</td>
<td>30</td>
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<td>2</td>
<td>2 Starch 1/2 HF Meat 1 Fat</td>
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<tr>
<td>Portion: 1 meal</td>
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<tr>
<td>Chocolate Chip-In Pancakes w/meat w/ syrup/marg.</td>
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<td>160</td>
<td>18</td>
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<td>1160</td>
<td>61</td>
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<td>4</td>
<td>3 Starch 1 Other Carb 1/2 HF Meat 3 Fat</td>
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<td>Portion: 1 meal</td>
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<tr>
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<td>60</td>
<td>470</td>
<td>22</td>
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<td>1 1/2</td>
<td>2 1/2 Starch 2 1/2 MF Meat 1 1/2 Fat</td>
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<tr>
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<tr>
<td>Cheesy @ the Plate</td>
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<td>190</td>
<td>21</td>
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<td>670</td>
<td>32</td>
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<td>2 Starch 1/2 HF Meat 2 Fat</td>
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<td>2 1/2 Starch 1 Fat</td>
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<tr>
<td>Triple Play Nuggets w/BBQ sauce</td>
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<td>115</td>
<td>13</td>
<td>60</td>
<td>1020</td>
<td>43</td>
<td>16</td>
<td>1 1/2</td>
<td>1 1/2 Starch 2 Other Carb 2 MF Meat</td>
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<td>Pit Stop Pizza</td>
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<td>4 1/2</td>
<td>4 1/2 Starch 1/2 Other Carb 3 MF Meat 2 Fat</td>
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<td>570</td>
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<td>14</td>
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<td>1 Fruit 1 Other Carb</td>
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<td>1 Starch 1 Fat</td>
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</table>

Sandwiches (add choices unless noted)

| Classic Cheeseburger                | 820            | 395              | 44             | 130             | 1450          | 47              | 47             | 3                         | 2 1/2 Starch 1/2 Other Carb 5 1/2 MF Meat 3 Fat |
| Portion: 1 sandwich                 |                |                  |                |                  |              |                 |              |                           |                          |

<p>| Mushroom Swiss Burger               | 860            | 430              | 48             | 130             | 1750          | 51              | 49             | 3                         | 2 1/2 Starch 1 Vegetable 1/2 Other Carb 5 1/2 MF Meat 4 Fat |
| Portion: 1 sandwich                 |                |                  |                |                  |              |                 |              |                           |                          |</p>
<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Fat (gm)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carb</th>
<th>Suggested Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veggie Burger w/Balsamic Dressing &amp; veggie side dish</td>
<td>540</td>
<td>1340</td>
<td>76</td>
<td>31</td>
<td>4</td>
<td></td>
<td></td>
<td>2 1/2 Starch 1 Vegetable 1/2 Other Carb 3 1/2 PB Protein 1/2 Fat</td>
</tr>
<tr>
<td>Bacon, Lettuce &amp; Tomato</td>
<td>520</td>
<td>620</td>
<td>35</td>
<td>15</td>
<td>2</td>
<td></td>
<td></td>
<td>2 Starch 1/2 HF Meat 4 Fat</td>
</tr>
<tr>
<td>Club Sandwich</td>
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<td>1530</td>
<td>55</td>
<td>26</td>
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<td>3 Starch 1/2 Other Carb 2 1/2 MF Meat 4 Fat</td>
</tr>
<tr>
<td>Chicken Avocado Sandwich w/ veggie side dish</td>
<td>520</td>
<td>2040</td>
<td>48</td>
<td>46</td>
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<td></td>
<td>2 Starch 1 Vegetable 1 Other Carb 5 1/2 L Meat</td>
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<tr>
<td>The Super Bird</td>
<td>610</td>
<td>2320</td>
<td>54</td>
<td>34</td>
<td>3 1/2</td>
<td></td>
<td></td>
<td>3 Starch 1/2 Other Carb 3 1/2 MF Meat 1 Fat</td>
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<td>Salads</td>
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<tr>
<td>Garden Salad w/dressing</td>
<td>120</td>
<td>150</td>
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<td>1 Vegetable 1/2 HF Meat 1/2 Fat</td>
</tr>
<tr>
<td>Grilled Chicken Deluxe Salad w/o dressing</td>
<td>340</td>
<td>530</td>
<td>13</td>
<td>44</td>
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<td>2 Vegetable 5 1/2 L Meat 1 Fat</td>
</tr>
<tr>
<td>Cranberry Apple Chicken Salad w/Balsamic Dressing</td>
<td>370</td>
<td>610</td>
<td>32</td>
<td>36</td>
<td>1/2</td>
<td></td>
<td></td>
<td>1 Vegetable 1 Fruit 1/2 Other Carb 5 L Meat</td>
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Portion sizes vary. Please check the menu for details.
### Dinner Entrées (add choices unless noted)

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<tr>
<th>Dish</th>
<th>Calories</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Sugar</th>
<th>Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet &amp; Tangy BBQ Chicken w/ broccoli &amp; corn</td>
<td>630</td>
<td>115</td>
<td>13</td>
<td>1230</td>
<td>56</td>
<td>78</td>
<td>1 1/2 Starch 1 Vegetable 2 Other Carb 5 L Meat</td>
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<tr>
<td>Tilapia Ranchero</td>
<td>540</td>
<td>170</td>
<td>19</td>
<td>930</td>
<td>40</td>
<td>53</td>
<td>2 1 1/2 Starch 1 Vegetable 6 1/2 L Meat 1 Fat</td>
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<tr>
<td>Lemon Pepper</td>
<td>800</td>
<td>315</td>
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<td>1740</td>
<td>59</td>
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<td>3 1/2 Starch 7 L Meat 5 Fat</td>
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<tr>
<td>Prime Rib &amp; Chicken Sizzlin' Skillet</td>
<td>940</td>
<td>385</td>
<td>43</td>
<td>2400</td>
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<td>69</td>
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### Dinner Side Items

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<tr>
<th>Dish</th>
<th>Calories</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Sugar</th>
<th>Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garlic Dinner Bread</td>
<td>170</td>
<td>80</td>
<td>9 2 0</td>
<td>350</td>
<td>21</td>
<td>4</td>
<td>1 Starch 2 Fat</td>
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<tr>
<td>Portion: 2-piece order</td>
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<tr>
<td>Broccoli</td>
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<td>0 0</td>
<td>0 0</td>
<td>20</td>
<td>4 2</td>
<td>0</td>
<td>1 Vegetable</td>
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<tr>
<td>Portion: 3 oz. order</td>
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<tr>
<td>Coleslaw</td>
<td>260</td>
<td>200</td>
<td>22 4 0</td>
<td>520</td>
<td>15</td>
<td>2</td>
<td>1 Other Carb 4 Fat</td>
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<td></td>
<td></td>
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<tr>
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<tr>
<td>Corn in butter sauce</td>
<td>120</td>
<td>5  &lt;1</td>
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<td>21</td>
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<td>1 1/2 Starch</td>
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<td>10</td>
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<td>1</td>
<td>0 Vegetable</td>
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<tr>
<td>French Fries</td>
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<td>205</td>
<td>23 5 0</td>
<td>95</td>
<td>50</td>
<td>5</td>
<td>3 1/2 Starch 4 1/2 Fat</td>
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<td>Portion: 5 oz. order</td>
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<tr>
<td>Hash Browns (Plain)</td>
<td>210</td>
<td>110</td>
<td>12 2/3 0</td>
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<td>1 1/2 Starch 2 Fat</td>
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<tr>
<td>Sautéed Spinach</td>
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<td>6 1</td>
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<td>0 Vegetable 1 Fat</td>
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<tr>
<td>Dippable Veggies w/Low Fat Ranch Dressing</td>
<td>210</td>
<td>180</td>
<td>20 4</td>
<td>350</td>
<td>5</td>
<td>1</td>
<td>0 Vegetable 1 Fat</td>
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<td>Portion: 5 oz. order</td>
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<tr>
<td>Vegetable Rice Pilaf</td>
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<td>490</td>
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<td>2 1/2 Starch 1/2 Fat</td>
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</tbody>
</table>

For a complete listing of fountain drinks, see inside back cover.
### 12" Classic Hand-Tossed (medium w/new sauce)

<table>
<thead>
<tr>
<th>Topping</th>
<th>Calories</th>
<th>Total Fat (gm)</th>
<th>Carbs (gm)</th>
<th>Protein (gm)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Calories from Fat</th>
<th>Trans Fat (gm)</th>
<th>Fiber (gm)</th>
<th>Sugar (gm)</th>
<th>Sat Fat (gm)</th>
<th>MF Meat</th>
<th>Starch Exchange</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>460</td>
<td>8</td>
<td>20</td>
<td>9</td>
<td>20</td>
<td>190</td>
<td>1/2</td>
<td>&lt;1</td>
<td>1/2</td>
<td>0</td>
<td>2</td>
<td>1</td>
<td>1/2 Starch</td>
</tr>
<tr>
<td>Portion: 1 of 8 slices</td>
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<td></td>
<td></td>
<td>Starch 1 Fat</td>
</tr>
<tr>
<td>Ham</td>
<td>510</td>
<td>18</td>
<td>25</td>
<td>9</td>
<td>20</td>
<td>190</td>
<td>1/2</td>
<td>&lt;1</td>
<td>1/2</td>
<td>0</td>
<td>3</td>
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<td>1/2 Starch</td>
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<td>Starch 1 Fat</td>
</tr>
<tr>
<td>Pepperoni</td>
<td>510</td>
<td>20</td>
<td>25</td>
<td>9</td>
<td>20</td>
<td>190</td>
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<td>1/2</td>
<td>0</td>
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<td>1</td>
<td>1/2 Starch</td>
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<tr>
<td>Portion: 1 of 8 slices</td>
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<td>Starch 1 Fat</td>
</tr>
<tr>
<td>Italian Sausage</td>
<td>510</td>
<td>20</td>
<td>27</td>
<td>9</td>
<td>20</td>
<td>190</td>
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<td>&lt;1</td>
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<td>0</td>
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<td>1/2 Starch</td>
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### 12" Crunchy Thin Crust (medium w/new sauce)

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<th>Carbs (gm)</th>
<th>Protein (gm)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Calories from Fat</th>
<th>Trans Fat (gm)</th>
<th>Fiber (gm)</th>
<th>Sugar (gm)</th>
<th>Sat Fat (gm)</th>
<th>MF Meat</th>
<th>Starch Exchange</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>655</td>
<td>40</td>
<td>29</td>
<td>13</td>
<td>13</td>
<td>245</td>
<td>1/2</td>
<td>&lt;1</td>
<td>2</td>
<td>1</td>
<td>15</td>
<td>1</td>
<td>1/2 Starch</td>
</tr>
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<td>Portion: 1/4 pizza</td>
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<td>Starch 1 Fat</td>
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<tr>
<td>Ham</td>
<td>755</td>
<td>39</td>
<td>28</td>
<td>13</td>
<td>13</td>
<td>245</td>
<td>1/2</td>
<td>&lt;1</td>
<td>2</td>
<td>1</td>
<td>15</td>
<td>1</td>
<td>1/2 Starch</td>
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<td>Starch 1 Fat</td>
</tr>
<tr>
<td>Pepperoni</td>
<td>755</td>
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<td>28</td>
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<td>13</td>
<td>245</td>
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<td>15</td>
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<td>1/2 Starch</td>
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<td>Portion: 1/4 pizza</td>
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<tr>
<td>Italian Sausage</td>
<td>755</td>
<td>22</td>
<td>31</td>
<td>13</td>
<td>13</td>
<td>245</td>
<td>1/2</td>
<td>&lt;1</td>
<td>2</td>
<td>1</td>
<td>15</td>
<td>1</td>
<td>1/2 Starch</td>
</tr>
<tr>
<td>Portion: 1/4 pizza</td>
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<td>Starch 1 Fat</td>
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### 12" Ultimate Deep Dish (medium w/new sauce)

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<th>Carbs (gm)</th>
<th>Protein (gm)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Calories from Fat</th>
<th>Trans Fat (gm)</th>
<th>Fiber (gm)</th>
<th>Sugar (gm)</th>
<th>Sat Fat (gm)</th>
<th>MF Meat</th>
<th>Starch Exchange</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>565</td>
<td>20</td>
<td>28</td>
<td>9</td>
<td>9</td>
<td>240</td>
<td>1/2</td>
<td>&lt;1</td>
<td>2</td>
<td>0</td>
<td>10</td>
<td>1</td>
<td>1/2 Starch</td>
</tr>
<tr>
<td>Portion: 1/8 pizza</td>
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<td>Starch 1 Fat</td>
</tr>
<tr>
<td>Ham</td>
<td>615</td>
<td>18</td>
<td>27</td>
<td>9</td>
<td>9</td>
<td>240</td>
<td>1/2</td>
<td>&lt;1</td>
<td>2</td>
<td>0</td>
<td>10</td>
<td>1</td>
<td>1/2 Starch</td>
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<tr>
<td>Portion: 1/8 pizza</td>
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<td>Starch 1 Fat</td>
</tr>
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### Pizza Sauce Variations

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<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
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<th>Trans Fat (gm)</th>
<th>Fiber (gm)</th>
<th>Sugar (gm)</th>
<th>Sat Fat (gm)</th>
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*To substitute one of these pizza sauces, ADD this data to the pizza slice of your choice previously listed.
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<th>Protein</th>
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### Salads/Salad Dressings

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<th>Cholesterol</th>
<th>Protein</th>
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### Sides

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<th>Cholesterol</th>
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33 • Dunkin’ Donuts
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<td>420</td>
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<tr>
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## Classic Bagels

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<tr>
<th>Flavor</th>
<th>Portion: 1 bagel</th>
<th>Total Calories</th>
<th>Total Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Total Carb</th>
<th>Exchanges</th>
<th>Suggested Exchange Value</th>
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<td>MF Meat 1/2 Fat</td>
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## Signature Flavors of Bagels

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<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Total Carb</th>
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<th>Suggested Exchange Value</th>
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<td>14</td>
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<td>3/2 Starch</td>
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<td>0</td>
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<td>3/2 Starch</td>
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<td>SODIUM (mg)</td>
<td>CARBOHYDRATE (gm)</td>
<td>PROTEIN (gm)</td>
<td>TOTAL CARB</td>
<td>EXCHANGE</td>
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<tr>
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<td>0</td>
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<td>1½</td>
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<td>460</td>
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<td>56</td>
<td>10</td>
<td>3½</td>
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**Cream Cheese Schmear (whipped)**

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<th>CALORIES FROM FAT</th>
<th>TOTAL FAT (gm)</th>
<th>CHOLESTEROL (mg)</th>
<th>SODIUM (mg)</th>
<th>CARBOHYDRATE (gm)</th>
<th>PROTEIN (gm)</th>
<th>TOTAL CARB</th>
<th>EXCHANGE</th>
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<td></td>
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<td>12</td>
<td>8</td>
<td>115</td>
<td>2</td>
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<td>2</td>
<td>0</td>
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<td><strong>Onion &amp; Chive</strong></td>
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<tr>
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<td>100</td>
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<td>100</td>
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**Specialty Teas/Coffees**

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<th>CALORIES FROM FAT</th>
<th>TOTAL FAT (gm)</th>
<th>CHOLESTEROL (mg)</th>
<th>SODIUM (mg)</th>
<th>CARBOHYDRATE (gm)</th>
<th>PROTEIN (gm)</th>
<th>TOTAL CARB</th>
<th>EXCHANGE</th>
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<tr>
<td>Portion: all sizes</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td>0</td>
<td>Free</td>
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<td>0</td>
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<td>51</td>
<td>8</td>
<td>3½</td>
<td>1½ RF Milk 3 Other Carb</td>
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<tr>
<td><strong>Coffee or Espresso (all varieties)</strong></td>
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</tr>
<tr>
<td>Portion: all sizes</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<td>Free</td>
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<tr>
<td>Portion: 12 fl. oz.</td>
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<td>45</td>
<td>5</td>
<td>3</td>
<td>115</td>
<td>11</td>
<td>8</td>
<td>1</td>
<td>1 RF Milk</td>
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<tr>
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<td>2½</td>
<td>95</td>
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<td>6</td>
<td>½ RF Milk</td>
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<td><strong>Mocha (reg) (reduced-fat milk)</strong></td>
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<tr>
<td>Portion: 12 fl. oz.</td>
<td>330</td>
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<td>11</td>
<td>6</td>
<td>115</td>
<td>50</td>
<td>9</td>
<td>3½</td>
<td>½ RF Milk 3 Other Carb 1 Fat</td>
</tr>
<tr>
<td><strong>Caramel Macchiato (reg) (reduced-fat milk)</strong></td>
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</tr>
<tr>
<td>Portion: 12 fl. oz.</td>
<td>240</td>
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<td>3½</td>
<td>110</td>
<td>42</td>
<td>8</td>
<td>3</td>
<td>½ RF Milk 2½ Other Carb</td>
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</tbody>
</table>

**NOTE:** Iced coffees served as 16 fl. oz. are approximately 10½ fl. oz. of coffee and 5½ fl. oz. of ice. To determine values for iced coffees reduce data of variety chosen by approximately 10 percent.
### Fresh-Made Pastas (see note below)

<table>
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<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Total Fat</th>
<th>Sugars</th>
<th>Fiber</th>
<th>Fat</th>
<th>Suggested Exchange Value</th>
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<tbody>
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<td>245</td>
<td>27</td>
<td>110</td>
<td>1790</td>
<td>88</td>
<td>42</td>
<td>5 1/2</td>
<td>5 Starch 1/2 Other Carb 4 1/2 L Meat 3 Fat</td>
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<tr>
<td><strong>Spaghetti w/ Alfredo</strong></td>
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<td>235</td>
<td>26</td>
<td>75</td>
<td>1480</td>
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<td>26</td>
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<tr>
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<tr>
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<td>800</td>
<td>235</td>
<td>26</td>
<td>75</td>
<td>1480</td>
<td>108</td>
<td>26</td>
<td>7</td>
<td>6 1/2 Starch 1/2 Other Carb 4 1/2 L Meat 4 Fat</td>
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<tr>
<td><strong>Spaghetti w/ Marinara</strong></td>
<td>560</td>
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<td><strong>Tortellini &amp; Sun-Dried Tomato Rustico</strong></td>
<td>850</td>
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<td>5 1/2 Starch 1 Other Carb 4 MF Meat 1 Fat</td>
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</table>

**NOTE:** Spaghetti, Penne and Fettuccine noodles carry the same nutrition values and are interchangeable, allowing you to create dishes not listed.

### Oven-Baked Pastas/Pasta Toppings

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Total Fat</th>
<th>Sugars</th>
<th>Fiber</th>
<th>Fat</th>
<th>Suggested Exchange Value</th>
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<td>200</td>
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<td>29</td>
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<tr>
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<td>245</td>
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**NOTE:** Spaghetti, Penne and Fettuccine noodles carry the same nutrition values and are interchangeable, allowing you to create dishes not listed.
<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
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<td></td>
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<td></td>
<td>2 Starch 1 Vegetable 1/2 Other Carb 4 1/2 L Meat 7 Fat</td>
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For a complete listing of fountain drinks, see inside back cover.
<table>
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<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (grams)</th>
<th>Total Carbohydrate (grams)</th>
<th>Protein (grams)</th>
<th>Total Saturated Fat (grams)</th>
<th>Total Trans Fat (grams)</th>
<th>Total Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Sugars (grams)</th>
<th>Fiber (grams)</th>
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</tr>
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<td>9</td>
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</tr>
<tr>
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<td>55</td>
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<td>3</td>
<td>1</td>
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</tr>
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<td>&lt;1</td>
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<td>Hash Brown Casserole</td>
<td>130</td>
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<td>5</td>
<td>530</td>
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<td>1</td>
<td>1 Starch 1/2 MF Meat 1/2 Fat</td>
</tr>
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<td>Portion: 1/2 cup</td>
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<td></td>
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</tr>
<tr>
<td>Biscuits</td>
<td>210</td>
<td>125</td>
<td>14</td>
<td>350</td>
<td>17</td>
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<td>3</td>
<td>1</td>
<td>1 Starch 3 Fat</td>
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<td>Sausage Gravy</td>
<td>80</td>
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<td>6</td>
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<td>1/2 Starch 1 Fat</td>
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GOLDEN CORRAL®

Breakfast

---

Various Fruit Toppings (average) and Hash Brown Casserole are based on average values. The calorie and nutrient content may vary depending on the specific ingredients and preparation method.
## Salad Buffet

<table>
<thead>
<tr>
<th>Salad</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Total Carb (g)</th>
<th>Exchange Value</th>
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</thead>
<tbody>
<tr>
<td>Broccoli Salad</td>
<td>110</td>
<td>70</td>
<td>8</td>
<td>1/2 Trans Fat</td>
<td>0</td>
<td>10</td>
<td>85</td>
<td>9</td>
<td>2</td>
<td>1/2 Other Carb 1 Vegetable 1 Fat</td>
</tr>
<tr>
<td>Caesar Salad w/o dressing</td>
<td>110</td>
<td>70</td>
<td>8</td>
<td>2 Trans Fat</td>
<td>0</td>
<td>15</td>
<td>290</td>
<td>8</td>
<td>3</td>
<td>1 Vegetable 2 Fat</td>
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<td>Cajun Potato Salad</td>
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<td>155</td>
<td>17</td>
<td>2 Trans Fat</td>
<td>0</td>
<td>130</td>
<td>410</td>
<td>15</td>
<td>5</td>
<td>1 Starch 1/2 MF Meat 3 Fat</td>
</tr>
<tr>
<td>Coleslaw</td>
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<td>80</td>
<td>9</td>
<td>1 1/2 Trans Fat</td>
<td>0</td>
<td>10</td>
<td>240</td>
<td>6</td>
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<tr>
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<td>65</td>
<td>7</td>
<td>1 Trans Fat</td>
<td>0</td>
<td>5</td>
<td>75</td>
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<td>1 Vegetable 1/2 Fruit 1 Fat</td>
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<td>20</td>
<td>3 Trans Fat</td>
<td>0</td>
<td>115</td>
<td>370</td>
<td>3</td>
<td>12</td>
<td>0 1/2 L Meat 4 Fat</td>
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<td>0 Trans Fat</td>
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<td>0 1/2 Fat</td>
</tr>
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<td>200</td>
<td>22</td>
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<td>280</td>
<td>19</td>
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<td>45</td>
<td>380</td>
<td>5</td>
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## Hot Buffet Chicken

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<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
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<td>200</td>
<td>22</td>
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<td>205</td>
<td>1080</td>
<td>21</td>
<td>50</td>
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<tr>
<td>Rotisserie Chkn. (breast/wing)</td>
<td>310</td>
<td>125</td>
<td>15</td>
<td>4 1/2 Trans Fat</td>
<td>0</td>
<td>175</td>
<td>1070</td>
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<td>43</td>
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<tr>
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<td>125</td>
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<td>85</td>
<td>460</td>
<td>6</td>
<td>19</td>
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<td>Bourbon Street Chicken</td>
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<td>80</td>
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<td>2/3 Trans Fat</td>
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<td>95</td>
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<td>4</td>
<td>19</td>
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<tr>
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<td>2/3 Trans Fat</td>
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<td>70</td>
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<td>18</td>
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<td>125</td>
<td>14</td>
<td>4 Trans Fat</td>
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<td>65</td>
<td>180</td>
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### Hot Buffet Fish/Seafood Entrées

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<th>Sodium</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Total Carb</th>
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<td>Baked Lemon Fish w/Shrimp</td>
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<td>75</td>
<td>410</td>
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<td>16</td>
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<tr>
<td>Portion: 3 oz. order</td>
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<tr>
<td>Sweet &amp; Spicy</td>
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<td>45</td>
<td>290</td>
<td>12</td>
<td>18</td>
<td>1/2</td>
<td>2/1 L Meat 1 Fat</td>
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<tr>
<td>Portion: 1-piece order</td>
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<td>Portion: 1/2 cup</td>
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### Hot Buffet Pork/Beef Entrées

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<th>Carbohydrate</th>
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<td>1/2 Other Carb 2 L Meat</td>
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<td>Portion: 3 oz. slice</td>
<td></td>
<td></td>
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</tr>
<tr>
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<td>70</td>
<td>8</td>
<td>75</td>
<td>100</td>
<td>5</td>
<td>18</td>
<td>1/2</td>
<td>1/2 Other Carb 21/2 L Meat</td>
</tr>
<tr>
<td>Portion: 3 oz. piece</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Marinated Beef Tips</td>
<td>45</td>
<td>5</td>
<td>65</td>
<td>250</td>
<td>0</td>
<td>21</td>
<td>0</td>
<td>3 L Meat</td>
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<tr>
<td>Portion: 3 oz.</td>
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<td></td>
</tr>
<tr>
<td>Sirloin Steak</td>
<td>80</td>
<td>9</td>
<td>85</td>
<td>590</td>
<td>1</td>
<td>36</td>
<td>0</td>
<td>5 L Meat</td>
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<td>Brown Gravy w/mushrooms</td>
<td>10</td>
<td>1</td>
<td>0</td>
<td>280</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>1/2 Fat</td>
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<td>Portion: 4 tsp.</td>
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<td>Awesome Pot Roast</td>
<td>40</td>
<td>2</td>
<td>35</td>
<td>200</td>
<td>5</td>
<td>10</td>
<td>1/2</td>
<td>1/2 Other Carb 11/2 L Meat</td>
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### Pasta Items

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<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Total Carb</th>
<th>Exchange Value</th>
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<tbody>
<tr>
<td>Penne Pasta</td>
<td>20</td>
<td>2</td>
<td>0</td>
<td>40</td>
<td>7</td>
<td>2 1/2</td>
<td>2 1/2 Starch</td>
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<tr>
<td>Portion: 1 cup</td>
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<td></td>
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<td>Macaroni &amp; Cheese</td>
<td>80</td>
<td>9</td>
<td>15</td>
<td>450</td>
<td>19</td>
<td>9</td>
<td>1</td>
<td>1 Starch 1 MF Meat 1 Fat</td>
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<tr>
<td>Portion: 1/2 cup</td>
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<td></td>
<td></td>
<td></td>
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<td>40</td>
<td>41/2</td>
<td>0</td>
<td>24</td>
<td>4</td>
<td>1 1/2</td>
<td>1/2 Starch 1/2 Fat</td>
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<tr>
<td>Portion: 1/2 cup</td>
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<td></td>
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<td></td>
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<td>Italian Meatballs</td>
<td>45</td>
<td>5</td>
<td>30</td>
<td>285</td>
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<td>1 MF Meat</td>
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<td>55</td>
<td>6</td>
<td>0</td>
<td>340</td>
<td>7</td>
<td>2</td>
<td>1/2</td>
<td>1/2 Other Carb 1 Fat</td>
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<tr>
<td>Portion: 1/2 cup</td>
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### Hot Side Items

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<tr>
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<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Total Carb</th>
<th>Exchange Value</th>
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<tbody>
<tr>
<td>Steak Fries</td>
<td>80</td>
<td>9</td>
<td>0</td>
<td>300</td>
<td>22</td>
<td>2 1/2</td>
<td>1 1/2 Starch 2 Fat</td>
<td></td>
</tr>
<tr>
<td>Portion: 8-piece order</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Portion: ½ cup</td>
<td>Fried Cubed Potatoes</td>
<td>160</td>
<td>80</td>
<td>9</td>
<td>0</td>
<td>160</td>
<td>19</td>
<td>2</td>
</tr>
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<td>----------------------</td>
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</tr>
<tr>
<td></td>
<td>Seasoned Wedge French Fries</td>
<td>160</td>
<td>70</td>
<td>8</td>
<td>0</td>
<td>540</td>
<td>22</td>
<td>3</td>
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<tr>
<td>Portion: 6-piece order</td>
<td>Sweet Potato Casserole</td>
<td>190</td>
<td>30</td>
<td>3 1/2</td>
<td>0</td>
<td>50</td>
<td>37</td>
<td>2</td>
</tr>
<tr>
<td>Portion: 1/2 cup</td>
<td>Mashed Potatoes</td>
<td>160</td>
<td>70</td>
<td>8</td>
<td>0</td>
<td>400</td>
<td>20</td>
<td>2 1/2 Starch 1 Fat</td>
</tr>
<tr>
<td>Portion: 1/2 cup</td>
<td>Brown or Poultry Gravy</td>
<td>25</td>
<td>5</td>
<td>&lt;1</td>
<td>0</td>
<td>300</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Portion: 1/2 cup</td>
<td>White Rice</td>
<td>150</td>
<td>40</td>
<td>4 1/2</td>
<td>0</td>
<td>230</td>
<td>23</td>
<td>2</td>
</tr>
<tr>
<td>Portion: 1/2 cup</td>
<td>Rice Pilaf</td>
<td>150</td>
<td>45</td>
<td>5</td>
<td>0</td>
<td>560</td>
<td>24</td>
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**Vegetables**

<table>
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<tr>
<th>Portion: 5 piece</th>
<th>Asparagus</th>
<th>25</th>
<th>10</th>
<th>1</th>
<th>0</th>
<th>25</th>
<th>3</th>
<th>2</th>
<th>0</th>
<th>1 Vegetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portion: 1/2 cup</td>
<td>Escallopied Apples</td>
<td>130</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>29</td>
<td>0</td>
<td>2</td>
<td>1/2 Fruit 1/2 Other Carb</td>
</tr>
<tr>
<td>Portion: 1/4 cup</td>
<td>Broccoli Florets</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>Free</td>
</tr>
<tr>
<td>Portion: 1/2 cup</td>
<td>Steamed Broccoli</td>
<td>25</td>
<td>5</td>
<td>&lt;1</td>
<td>0</td>
<td>85</td>
<td>6</td>
<td>2</td>
<td>0</td>
<td>1 Vegetable</td>
</tr>
<tr>
<td>Item</td>
<td>Portion</td>
<td>Calories</td>
<td>Total Fat (gm)</td>
<td>Saturated Fat (gm)</td>
<td>Trans Fat (gm)</td>
<td>Cholesterol (mg)</td>
<td>Sodium (mg)</td>
<td>Carbohydrate (gm)</td>
<td>Fiber (gm)</td>
<td>Protein (gm)</td>
</tr>
<tr>
<td>-----------------------</td>
<td>---------</td>
<td>----------</td>
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<td>--------------------</td>
<td>----------------</td>
<td>------------------</td>
<td>-------------</td>
<td>--------------------</td>
<td>-------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>1/2 cup</td>
<td>40</td>
<td>15</td>
<td>1/2</td>
<td>0</td>
<td>0</td>
<td>45</td>
<td>4</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Steamed Baby Carrots</td>
<td>1/2 cup</td>
<td>50</td>
<td>15</td>
<td>1/2</td>
<td>0</td>
<td>0</td>
<td>65</td>
<td>8</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Steamed Cauliflower</td>
<td>1/2 cup</td>
<td>20</td>
<td>5</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>65</td>
<td>3</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Cheddar Cheese Sauce</td>
<td>2 oz.</td>
<td>80</td>
<td>45</td>
<td>5</td>
<td>2</td>
<td>1/2</td>
<td>490</td>
<td>4</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Creamed Corn</td>
<td>1/2 cup</td>
<td>110</td>
<td>5</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>390</td>
<td>25</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Corn-on-the-Cob</td>
<td>1 piece</td>
<td>70</td>
<td>5</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>90</td>
<td>13</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Green Bean Casserole</td>
<td>1/2 cup</td>
<td>35</td>
<td>20</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>420</td>
<td>4</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Steamed Peas</td>
<td>1/2 cup</td>
<td>70</td>
<td>10</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>45</td>
<td>11</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Creamed Spinach</td>
<td>1/2 cup</td>
<td>230</td>
<td>160</td>
<td>18</td>
<td>4</td>
<td>1</td>
<td>680</td>
<td>18</td>
<td>4 1/2</td>
<td>2</td>
</tr>
<tr>
<td>Battered Squash</td>
<td>3-piece order</td>
<td>150</td>
<td>70</td>
<td>8</td>
<td>3/4</td>
<td>1/2</td>
<td>0</td>
<td>910</td>
<td>17</td>
<td>1</td>
</tr>
<tr>
<td>Yams &amp; Apples Casserole</td>
<td>1/2 cup</td>
<td>180</td>
<td>30</td>
<td>3/4</td>
<td>1</td>
<td>0</td>
<td>120</td>
<td>35</td>
<td>1 2/2</td>
<td>1/2 Starch 1/2 Fruit 1 1/2 Other Carb 2 Fat</td>
</tr>
<tr>
<td>Battered Zucchini</td>
<td>3-piece order</td>
<td>150</td>
<td>70</td>
<td>8</td>
<td>3/4</td>
<td>1/2</td>
<td>0</td>
<td>910</td>
<td>17</td>
<td>1</td>
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**Bakery Items**

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<th>Item</th>
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<th>Calories</th>
<th>Total Fat (gm)</th>
<th>Saturated Fat (gm)</th>
<th>Trans Fat (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Fiber (gm)</th>
<th>Protein (gm)</th>
<th>Total Carb (gm)</th>
<th>Suggested Exchange Value</th>
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<tbody>
<tr>
<td>Garlic Cheese Breadsticks</td>
<td>per piece</td>
<td>120</td>
<td>45</td>
<td>5</td>
<td>2</td>
<td>0</td>
<td>250</td>
<td>13</td>
<td>5</td>
<td>1/2</td>
<td>1/2 Starch</td>
<td>1/2 MF Meat 1/2 Fat</td>
</tr>
<tr>
<td>Skillet Cornbread</td>
<td>2 oz. piece</td>
<td>120</td>
<td>25</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>240</td>
<td>22</td>
<td>2</td>
<td>1/2</td>
<td>1 Starch</td>
<td>1/2 Other Carb</td>
</tr>
<tr>
<td>Sourdough Roll</td>
<td>1 roll</td>
<td>120</td>
<td>15</td>
<td>1/2</td>
<td>1</td>
<td>0</td>
<td>300</td>
<td>20</td>
<td>5</td>
<td>1/2</td>
<td>1/2 Starch</td>
<td>1/2 Other Carb</td>
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<tr>
<td>Yeast Roll w/o butter</td>
<td>1 roll</td>
<td>180</td>
<td>30</td>
<td>3/2</td>
<td>3</td>
<td>0</td>
<td>210</td>
<td>31</td>
<td>5</td>
<td>1/2</td>
<td>1 Starch</td>
<td>1/2 Other Carb</td>
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<tr>
<td>Texas Toast</td>
<td>1 slice</td>
<td>200</td>
<td>90</td>
<td>10</td>
<td>3</td>
<td>2</td>
<td>220</td>
<td>22</td>
<td>5</td>
<td>1/2</td>
<td>1 Starch</td>
<td>1/2 Other Carb</td>
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*For a complete listing of fountain drinks, see inside back cover.*
## Breakfast Sandwiches

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<th>Total Calories</th>
<th>Total Fat (g)</th>
<th>Suggested Exchange Value</th>
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<tbody>
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<td><strong>Bacon, Egg &amp; Cheese Biscuit</strong></td>
<td>530</td>
<td>325</td>
<td>36</td>
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<td><strong>Breaded Pork Chop Biscuit</strong></td>
<td>640</td>
<td>350</td>
<td>39</td>
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<td><strong>Pork Chop &amp; Gravy Biscuit</strong></td>
<td>680</td>
<td>380</td>
<td>42</td>
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<tr>
<td><strong>Sausage Biscuit</strong></td>
<td>530</td>
<td>340</td>
<td>38</td>
</tr>
<tr>
<td><strong>Sausage &amp; Egg Biscuit</strong></td>
<td>590</td>
<td>380</td>
<td>42</td>
</tr>
<tr>
<td><strong>Country Ham Biscuit</strong></td>
<td>440</td>
<td>235</td>
<td>26</td>
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<td><strong>Ham, Egg &amp; Cheese Biscuit</strong></td>
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<td>33</td>
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<td><strong>Chicken Fillet Biscuit</strong></td>
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<td>415</td>
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<td><strong>Sunrise Croissant w/ham</strong></td>
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<td>205</td>
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<td><strong>Texas Toast Breakfast S’wich w/sausage</strong></td>
<td>480</td>
<td>270</td>
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<td><strong>Grits</strong></td>
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<td>45</td>
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</tr>
<tr>
<td><strong>Hash Rounds (sm)</strong></td>
<td>250</td>
<td>145</td>
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<td>Total Calories</td>
<td>Calories from Fat</td>
<td>Cholesterol (mg)</td>
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<td><strong>Thickburgers®/Other Hamburgers</strong></td>
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<tr>
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<td>32</td>
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<td>295</td>
<td>33</td>
</tr>
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<td>310</td>
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<td>15</td>
</tr>
<tr>
<td>Small Cheeseburger</td>
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<td>170</td>
<td>19</td>
</tr>
<tr>
<td>Double Cheeseburger</td>
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<td>Charbroiled BBQ Chicken Sandwich</td>
<td>400</td>
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<td>Charbroiled Chicken Club</td>
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<tr>
<td>Low-Carb Charbroiled Chicken Club</td>
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<td>205</td>
<td>23</td>
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<tr>
<td>Spicy Chicken Sandwich</td>
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<td>190</td>
<td>21</td>
</tr>
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<td>Regular Roast Beef</td>
<td>310</td>
<td>135</td>
<td>15</td>
</tr>
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For a complete listing of fountain drinks, see inside back cover.
# KFC® Original Recipe® Chicken

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<th>Total Fat (gm)</th>
<th>Saturated Fat (gm)</th>
<th>Trans Fat (gm)</th>
<th>Carbohydrate (gm)</th>
<th>Dietary Fiber (gm)</th>
<th>Protein (gm)</th>
<th>Calories from Fat</th>
<th>钠 (mg)</th>
<th>蛋白质 (mg)</th>
<th>单糖 (mg)</th>
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# Extra Crispy™ Chicken

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<th>Protein (gm)</th>
<th>Calories from Fat</th>
<th>钠 (mg)</th>
<th>蛋白质 (mg)</th>
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<td>5 Mar 2</td>
<td>5 Mar 2</td>
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# Spicy Crispy™ Chicken

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<th>钠 (mg)</th>
<th>蛋白质 (mg)</th>
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# Kentucky Grilled Chicken

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<th>钠 (mg)</th>
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### Salads

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<th>Protein (g)</th>
<th>Total Carb Exch.</th>
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<th>Fiber (g)</th>
<th>Sugar (g)</th>
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<td>w/ drsg./crtns.</td>
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### Side Choices

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<th>Protein (g)</th>
<th>Total Carb Exch.</th>
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<th>Fiber (g)</th>
<th>Sugar (g)</th>
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<td>1/2 Starch Fat</td>
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<td>240</td>
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<td>1/2 Starch</td>
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<td>720</td>
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<td>1/2 Other Carb 2 Fat</td>
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<td>1 Other Carb 2 Fat</td>
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<td>11</td>
<td>560</td>
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<td>1 Starch</td>
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<td>1 Other Carb 2 Fat</td>
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<tr>
<td>Mashed Potatoes w/gravy</td>
<td>120</td>
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<td>4</td>
<td>530</td>
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<td>1 Starch</td>
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<td>1 Fat</td>
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<td>Potato Wedges (sm)</td>
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<td>810</td>
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For a complete listing of fountain drinks, see inside back cover.
# Long John Silver's®
## Sandwiches & More

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<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
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<td>49</td>
<td>18</td>
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<td>70</td>
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<td>4</td>
<td>14</td>
<td>2/2</td>
<td>1/2</td>
<td>1/2 l meat</td>
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<tr>
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<td>23</td>
<td>4</td>
<td>9</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2 l meat</td>
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<tr>
<td><strong>Freshside Grille® Salmon</strong>&lt;br&gt;(entrée only)&lt;br&gt;Portion: 11 oz. order</td>
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<td>1230</td>
<td>20</td>
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<td>1/2</td>
<td>3 l meat</td>
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<td>1230</td>
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<td>1/2</td>
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<td>8</td>
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## Fish & Seafood

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<th>Sodium (mg)</th>
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<td>8</td>
<td>5</td>
<td>1/2</td>
<td>1/2</td>
<td>2 fat</td>
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<tr>
<td><strong>Battered Shrimp</strong>&lt;br&gt;Portion: 3 pieces</td>
<td>130</td>
<td>45</td>
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<td>5</td>
<td>1/2</td>
<td>3/2</td>
<td>3/2</td>
<td>1 fat</td>
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<td><strong>Shrimp Scampi</strong>&lt;br&gt;Portion: 8-piece order</td>
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<td>13</td>
<td>3</td>
<td>8</td>
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<td>1/2</td>
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<td>1/2</td>
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<td>13</td>
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<td>1/2 MF meat</td>
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<td>1190</td>
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<td>29</td>
<td>9</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2 MF meat</td>
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### Sides

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<th>Protein (gm)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Fat (gm)</th>
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<td>350</td>
<td>34</td>
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### Dipping Sauces

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<tr>
<th>Sauce</th>
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<th>Calories from Fat</th>
<th>Total Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (mg)</th>
<th>Fat (gm)</th>
<th>Sugars (gm)</th>
<th>Fiber (gm)</th>
<th>Sodium Exchange Value</th>
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<td>0</td>
<td>0</td>
<td>½ Other Carb</td>
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<tr>
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<td>100</td>
<td>55</td>
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<td>170</td>
<td>12</td>
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<td>½ Starch Fat</td>
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For a complete listing of fountain drinks, see inside back cover.
<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carb Exchanges</th>
<th>Suggested Food Exchange</th>
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<td>120</td>
<td>12</td>
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<td>820</td>
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<tr>
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<td>450</td>
<td>245</td>
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<tr>
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<td>295</td>
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*Values as shown represent items when ordered with regular sized biscuit. To substitute large biscuit add: 60 calories, 40 calories from fat, 4g fat, 1g sat fat, 110mg sodium, 5g carbohydrates, 1g fiber and 1g sugar; Total Carb Exchange increases 1/2 carb; Suggested Food Exchange increases 1/2 starch and 1 fat.
### Sandwiches

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<th>Total Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Cholesterol (g)</th>
<th>Protein (g)</th>
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For a complete listing of fountain drinks, see inside back cover.
### Appetizers

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<th>Total Carbohydrate</th>
<th>Sugars</th>
<th>Protein</th>
<th>Sodium</th>
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### Soups/Salads

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<th>Sugars</th>
<th>Protein</th>
<th>Sodium</th>
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<td>1/2</td>
<td>8</td>
<td>1</td>
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</tr>
<tr>
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<td></td>
<td></td>
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<td>2 L Meat</td>
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<tr>
<td><strong>Pasta e Fagioli Soup</strong></td>
<td>130</td>
<td>2 1/2</td>
<td>N/A</td>
<td>680</td>
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<td>1 Starch</td>
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<td>1 PB Protein</td>
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<td><strong>Minestrone Soup</strong></td>
<td>100</td>
<td>1</td>
<td>N/A</td>
<td>1020</td>
<td>18</td>
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<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1 Starch</td>
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<td></td>
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<td>1 PB Protein</td>
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<td><strong>Zuppa Toscana Soup</strong></td>
<td>170</td>
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<td>N/A</td>
<td>960</td>
<td>24</td>
<td>10</td>
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<td>1/2 Starch</td>
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<td></td>
<td></td>
<td></td>
<td>1 L Meat</td>
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<tr>
<td><strong>Garden-Fresh Salad w/o dressing</strong></td>
<td>120</td>
<td>30</td>
<td>3 1/2</td>
<td>550</td>
<td>17</td>
<td>4</td>
<td>1/2</td>
<td>1/2 Starch</td>
<td>1 L Meat</td>
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<tr>
<td>Portion: 1 indiv. serving</td>
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<td>350</td>
<td>235</td>
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<td>1930</td>
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<td>5</td>
<td>1 1/2</td>
<td>1/2 Starch</td>
<td>2 Vegetable</td>
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<td>1/2 MF Meat</td>
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<tr>
<td><strong>Grilled Chicken Caesar Salad w/dressing</strong></td>
<td>850</td>
<td>575</td>
<td>64</td>
<td>1880</td>
<td>14</td>
<td>55</td>
<td>1/2</td>
<td>1/2 Starch</td>
<td>1 Vegetabe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Portion: 1 indiv. serving</td>
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<td>7/2 MF Meat</td>
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56 • Olive Garden
### Luncheon Selections *(see note below)*

#### Classic Recipes Dinners *(entrée only)*

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Sodium</th>
<th>Cholesterol</th>
<th>Calories from Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th><strong>Suggested Exchange Value</strong></th>
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</thead>
<tbody>
<tr>
<td>Spaghetti w/ Meat Sauce</td>
<td>710</td>
<td>22</td>
<td>8</td>
<td>N/A</td>
<td>1340</td>
<td>94</td>
<td>36</td>
<td>5/2</td>
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<td>4 Starch 1/2 Other Carb 3/2 MF Meat</td>
</tr>
<tr>
<td>Spaghetti &amp; Meatballs</td>
<td>920</td>
<td>36</td>
<td>14</td>
<td>N/A</td>
<td>1770</td>
<td>98</td>
<td>50</td>
<td>6</td>
<td></td>
<td>4 Starch 2 Other Carb 6 MF Meat</td>
</tr>
<tr>
<td>Spaghetti &amp; Italian Sausage</td>
<td>1270</td>
<td>67</td>
<td>24</td>
<td>N/A</td>
<td>3090</td>
<td>97</td>
<td>70</td>
<td>5/2</td>
<td></td>
<td>4 Starch 1/2 Other Carb 8 1/2 MF Meat 5 Fat</td>
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<tr>
<td>Lasagna Classico</td>
<td>850</td>
<td>47</td>
<td>25</td>
<td>N/A</td>
<td>2830</td>
<td>39</td>
<td>68</td>
<td>1 1/2</td>
<td></td>
<td>3 Starch 1/2 Other Carb 4 1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Five Cheese Ziti al Forno</td>
<td>1050</td>
<td>48</td>
<td>26</td>
<td>N/A</td>
<td>2370</td>
<td>112</td>
<td>44</td>
<td>7</td>
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<td>4 Starch 2 Vegetable 1 1/2 Other Carb 3 L Meat 5 Fat</td>
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<tr>
<td>Eggplant Parmigiana</td>
<td>850</td>
<td>35</td>
<td>10</td>
<td>N/A</td>
<td>1900</td>
<td>98</td>
<td>36</td>
<td>5/2</td>
<td></td>
<td>4 Starch 1/2 Other Carb 5 1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Fettuccine Alfredo</td>
<td>1220</td>
<td>75</td>
<td>47</td>
<td>N/A</td>
<td>1350</td>
<td>99</td>
<td>36</td>
<td>6</td>
<td></td>
<td>4 1/2 Starch 11/2 Other Carb 3 1/2 L Meat 13 Fat</td>
</tr>
<tr>
<td>Capellini Pomodoro</td>
<td>840</td>
<td>17</td>
<td>3</td>
<td>N/A</td>
<td>1250</td>
<td>141</td>
<td>31</td>
<td>8</td>
<td></td>
<td>6 1/2 Starch 1 Vegetable 1 1/2 Other Carb 2 1/2 L Meat 1 Fat</td>
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</tbody>
</table>

#### Fish/Seafood/Chicken Dinners *(entrée only)*

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Sodium</th>
<th>Cholesterol</th>
<th>Calories from Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th><strong>Suggested Exchange Value</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Parmesan Crusted Tilapia</td>
<td>590</td>
<td>25</td>
<td>10</td>
<td>N/A</td>
<td>910</td>
<td>42</td>
<td>50</td>
<td>2 1/2</td>
<td></td>
<td>2 1/2 Starch 7 L Meat 1 Fat</td>
</tr>
<tr>
<td>Herb-Grilled Salmon</td>
<td>510</td>
<td>26</td>
<td>6</td>
<td>N/A</td>
<td>760</td>
<td>5</td>
<td>64</td>
<td>0</td>
<td></td>
<td>6 Starch 1 1/2 Other Carb 5 L Meat 2 Fat</td>
</tr>
<tr>
<td>Shrimp Primavera</td>
<td>730</td>
<td>12</td>
<td>2</td>
<td>N/A</td>
<td>1620</td>
<td>110</td>
<td>46</td>
<td>6 1/2</td>
<td></td>
<td>5 Starch 1 1/2 Other Carb 5 L Meat 1 Fat</td>
</tr>
<tr>
<td>Seafood Brodetto</td>
<td>480</td>
<td>16</td>
<td>3</td>
<td>N/A</td>
<td>2250</td>
<td>35</td>
<td>47</td>
<td>1 1/2</td>
<td></td>
<td>4 1/2 Starch 2 Vegetable 5 1/2 L Meat 1 Fat</td>
</tr>
<tr>
<td>Chicken Marsala</td>
<td>770</td>
<td>37</td>
<td>5</td>
<td>N/A</td>
<td>1800</td>
<td>59</td>
<td>51</td>
<td>3 1/2</td>
<td></td>
<td>3 Starch 1 Other Carb 7 L Meat 4 Fat</td>
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</tbody>
</table>

**NOTE:** Most Dinner Entrées are available during luncheon hours as a reduced portion. Luncheon portions are approximately 70% of those listed for dinner *(multiply any listed information by 0.7). Resulting data will normally result with an approximation within a plus/minus 5% accuracy.*
| Venetian Apricot Chicken Portion: 1 order | 400 |
| Caloric Value | 65 |
| Calories from Fat | 7 |
| Sat Fat | N/A |
| Trans Fat | N/A |
| Cholesterol (mg) | 1010 |
| Sodium (mg) | 34 |
| Carbohydrate (gm) | 51 |
| Protein (gm) | 1 1/2 |
| Total Exchange | 1 Starch 1 Vegetable 1/2 Other Carb 6 L Meat |

### Beef Dinners (entrée only)

| Chianti Braised Short Ribs Portion: 1 order | 1060 |
| Caloric Value | 520 |
| Calories from Fat | 58 |
| Sat Fat | N/A |
| Trans Fat | N/A |
| Cholesterol (mg) | 2970 |
| Sodium (mg) | 71 |
| Carbohydrate (gm) | 64 |
| Protein (gm) | 4 |
| Total Exchange | 4 Other Carb 9 MF Meat 2 Fat |

| Mixed Grill Portion: 1 order | 830 |
| Caloric Value | 250 |
| Calories from Fat | 28 |
| Sat Fat | 5 |
| Trans Fat | N/A |
| Cholesterol (mg) | 1840 |
| Sodium (mg) | 72 |
| Carbohydrate (gm) | 73 |
| Protein (gm) | 4 |
| Total Exchange | 2 1/2 Starch 1 Other Carb 8 1/2 L Meat 2 Fat |

| Parmesan Crusted Bistecca Portion: 1 order | 690 |
| Caloric Value | 315 |
| Calories from Fat | 35 |
| Sat Fat | N/A |
| Trans Fat | N/A |
| Cholesterol (mg) | 1480 |
| Sodium (mg) | 40 |
| Carbohydrate (gm) | 65 |
| Protein (gm) | 2 1/2 |
| Total Exchange | 3 1/2 Starch 1 Other Carb 9 MF Meat 1 1/2 L Meat 2 Fat |

| Steak Gorgonzola Alfredo Portion: 1 order | 1310 |
| Caloric Value | 655 |
| Calories from Fat | 73 |
| Sat Fat | N/A |
| Trans Fat | N/A |
| Cholesterol (mg) | 2190 |
| Sodium (mg) | 82 |
| Carbohydrate (gm) | 81 |
| Protein (gm) | 5 |
| Total Exchange | 4 Other Carb 1 Other Carb 10 MF Meat 4 Fat |

### Children’s Selections (entrée only)

| Macaroni & Cheese Portion: 1 order | 340 |
| Caloric Value | 55 |
| Calories from Fat | 6 |
| Sat Fat | 2 |
| Trans Fat | N/A |
| Cholesterol (mg) | 1000 |
| Sodium (mg) | 58 |
| Carbohydrate (gm) | 13 |
| Protein (gm) | 3 1/2 |
| Total Exchange | 3 1/2 Starch 1 MF Meat |

| Chicken Fingers & Pasta Portion: 1 order | 515 |
| Caloric Value | 155 |
| Calories from Fat | 17 |
| Sat Fat | 2 |
| Trans Fat | N/A |
| Cholesterol (mg) | 1145 |
| Sodium (mg) | 58 |
| Carbohydrate (gm) | 29 |
| Protein (gm) | 3 1/2 |
| Total Exchange | 3 1/2 Starch 3 MF Meat |

| Cheese Pizza Portion: 1 order | 420 |
| Caloric Value | 90 |
| Calories from Fat | 10 |
| Sat Fat | N/A |
| Trans Fat | N/A |
| Cholesterol (mg) | 830 |
| Sodium (mg) | 64 |
| Carbohydrate (gm) | 17 |
| Protein (gm) | 3 |
| Total Exchange | 4 Starch 1/2 MF Meat 1/2 Fat |

| Pepperoni Pizza Portion: 1 order | 480 |
| Caloric Value | 135 |
| Calories from Fat | 15 |
| Sat Fat | 7 |
| Trans Fat | N/A |
| Cholesterol (mg) | 1070 |
| Sodium (mg) | 64 |
| Carbohydrate (gm) | 20 |
| Protein (gm) | 4 |
| Total Exchange | 4 Starch 2 MF Meat |

| Fettuccine Alfredo Portion: 1 order | 510 |
| Caloric Value | 290 |
| Calories from Fat | 32 |
| Sat Fat | 19 |
| Trans Fat | N/A |
| Cholesterol (mg) | 445 |
| Sodium (mg) | 43 |
| Carbohydrate (gm) | 13 |
| Protein (gm) | 2 1/2 |
| Total Exchange | 1/2 Starch 1 Other Carb 1 1/2 L Meat 6 Fat |

| Spaghetti w/ Tomato Sauce Portion: 1 order | 250 |
| Caloric Value | 40 |
| Calories from Fat | 4 1/2 |
| Sat Fat | N/A |
| Trans Fat | N/A |
| Cholesterol (mg) | 365 |
| Sodium (mg) | 41 |
| Carbohydrate (gm) | 8 |
| Protein (gm) | 2 1/2 |
| Total Exchange | 2 Starch 1/2 Other Carb 1/2 L Meat 1/2 Fat |

| Cheese Ravioli w/Tomato Sauce Portion: 1 order | 290 |
| Caloric Value | 70 |
| Calories from Fat | 8 |
| Sat Fat | 3 1/2 |
| Trans Fat | N/A |
| Cholesterol (mg) | 470 |
| Sodium (mg) | 43 |
| Carbohydrate (gm) | 12 |
| Protein (gm) | 2 1/2 |
| Total Exchange | 1/2 Starch 1 Other Carb 1/2 MF Meat |

| Broccoli Portion: 1 order | 15 |
| Caloric Value | 0 |
| Calories from Fat | 0 |
| Sat Fat | 0 |
| Trans Fat | N/A |
| Cholesterol (mg) | 10 |
| Sodium (mg) | 2 |
| Carbohydrate (gm) | 1 |
| Protein (gm) | 1 |
| Total Exchange | 0 1/2 Vegetable |

| Mashed Potatoes Portion: 1 order | 200 |
| Caloric Value | 90 |
| Calories from Fat | 10 |
| Sat Fat | N/A |
| Trans Fat | N/A |
| Cholesterol (mg) | 630 |
| Sodium (mg) | 22 |
| Carbohydrate (gm) | 5 |
| Protein (gm) | 1 1/2 |
| Total Exchange | 1 1/2 Starch 2 Fat |

*For a complete listing of fountain drinks, see inside back cover.*
<table>
<thead>
<tr>
<th>Signature Sandwiches (whole sandwiches)</th>
<th>Portion: 1 sandwich</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Asiago Roast Beef on Asiago Cheese</td>
<td>700</td>
<td>245</td>
</tr>
<tr>
<td>Bacon Turkey Bravo® on Tomato Basil</td>
<td>800</td>
<td>260</td>
</tr>
<tr>
<td>Chicken Caesar on 3-Cheese</td>
<td>720</td>
<td>290</td>
</tr>
<tr>
<td>Italian Combo on Ciabatta</td>
<td>980</td>
<td>370</td>
</tr>
<tr>
<td>Napa Almond Chicken Salad on Sesame Semolina</td>
<td>690</td>
<td>235</td>
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<tr>
<td>Café Sandwiches (whole sandwiches)</td>
<td>Portion: 1 sandwich</td>
<td></td>
</tr>
<tr>
<td>Smoked Ham &amp; Swiss on Rye</td>
<td>590</td>
<td>155</td>
</tr>
<tr>
<td>Sierra Turkey on Focaccia w/ Asiago Cheese</td>
<td>920</td>
<td>440</td>
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<td>Smoked Turkey Breast on Country</td>
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<td>Mediterranean Veggie on Tomato Basil</td>
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<td>Tuna Salad on Honey Wheat</td>
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<tr>
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<td>Smokehouse Turkey® Panini on 3-Cheese</td>
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<td>Turkey Artichoke Panini on Focaccia</td>
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### Soups

<table>
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<tr>
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<th>Calories from Fat (Cal)</th>
<th>Total Fat (gm)</th>
<th>Saturated Fat (gm)</th>
<th>Trans Fat (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Fiber (gm)</th>
<th>Protein (gm)</th>
<th>Total Carbs (gm)</th>
<th>Exchanges</th>
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<td>350</td>
<td>190</td>
<td>21</td>
<td>21</td>
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<td>1180</td>
<td>33</td>
<td>9</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>1/2 Starch</td>
</tr>
<tr>
<td>Portion: 12 oz. bowl</td>
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<td></td>
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<tr>
<td>New England Clam Chowder Soup</td>
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<td>35</td>
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<td>140</td>
<td>890</td>
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<td>2</td>
<td>11/2 Starch</td>
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<tr>
<td>Broccoli Cheddar Soup</td>
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<td>13</td>
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<td>65</td>
<td>1250</td>
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<tr>
<td>Cream of Chicken &amp; Wild Rice Soup</td>
<td>310</td>
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<td>8</td>
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<td>60</td>
<td>1470</td>
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<td></td>
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<td>1/2 Sat Fat</td>
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<tr>
<td>LF Noodle Soup</td>
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<td>15</td>
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<td>0</td>
<td>0</td>
<td>25</td>
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<td></td>
<td></td>
<td>1/2 Sat Fat</td>
</tr>
<tr>
<td>French Onion Soup w/cheese &amp; croutons</td>
<td>250</td>
<td>100</td>
<td>11</td>
<td>5</td>
<td>0</td>
<td>25</td>
<td>2380</td>
<td>30</td>
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<td>1/2 Starch</td>
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<td></td>
<td></td>
<td>1/2 Sat Fat</td>
</tr>
<tr>
<td>LF Black Bean Soup</td>
<td>170</td>
<td>35</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1590</td>
<td>29</td>
<td>1</td>
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<td>11/2 Starch</td>
<td>1/2 Starch</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>1/2 Sat Fat</td>
</tr>
<tr>
<td>LF Garden Vegetable Soup w/Pesto</td>
<td>110</td>
<td>25</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1180</td>
<td>15</td>
<td>4</td>
<td>1</td>
<td>1</td>
<td>1/2 Starch</td>
</tr>
<tr>
<td>Portion: 12 oz. bowl</td>
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<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1/2 Sat Fat</td>
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</tbody>
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### Salads (Full Size)

<table>
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<tr>
<th>Salad</th>
<th>Calories (Cal)</th>
<th>Calories from Fat (Cal)</th>
<th>Total Fat (gm)</th>
<th>Saturated Fat (gm)</th>
<th>Trans Fat (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Fiber (gm)</th>
<th>Protein (gm)</th>
<th>Total Carbs (gm)</th>
<th>Exchanges</th>
</tr>
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<tbody>
<tr>
<td>Asian Sesame Chicken Salad w/Asian Vinaigrette</td>
<td>410</td>
<td>180</td>
<td>20</td>
<td>3</td>
<td>0</td>
<td>60</td>
<td>810</td>
<td>31</td>
<td>3</td>
<td>31</td>
<td>3</td>
<td>1/2 Starch</td>
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<tr>
<td>Portion: 1 salad</td>
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<tr>
<td>Caesar Salad w/ Caesar Dressing</td>
<td>390</td>
<td>245</td>
<td>27</td>
<td>8</td>
<td>0</td>
<td>50</td>
<td>610</td>
<td>25</td>
<td>3</td>
<td>12</td>
<td>1</td>
<td>1/2 Starch</td>
</tr>
<tr>
<td>Portion: 1 salad</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Grilled Chicken Caesar Salad w/ Caesar Dressing</td>
<td>510</td>
<td>260</td>
<td>29</td>
<td>9</td>
<td>0</td>
<td>115</td>
<td>820</td>
<td>29</td>
<td>3</td>
<td>37</td>
<td>11/2 Starch</td>
<td>1/2 Starch</td>
</tr>
<tr>
<td>Portion: 1 salad</td>
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<td>Fuji Apple Salad w/Chicken &amp; Fuji Apple Vinaigrette Dressing</td>
<td>550</td>
<td>305</td>
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<td>36</td>
<td>6</td>
<td>32</td>
<td>2</td>
<td>1/2 Starch</td>
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<tr>
<td>Portion: 1 salad</td>
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<tr>
<td>Greek Salad w/ Greek Dressing</td>
<td>380</td>
<td>305</td>
<td>34</td>
<td>8</td>
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<td>20</td>
<td>1670</td>
<td>14</td>
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<td>8</td>
<td>1</td>
<td>1/2 Starch</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1/2 Sat Fat</td>
</tr>
<tr>
<td>Fruit Cup (sm)</td>
<td>60</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>15</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1 Fruit</td>
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<tr>
<td>Portion: 5 oz. cup</td>
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</table>

For a complete listing of fountain drinks, see inside back cover.
# PAPA JOHN'S®

**14" Original Crust Pizza (large)**

<table>
<thead>
<tr>
<th>Pizza Type</th>
<th>Calories</th>
<th>Total Fat (gm)</th>
<th>Saturated Fat (gm)</th>
<th>Trans Fat (gm)</th>
<th>Carbohydrates (gm)</th>
<th>Sugars (gm)</th>
<th>Fiber (gm)</th>
<th>Protein (gm)</th>
<th>Total Carbs (gm)</th>
<th>Suggested Exchange Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>290</td>
<td>90</td>
<td>10</td>
<td>4</td>
<td>1/2</td>
<td>2</td>
<td>37</td>
<td>11</td>
<td>2</td>
<td>2 1/2 Starch 1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Pepperoni</td>
<td>330</td>
<td>125</td>
<td>14</td>
<td>6</td>
<td>3</td>
<td>2</td>
<td>37</td>
<td>13</td>
<td>1 1/2</td>
<td>2 1/2 Starch 1 1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Sausage</td>
<td>330</td>
<td>135</td>
<td>15</td>
<td>6</td>
<td>0</td>
<td>2</td>
<td>37</td>
<td>12</td>
<td>1 1/2</td>
<td>2 1/2 Starch 1 1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>The Meats</td>
<td>370</td>
<td>155</td>
<td>17</td>
<td>7</td>
<td>0</td>
<td>2</td>
<td>38</td>
<td>15</td>
<td>1 1/2</td>
<td>2 1/2 Starch 1 1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Garden Fresh</td>
<td>280</td>
<td>80</td>
<td>9</td>
<td>4</td>
<td>0</td>
<td>2</td>
<td>39</td>
<td>11</td>
<td>2 1/2</td>
<td>2 1/2 Starch 1 1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>The Works</td>
<td>330</td>
<td>125</td>
<td>14</td>
<td>6</td>
<td>0</td>
<td>2</td>
<td>39</td>
<td>13</td>
<td>2 1/2</td>
<td>2 1/2 Starch 1 1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Spicy Italian</td>
<td>380</td>
<td>160</td>
<td>18</td>
<td>7</td>
<td>0</td>
<td>2</td>
<td>38</td>
<td>14</td>
<td>2 1/2</td>
<td>2 1/2 Starch 1 1/2 MF Meat 1 Fat</td>
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**14" Thin Crust Pizza (large)**

<table>
<thead>
<tr>
<th>Pizza Type</th>
<th>Calories</th>
<th>Total Fat (gm)</th>
<th>Saturated Fat (gm)</th>
<th>Trans Fat (gm)</th>
<th>Carbohydrates (gm)</th>
<th>Sugars (gm)</th>
<th>Fiber (gm)</th>
<th>Protein (gm)</th>
<th>Total Carbs (gm)</th>
<th>Suggested Exchange Values</th>
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<tbody>
<tr>
<td>Cheese</td>
<td>230</td>
<td>110</td>
<td>12</td>
<td>5</td>
<td>0</td>
<td>1</td>
<td>22</td>
<td>9</td>
<td>1/2</td>
<td>1 1/2 Starch 1 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Pepperoni</td>
<td>270</td>
<td>145</td>
<td>16</td>
<td>6</td>
<td>0</td>
<td>1</td>
<td>22</td>
<td>10</td>
<td>1/2</td>
<td>1 1/2 Starch 1 MF Meat 2 Fat</td>
</tr>
<tr>
<td>Sausage</td>
<td>270</td>
<td>145</td>
<td>16</td>
<td>6</td>
<td>0</td>
<td>1</td>
<td>22</td>
<td>9</td>
<td>1/2</td>
<td>1 1/2 Starch 1 MF Meat 2 Fat</td>
</tr>
</tbody>
</table>

![Image of a 14" Thin Crust Pizza (large)](image-url)
### The Meats

<table>
<thead>
<tr>
<th>Portion: 1 of 8 slices</th>
<th>TOTAL CALORIES</th>
<th>CALORIES FROM FAT</th>
<th>TOTAL FAT (gm)</th>
<th>CHOLESTEROL (mg)</th>
<th>SODIUM (mg)</th>
<th>CARBOHYDRATE (gm)</th>
<th>PROTEIN (gm)</th>
<th>TOTAL CARB</th>
<th>EXCHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>310</td>
<td>170</td>
<td>19</td>
<td>7 Sat Fat</td>
<td>7</td>
<td>40</td>
<td>710</td>
<td>22</td>
<td>13</td>
<td>1 1/2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>0 Trans Fat</td>
<td></td>
<td></td>
<td></td>
<td>1 Fiber</td>
<td>1 Sugar</td>
<td>1 Fat 1 1/2</td>
</tr>
<tr>
<td>Garden Fresh</td>
<td>220</td>
<td>100</td>
<td>11 Sat Fat</td>
<td>4</td>
<td>20</td>
<td>360</td>
<td>24</td>
<td>8</td>
<td>1 1/2</td>
</tr>
<tr>
<td>Portion: 1 of 8 slices</td>
<td></td>
<td></td>
<td>0 Trans Fat</td>
<td></td>
<td></td>
<td></td>
<td>2 Fiber</td>
<td>2 Sugar</td>
<td>1 Fat 1 1/2</td>
</tr>
<tr>
<td>The Works</td>
<td>270</td>
<td>135</td>
<td>15 Sat Fat</td>
<td>6</td>
<td>30</td>
<td>590</td>
<td>23</td>
<td>11</td>
<td>1 1/2</td>
</tr>
<tr>
<td>Portion: 1 of 8 slices</td>
<td></td>
<td></td>
<td>0 Trans Fat</td>
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<td></td>
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<td>2 Fiber</td>
<td>2 Sugar</td>
<td>1 Fat 1 1/2</td>
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### 12" Pan Pizza (medium)

#### Cheese

<table>
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<tr>
<th>Portion: 1 of 8 slices</th>
<th>TOTAL CALORIES</th>
<th>CALORIES FROM FAT</th>
<th>TOTAL FAT (gm)</th>
<th>CHOLESTEROL (mg)</th>
<th>SODIUM (mg)</th>
<th>CARBOHYDRATE (gm)</th>
<th>PROTEIN (gm)</th>
<th>TOTAL CARB</th>
<th>EXCHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>390</td>
<td>200</td>
<td>22</td>
<td>8 Sat Fat</td>
<td>0</td>
<td>25</td>
<td>750</td>
<td>36</td>
<td>12</td>
<td>2 1/2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>0 Trans Fat</td>
<td></td>
<td></td>
<td></td>
<td>2 Fiber</td>
<td>4 Sugar</td>
<td>1 MF Meat 3 Fat</td>
</tr>
<tr>
<td>Pepperoni</td>
<td>420</td>
<td>225</td>
<td>25 Sat Fat</td>
<td>9</td>
<td>30</td>
<td>880</td>
<td>36</td>
<td>13</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Portion: 1 of 8 slices</td>
<td></td>
<td></td>
<td>0 Trans Fat</td>
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<td></td>
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<td>1 Fiber</td>
<td>4 Sugar</td>
<td>1 MF Meat 3 Fat</td>
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<tr>
<td>Sausage</td>
<td>430</td>
<td>225</td>
<td>25 Sat Fat</td>
<td>9</td>
<td>30</td>
<td>830</td>
<td>36</td>
<td>12</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Portion: 1 of 8 slices</td>
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<td></td>
<td>0 Trans Fat</td>
<td></td>
<td></td>
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<td>2 Fiber</td>
<td>4 Sugar</td>
<td>1 MF Meat 4 Fat</td>
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<tr>
<td>The Meats</td>
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<td>250</td>
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<td>35</td>
<td>1040</td>
<td>37</td>
<td>15</td>
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<td>Portion: 1 of 8 slices</td>
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<td></td>
<td>0 Trans Fat</td>
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<td></td>
<td></td>
<td>2 Fiber</td>
<td>4 Sugar</td>
<td>1 MF Meat 4 Fat</td>
</tr>
<tr>
<td>Garden Fresh</td>
<td>380</td>
<td>180</td>
<td>20 Sat Fat</td>
<td>7</td>
<td>20</td>
<td>710</td>
<td>38</td>
<td>11</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Portion: 1 of 8 slices</td>
<td></td>
<td></td>
<td>0 Trans Fat</td>
<td></td>
<td></td>
<td></td>
<td>2 Fiber</td>
<td>5 Sugar</td>
<td>1 MF Meat 3 Fat</td>
</tr>
<tr>
<td>The Works</td>
<td>420</td>
<td>215</td>
<td>24 Sat Fat</td>
<td>9</td>
<td>30</td>
<td>920</td>
<td>38</td>
<td>13</td>
<td>2 1/2</td>
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<tr>
<td>Portion: 1 of 8 slices</td>
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<td></td>
<td>0 Trans Fat</td>
<td></td>
<td></td>
<td></td>
<td>2 Fiber</td>
<td>4 Sugar</td>
<td>1 MF Meat 3 Fat</td>
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### Side Items

#### Cheesesticks

<table>
<thead>
<tr>
<th>Portion: per piece</th>
<th>TOTAL CALORIES</th>
<th>CALORIES FROM FAT</th>
<th>TOTAL FAT (gm)</th>
<th>CHOLESTEROL (mg)</th>
<th>SODIUM (mg)</th>
<th>CARBOHYDRATE (gm)</th>
<th>PROTEIN (gm)</th>
<th>TOTAL CARB</th>
<th>EXCHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>35</td>
<td>4 Sat Fat</td>
<td>1 1/2 Trans Fat</td>
<td>0</td>
<td>10</td>
<td>215</td>
<td>10</td>
<td>4</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>0 Trans Fat</td>
<td></td>
<td></td>
<td></td>
<td>1 Fiber</td>
<td>1 Sugar</td>
<td>1 Fat 1/2</td>
</tr>
<tr>
<td>Breadsticks</td>
<td>145</td>
<td>20</td>
<td>2 1/2 Sat Fat</td>
<td>&lt;1</td>
<td>0</td>
<td>270</td>
<td>27</td>
<td>4</td>
<td>1 1/2</td>
</tr>
<tr>
<td>Portion: per piece</td>
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<td></td>
<td>&lt;1 Trans Fat</td>
<td></td>
<td></td>
<td></td>
<td>1 Fiber</td>
<td>2 Sugar</td>
<td>1 Fat 1/2</td>
</tr>
<tr>
<td>Garlic Parmesan</td>
<td>170</td>
<td>45</td>
<td>5 Sat Fat</td>
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<td>360</td>
<td>27</td>
<td>5</td>
<td>1 1/2</td>
</tr>
<tr>
<td>Breadsticks</td>
<td></td>
<td></td>
<td>&lt;1 Trans Fat</td>
<td></td>
<td></td>
<td></td>
<td>1 Fiber</td>
<td>3 Sugar</td>
<td>1 Fat 1/2</td>
</tr>
<tr>
<td>Papa’s Chicken Strips</td>
<td>130</td>
<td>40</td>
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<td>25</td>
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<td>12</td>
<td>1/2</td>
</tr>
<tr>
<td>Portion: 2 pieces</td>
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<td></td>
<td>&lt;1 Trans Fat</td>
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<td></td>
<td></td>
<td>0 Fiber</td>
<td>0 Sugar</td>
<td>1 L Meat 2 Fat</td>
</tr>
<tr>
<td>Spicy Buffalo Wings</td>
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<td>115</td>
<td>13 Sat Fat</td>
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<td>50</td>
<td>1070</td>
<td>3</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td>Portion: 2 pieces</td>
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<td></td>
<td>0 Trans Fat</td>
<td></td>
<td></td>
<td></td>
<td>0 Fiber</td>
<td>1 Sugar</td>
<td>1 L Meat 2 Fat</td>
</tr>
<tr>
<td>BBQ Wings</td>
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<td>110</td>
<td>12 Sat Fat</td>
<td>3</td>
<td>50</td>
<td>760</td>
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<td>12</td>
<td>1/2</td>
</tr>
<tr>
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<td>0 Trans Fat</td>
<td></td>
<td></td>
<td></td>
<td>0 Fiber</td>
<td>2 Sugar</td>
<td>1 L Meat 2 Fat</td>
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<tr>
<td>Honey Chipotle Wings</td>
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<td>110</td>
<td>12 Sat Fat</td>
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<td>50</td>
<td>730</td>
<td>8</td>
<td>12</td>
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</tr>
<tr>
<td>Portion: 2 pieces</td>
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<td></td>
<td>0 Trans Fat</td>
<td></td>
<td></td>
<td></td>
<td>0 Fiber</td>
<td>5 Sugar</td>
<td>1 L Meat 2 Fat</td>
</tr>
</tbody>
</table>

For a complete listing of fountain drinks, see inside back cover.
## Sonic® Everyday Value Meals

### Jr. Breakfast Burrito
- **Portion:** 1 burrito
- **Calories:** 340
- **Total Fat (gm):** 21
- **Sat Fat (gm):** 7
- **Trans Fat (gm):** 0
- **Fat (gm):** 220
- **Fiber (gm):** 0
- **Sugar (gm):** 24
- **Cholesterol (mg):** 12
- **Sodium (mg):** 1/2
- **Carbohydrate (gm):** 930
- **Total Carb (gm):** 24
- **Protein (gm):** 1
- **Exchange Value:** 1 1/2 Starch, 1/2 MF Meat, 3 Fat

### Jr. Deluxe Burger
- **Portion:** 1 sandwich
- **Calories:** 350
- **Total Fat (gm):** 190
- **Sat Fat (gm):** 20
- **Trans Fat (gm):** 6
- **Fat (gm):** 440
- **Fiber (gm):** 3
- **Sugar (gm):** 28
- **Cholesterol (mg):** 15
- **Sodium (mg):** 1/2
- **Carbohydrate (gm):** 220
- **Total Carb (gm):** 28
- **Protein (gm):** 4
- **Exchange Value:** 1 1/2 Starch, 1/2 MF Meat, 2 Fat

### Chicken Strip Sandwich
- **Portion:** 1 sandwich
- **Calories:** 420
- **Total Fat (gm):** 180
- **Sat Fat (gm):** 22
- **Trans Fat (gm):** 3/2
- **Fat (gm):** 710
- **Fiber (gm):** 3
- **Sugar (gm):** 39
- **Cholesterol (mg):** 18
- **Sodium (mg):** 2
- **Carbohydrate (gm):** 220
- **Total Carb (gm):** 30
- **Protein (gm):** 4
- **Exchange Value:** 2 Starch, 1 1/2 MF Meat, 3 Fat

### French Fries (sm)
- **Portion:** 2 1/2 oz. order
- **Calories:** 200
- **Total Fat (gm):** 70
- **Sat Fat (gm):** 8
- **Trans Fat (gm):** 1 1/2
- **Fat (gm):** 270
- **Fiber (gm):** 2
- **Sugar (gm):** 30
- **Cholesterol (mg):** 2
- **Sodium (mg):** 1 1/2
- **Carbohydrate (gm):** 200
- **Total Carb (gm):** 13
- **Protein (gm):** 1
- **Exchange Value:** 1 Starch, 1 Fat

### Tots (sm)
- **Portion:** 1 1/2 oz. order
- **Calories:** 130
- **Total Fat (gm):** 70
- **Sat Fat (gm):** 8
- **Trans Fat (gm):** 1/2
- **Fat (gm):** 270
- **Fiber (gm):** 1
- **Sugar (gm):** 13
- **Cholesterol (mg):** 1
- **Sodium (mg):** 1 1/2
- **Carbohydrate (gm):** 130
- **Total Carb (gm):** 1
- **Protein (gm):** 1
- **Exchange Value:** 1 Starch, 1 Fat

### Breakfast

#### Bacon, Egg & Cheese Toaster®
- **Portion:** 1 sandwich
- **Calories:** 530
- **Total Fat (gm):** 295
- **Sat Fat (gm):** 33
- **Trans Fat (gm):** 10
- **Fat (gm):** 325
- **Fiber (gm):** 39
- **Sugar (gm):** 21
- **Cholesterol (mg):** 2
- **Sodium (mg):** 2 1/2
- **Carbohydrate (gm):** 1460
- **Total Carb (gm):** 41
- **Protein (gm):** 37
- **Exchange Value:** 2 Starch, 1/2 Other Carb, 2 MF Meat, 4 Fat

#### Ham, Egg & Cheese Toaster®
- **Portion:** 1 sandwich
- **Calories:** 550
- **Total Fat (gm):** 260
- **Sat Fat (gm):** 29
- **Trans Fat (gm):** 8
- **Fat (gm):** 330
- **Fiber (gm):** 41
- **Sugar (gm):** 30
- **Cholesterol (mg):** 2
- **Sodium (mg):** 2 1/2
- **Carbohydrate (gm):** 2250
- **Total Carb (gm):** 39
- **Protein (gm):** 37
- **Exchange Value:** 2 Starch, 1/2 Other Carb, 3 1/2 MF Meat, 2 Fat

#### Sausage, Egg & Cheese Toaster®
- **Portion:** 1 sandwich
- **Calories:** 620
- **Total Fat (gm):** 380
- **Sat Fat (gm):** 42
- **Trans Fat (gm):** 13
- **Fat (gm):** 340
- **Fiber (gm):** 39
- **Sugar (gm):** 21
- **Cholesterol (mg):** 2
- **Sodium (mg):** 2 1/2
- **Carbohydrate (gm):** 1400
- **Total Carb (gm):** 37
- **Protein (gm):** 37
- **Exchange Value:** 2 Starch, 1/2 Other Carb, 2 MF Meat, 6 Fat

#### Sausage, Egg & Cheese Burrito
- **Portion:** 1 burrito
- **Calories:** 500
- **Total Fat (gm):** 280
- **Sat Fat (gm):** 31
- **Trans Fat (gm):** 11
- **Fat (gm):** 300
- **Fiber (gm):** 37
- **Sugar (gm):** 18
- **Cholesterol (mg):** 2
- **Sodium (mg):** 2 1/2
- **Carbohydrate (gm):** 1380
- **Total Carb (gm):** 37
- **Protein (gm):** 37
- **Exchange Value:** 2 1/2 Starch, 2 MF Meat, 4 Fat

### Sandwiches

#### Sonic® Burger w/mayonnaise*
- **Portion:** 1 sandwich
- **Calories:** 800
- **Total Fat (gm):** 440
- **Sat Fat (gm):** 49
- **Trans Fat (gm):** 15
- **Fat (gm):** 110
- **Fiber (gm):** 55
- **Sugar (gm):** 36
- **Cholesterol (mg):** 3
- **Sodium (mg):** 2 1/2
- **Carbohydrate (gm):** 740
- **Total Carb (gm):** 3
- **Protein (gm):** 3
- **Exchange Value:** 2 1/2 Starch, 1/2 Other Carb, 4 MF Meat, 6 Fat

#### Sonic® Cheeseburger w/mayonnaise*
- **Portion:** 1 sandwich
- **Calories:** 860
- **Total Fat (gm):** 485
- **Sat Fat (gm):** 54
- **Trans Fat (gm):** 18
- **Fat (gm):** 130
- **Fiber (gm):** 55
- **Sugar (gm):** 39
- **Cholesterol (mg):** 3
- **Sodium (mg):** 2 1/2
- **Carbohydrate (gm):** 1070
- **Total Carb (gm):** 3
- **Protein (gm):** 3
- **Exchange Value:** 2 1/2 Starch, 1/2 Other Carb, 4 1/2 MF Meat, 6 Fat

#### Sonic® Bacon Cheeseburger w/mayonnaise
- **Portion:** 1 sandwich
- **Calories:** 930
- **Total Fat (gm):** 540
- **Sat Fat (gm):** 60
- **Trans Fat (gm):** 21
- **Fat (gm):** 140
- **Fiber (gm):** 56
- **Sugar (gm):** 44
- **Cholesterol (mg):** 3
- **Sodium (mg):** 2 1/2
- **Carbohydrate (gm):** 1310
- **Total Carb (gm):** 3
- **Protein (gm):** 3
- **Exchange Value:** 2 1/2 Starch, 1/2 Other Carb, 5 1/2 MF Meat, 6 Fat

#### Veggie Burger w/mayonnaise*
- **Portion:** 1 sandwich
- **Calories:** 600
- **Total Fat (gm):** 235
- **Sat Fat (gm):** 26
- **Trans Fat (gm):** 5
- **Fat (gm):** 20
- **Fiber (gm):** 76
- **Sugar (gm):** 19
- **Cholesterol (mg):** 4
- **Sodium (mg):** 4 1/2
- **Carbohydrate (gm):** 1270
- **Total Carb (gm):** 19
- **Protein (gm):** 5
- **Exchange Value:** 4 Starch, 1/2 Other Carb, 1 PB Protein, 5 Fat

*Also listed with Mustard instead of Mayonnaise. Any sandwich with mayonnaise can also be special ordered with mustard. To substitute Mustard on any sandwich Subtract: 100 calories; 100 calories from fat; 11g of fat; 2g sat fat; 10mg cholesterol; and, 1g carbohydrates. Add: 10mg sodium. Exchanges Decrease: 2 Fat.
<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Total Carb</th>
<th>Suggested Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken Sandwich w/ mayonnaise</td>
<td>400</td>
<td>170</td>
<td>19</td>
<td>80</td>
<td>960</td>
<td>32</td>
<td>28</td>
<td>1½ Starch ½ Other Carb 3½ L Meat 2 Fat</td>
</tr>
<tr>
<td>Portion: 1 sandwich</td>
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<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Crispy Chicken Sandwich w/ mayonnaise</td>
<td>540</td>
<td>250</td>
<td>28</td>
<td>55</td>
<td>1020</td>
<td>47</td>
<td>28</td>
<td>2½ Starch ½ Other Carb 3 L Meat 4 Fat</td>
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<td>Portion: 1 sandwich</td>
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<td>Wacky Pack® Kids’ Meal (entrée only)</td>
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<td>Apple Slices w/ Dipping Sauce</td>
<td>110</td>
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<td>0</td>
<td>0</td>
<td>60</td>
<td>28</td>
<td>0</td>
<td>1½ Fruit 1 Other Carb</td>
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<tr>
<td>Jr. Burger</td>
<td>310</td>
<td>125</td>
<td>15</td>
<td>35</td>
<td>610</td>
<td>28</td>
<td>15</td>
<td>1½ Starch 1½ MF Meat 2 Fat</td>
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<td>Portion: 1 sandwich</td>
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<tr>
<td>Jr. Deluxe Cheeseburger</td>
<td>420</td>
<td>235</td>
<td>26</td>
<td>60</td>
<td>770</td>
<td>30</td>
<td>18</td>
<td>2½ Starch ½ Other Carb 2 MF Meat 3 Fat</td>
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<td>Portion: 1 sandwich</td>
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<tr>
<td>Jr. Double Cheeseburger</td>
<td>570</td>
<td>325</td>
<td>36</td>
<td>110</td>
<td>1330</td>
<td>31</td>
<td>31</td>
<td>2½ Starch ½ Other Carb 4 MF Meat 3 Fat</td>
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<tr>
<td>Portion: 1 sandwich</td>
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<tr>
<td>Grilled Cheese Sandwich</td>
<td>380</td>
<td>180</td>
<td>20</td>
<td>35</td>
<td>1050</td>
<td>39</td>
<td>13</td>
<td>2½ Starch ½ Other Carb 1 HF Meat 2 Fat</td>
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<td>Portion: 1 sandwich</td>
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<tr>
<td>Hot Dog (6-inch)</td>
<td>330</td>
<td>160</td>
<td>18</td>
<td>40</td>
<td>910</td>
<td>30</td>
<td>13</td>
<td>2 Starch 1½ HF Meat 2 Fat</td>
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<tr>
<td>Portion: 1 sandwich</td>
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<tr>
<td>Corn Dog</td>
<td>210</td>
<td>100</td>
<td>11</td>
<td>20</td>
<td>530</td>
<td>23</td>
<td>6</td>
<td>1½ Starch ½ HF Meat 1 Fat</td>
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<tr>
<td>Portion: 1 corn dog</td>
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<tr>
<td>Chicken Strips</td>
<td>200</td>
<td>100</td>
<td>11</td>
<td>30</td>
<td>470</td>
<td>10</td>
<td>14</td>
<td>½ Starch 1½ MF Meat 1 Fat</td>
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<td>Portion: 2-piece order</td>
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<td>Side Items</td>
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<tr>
<td>Cheese Fries (sm)</td>
<td>330</td>
<td>145</td>
<td>16</td>
<td>20</td>
<td>680</td>
<td>40</td>
<td>6</td>
<td>2½ Starch ½ HF Meat 2 Fat</td>
</tr>
<tr>
<td>Portion: 4 oz. order</td>
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<tr>
<td>Cheese Tots (sm)</td>
<td>190</td>
<td>125</td>
<td>14</td>
<td>20</td>
<td>600</td>
<td>13</td>
<td>4</td>
<td>1 Starch ½ HF Meat 2 Fat</td>
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<tr>
<td>Portion: 2½ oz. order</td>
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<tr>
<td>Mozzarella Sticks</td>
<td>440</td>
<td>200</td>
<td>14</td>
<td>45</td>
<td>1050</td>
<td>40</td>
<td>19</td>
<td>2½ Starch ½ HF Meat 3 Fat</td>
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<td>Portion: 5-piece order</td>
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<tr>
<td>Ched ‘R’ Bites®</td>
<td>280</td>
<td>135</td>
<td>15</td>
<td>30</td>
<td>740</td>
<td>22</td>
<td>13</td>
<td>1½ Starch ½ HF Meat 1 Fat</td>
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<td>Portion: 12-piece order</td>
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<td>Pickle-O’s®</td>
<td>310</td>
<td>145</td>
<td>16</td>
<td>0</td>
<td>1020</td>
<td>36</td>
<td>5</td>
<td>2 Starch 3 Fat</td>
</tr>
<tr>
<td>Portion: 4 oz. order</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

For a complete listing of fountain drinks, see inside back cover.
### Hot Beverages
*(made with 2% milk w/o whipped cream unless noted)*

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Cal.</th>
<th>Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Total Carb (g)</th>
<th>Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caffè Americano, 16 oz. grande</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>Free</td>
</tr>
<tr>
<td>Caffè Latte, 16 oz. grande</td>
<td>190</td>
<td>65</td>
<td>7</td>
<td>30</td>
<td>150</td>
<td>18</td>
<td>12</td>
<td>1 1/2 RF Milk</td>
</tr>
<tr>
<td>Caffè Mocha w/whipped cream, 16 oz. grande</td>
<td>330</td>
<td>135</td>
<td>15</td>
<td>50</td>
<td>130</td>
<td>43</td>
<td>13</td>
<td>3 1/2 RF Milk</td>
</tr>
<tr>
<td>Cappuccino, 16 oz. grande</td>
<td>120</td>
<td>35</td>
<td>4</td>
<td>15</td>
<td>85</td>
<td>12</td>
<td>8</td>
<td>1 RF Milk</td>
</tr>
<tr>
<td>Caramel Macchiato, 16 oz. grande</td>
<td>240</td>
<td>65</td>
<td>7</td>
<td>25</td>
<td>130</td>
<td>34</td>
<td>10</td>
<td>2 2/3 RF Milk</td>
</tr>
<tr>
<td>Cinnamon Dolce Latte w/ sugar-free syrup, 16 oz. grande</td>
<td>180</td>
<td>55</td>
<td>6</td>
<td>25</td>
<td>150</td>
<td>18</td>
<td>12</td>
<td>1 1/2 RF Milk</td>
</tr>
<tr>
<td>White Hot Chocolate w/ whipped cream, 16 oz. grande</td>
<td>490</td>
<td>170</td>
<td>19</td>
<td>55</td>
<td>260</td>
<td>63</td>
<td>16</td>
<td>4 1/2 RF Milk</td>
</tr>
<tr>
<td>Tazo® Chai Tea Latte, 16 oz. grande</td>
<td>240</td>
<td>35</td>
<td>4</td>
<td>15</td>
<td>95</td>
<td>44</td>
<td>7</td>
<td>2 1/2 RF Milk</td>
</tr>
<tr>
<td>Vanilla Crème w/whipped cream, 16 oz. grande</td>
<td>330</td>
<td>125</td>
<td>14</td>
<td>55</td>
<td>160</td>
<td>38</td>
<td>13</td>
<td>3 1/2 RF Milk</td>
</tr>
<tr>
<td>Vanilla Latte, 16 oz. grande</td>
<td>250</td>
<td>55</td>
<td>6</td>
<td>25</td>
<td>135</td>
<td>36</td>
<td>12</td>
<td>2 1/2 RF Milk</td>
</tr>
<tr>
<td>White Chocolate Mocha w/ whipped cream, 16 oz. grande</td>
<td>470</td>
<td>160</td>
<td>18</td>
<td>50</td>
<td>240</td>
<td>63</td>
<td>15</td>
<td>4 1/2 RF Milk</td>
</tr>
<tr>
<td>Skinny Lattes (assorted flavors), Made w/non-fat milk w/o whipped cream, 16 oz. grande</td>
<td>130</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>170</td>
<td>19</td>
<td>12</td>
<td>1 1/2 NF Milk</td>
</tr>
</tbody>
</table>

### Cold Beverages
*(made with 2% milk w/o whipped cream unless noted)*

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Cal.</th>
<th>Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Total Carb (g)</th>
<th>Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iced Caffè Americano, 16 oz. grande</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>Free</td>
</tr>
<tr>
<td>Iced Caffè Latte, 16 oz. grande</td>
<td>130</td>
<td>40</td>
<td>4 1/2</td>
<td>20</td>
<td>100</td>
<td>13</td>
<td>8</td>
<td>1 RF Milk</td>
</tr>
<tr>
<td>Iced Caffè Mocha w/whipped cream, 16 oz. grande</td>
<td>320</td>
<td>155</td>
<td>17</td>
<td>55</td>
<td>90</td>
<td>38</td>
<td>9</td>
<td>2 1/2 RF Milk</td>
</tr>
</tbody>
</table>

**NOTE:** Coffee items are made with Reduced Fat (RF), Low-Fat (LF) and Non-Fat (NF) milks (note Exchanges).
<table>
<thead>
<tr>
<th>Drink Name</th>
<th>Calories</th>
<th>Calories From Fat</th>
<th>Total Fat (g)</th>
<th>% Daily Value</th>
<th>Sodium (mg)</th>
<th>% Daily Value</th>
<th>Cholesterol (mg)</th>
<th>% Daily Value</th>
<th>Carbohydrate (g)</th>
<th>% Daily Value</th>
<th>Protein (g)</th>
<th>% Daily Value</th>
<th>Total Carbohydrate (g)</th>
<th>% Daily Value</th>
<th>Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iced Tazo® Chai Tea Latte</td>
<td>240</td>
<td>35</td>
<td>4</td>
<td>2%</td>
<td>15</td>
<td>44</td>
<td>7</td>
<td>2 1/2</td>
<td>95</td>
<td>44</td>
<td>7</td>
<td>2</td>
<td>2 1/2 RF Milk</td>
<td>1 RF Other Carb</td>
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<tr>
<td>Portion: 16 oz. grande</td>
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<td></td>
</tr>
<tr>
<td>Iced Vanilla Latte</td>
<td>190</td>
<td>35</td>
<td>4</td>
<td>2%</td>
<td>15</td>
<td>90</td>
<td>7</td>
<td>2</td>
<td>90</td>
<td>30</td>
<td>7</td>
<td>2</td>
<td>1 RF Milk</td>
<td>1 Other Carb</td>
<td></td>
</tr>
<tr>
<td>Portion: 16 oz. grande</td>
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</tr>
<tr>
<td>Iced White Chocolate Mocha w/whipped cream</td>
<td>450</td>
<td>180</td>
<td>20</td>
<td>1 1/2</td>
<td>55</td>
<td>200</td>
<td>11</td>
<td>4</td>
<td>58</td>
<td>58</td>
<td>11</td>
<td>4</td>
<td>1 RF Milk 3 Other Carb</td>
<td>2 Fat</td>
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<td>Portion: 16 oz. grande</td>
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<tr>
<td>Iced Caramel Macchiato</td>
<td>230</td>
<td>55</td>
<td>6</td>
<td>2 1/2</td>
<td>25</td>
<td>125</td>
<td>10</td>
<td>2 1/2</td>
<td>33</td>
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<td>10</td>
<td>2 1/2</td>
<td>1 RF Milk 1/2 Other Carb</td>
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<td><strong>Frappuccino® Blended Coffee (w/o whipped cream unless noted)</strong></td>
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<tr>
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<td>240</td>
<td>25</td>
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<td>15</td>
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<td>48</td>
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<tr>
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<td>170</td>
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<td>38</td>
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<td>2</td>
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<td>260</td>
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<td>3%</td>
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<td>15</td>
<td>240</td>
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<td>3 1/2</td>
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<td>1 1/2 NF Milk 1 Other Carb</td>
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<td>1 1/2 NF Milk 1 Other Carb</td>
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<td>140</td>
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<td>1 1/2 NF Milk 1 Other Carb</td>
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<td>1 1/2 NF Milk 1/2 Other Carb</td>
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<td>Whipped Cream (Hot Beverage)</td>
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<td>70</td>
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<td>7</td>
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<td>11</td>
<td>7</td>
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<td>10</td>
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<td>0</td>
<td>2 Fat</td>
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<tr>
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<td>5</td>
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<td>0</td>
<td>0</td>
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<td>1/2 Other Carb</td>
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<td>0</td>
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<td>0</td>
<td>6</td>
<td>1</td>
<td>1/2</td>
<td>1/2</td>
<td>1</td>
<td>1/2</td>
<td>Other Carb</td>
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<tr>
<td>Portion: per pump</td>
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### 6" Sandwiches with 6 Grams of Fat or Less

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Portion: 1 sandwich</th>
<th>Calories</th>
<th>Total Fat (gm)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carb</th>
<th>Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oven Roasted Chicken</td>
<td>320</td>
<td>45</td>
<td>5</td>
<td>25</td>
<td>640</td>
<td>47</td>
<td>23</td>
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<tr>
<td>Oven Roasted Beef</td>
<td>320</td>
<td>45</td>
<td>5</td>
<td>45</td>
<td>700</td>
<td>45</td>
<td>24</td>
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<tr>
<td>Oven Turkey Breast</td>
<td>280</td>
<td>30</td>
<td>3 1/2</td>
<td>20</td>
<td>810</td>
<td>46</td>
<td>18</td>
</tr>
<tr>
<td>Oven Turkey Breast &amp; Black Forest Ham</td>
<td>280</td>
<td>35</td>
<td>4</td>
<td>20</td>
<td>820</td>
<td>46</td>
<td>18</td>
</tr>
<tr>
<td>Oven Subway Club®</td>
<td>320</td>
<td>40</td>
<td>4 1/2</td>
<td>40</td>
<td>890</td>
<td>46</td>
<td>23</td>
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<tr>
<td>Oven Sweet Onion Chicken Teriyaki</td>
<td>380</td>
<td>40</td>
<td>4 1/2</td>
<td>50</td>
<td>900</td>
<td>59</td>
<td>26</td>
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<tr>
<td>Oven Black Forest Ham</td>
<td>290</td>
<td>40</td>
<td>4</td>
<td>25</td>
<td>830</td>
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<td>18</td>
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<tr>
<td>Oven Veggie Delite®</td>
<td>230</td>
<td>20</td>
<td>2 1/2</td>
<td>0</td>
<td>310</td>
<td>45</td>
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### 6" Sandwiches

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Portion: 1 sandwich</th>
<th>Calories</th>
<th>Total Fat (gm)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carb</th>
<th>Exchange Value</th>
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<tbody>
<tr>
<td>Big Philly Cheesesteak</td>
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<td>160</td>
<td>18</td>
<td>90</td>
<td>1370</td>
<td>52</td>
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<tr>
<td>BLT</td>
<td>320</td>
<td>80</td>
<td>9</td>
<td>20</td>
<td>690</td>
<td>43</td>
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<tr>
<td>Buffalo Chicken w/Ranch Drsg.</td>
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<td>135</td>
<td>15</td>
<td>55</td>
<td>1190</td>
<td>47</td>
<td>25</td>
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<tr>
<td>Chicken &amp; Bacon Ranch</td>
<td>570</td>
<td>250</td>
<td>28</td>
<td>95</td>
<td>1090</td>
<td>48</td>
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<tr>
<td>Cold Cut Combo</td>
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<td>145</td>
<td>16</td>
<td>60</td>
<td>1350</td>
<td>47</td>
<td>21</td>
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</table>

**NOTE:** Sub data is based on standard preparation which includes standard vegetables, cheese, oil, vinegar, salt, pepper and select sauces when relevant. In standard amounts all vegetables contribute less than 5 calories each. Avoid excessive use of olives. Each ring adds 2 calories. Cheese slices carry similar values.

**NOTE:** Sub data is calculated using 9-Grain Wheat bread. Other bread choices will vary data slightly. To substitute another bread choice, add/subtract data differences as listed under Bread Substitutions.
<table>
<thead>
<tr>
<th>Bread Substitutions for 6&quot; Sandwiches</th>
<th>9-Grain Wheat</th>
<th>Italian (white)</th>
<th>Parmesan Oregano</th>
<th>Honey Oat</th>
<th>Monterey Cheddar</th>
<th>Italian Herb &amp; Cheese</th>
<th>Roasted Garlic</th>
<th>Flatbread</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portion: 1 sandwich</td>
<td>210 20 2</td>
<td>200 20 2</td>
<td>220 20 2½</td>
<td>260 25 3</td>
<td>240 55 6</td>
<td>250 45 5</td>
<td>230 20 2½</td>
<td>220 40 4½</td>
</tr>
<tr>
<td>Total Calories</td>
<td>210 20 2</td>
<td>200 20 2</td>
<td>220 20 2½</td>
<td>260 25 3</td>
<td>240 55 6</td>
<td>250 45 5</td>
<td>230 20 2½</td>
<td>220 40 4½</td>
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<tr>
<td>Calories from Fat</td>
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<td>0 290 0</td>
<td>0 440 0</td>
<td>0 330 0</td>
<td>0 360 0</td>
<td>0 490 0</td>
<td>0 1260 0</td>
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<tr>
<td>Total Fat (gm)</td>
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<td>2 36 2</td>
<td>2 40 2</td>
<td>2 38 2</td>
<td>2 38 2</td>
<td>2 40 2</td>
<td>2 45 2</td>
<td>2 38 2</td>
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<td>0 36 0</td>
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<td>0 40 0</td>
<td>0 45 0</td>
<td>0 38 0</td>
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<td>2 40 2</td>
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<table>
<thead>
<tr>
<th>Salads with 6 Grams of Fat or Less (w/o dressing or croutons)</th>
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<tbody>
<tr>
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<tr>
<td>Meal Type</td>
<td>Calories</td>
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<tr>
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</tr>
<tr>
<td>Turkey Breast &amp; Ham Salad</td>
<td>110</td>
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<tr>
<td>Portion: 1 salad</td>
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<tr>
<td>Oven Roasted Chicken Breast Salad</td>
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<td>Portion: 1 salad</td>
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<tr>
<td>Black Forest Ham Salad</td>
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<td>Portion: 1 salad</td>
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<tr>
<td>Veggie Delite® Salad</td>
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<tr>
<td>8&quot; Pizza</td>
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<td>Cheese &amp; Veggies</td>
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<td>Pepperoni</td>
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<td>Portion: 1 pizza</td>
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<td>Sausage</td>
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<td>Portion: 1 pizza</td>
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### TACO BELL®

#### Why Pay More! Menu

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<th>Item</th>
<th>Calories</th>
<th>Total Fat (gm)</th>
<th>Carbs (gm)</th>
<th>Protein (gm)</th>
<th>Sugars (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Exchange Value</th>
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<td><strong>Cheese Roll-Up</strong></td>
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<td>9</td>
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<td>18</td>
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<td>1 Starch</td>
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<tr>
<td><strong>Bean Burrito</strong></td>
<td>370</td>
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<td>56</td>
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| **Gorditas**                      |          |     |             |        |              |         |             |                          |
| **Nacho Cheese – Beef**           | 290      | 125| 14          | 610    | 31           | 3       | 11          | 1 1/2 Starch 1 1/2 MF Meat 1 Fat  |
| Portion: 1 gordita                |          |     |             |        |              |         |             |                          |
| **Nacho Cheese – Chicken**        | 270      | 90 | 10          | 570    | 29           | 2       | 15          | 1 1/2 Starch 2 MF Meat     |
| Portion: 1 gordita                |          |     |             |        |              |         |             |                          |
| **Nacho Cheese – Steak**          | 260      | 100| 11          | 610    | 29           | 2       | 12          | 1 1/2 Starch 1 1/2 MF Meat 1 Fat  |
| Portion: 1 gordita                |          |     |             |        |              |         |             |                          |
| **Adjustments for Fresco Style prep on Nacho Cheese** | -40     | -35 | -4          | -80    | -1           | 0       | 0           | Revise Meat Classification to L Meat  |
| Portion: adjustment               |          |     |             |        |              |         |             |                          |
| **Baja® – Beef**                  | 340      | 160| 18          | 640    | 30           | 4       | 13          | 1 1/2 Starch 1 1/2 MF Meat 2 Fat  |
| Portion: 1 gordita                |          |     |             |        |              |         |             |                          |
| **Baja® – Chicken**               | 310      | 135| 15          | 600    | 28           | 3       | 17          | 1 1/2 Starch 2 MF Meat 1 Fat  |
| Portion: 1 gordita                |          |     |             |        |              |         |             |                          |
| **Baja® – Steak**                 | 310      | 135| 15          | 640    | 28           | 3       | 14          | 1 1/2 Starch 2 MF Meat 2 Fat  |
| Portion: 1 gordita                |          |     |             |        |              |         |             |                          |
| **Adjustments for Fresco Style prep on Baja Gorditas** | -90     | -70 | -8          | -50    | 0            | 0       | 0           | Revise Meat Classification to L Meat  |
| Portion: adjustment               |          |     |             |        |              |         |             |                          |
| **Supreme® – Beef**               | 300      | 125| 14          | 550    | 31           | 4       | 13          | 1 1/2 Starch 1 1/2 MF Meat 2 Fat  |
| Portion: 1 gordita                |          |     |             |        |              |         |             |                          |
| **Supreme® – Chicken**            | 270      | 90 | 10          | 510    | 29           | 2       | 17          | 1 1/2 Starch 2 MF Meat     |
| Portion: 1 gordita                |          |     |             |        |              |         |             |                          |

*Any menu item may be ordered “Fresco Style” which replaces that item’s traditional sauce or cheese with Fiesta Salsa (a zesty blend of tomatoes, onions and cilantro). Due to space constraints, Adjustments are presented for Gorditas and Chalupas as samples. From the data presented for the item chosen, add/subtract the variations presented directly below the style. Other menu items will carry similar variations.
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<td>14</td>
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</tr>
<tr>
<td>Portion: 1 taco</td>
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<td></td>
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<tr>
<td>Cheese Quesadilla</td>
<td>480</td>
<td>245</td>
<td>27</td>
<td>40</td>
<td>40</td>
<td>19</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Portion: 1 quesadilla</td>
<td></td>
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<td>Chicken Quesadilla</td>
<td>530</td>
<td>250</td>
<td>28</td>
<td>41</td>
<td>41</td>
<td>28</td>
<td>2 1/2</td>
</tr>
<tr>
<td>Portion: 1 quesadilla</td>
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<tr>
<td>Side Items</td>
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<tr>
<td>Mexican Rice</td>
<td>120</td>
<td>30</td>
<td>3/2</td>
<td>0</td>
<td>20</td>
<td>2</td>
<td>1/2</td>
</tr>
<tr>
<td>Portion: 3 oz. order</td>
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<td></td>
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<tr>
<td>Pintos 'N Cheese</td>
<td>170</td>
<td>55</td>
<td>6</td>
<td>10</td>
<td>20</td>
<td>9</td>
<td>1</td>
</tr>
<tr>
<td>Portion: 4 1/2 oz. order</td>
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<tr>
<td>Cheesy Fiesta Potatoes</td>
<td>270</td>
<td>145</td>
<td>16</td>
<td>10</td>
<td>28</td>
<td>4</td>
<td>1/2</td>
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<tr>
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<tr>
<td>Grilled Chicken Taquitos</td>
<td>320</td>
<td>100</td>
<td>11</td>
<td>40</td>
<td>37</td>
<td>18</td>
<td>2</td>
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<tr>
<td>Portion: 4 1/2 oz. order</td>
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For a complete listing of fountain drinks, see inside back cover.
### Old-Fashioned Hamburgers

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Total Fat (gm)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carb</th>
<th>Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr. Hamburger</td>
<td>250</td>
<td>10</td>
<td>35</td>
<td>25</td>
<td>15</td>
<td>1½ Starch, 1½ MF Meat, ½ Fat</td>
</tr>
<tr>
<td>Portion: 1 sandwich</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jr. Cheeseburger</td>
<td>290</td>
<td>13</td>
<td>45</td>
<td>26</td>
<td>17</td>
<td>1½ Starch, 2 MF Meat, ½ Fat</td>
</tr>
<tr>
<td>Portion: 1 sandwich</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Jr. Cheeseburger Deluxe</td>
<td>350</td>
<td>19</td>
<td>55</td>
<td>27</td>
<td>17</td>
<td>1½ Starch, 2 MF Meat, 2 Fat</td>
</tr>
<tr>
<td>Portion: 1 sandwich</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jr. Bacon Cheeseburger</td>
<td>400</td>
<td>24</td>
<td>65</td>
<td>25</td>
<td>20</td>
<td>1½ Starch, 2½ MF Meat, 2 Fat</td>
</tr>
<tr>
<td>Portion: 1 sandwich</td>
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<td></td>
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</tr>
<tr>
<td>Double Stack™</td>
<td>460</td>
<td>27</td>
<td>90</td>
<td>27</td>
<td>28</td>
<td>1½ Starch, 3½ MF Meat, 2 Fat</td>
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<td>Portion: 1 sandwich</td>
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<tr>
<td>Baconator Single</td>
<td>660</td>
<td>40</td>
<td>120</td>
<td>40</td>
<td>35</td>
<td>2½ Starch, ½ Other Carb, 4 MF Meat, 4 Fat</td>
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<tr>
<td>Portion: 1 sandwich</td>
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### Garden Sensations® Salads

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Total Fat (gm)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
<th>Total Carb</th>
<th>Exchange Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Pecan Chicken Salad w/</td>
<td>340</td>
<td>11</td>
<td>105</td>
<td>28</td>
<td>35</td>
<td>1½ Vegetable</td>
</tr>
<tr>
<td>Grilled Chicken w/o pecans/drg.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1½ Other Carb, 4½ L Meat, 1½ Fat</td>
</tr>
<tr>
<td>Portion: full-size salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pomegranate Vinaigrette Drsg.</td>
<td>60</td>
<td>3</td>
<td>0</td>
<td>8</td>
<td>0</td>
<td>½ Other Carb, ½ Fat</td>
</tr>
<tr>
<td>Portion: 1 oz. pkt.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Berry Almond Chicken Salad w/</td>
<td>270</td>
<td>9</td>
<td>95</td>
<td>15</td>
<td>34</td>
<td>½ Vegetable</td>
</tr>
<tr>
<td>Grilled Chicken w/o almonds/drg.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>½ Other Carb, 4½ L Meat, 1½ Fat</td>
</tr>
<tr>
<td>Portion: full-size salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raspberry Vinaigrette Drsg.</td>
<td>50</td>
<td>0</td>
<td>0</td>
<td>12</td>
<td>0</td>
<td>1 Other Carb</td>
</tr>
<tr>
<td>Portion: 1 oz. pkt.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baja Salad w/ w/o dressing or</td>
<td>550</td>
<td>33</td>
<td>90</td>
<td>34</td>
<td>32</td>
<td>1½ Starch</td>
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<tr>
<td>tortilla chips</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>1 Vegetable, ½ Other Carb, 4 MF Meat, 2 Fat</td>
</tr>
<tr>
<td>Portion: full-size salad</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Creamy Red Jalapeño Drsg.</td>
<td>100</td>
<td>10</td>
<td>10</td>
<td>2</td>
<td>1</td>
<td>0 2 Fat</td>
</tr>
<tr>
<td>Portion: 1 oz. pkt.</td>
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<td></td>
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</tr>
<tr>
<td>BLT Cobb Salad w/Grilled Chicken w/o</td>
<td>450</td>
<td>25</td>
<td>275</td>
<td>9</td>
<td>46</td>
<td>0 2 Vegetable</td>
</tr>
<tr>
<td>dressing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6½ L Meat, 2 Fat</td>
</tr>
<tr>
<td>Portion: full-size salad</td>
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<td></td>
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<td>Food</td>
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<td>Cholesterol (mg)</td>
<td>Sodium (mg)</td>
<td>Carbohydrate (gm)</td>
<td>Protein (gm)</td>
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<tr>
<td>Avocado Ranch Dressing</td>
<td>105</td>
<td>10</td>
<td>10</td>
<td>215</td>
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<td>&lt;1</td>
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<tr>
<td>Spicy Chicken Caesar Salad</td>
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<td>25</td>
<td>25</td>
<td>85</td>
<td>1410</td>
<td>27</td>
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<tr>
<td>Lemon Garlic Caesar Dressing</td>
<td>105</td>
<td>10</td>
<td>10</td>
<td>175</td>
<td>2</td>
<td>0</td>
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<tr>
<td><strong>Kids’ Meals</strong></td>
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<td></td>
</tr>
<tr>
<td>Hamburger</td>
<td>220</td>
<td>8</td>
<td>30</td>
<td>370</td>
<td>26</td>
<td>12</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>260</td>
<td>11</td>
<td>40</td>
<td>570</td>
<td>26</td>
<td>14</td>
</tr>
<tr>
<td>Crispy Chicken Sandwich</td>
<td>330</td>
<td>13</td>
<td>30</td>
<td>700</td>
<td>35</td>
<td>16</td>
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<tr>
<td>Chicken Nuggets (kid’s)</td>
<td>180</td>
<td>11</td>
<td>25</td>
<td>370</td>
<td>11</td>
<td>8</td>
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<tr>
<td>French Fries (value)</td>
<td>230</td>
<td>11</td>
<td>0</td>
<td>250</td>
<td>30</td>
<td>3</td>
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<td><strong>Side Items/Frosty’s</strong></td>
<td></td>
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<tr>
<td>Garden Side Salad w/o dressing</td>
<td>25</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>30</td>
<td>1</td>
</tr>
<tr>
<td>Caesar Side Salad w/Caesar Drsg.</td>
<td>170</td>
<td>14</td>
<td>20</td>
<td>290</td>
<td>6</td>
<td>6</td>
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<tr>
<td>Apple Slices</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<tr>
<td>French Fries (med)</td>
<td>420</td>
<td>21</td>
<td>0</td>
<td>460</td>
<td>55</td>
<td>5</td>
</tr>
<tr>
<td>Chili (sm)</td>
<td>210</td>
<td>6</td>
<td>40</td>
<td>880</td>
<td>21</td>
<td>17</td>
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<tr>
<td>Chicken Nuggets</td>
<td>220</td>
<td>14</td>
<td>35</td>
<td>460</td>
<td>13</td>
<td>10</td>
</tr>
<tr>
<td>Chocolate Frosty (sm)</td>
<td>250</td>
<td>6</td>
<td>25</td>
<td>115</td>
<td>41</td>
<td>6</td>
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<tr>
<td>Vanilla Frosty (sm)</td>
<td>260</td>
<td>7</td>
<td>25</td>
<td>125</td>
<td>43</td>
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For a complete listing of fountain drinks, see inside back cover.
<table>
<thead>
<tr>
<th>Sandwiches</th>
<th>Portion: 1 sandwich</th>
<th>TOTAL CALORIES</th>
<th>CALORIES FROM FAT</th>
<th>CHOLESTEROL (mg)</th>
<th>SODIUM (mg)</th>
<th>CARBOHYDRATE (gm)</th>
<th>PROTEIN (gm)</th>
<th>TOTAL CARB EXCHANGE</th>
<th>SUGGESTED EXCHANGE VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger</td>
<td>1 sandwich</td>
<td>140</td>
<td>55</td>
<td>10</td>
<td>13</td>
<td>7</td>
<td>1</td>
<td>1 Starch</td>
<td>1/2 MF Meat 1/2 Fat</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>1 sandwich</td>
<td>170</td>
<td>80</td>
<td>15</td>
<td>15</td>
<td>8</td>
<td>1</td>
<td>1 Starch</td>
<td>1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Bacon</td>
<td>1 sandwich</td>
<td>190</td>
<td>100</td>
<td>20</td>
<td>13</td>
<td>9</td>
<td>1</td>
<td>1 Starch</td>
<td>1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Jalapeño Cheeseburger</td>
<td>1 sandwich</td>
<td>160</td>
<td>80</td>
<td>15</td>
<td>14</td>
<td>8</td>
<td>1</td>
<td>1 Starch</td>
<td>1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Double Hamburger</td>
<td>1 sandwich</td>
<td>240</td>
<td>110</td>
<td>20</td>
<td>21</td>
<td>12</td>
<td>1/2</td>
<td>1/2 Starch</td>
<td>1/2 MF Meat 1 Fat</td>
</tr>
<tr>
<td>Double Cheeseburger</td>
<td>1 sandwich</td>
<td>300</td>
<td>155</td>
<td>30</td>
<td>20</td>
<td>15</td>
<td>1/2</td>
<td>1/2 Starch</td>
<td>1/2 MF Meat 2 Fat</td>
</tr>
<tr>
<td>Bacon Ranch</td>
<td>1 sandwich</td>
<td>260</td>
<td>160</td>
<td>20</td>
<td>14</td>
<td>7</td>
<td>1</td>
<td>1 Starch</td>
<td>1/2 MF Meat 3 Fat</td>
</tr>
<tr>
<td>Chicken Breast Sandwich w/ Cheese</td>
<td>1 sandwich</td>
<td>390</td>
<td>250</td>
<td>25</td>
<td>20</td>
<td>13</td>
<td>1/2</td>
<td>1/2 Starch</td>
<td>1/2 MF Meat 4 Fat</td>
</tr>
<tr>
<td>Pulled Pork BBQ Sandwich</td>
<td>1 sandwich</td>
<td>170</td>
<td>40</td>
<td>25</td>
<td>25</td>
<td>9</td>
<td>1/2</td>
<td>1 Starch</td>
<td>1/2 Other Carb 1 L Meat</td>
</tr>
<tr>
<td>Fish w/Cheese &amp; Tartar Sauce</td>
<td>1 sandwich</td>
<td>340</td>
<td>215</td>
<td>20</td>
<td>14</td>
<td>11</td>
<td>1</td>
<td>1 Starch</td>
<td>1/2 MF Meat 3 Fat</td>
</tr>
</tbody>
</table>

**Side Orders**

<table>
<thead>
<tr>
<th>Side Orders</th>
<th>Portion:</th>
<th>TOTAL CALORIES</th>
<th>CALORIES FROM FAT</th>
<th>CHOLESTEROL (mg)</th>
<th>SODIUM (mg)</th>
<th>CARBOHYDRATE (gm)</th>
<th>PROTEIN (gm)</th>
<th>TOTAL CARB EXCHANGE</th>
<th>SUGGESTED EXCHANGE VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Fries</td>
<td>5 1/2 oz.</td>
<td>370</td>
<td>225</td>
<td>0</td>
<td>33</td>
<td>3</td>
<td>2</td>
<td>2 Starch</td>
<td>5 Fat</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>6 oz.</td>
<td>480</td>
<td>270</td>
<td>0</td>
<td>47</td>
<td>4</td>
<td>3</td>
<td>2 1/2 Starch</td>
<td>1/2 Other Carb 6 Fat</td>
</tr>
<tr>
<td>Chicken Rings</td>
<td>6-piece</td>
<td>530</td>
<td>425</td>
<td>0</td>
<td>128</td>
<td>18</td>
<td>1/2</td>
<td>1/2 Starch</td>
<td>1/2 MF Meat 7 Fat</td>
</tr>
<tr>
<td>Onion Chips</td>
<td>6 oz.</td>
<td>670</td>
<td>450</td>
<td>0</td>
<td>46</td>
<td>5</td>
<td>2</td>
<td>2 1/2 Starch</td>
<td>10 Fat</td>
</tr>
<tr>
<td>Mozarella Cheese Sticks</td>
<td>3-piece</td>
<td>440</td>
<td>295</td>
<td>0</td>
<td>32</td>
<td>2</td>
<td>2</td>
<td>2 Starch</td>
<td>1 MF Meat 5 Fat</td>
</tr>
<tr>
<td>Fish Nibblers</td>
<td>5 oz.</td>
<td>320</td>
<td>145</td>
<td>0</td>
<td>28</td>
<td>16</td>
<td>1 1/2</td>
<td>1/2 Starch</td>
<td>1/2 MF Meat 2 Fat</td>
</tr>
</tbody>
</table>

For a complete listing of fountain drinks, see inside back cover.
<table>
<thead>
<tr>
<th>Fountain Drinks (Listing supplied by manufacturers)</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Coca-Cola Products</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Coca-Cola® Classic</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Diet Coke®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Caffeine Free Diet Coke®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Cherry Coca-Cola®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Barq's® Root Beer</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Fanta® Orange</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Hi-C Flashin' Fruit Punch®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Hi-C Orange Lavaburst®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Mello Yello®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Minute Maid® Lemonade</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Minute Maid® Light Lemonade</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Nestea® Iced Tea (sweetened)</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Nestea® Iced Tea (unsweetened)</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Nestea® Raspberry Iced Tea</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Pibb Xtra®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>POWERade Mountain Blast®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Sprite®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Pepsi-Cola Products</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Pepsi®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Diet Pepsi®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Wild Cherry Pepsi®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Lipton Brisk® Lemonade</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Lipton Brisk® (sweetened)</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Lipton Brisk® (unsweetened)</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Lipton Brisk® Raspberry</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Mountain Dew®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Diet Mountain Dew®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Mountain Dew Code Red®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Mug® Root Beer</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Sierra Mist®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Sierra Mist Free®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Slice®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td>16 fl. oz. cup w/o ice</td>
</tr>
<tr>
<td><strong>A&amp;W® Root Beer</strong></td>
<td>16 fl. oz. cup w/o ice</td>
</tr>
<tr>
<td><strong>A&amp;W® Diet Root Beer</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Dr Pepper®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
<tr>
<td><strong>Diet Dr Pepper®</strong></td>
<td>16 fl. oz. cup over ice</td>
</tr>
</tbody>
</table>

**NOTE:** Values represent fountain settings recommended by manufacturer. Sodium values are dependent upon local water supplies and will vary. Categories not listed are not applicable (of 0 value). Calculations account for 16 fl. oz. cup over ice consisting of approximately 10 1/2 fl. oz. of soda and 5 1/2 fl. oz. of ice.