

NUTRITION IN THE FAST LANE™

Fast Facts
about Fast Food



Lilly

Published by:

Franklin Publishing, Inc.
Michael E. Jones, President
PO Box 576
Franklin, Indiana 46131
Contact: 1-800-634-1993 or franklinpub@earthlink.net
Visit our Website: www.fastfoodfacts.com

Distributed by:

Lilly USA, LLC, Indianapolis, Indiana

CREDITS

Editor:

Richard J. Jones, Parkersburg, West Virginia

Editorial Consultants:

B.H. Ackelmire, BA, Indianapolis, Indiana
Alan G. Lisle, MEd, MA, Indianapolis, Indiana

Nutrition Consultant and Exchange Value Calculations:

Heather Fink, MS, RD, CSSD / Angie Scheetz, RD
National Institute for Fitness and Sport, Indianapolis, Indiana

Nutrition Data:

Individual Restaurants (*excluding Suggested Exchange Values*)

Compilation of Nutrition Data:

Nathaniel B. Alexander, Indianapolis, Indiana

Cover Design:

Borshoff, Indianapolis, Indiana

Suggested Exchange Values based on *Choose Your Foods: Exchange Lists for Diabetes*, Copyright © 2008, The American Diabetes Association and The American Dietetic Association.

The information in this publication is based on the most current nutritional data available at the time of publication and was received from the individual restaurant chains included. Suggested Exchange Values were calculated by an independent nutritional consultant to assure consistency. No endorsement is made of any institution or product by the publisher or by Lilly USA, LLC. Neither the publisher nor Lilly claims to be licensed to give medical advice. The nutrition values (total calories, calories from fat, carbohydrates, total fat, saturated fat, trans fat, cholesterol, sodium, dietary fiber, sugar and protein) listed for each item are for information only and represent typical averages. The listings do not substitute for personalized consultation with your physician and/or registered dietitian. "N/A" has been used in the listings to signify that nutrition information was "not available" for a specific item. Fractions have been rounded to the nearest whole number. Actual nutrition values may differ slightly due to product preparation. Menu items may vary by location and items with limited geographic distribution may not be included. The elimination of specific menu items is due to space constraints only. The publisher is not responsible for typographical errors.

Copyright ©

1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003,
2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011

Franklin Publishing Incorporated

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, photocopying, recording, or otherwise, without the prior written permission of Franklin Publishing, Inc.

Printed in the United States of America

Table of Contents

	PAGE
INTRODUCTION	
How to Use This Booklet	2
Dining in the Fast Lane	4
ChooseMyPlate.gov (<i>Illustration</i>)	5
Sample Menus	6
Exercise is Important, too	7
Calories Burned During Common Activities	8
In Conclusion	8
RESTAURANTS	
Arby's®	9
Bob Evans®	12
Burger King®	17
Chick-fil-A®	19
Chili's®	21
Church's®	23
Dairy Queen®	24
Denny's®	26
Domino's® Pizza	31
Dunkin' Donuts®	33
Einstein Bros.® Bagels	35
Fazoli's®	37
Golden Corral®	40
Hardee's®	45
KFC®	48
Long John Silver's®	51
McDonald's®	53
Olive Garden®	56
Panera Bread®	59
Papa John's®	61
Sonic®	63
Starbucks®	65
Subway®	67
Taco Bell®	70
Wendy's®	74
White Castle®	76
Fountain Drinks	77

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 that 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.

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE VALUE	SUGGESTED EXCHANGE VALUE
Hamburger Portion: 1 sandwich	260	80	9 Sat Fat 3½ Trans Fat <1	30	530	33 Fiber 1 Sugar 7	13	2	2 Starch 1 MF Meat 1 Fat

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.

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

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.

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 carbohydrates 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 dietitian 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.

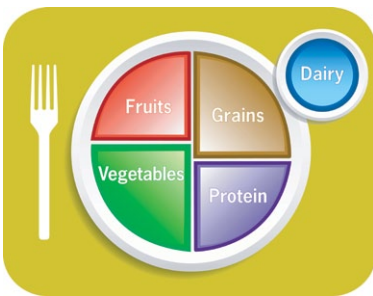
In general, a balanced diet consists of less than 30% fat, between 50-65% carbohydrate and 10-20% protein. However, people with chronic health problems or diseases should consult their doctor and registered dietitian for individual needs.

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.

	AGE	CALORIES	VEGGIES	FRUITS	GRAINS	PROTEIN	DAIRY	OILS
CHILD	2-3 yrs	1000	1 cup	1 cup	3 oz	2 oz	2 cups	3 tsp
	4-8 yrs	1200-1400	1½ cups	1-1½ cups	5 oz	4 oz	2 cups	4 tsp
GIRLS	9-13 yrs	1600	2 cups	1½ cups	5 oz	5 oz	3 cups	5 tsp
	14-18 yrs	1800	2½ cups	1½ cups	6 oz	5 oz	3 cups	5 tsp
BOYS	9-13 yrs	1800	2½ cups	1½ cups	6 oz	5 oz	3 cups	5 tsp
	14-18 yrs	2200	3 cups	2 cups	7 oz	6 oz	3 cups	6 tsp
WOMEN	19-30 yrs	2000	2½ cups	2 cups	6 oz	5½ oz	3 cups	6 tsp
	31-50 yrs	1800	2½ cups	1½ cups	6 oz	5 oz	3 cups	5 tsp
	51+ yrs	1600	2 cups	1½ cups	5 oz	5 oz	3 cups	5 tsp
MEN	19-30 yrs	2400	3 cups	2 cups	8 oz	6½ oz	3 cups	7 tsp
	31-50 yrs	2200	3 cups	2 cups	7 oz	6 oz	3 cups	6 tsp
	51+ yrs	2000	2½ cups	2 cups	6 oz	5½ oz	3 cups	6 tsp

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

1,600 CALORIE MENU

Inactive Women and Older Adults

BREAKFAST

EINSTEIN BROS. BAGELS

1/2 Honey Wheat Bagel
Reduced-Fat Plain
Cream Cheese (3 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
Green Beans
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
Gr. 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 1/2 oz pc) w/
Sautéed Mushrooms
BBQ Pork (3 oz piece)
Escaloped 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

2,800 CALORIE MENU

Teenage Boys, Many Active Men and Some Very Active Women

BREAKFAST

MCDONALD'S

Sausage McMuffin
w/Egg
Hash Browns (1 pattie)

BOB EVANS

Fruit Cup
3 Scrambled Eggs
Smoked Ham (1 slice)
Home Fries

BURGER KING

Cheesy Bacon BK
Wrapper
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.

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.

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.

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

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 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.

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

ARBY'S®

Value Menu

Jr. Roast Beef Sandwich Portion: 1 sandwich	210	70	8 Sat Fat 3 Trans Fat 0	25	520	24 Fiber 1 Sugar 4	12	1 1/2	1 1/2 Starch 1 L Meat 1 Fat
Jr. Chicken Sandwich Portion: 1 sandwich	340	155	17 Sat Fat 3 Trans Fat 0	25	690	33 Fiber 2 Sugar 4	13	2	2 Starch 1 MF Meat 2 Fat
Jr. Ham & Cheddar Melt Portion: 1 sandwich	210	55	6 Sat Fat 1 1/2 Trans Fat 0	25	930	26 Fiber 1 Sugar 5	13	1 1/2	1 1/2 Starch 1 1/2 L Meat
Curly Fries (kids) Portion: 2 3/4 oz. order	270	125	14 Sat Fat 2 Trans Fat 0	10	700	33 Fiber 2 Sugar 0	3	2	2 Starch 3 Fat
Apple or Cherry Turnover w/o Icing Portion: 1 pastry	310	145	16 Sat Fat 7 Trans Fat 0	0	215	37 Fiber 1 Sugar 13	5	2 1/2	2 1/2 Other Carb 3 Fat
Turnover Icing Portion: 1 1/4 oz. packet	130	15	1 1/2 Sat Fat 1 Trans Fat 0	0	5	30 Fiber 0 Sugar 27	0	2	2 Other Carb

Breakfast Sandwiches

Sausage Biscuit Portion: 1 sandwich	460	280	31 Sat Fat 17 Trans Fat 0	40	1230	33 Fiber 1 Sugar 3	13	2	2 Starch 1 1/2 HF Meat 4 Fat
Sausage Gravy Biscuit Portion: 1 sandwich	590	350	38 Sat Fat 20 Trans Fat 0	40	1930	48 Fiber 1 Sugar 3	14	3	3 Starch 1 HF Meat 6 Fat
Chicken Biscuit Portion: 1 sandwich	530	215	24 Sat Fat 16 Trans Fat 0	45	1310	60 Fiber 1 Sugar 5	18	4	4 Starch 1 MF Meat 3 Fat
Bacon, Egg & Cheese Biscuit Portion: 1 sandwich	450	235	26 Sat Fat 15 Trans Fat 0	165	1610	34 Fiber 1 Sugar 5	15	2	2 Starch 1 1/2 MF Meat 4 Fat
Ham, Egg & Cheese Sourdough Portion: 1 sandwich	440	155	17 Sat Fat 5 Trans Fat 0	180	1440	45 Fiber 2 Sugar 8	26	2 1/2	2 Starch 1/2 Other Carb 3 MF Meat 1/2 Fat



	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Ham & Cheese Croissant	270	125	14	60	920	22	15	11½	1½	Starch	
Portion: 1 sandwich			Sat Fat 8 Trans Fat 0			Fiber 1 Sugar 3				1½ MF Meat	1 Fat

Roast Beef Sandwiches

Roast Beef Classic	360	125	14	50	950	37	22	2½	2½	Starch	
Portion: 1 sandwich			Sat Fat 6 Trans Fat 1			Fiber 2 Sugar 5				2 L Meat	1 Fat
Beef 'N Cheddar Classic	450	190	21	55	1240	43	22	3	2½	Starch	
Portion: 1 sandwich			Sat Fat 7 Trans Fat 1			Fiber 2 Sugar 10				½ Other Carb	2 MF Meat 2 Fat
Bacon Beef 'N Cheddar	520	235	26	70	1550	43	28	3	2½	Starch	
Portion: 1 sandwich			Sat Fat 8 Trans Fat 1			Fiber 2 Sugar 10				½ Other Carb	3 MF Meat 2 Fat
'Shroom & Swiss	520	250	28	65	1990	46	22	3	2½	Starch	
Portion: 1 sandwich			Sat Fat 9 Trans Fat 1			Fiber 2 Sugar 8				½ Other Carb	2 MF Meat 3 Fat
French Dip & Swiss w/Au Jus	450	155	17	60	2110	51	26	3	3	Starch	
Portion: 1 sandwich			Sat Fat 8 Trans Fat 1			Fiber 2 Sugar 3				2½ MF Meat	½ Fat
Arby's® Melt	390	145	16	55	1130	39	22	2½	2½	Starch	
Portion: 1 sandwich			Sat Fat 6 Trans Fat 1			Fiber 2 Sugar 6				2 MF Meat	1 Fat
Arby-Q®	400	100	11	35	1230	58	18	3½	2	Starch	
Portion: 1 sandwich			Sat Fat 4 Trans Fat <1			Fiber 3 Sugar 23				½ Other Carb	½ L Meat 1 Fat

Prime-Cut Chicken

Cravin' Chicken Sandwich (crispy)	500	190	21	50	1250	53	27	3	2½	Starch	
Portion: 1 sandwich			Sat Fat 3½ Trans Fat 0			Fiber 4 Sugar 7				½ Other Carb	3 MF Meat 1 Fat
Cravin' Chicken Sandwich (roast)	370	110	12	50	990	42	24	2½	2	Starch	
Portion: 1 sandwich			Sat Fat 2 Trans Fat 0			Fiber 3 Sugar 9				½ Other Carb	2½ L Meat 1 Fat
Chicken Bacon 'N Swiss (roast)	470	170	19	65	1310	43	32	2½	2	Starch	
Portion: 1 sandwich			Sat Fat 5 Trans Fat 0			Fiber 2 Sugar 10				½ Other Carb	3½ L Meat 2 Fat
Chicken Cordon Bleu (roast)	490	190	21	85	1600	40	35	2½	2	Starch	
Portion: 1 sandwich			Sat Fat 5 Trans Fat 0			Fiber 2 Sugar 8				½ Other Carb	4 L Meat 2 Fat
Roast Chicken Club	460	160	18	65	1440	41	31	2½	2	Starch	
Portion: 1 sandwich			Sat Fat 6 Trans Fat 0			Fiber 2 Sugar 8				½ Other Carb	3½ L Meat 2 Fat
Smokin' Chipotle Chicken Sandwich	590	210	23	65	1820	60	35	3½	3	Starch	
Portion: 1 sandwich			Sat Fat 7 Trans Fat 0			Fiber 7 Sugar 7				½ Other Carb	3½ MF Meat 1 Fat

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

Market Fresh® Chopped Salads

Chopped Side Salad Portion: 1 salad	70	45	5 Sat Fat 3 Trans Fat 0	15	100	4 Fiber 1 Sugar 2	4	0	1 Vegetable 1/2 L Meat 1/2 Fat
Chopped Farmhouse Chkn. Salad (roast) Portion: 1 salad	250	115	13 Sat Fat 7 Trans Fat 0	60	680	11 Fiber 3 Sugar 6	23	1/2	1/2 Starch 1 Vegetable 3 L Meat 1/2 Fat

Market Fresh® Sandwiches

Reuben Sandwich Portion: 1 sandwich	700	290	32 Sat Fat 9 Trans Fat 0	65	1870	64 Fiber 4 Sugar 8	39	4	3 1/2 Starch 1/2 Other Carb 4 L Meat 4 Fat
Roast Turkey & Swiss Sandwich Portion: 1 sandwich	710	250	28 Sat Fat 7 Trans Fat 0	75	1780	78 Fiber 5 Sugar 18	39	5	4 Starch 1 Other Carb 4 L Meat 3 Fat
Roast Turkey & Swiss Wrap Portion: 1 wrap	500	215	24 Sat Fat 6 Trans Fat 0	75	1580	42 Fiber 7 Sugar 6	35	2 1/2	2 Starch 1/2 Other Carb 4 L Meat 2 Fat
Roast Turkey, Ranch & Bacon Sandwich Portion: 1 sandwich	810	325	36 Sat Fat 10 Trans Fat <1	95	2270	78 Fiber 5 Sugar 17	46	5	4 Starch 1 Other Carb 5 L Meat 4 Fat
Roast Turkey, Ranch & Bacon Wrap Portion: 1 wrap	600	290	32 Sat Fat 9 Trans Fat <1	95	2080	42 Fiber 7 Sugar 6	42	2 1/2	2 Starch 1/2 Other Carb 5 L Meat 3 Fat

Sides & Snacks

Curly Fries (sm) Portion: 4 1/2 oz. order	450	215	24 Sat Fat 3 Trans Fat 0	20	1160	55 Fiber 4 Sugar 0	4	3 1/2	3 1/2 Starch 5 Fat
Home Fries (sm) Portion: 4 1/2 oz. order	360	145	16 Sat Fat 2 Trans Fat 0	0	1020	52 Fiber 4 Sugar 0	4	3	3 Starch 3 Fat
Potato Cakes (sm) Portion: 2-piece order	260	135	15 Sat Fat 2 Trans Fat 0	0	400	28 Fiber 2 Sugar 0	2	1 1/2	1 1/2 Starch 3 Fat
Loaded Potato Bites® (reg) Portion: 5-piece order	510	335	37 Sat Fat 10 Trans Fat <1	65	1090	34 Fiber 3 Sugar 2	10	2	2 Starch 1 MF Meat 6 Fat
Jalapeño Bites® w/Bronco Berry Sauce (reg) Portion: 5-piece order	390	155	17 Sat Fat 6 Trans Fat 0	25	760	53 Fiber 2 Sugar 24	5	3	1 1/2 Starch 1 1/2 Other Carb 3 Fat
Mozzarella Sticks w/sauce (reg) Portion: 4-piece order	480	215	24 Sat Fat 9 Trans Fat <1	5	1350	44 Fiber 2 Sugar 6	22	2 1/2	2 1/2 Starch 2 MF Meat 3 Fat
Steakhouse Onion Rings (reg) Portion: 5-piece order	460	215	24 Sat Fat 3 Trans Fat 0	0	1400	56 Fiber 3 Sugar 6	6	3 1/2	3 Starch 1/2 Other Carb 5 Fat

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

BOB EVANS®

Breakfast Combinations

Fruit & Yogurt Plate Portion: 1 meal	348	18	2 Sat Fat 0 Trans Fat	3	73	82 Fiber 9 Sugar	7	5	3 Fruit 1 LF Milk 1 Other Carb
Sunshine Skillet Portion: 1 omelette	422	216	24 Sat Fat 10 Trans Fat	201	1409	33 Fiber 3 Sugar	16	2	2 Starch 1½ MF Meat 3 Fat
Border Scramble Omelette Portion: 1 omelette	635	414	46 Sat Fat 18 Trans Fat	769	1519	14 Fiber 2 Sugar	39	1	½ Starch ½ Other Carb 5½ MF Meat 3 Fat
Farmer's Market Omelette Portion: 1 omelette	638	405	45 Sat Fat 21 Trans Fat	774	2120	14 Fiber 1 Sugar	38	1	½ Starch ½ Other Carb 5½ MF Meat 3 Fat
Garden Harvest Omelette Portion: 1 omelette	542	342	38 Sat Fat 17 Trans Fat	752	1762	14 Fiber 2 Sugar	30	½	1 Vegetable ½ Other Carb 4 MF Meat 4 Fat
Ham & Cheddar Omelette Portion: 1 omelette	515	324	36 Sat Fat 13 Trans Fat	765	1808	4 Fiber 0 Sugar	40	0	5½ MF Meat 2 Fat
Sausage & Cheddar Omelette Portion: 1 omelette	517	360	40 Sat Fat 15 Trans Fat	746	1162	4 Fiber 0 Sugar	33	0	4½ MF Meat 4 Fat
Western Omelette Portion: 1 omelette	529	324	36 Sat Fat 13 Trans Fat	765	1809	8 Fiber 1 Sugar	41	0	1 Vegetable 5½ MF Meat 2 Fat

Breakfast Meats

Bacon Portion: per strip	36	36	4 Sat Fat 2 Trans Fat	5	54	0 Fiber 0 Sugar	<1	0	1 Fat
Sausage Link Portion: 1¼ oz. link	133	108	12 Sat Fat 3 Trans Fat	14	184	0 Fiber 0 Sugar	5	0	½ HF Meat 2 Fat
Sausage Pattie Portion: 1¾ oz. pattie	140	99	11 Sat Fat 4 Trans Fat	24	313	0 Fiber 0 Sugar	8	0	1 HF Meat ½ Fat
Sirloin Breakfast Steak Portion: 5 oz. steak	421	261	29 Sat Fat 9 Trans Fat	77	638	3 Fiber 0 Sugar	33	0	5 MF Meat 1 Fat
Turkey Sausage Portion: 1½ oz. link	72	36	4 Sat Fat 1 Trans Fat	31	404	1 Fiber 0 Sugar	9	0	1½ L Meat

Pancakes/Breakfast Side Items

Hotcake w/o tppgs. (btrmlk. or blueberry) Portion: 1 pancake	329	72	8 Sat Fat 4 Trans Fat	0	783	58 Fiber 0 Sugar	5	3½	3 Starch ½ Other Carb 1 Fat
French Toast w/o toppings Portion: 1 slice	163	27	3 Sat Fat 1 Trans Fat	77	280	29 Fiber 1 Sugar	4	2	1½ Starch ½ Other Carb

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Sugar-Free Syrup Portion: 6 tbsp.	39	0	0	0	79	10	0	1/2	1/2 Other Carb
			Sat Fat 0			Fiber 0			
			Trans Fat 0			Sugar 0			
English Muffin Portion: 1 muffin	146	27	3	0	243	25	5	1 1/2	1 1/2 Starch 1/2 Fat
			Sat Fat 0			Fiber 1			
			Trans Fat 0			Sugar 1			
Biscuit (Plain) Portion: 1 biscuit	263	117	13	0	870	32	5	2	2 Starch 2 Fat
			Sat Fat 7			Fiber 1			
			Trans Fat 0			Sugar 2			
Sausage Gravy Portion: 6 3/4 oz. cup	167	99	11	9	797	14	4	1	1 Starch 2 Fat
			Sat Fat 7			Fiber 0			
			Trans Fat 0			Sugar 1			
Scrambled Eggs Portion: order of 3	253	144	16	701	714	3	20	0	3 MF Meat 1/2 Fat
			Sat Fat 5			Fiber 0			
			Trans Fat 0			Sugar 2			
Hash Browns Portion: 4 1/2 oz. cup	324	72	8	0	1091	53	6	3 1/2	3 1/2 Starch 1 Fat
			Sat Fat 1			Fiber 3			
			Trans Fat 0			Sugar 3			
Home Fries Portion: 5 oz. order	163	54	6	0	677	24	3	1 1/2	1 1/2 Starch 1 Fat
			Sat Fat 1			Fiber 3			
			Trans Fat 0			Sugar 0			

Sandwiches

Big Farm Burger Portion: 1 sandwich	725	378	42	156	1174	50	39	3	2 1/2 Starch 1/2 Other Carb 4 1/2 MF Meat 4 Fat
			Sat Fat 17			Fiber 4			
			Trans Fat 2			Sugar 10			
Big Farm Cheeseburger Portion: 1 sandwich	830	450	50	185	1644	51	44	3	2 1/2 Starch 1/2 Other Carb 5 1/2 MF Meat 4 Fat
			Sat Fat 22			Fiber 4			
			Trans Fat 2			Sugar 11			
Grilled Cheese Sandwich Portion: 1 sandwich	260	135	15	29	729	22	9	1 1/2	1 1/2 Starch 1/2 HF Meat 2 Fat
			Sat Fat 6			Fiber 2			
			Trans Fat 1			Sugar 4			
Farm-Grill Fried Chicken Sandwich Portion: 1 sandwich	538	144	16	89	1335	60	38	3 1/2	3 1/2 Starch 4 L Meat 1 Fat
			Sat Fat 3			Fiber 3			
			Trans Fat 0			Sugar 2			
Farm-Grill Grilled Chicken Sandwich Portion: 1 sandwich	401	63	7	77	1144	47	38	3	3 Starch 4 L Meat
			Sat Fat 2			Fiber 2			
			Trans Fat 0			Sugar 2			
Farm-Grill Grilled Chicken Club Sandwich Portion: 1 sandwich	543	180	20	108	1593	47	43	3	3 Starch 5 L Meat 1 Fat
			Sat Fat 9			Fiber 2			
			Trans Fat 0			Sugar 2			
Turkey Bacon Melt Portion: 1 sandwich	568	243	27	85	1835	49	30	3	2 1/2 Starch 1/2 Other Carb 3 1/2 L Meat 3 Fat
			Sat Fat 11			Fiber 2			
			Trans Fat 1			Sugar 7			
Knife & Fork Meatloaf Sandwich Portion: 1 meal	748	369	41	216	2446	52	39	3	2 1/2 Starch 1/2 Other Carb 5 MF Meat 3 Fat
			Sat Fat 20			Fiber 6			
			Trans Fat 1			Sugar 11			
Knife & Fork Turkey Sandwich Portion: 1 meal	725	378	42	99	3122	62	25	3 1/2	3 1/2 Starch 2 1/2 MF Meat 6 Fat
			Sat Fat 16			Fiber 5			
			Trans Fat 1			Sugar 6			

TOTAL CALORIES
CALORIES FROM FAT
TOTAL FAT (gm)
CHOLESTEROL (mg)
SODIUM (mg)
CARBOHYDRATE (gm)
PROTEIN (gm)
TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

Kids' Meals*

Fruit & Yogurt Dippers Portion: 10¾ oz. order	222	9	1 Sat Fat 0 Trans Fat	3	62	51 Fiber 5 Sugar 44	5	3	1½ Fruit ½ LF Milk 1 Other Carb
Fruit Dish Portion: 3¾ oz. order	58	0	0 Sat Fat 0 Trans Fat	0	7	14 Fiber 1 Sugar 13	1	1	1 Fruit
Plenty-O-Pancakes w/o toppings Portion: 11½ oz. order	712	162	18 Sat Fat 11 Trans Fat	0	1280	130 Fiber 0 Sugar 53	8	8½	5 Starch 3½ Other Carb 2 Fat
Mini Cheeseburgers Portion: 1 sandwich	275	135	15 Sat Fat 6 Trans Fat	40	491	21 Fiber 1 Sugar 4	12	1½	1½ Starch 1 MF Meat 2 Fat
Turkey Lurkey w/o sides Portion: 5 oz. order	140	54	6 Sat Fat 2 Trans Fat	49	891	4 Fiber 0 Sugar 2	15	0	2½ L Meat
Grilled Cheese Triangles Portion: 1 order	313	135	15 Sat Fat 7 Trans Fat	30	851	32 Fiber 1 Sugar 3	10	2	2 Starch ½ HF Meat 2 Fat
Spaghetti w/ Meat Sauce Portion: 12½ oz. order	446	189	21 Sat Fat 6 Trans Fat	25	983	47 Fiber 3 Sugar 13	18	3	2½ Starch ½ Other Carb 1½ MF Meat 3 Fat
French Fries Portion: 4½ oz. order	319	117	13 Sat Fat 3 Trans Fat	1	92	46 Fiber 1 Sugar 0	4	3	3 Starch 2 Fat
Smiley Face Potatoes Portion: 3 oz. order	271	144	16 Sat Fat 3 Trans Fat	1	334	29 Fiber 2 Sugar 1	3	2	2 Starch 3 Fat

Farm Fresh Salads

Gdn. Side Salad w/cROUTONS Portion: 1 salad	58	9	1 Sat Fat 0 Trans Fat	0	132	9 Fiber 1 Sugar 2	2	½	½ Starch 1 Vegetable
Specialty Garden Side Salad w/cROUTONS Portion: 1 salad	124	63	7 Sat Fat 3 Trans Fat	16	334	10 Fiber 1 Sugar 2	6	½	½ Starch 1 Vegetable ½ HF Meat ½ Fat
Cobb Salad w/Gr. Chicken w/o drsg. Portion: 1 salad	517	279	31 Sat Fat 17 Trans Fat	318	1673	10 Fiber 3 Sugar 4	51	0	2 Vegetable 7 L Meat 2 Fat
Cranberry Pecan Chicken Salad w/Sweet Italian Dressing Portion: 1 salad	630	324	36 Sat Fat 14 Trans Fat	129	1511	33 Fiber 5 Sugar 23	46	1½	2 Vegetable ½ Fruit 1 Other Carb 6½ L Meat 3 Fat
Heritage Chef Salad w/o drsg. Portion: 1 salad	398	216	24 Sat Fat 12 Trans Fat	260	1281	11 Fiber 3 Sugar 6	34	0	2 Vegetable 5 L Meat 2 Fat
Wildfire Grilled Chicken Salad w/Wildfire BBQ Dressing Portion: 1 salad	389	117	13 Sat Fat 5 Trans Fat	85	963	37 Fiber 6 Sugar 14	32	1½	½ Starch 2 Vegetable 1 Other Carb 4 L Meat 1 Fat

*Side items for children **not listed** on the Kids' Menu are adult-sized portions listed in Dinner Side Items.

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE**Beef Dinners (entrée only)**

Country Fried Steak w/gravy Portion: 8¼ oz. order	564	333	37 Sat Fat 13 Trans Fat 2	27	1215	41 Fiber 1 Sugar 1	18	2½	2½ Starch 2 MF Meat 5 Fat
Meatloaf Portion: 7½ oz. order	345	207	23 Sat Fat 9 Trans Fat 1	145	1249	15 Fiber 2 Sugar 8	21	1	½ Starch ½ Other Carb 2½ MF Meat 2 Fat
Open-Faced Roast Beef Portion: 9½ oz. order	472	216	24 Sat Fat 8 Trans Fat 0	125	790	21 Fiber 1 Sugar 9	33	1½	1 Starch ½ Other Carb 4½ L Meat 2 Fat

Chicken/Turkey/Fish (entrée only)

Slow-Roasted Chicken-n-Noodles Portion: 13 oz. order	225	36	4 Sat Fat 1 Trans Fat 0	92	709	31 Fiber 2 Sugar 4	16	2	2 Starch ½ L Meat
Fried Chicken Breast Portion: 5 oz. piece	285	117	13 Sat Fat 3 Trans Fat 0	89	758	13 Fiber 1 Sugar 0	29	½	½ Starch 4 L Meat ½ Fat
Grilled Chicken Breast Portion: 4 oz. piece	148	36	4 Sat Fat 1 Trans Fat 0	77	567	0 Fiber 0 Sugar 0	29	0	4 L Meat
Garlic Buttered Chicken Breast Portion: 4 oz. piece	161	36	4 Sat Fat 1 Trans Fat 0	81	666	1 Fiber 0 Sugar 0	31	0	4½ L Meat
Fried Chicken Strip Portion: 1 piece	137	72	8 Sat Fat 1 Trans Fat 0	8	301	10 Fiber 0 Sugar 0	7	½	½ Starch ½ MF Meat 1 Fat
Garlic Buttered Salmon Portion: 8 oz. piece	256	81	9 Sat Fat 2 Trans Fat 0	104	174	1 Fiber 0 Sugar 0	41	0	6 L Meat
Potato Crusted Flounder Portion: 4¾ oz. piece	177	63	7 Sat Fat 3 Trans Fat 0	27	486	9 Fiber 0 Sugar 1	19	½	½ Starch 2½ L Meat



TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

Dinner Side Items

Dinner Roll Portion: 1 roll	205	45	5	9	273	35	5	2	2 Starch 1 Fat
			Sat Fat 1 Trans Fat 0			Fiber 1 Sugar 6			
Garlic Ciabatta Bread Portion: 2 oz. piece	213	99	11	0	388	24	5	1 1/2	1 1/2 Starch 2 Fat
			Sat Fat 2 Trans Fat 0			Fiber 1 Sugar 0			
Texas Toast Portion: 1 1/2 oz. order	122	27	3	0	129	18	2	1	1 Starch 1/2 Fat
			Sat Fat 0 Trans Fat 0			Fiber 1 Sugar 2			
Fruit Cup Portion: 7 3/4 oz. order	148	9	1	0	8	38	1	2 1/2	2 1/2 Fruit
			Sat Fat 0 Trans Fat 0			Fiber 4 Sugar 32			
Broccoli Florets Portion: 3 1/2 oz. order	34	0	0	0	33	7	3	0	1 Vegetable
			Sat Fat 0 Trans Fat 0			Fiber 3 Sugar 2			
Glazed Carrots Portion: 3 1/2 oz. order	101	45	5	0	99	14	1	1/2	1 Vegetable 1/2 Other Carb 1 Fat
			Sat Fat 2 Trans Fat 0			Fiber 3 Sugar 9			
Bread & Celery Dressing Portion: 6 1/4 oz. order	299	171	19	1	790	29	6	1 1/2	1 1/2 Starch 4 Fat
			Sat Fat 6 Trans Fat 0			Fiber 2 Sugar 2			
Coleslaw Portion: 3 1/2 oz. order	208	126	14	13	243	19	1	1	1 Other Carb 3 Fat
			Sat Fat 2 Trans Fat 0			Fiber 1 Sugar 17			
Sweet Corn Portion: 3 1/2 oz. order	172	108	12	0	118	17	2	1	1 Starch 2 Fat
			Sat Fat 2 Trans Fat 0			Fiber 2 Sugar 2			
French Fries Portion: 7 oz. order	496	189	21	2	143	71	7	4 1/2	4 1/2 Starch 4 Fat
			Sat Fat 4 Trans Fat 0			Fiber 2 Sugar 0			
Sweet Potato Fries Portion: 5 oz. order	465	261	29	0	468	49	3	3	2 Starch 1 Other Carb 5 Fat
			Sat Fat 5 Trans Fat 0			Fiber 6 Sugar 15			
Green Beans Portion: 3 3/4 oz. order	41	9	1	2	527	6	2	0	1 Vegetable 1/2 Fat
			Sat Fat 0 Trans Fat 0			Fiber 2 Sugar 1			
Macaroni & Cheese Portion: 7 1/4 oz. order	304	135	15	33	1033	29	13	1 1/2	1 1/2 Starch 1 1/2 HF Meat 1/2 Fat
			Sat Fat 7 Trans Fat 0			Fiber 2 Sugar 4			
Baked Potato (Plain) Portion: 1 potato	193	0	0	0	0	50	8	3	3 Starch
			Sat Fat 0 Trans Fat 0			Fiber 6 Sugar 6			
Mashed Potatoes Portion: 5 oz. order	189	81	9	24	560	24	3	1 1/2	1 1/2 Starch 2 Fat
			Sat Fat 6 Trans Fat 0			Fiber 3 Sugar 1			
Onion Petals Portion: 4 3/4 oz. order	288	126	14	0	464	35	3	2	2 Starch 3 Fat
			Sat Fat 2 Trans Fat 0			Fiber 2 Sugar 3			
Rice Pilaf Portion: 6 1/4 oz. order	133	45	5	0	620	21	2	1	1 Starch 1 Fat
			Sat Fat 1 Trans Fat 0			Fiber 1 Sugar 1			

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

BURGER KING®

Breakfast Sandwiches/Sides

Croissan'wich® w/Egg & Cheese Portion: 1 sandwich	320	145	16 Sat Fat 7 Trans Fat 0	180	690	26 Fiber 0 Sugar 5	11	1 1/2	1 1/2 Starch 1 1/2 MF Meat 2 Fat
Croissan'wich® w/ Bcn., Egg & Ch'se Portion: 1 sandwich	360	170	19 Sat Fat 8 Trans Fat <1	190	840	26 Fiber 0 Sugar 5	14	1 1/2	1 1/2 Starch 2 MF Meat 2 Fat
Croissan'wich® w/ Ham, Egg & Ch'se Portion: 1 sandwich	350	155	17 Sat Fat 7 Trans Fat 0	200	1100	27 Fiber 0 Sugar 5	18	1 1/2	1 1/2 Starch 2 1/2 MF Meat 1 Fat
Croissan'wich® w/Sausage, Egg & Cheese Portion: 1 sandwich	490	280	31 Sat Fat 11 Trans Fat <1	215	1000	27 Fiber 0 Sugar 5	19	1 1/2	1 1/2 Starch 2 1/2 MF Meat 4 Fat
Cheesy Bacon BK Wrapper™ Portion: 1 wrap	380	215	24 Sat Fat 7 Trans Fat <1	185	1020	28 Fiber 2 Sugar 2	13	1 1/2	1 1/2 Starch 1 1/2 MF Meat 3 Fat
Ham, Egg & Cheese Biscuit Portion: 1 sandwich	420	210	23 Sat Fat 15 Trans Fat <1	195	1640	34 Fiber 1 Sugar 5	19	2	2 Starch 2 MF Meat 2 Fat
Sausage Biscuit Portion: 1 sandwich	420	245	27 Sat Fat 15 Trans Fat <1	35	1090	32 Fiber 1 Sugar 3	13	2	2 Starch 1 HF Meat 4 Fat
Breakfast Muffin Sandwich Portion: 1 sandwich	410	235	26 Sat Fat 9 Trans Fat <1	125	860	24 Fiber 1 Sugar 2	17	1 1/2	1 1/2 Starch 2 MF Meat 3 Fat
Kid's Breakfast Muffin Sandwich Portion: 1 sandwich	240	100	11 Sat Fat 4 Trans Fat 0	95	550	23 Fiber 1 Sugar 2	9	1 1/2	1 1/2 Starch 1 MF Meat 1 Fat
French Toast Sticks Portion: 5-piece order	350	100	11 Sat Fat 2 Trans Fat 0	0	280	59 Fiber 2 Sugar 25	3	4	2 1/2 Starch 1 1/2 Other Carb 1 Fat
Hash Brown Rounds (sm) Portion: 3 oz. order	250	155	16 Sat Fat 3 1/2 Trans Fat 0	0	410	24 Fiber 3 Sugar 0	2	1 1/2	1 1/2 Starch 3 Fat

Burgers/Sandwiches

Whopper®* Portion: 1 sandwich	670	360	40 Sat Fat 11 Trans Fat 1	75	980	51 Fiber 3 Sugar 11	28	3	2 1/2 Starch 1/2 Other Carb 3 MF Meat 5 Fat
Whopper®* w/Cheese Portion: 1 sandwich	760	425	47 Sat Fat 16 Trans Fat 1	100	1410	53 Fiber 3 Sugar 11	33	3	2 1/2 Starch 1/2 Other Carb 3 1/2 MF Meat 6 Fat
Whopper, Jr.®* Portion: 1 sandwich	340	170	19 Sat Fat 5 Trans Fat 0	40	530	29 Fiber 2 Sugar 6	14	1 1/2	1 1/2 Starch 1 1/2 MF Meat 2 Fat
Whopper, Jr.®* w/Cheese Portion: 1 sandwich	390	205	23 Sat Fat 8 Trans Fat <1	55	740	29 Fiber 2 Sugar 7	16	1 1/2	1 1/2 Starch 1 1/2 MF Meat 3 Fat

*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.

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Hamburger Portion: 1 sandwich	260	90	10 Sat Fat 4 Trans Fat	35	490	27 Fiber 1 Sugar	13	11½	1½ Starch 1½ MF Meat ½ Fat		
Cheeseburger Portion: 1 sandwich	300	125	14 Sat Fat 6 Trans Fat	45	710	28 Fiber 1 Sugar	16	11½	1½ Starch 2 MF Meat ½ Fat		
BK® Single Stacker Portion: 1 sandwich	380	200	22 Sat Fat 8 Trans Fat	60	700	28 Fiber 1 Sugar	17	11½	1½ Starch 2 MF Meat 2 Fat		
BK Veggie® Burger* Portion: 1 sandwich	410	145	16 Sat Fat 2½ Trans Fat	5	1030	44 Fiber 7 Sugar	22	2½	2 Starch ½ Other Carb 2½ PB Protein 2 Fat		
BK Big Fish® Sandwich Portion: 1 sandwich	640	290	32 Sat Fat 5 Trans Fat	45	1370	66 Fiber 3 Sugar	23	4	3½ Starch ½ Other Carb 2 MF Meat 4 Fat		
TenderGrill® Chicken S'wich* Portion: 1 sandwich	470	160	18 Sat Fat 7 Trans Fat	85	1100	40 Fiber 2 Sugar	35	2½	2½ Starch 4 L Meat 2 Fat		
Original Chicken Sandwich* Portion: 1 sandwich	630	350	39 Sat Fat 7 Trans Fat	65	1390	46 Fiber 3 Sugar	24	3	3 Starch 2 MF Meat 5 Fat		
Spicy Chick'n Crisp® Sandwich* Portion: 1 sandwich	460	270	30 Sat Fat 5 Trans Fat	30	810	35 Fiber 2 Sugar	13	2	2 Starch 1 MF Meat 5 Fat		

Salads/Side Items

Side Salad w/o dressing Portion: 1 salad	70	30	3½ Sat Fat 2 Trans Fat	10	90	7 Fiber 4 Sugar	4	0	1 Vegetable ½ HF Meat
TenderGrill® Chicken Garden Salad w/o drsg. or croutons Portion: 1 salad	230	60	7 Sat Fat 3 Trans Fat	85	920	9 Fiber 3 Sugar	33	0	2 Vegetable 4 L Meat
Chicken Fries w/o sauce Portion: 6-piece order	250	135	15 Sat Fat 2½ Trans Fat	30	820	16 Fiber 1 Sugar	14	1	1 Starch 1½ MF Meat 1 Fat
Chicken Tenders® Portion: 4-piece order	190	100	11 Sat Fat 2 Trans Fat	25	310	10 Fiber 1 Sugar	10	½	½ Starch 1½ MF Meat 1 Fat
French Fries (sm) Portion: 4 oz. order	340	155	17 Sat Fat 3½ Trans Fat	0	530	44 Fiber 4 Sugar	4	3	3 Starch 3 Fat
Onion Rings (med) Portion: 4 oz.. order	400	190	21 Sat Fat 3½ Trans Fat	0	630	47 Fiber 4 Sugar	6	3	3 Starch 4 Fat
BK® Apple Fries Portion: 4 oz. order	70	0	0 Sat Fat 0 Trans Fat	0	40	16 Fiber 1 Sugar	0	1	1 Fruit
LF Caramel Sauce Portion: ½ oz. cup	45	5	<1 Sat Fat 0 Trans Fat	0	35	10 Fiber 0 Sugar	0	½	½ Other Carb

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

CHICK-FIL-A®

Breakfast

Hot Buttered Biscuit Portion: 1 biscuit	310	125	14 Sat Fat 7 Trans Fat 0	0	700	41 Fiber 2 Sugar 5	5	2 1/2	2 1/2 Starch 3 Fat
Chicken Biscuit Portion: 1 sandwich	440	180	20 Sat Fat 8 Trans Fat 0	25	1230	47 Fiber 3 Sugar 6	17	3	3 Starch 1 1/2 MF Meat 2 Fat
Bacon, Egg & Cheese Biscuit Portion: 1 sandwich	460	215	24 Sat Fat 12 Trans Fat 0	220	1200	43 Fiber 2 Sugar 6	18	2 1/2	2 1/2 Starch 2 MF Meat 3 Fat
Sausage, Egg & Cheese Biscuit Portion: 1 sandwich	680	425	47 Sat Fat 19 Trans Fat 0	255	1470	43 Fiber 2 Sugar 5	24	2 1/2	2 1/2 Starch 2 1/2 MF Meat 7 Fat
Chicken Breakfast Burrito Portion: 1 burrito	450	180	20 Sat Fat 8 Trans Fat 0	260	990	43 Fiber 2 Sugar 3	24	2 1/2	2 1/2 Starch 2 1/2 MF Meat 1 Fat
Sausage Breakfast Burrito Portion: 1 burrito	510	260	29 Sat Fat 12 Trans Fat 0	265	930	40 Fiber 2 Sugar 2	23	2 1/2	2 1/2 Starch 2 1/2 MF Meat 3 Fat
Chick-N-Minis Portion: 3-piece order	280	90	10 Sat Fat 2 1/2 Trans Fat 0	40	650	30 Fiber 1 Sugar 5	16	2	2 Starch 1 1/2 L Meat 1 Fat
Chicken, Egg & Cheese Bagel Portion: 1 sandwich	490	180	20 Sat Fat 6 Trans Fat 0	240	1230	49 Fiber 3 Sugar 8	29	3	2 1/2 Starch 1/2 Other Carb 3 MF Meat 1 Fat
Hashbrowns Portion: 2 3/4 oz. order	270	160	18 Sat Fat 3 1/2 Trans Fat 0	0	440	25 Fiber 2 Sugar 0	3	1 1/2	1 1/2 Starch 3 Fat

Sandwiches/Cool Wraps®

Chicken Sandwich Portion: 1 sandwich	430	155	17 Sat Fat 3 1/2 Trans Fat 0	60	1410	38 Fiber 3 Sugar 6	30	2	2 Starch 3 1/2 MF Meat
Chargrilled Chicken Sandwich Portion: 1 sandwich	290	35	4 Sat Fat 1 Trans Fat 0	55	1030	36 Fiber 3 Sugar 9	29	2	1 1/2 Starch 1/2 Other Carb 3 1/2 L Meat
Chargrilled Chicken Club w/o sauce Portion: 1 sandwich	410	110	12 Sat Fat 5 Trans Fat 0	80	1350	37 Fiber 3 Sugar 9	37	2	1 1/2 Starch 1/2 Other Carb 4 1/2 L Meat 1 Fat
Chargrilled Chicken Cool Wrap® Portion: 1 wrap	410	110	12 Sat Fat 4 Trans Fat 0	55	1290	50 Fiber 9 Sugar 8	33	2 1/2	2 Starch 1/2 Other Carb 4 L Meat 1 Fat
Chicken Caesar Cool Wrap® Portion: 1 wrap	460	135	15 Sat Fat 6 Trans Fat 0	65	1510	47 Fiber 8 Sugar 6	40	2 1/2	2 1/2 Starch 5 L Meat 1 Fat
Spicy Chicken Cool Wrap® Portion: 1 wrap	410	110	12 Sat Fat 4 Trans Fat 0	55	1350	48 Fiber 8 Sugar 5	34	2 1/2	2 1/2 Starch 4 L Meat 1 Fat

TOTAL CALORIES
CALORIES FROM FAT
TOTAL FAT (gm)
CHOLESTEROL (mg)
SODIUM (mg)
CARBOHYDRATE (gm)
PROTEIN (gm)
TOTAL CARB EXCHANGE
SUGGESTED EXCHANGE VALUE

Specialties/Salads

Chick-N-Strips® Portion: 3-piece order	360	155	17 Sat Fat 3½ Trans Fat 0	80	1230	17 Fiber 1 Sugar 2	34	1	1 Starch 4½ L Meat 1 Fat
Chicken Nuggets Portion: 8-piece order	260	110	12 Sat Fat 2½ Trans Fat 0	70	990	11 Fiber 1 Sugar 1	28	½	½ Starch 3½ L Meat 1 Fat
Chicken Salad on Whole Wheat Portion: 1 sandwich	490	170	19 Sat Fat 3 Trans Fat 0	80	1130	55 Fiber 5 Sugar 12	28	3½	3 Starch ½ Other Carb 2½ L Meat 2 Fat
Side Salad w/o dressing Portion: 1 salad	70	40	4½ Sat Fat 3 Trans Fat 0	15	110	5 Fiber 2 Sugar 2	5	0	1 Vegetable 1 Fat
Chargrilled Chicken & Fruit Salad Portion: 1 salad	220	55	6 Sat Fat 3½ Trans Fat 0	55	640	22 Fiber 4 Sugar 17	22	1	1 Vegetable 1 Fruit 2½ L Meat 1 Fat
Charg. Chkn. Grd. Salad w/o drsg. Portion: 1 salad	180	55	6 Sat Fat 3½ Trans Fat 0	55	650	11 Fiber 4 Sugar 6	23	½	½ Starch 1 Vegetable 2½ L Meat
SW Chargrilled Chkn. Salad w/o drsg. or strips Portion: 1 salad	240	80	9 Sat Fat 4 Trans Fat 0	60	820	18 Fiber 5 Sugar 6	26	½	½ Starch 1 Vegetable 3 L Meat 1 Fat
Tortilla Strips Portion: ½ oz. pkt.	80	35	4 Sat Fat 0 Trans Fat 0	0	50	8 Fiber 1 Sugar 1	1	½	½ Starch 1 Fat
Chick-N-Strips® Salad w/o dressing Portion: 1 salad	460	200	22 Sat Fat 6 Trans Fat 0	90	1350	26 Fiber 5 Sugar 6	40	1½	1½ Starch 1 Vegetable 5 L Meat 2 Fat

Side Items

Waffle Potato Fries® (med) Portion: 4½ oz. order	390	190	21 Sat Fat 3 Trans Fat 0	0	180	48 Fiber 5 Sugar 0	5	3	3 Starch 4 Fat
Carrot & Raisin Salad (lrg) Portion: 9 oz. order	390	160	18 Sat Fat 2½ Trans Fat 0	10	240	60 Fiber 5 Sugar 47	2	3	2 Other Carb 1 Vegetable 1 Fruit 3 Fat
Coleslaw (lrg) Portion: 10½ oz. order	580	450	50 Sat Fat 8 Trans Fat <1	35	450	31 Fiber 5 Sugar 26	3	2	2 Other Carb 10 Fat
Chicken Salad Cup Portion: 6 oz. order	350	200	22 Sat Fat 4 Trans Fat 0	120	1130	9 Fiber 1 Sugar 6	28	½	½ Other Carb 4 L Meat 2 Fat
Fruit Cup (lrg) Portion: 7 oz. order	110	0	0 Sat Fat 0 Trans Fat 0	0	5	27 Fiber 3 Sugar 23	1	1½	1½ Fruit
Yogurt Parfait w/Granola Portion: 8 oz. dessert	290	55	6 Sat Fat 2 Trans Fat 0	10	85	53 Fiber 1 Sugar 39	7	3½	1 Fruit ½ LF Milk 2 Other Carb 1 Fat

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

TOTAL CALORIES
CALORIES FROM FAT
TOTAL FAT (gm)
CHOLESTEROL (mg)
SODIUM (mg)
CARBOHYDRATE (gm)
PROTEIN (gm)
TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

CHILI'S®

Salads

House Salad w/o dressing Portion: 1 salad	180	100	11 Sat Fat 6 Trans Fat N/A	N/A	290	15 Fiber 2 Sugar N/A	10	1/2	1/2 Starch 1 Vegetable 1 MF Meat 1/2 Fat
Chicken Caesar Salad w/dressing Portion: 1 salad	650	395	44 Sat Fat 8 Trans Fat N/A	N/A	1130	26 Fiber 5 Sugar N/A	40	1	1/2 Starch 2 Vegetable 1/2 Other Carb 5 L Meat 7 Fat
Caribbean Salad w/Grilled Shrimp & dressing Portion: 1 salad	620	280	31 Sat Fat 6 Trans Fat N/A	N/A	1060	66 Fiber 6 Sugar N/A	19	3 1/2	1 1/2 Starch 2 Vegetable 2 Fruit 1 1/2 L Meat 6 Fat

Sandwiches (as served with sides)

Guiltless Grill Grilled Chicken S'wich w/broccoli Portion: 1 meal	610	115	13 Sat Fat 5 Trans Fat N/A	N/A	1320	78 Fiber 8 Sugar N/A	43	4	4 Starch 2 Vegetable 4 L Meat 1 Fat
Guiltless Santa Fe Chicken Wrap w/broccoli Portion: 1 meal	680	225	25 Sat Fat 8 Trans Fat N/A	N/A	2110	80 Fiber 8 Sugar N/A	37	4 1/2	4 1/2 Starch 2 Vegetable 3 1/2 L Meat 3 Fat
Classic Bacon Burger Portion: 1 meal	1570	820	91 Sat Fat 28 Trans Fat N/A	N/A	3690	125 Fiber 9 Sugar N/A	61	7 1/2	7 1/2 Starch 6 1/2 MF Meat 11 Fat
Oldtimer® Burger Portion: 1 meal	1310	585	65 Sat Fat 20 Trans Fat N/A	N/A	3230	128 Fiber 10 Sugar N/A	51	7 1/2	7 1/2 Starch 1 Vegetable 5 MF Meat 7 Fat
Mushroom- Swiss Burger Portion: 1 meal	1540	790	88 Sat Fat 28 Trans Fat N/A	N/A	3710	126 Fiber 10 Sugar N/A	59	7 1/2	7 1/2 Starch 1 Vegetable 6 MF Meat 11 Fat

Southwest Grill (as served with sides)

Classic Sirloin Portion: 1 meal	1010	540	60 Sat Fat 24 Trans Fat N/A	N/A	3370	59 Fiber 7 Sugar N/A	62	3 1/2	3 1/2 Starch 1 Vegetable 8 L Meat 7 Fat
Bacon Ranch Chicken Quesadilla Portion: 1 quesadilla	1650	965	107 Sat Fat 39 Trans Fat N/A	N/A	3450	96 Fiber 5 Sugar N/A	78	6	6 Starch 9 MF Meat 11 Fat
Country Fried Steak Portion: 1 meal	1270	640	71 Sat Fat 14 Trans Fat N/A	N/A	3700	120 Fiber 9 Sugar N/A	41	7	7 Starch 1 Vegetable 3 L Meat 12 Fat

Fajitas (w/o tortillas or toppings)

Classic Beef Portion: 1 skillet	390	125	14 Sat Fat 5 Trans Fat N/A	N/A	1950	27 Fiber 7 Sugar N/A	37	1 1/2	1 1/2 Starch 5 L Meat
------------------------------------	-----	-----	----------------------------------	-----	------	----------------------------	----	-------	--------------------------

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Classic Chicken Portion: 1 skillet	360	90	10 Sat Fat 3 Trans Fat N/A	N/A	1330	24 Fiber 7 Sugar N/A	44	1	1 Starch 6 L Meat
Fajita Trio Portion: 1 skillet	530	180	20 Sat Fat 7 Trans Fat N/A	N/A	2340	30 Fiber 8 Sugar N/A	56	1 1/2	1 1/2 Starch 7 1/2 L Meat
Flour Tortillas Portion: 3-piece order	390	90	10 Sat Fat 3 Trans Fat N/A	N/A	1040	63 Fiber 3 Sugar N/A	10	4	4 Starch 2 Fat
Toppings Boat Portion: 1 boat	230	170	19 Sat Fat 10 Trans Fat N/A	N/A	480	7 Fiber 3 Sugar N/A	10	0	1 Vegetable 1 HF Meat 2 Fat

Favorites/House-Smoked Ribs (entrée only)

Margarita Grilled Chicken Portion: 1 meal	550	125	14 Sat Fat 4 Trans Fat N/A	N/A	1870	62 Fiber 8 Sugar N/A	46	3 1/2	3 1/2 Starch 5 L Meat 1 Fat
Grilled Salmon w/Garlic & Herbs Portion: 1 meal	580	250	28 Sat Fat 10 Trans Fat N/A	N/A	1660	38 Fiber 5 Sugar N/A	49	2	2 Starch 1 Vegetable 5 1/2 L Meat 2 Fat
Original Baby-Back Ribs w/BBQ sauce Portion: half rack	1140	565	63 Sat Fat 23 Trans Fat N/A	N/A	3800	75 Fiber 9 Sugar N/A	69	4 1/2	4 1/2 Other Carb 10 MF Meat 1 Fat
Shiner Bock Ribs w/BBQ sauce Portion: half rack	1200	565	63 Sat Fat 23 Trans Fat N/A	N/A	3710	91 Fiber 8 Sugar N/A	69	5 1/2	5 1/2 Other Carb 10 MF Meat 1 Fat
Memphis Dry Rub Ribs w/Dijon BBQ Portion: half rack	1080	515	57 Sat Fat 19 Trans Fat N/A	N/A	4080	82 Fiber 8 Sugar N/A	62	5	5 Other Carb 8 MF Meat 2 Fat

Side Items

Cinnamon Apples Portion: 1 order	280	100	11 Sat Fat 2 Trans Fat N/A	N/A	130	48 Fiber 9 Sugar N/A	0	3	1 1/2 Fruit 1 1/2 Other Carb 2 Fat
Black Beans w/Pico de Gallo Portion: 1 order	100	10	1 Sat Fat 0 Trans Fat 0	N/A	620	18 Fiber 5 Sugar N/A	6	1	1/2 Starch 1/2 Other Carb 1/2 PB Protein
Mashed Potatoes w/Pepper Gravy Portion: 1 order	280	135	15 Sat Fat 4 Trans Fat N/A	N/A	1300	31 Fiber 3 Sugar N/A	4	2	2 Starch 3 Fat
Homestyle Fries (entrée side item) Portion: 1 order	380	115	13 Sat Fat 3 Trans Fat N/A	N/A	1210	61 Fiber 6 Sugar N/A	4	4	4 Starch 2 Fat
Coleslaw Portion: 1 order	240	180	20 Sat Fat 4 Trans Fat N/A	N/A	490	15 Fiber 2 Sugar N/A	1	1	1 Other Carb 4 Fat
Rice Portion: 1 order	190	65	7 Sat Fat 2 Trans Fat 0	N/A	580	30 Fiber 1 Sugar N/A	3	2	2 Starch 1 Fat
Steamed Broccoli Portion: 1 order	80	55	6 Sat Fat 3 Trans Fat N/A	N/A	490	6 Fiber 3 Sugar N/A	3	0	1 Vegetable 1 Fat

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

CHURCH'S®

Chicken

Original Breast Portion: 1 piece	200	100	11 Sat Fat 3 Trans Fat 1½	80	440	3 Fiber 1 Sugar 0	22	0	3 L Meat 1 Fat
Original Leg Portion: 1 piece	110	55	6 Sat Fat 1½ Trans Fat 1	55	280	3 Fiber 0 Sugar 0	10	0	1½ MF Meat
Original Thigh Portion: 1 piece	330	205	23 Sat Fat 6 Trans Fat 3	110	680	8 Fiber 1 Sugar 0	21	½	½ Starch 2½ MF Meat 2 Fat
Original Wing Portion: 1 piece	300	160	18 Sat Fat 5 Trans Fat 2½	120	540	7 Fiber 3 Sugar 0	27	½	½ Starch 3½ MF Meat
Spicy Breast Portion: 1 piece	320	180	20 Sat Fat 5 Trans Fat 4	75	760	12 Fiber 2 Sugar 0	21	½	½ Starch 3 MF Meat 1 Fat
Spicy Leg Portion: 1 piece	180	100	11 Sat Fat 3 Trans Fat 2	65	470	8 Fiber 1 Sugar 0	12	½	½ Starch 1½ MF Meat ½ Fat
Spicy Thigh Portion: 1 piece	480	315	35 Sat Fat 9 Trans Fat 5	135	1040	20 Fiber 2 Sugar 0	22	1	1 Starch 2½ MF Meat 4 Fat
Spicy Wing Portion: 1 piece	430	245	27 Sat Fat 7 Trans Fat 4	125	1020	17 Fiber 2 Sugar 0	29	1	1 Starch 3½ MF Meat 2 Fat

Side Items

Honey Butter Biscuit® Portion: 1 biscuit	240	110	12 Sat Fat 3 Trans Fat 3	0	540	28 Fiber 1 Sugar 4	3	2	2 Starch 2 Fat
Cajun Rice (reg) Portion: 6 oz. order	130	65	7 Sat Fat 3 Trans Fat 0	5	260	16 Fiber 0 Sugar 0	1	1	1 Starch 1 Fat
Coleslaw (reg) Portion: 4¼ oz. order	155	90	10 Sat Fat 2 Trans Fat 0	5	170	15 Fiber 2 Sugar 7	1	1	1 Other Carb 2 Fat
Corn-on-the-Cob Portion: 1 piece	140	25	3 Sat Fat 0 Trans Fat 0	0	15	24 Fiber 9 Sugar 2	4	1½	1½ Starch ½ Fat
French Fries (reg) Portion: 3½ oz. order	280	110	12 Sat Fat 2½ Trans Fat 1½	0	800	40 Fiber 3 Sugar 0	3	2½	2½ Starch 2 Fat
Green Beans Portion: 4 oz. order	35	0	0 Sat Fat 0 Trans Fat 0	0	360	7 Fiber 2 Sugar 1	2	0	1 Vegetable
Macaroni & Cheese (reg) Portion: 6 oz. order	190	65	7 Sat Fat 3½ Trans Fat 0	10	640	24 Fiber 2 Sugar 2	8	1½	1½ Starch ½ MF Meat 1 Fat
Mashed Potatoes & Gravy (reg) Portion: 6 oz. order	110	20	2 Sat Fat <1 Trans Fat 0	0	780	21 Fiber 2 Sugar 2	3	1	1 Starch ½ Fat

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

DAIRY QUEEN®

Sweet Deals

DQ® Original Cheeseburger Portion: 1 sandwich	400	160	18 Sat Fat 9 Trans Fat <1	65	930	34 Fiber 1 Sugar 8	19	2	1½ Starch ½ Other Carb 2½ MF Meat 1 Fat
Hot Dog Portion: 1 sandwich	290	155	17 Sat Fat 7 Trans Fat <1	35	900	22 Fiber 1 Sugar 4	11	1½	1½ Starch 1 HF Meat 2 Fat
Grilled Chicken Wrap Portion: 1 wrap	280	135	15 Sat Fat 4 Trans Fat 0	30	800	22 Fiber 1 Sugar 1	15	1½	1½ Starch 2 L Meat 2 Fat
French Fries (reg) Portion: 4 oz. order	310	115	13 Sat Fat 2 Trans Fat 0	0	640	43 Fiber 3 Sugar 0	4	2½	2½ Starch 3 Fat
Onion Rings Portion: 4 oz. order	360	145	16 Sat Fat 2 Trans Fat 0	0	840	47 Fiber 2 Sugar 3	6	3	3 Starch 3 Fat
Side Salad w/o dressing Portion: 1 salad	20	0	0 Sat Fat 0 Trans Fat 0	0	15	5 Fiber 2 Sugar 3	1	0	1 Vegetable
Chocolate Sundae (sm) Portion: 6 fl. oz.	280	70	8 Sat Fat 4½ Trans Fat 0	25	115	48 Fiber 1 Sugar 41	6	3	3 Other Carb 1 Fat
Vanilla Cone (sm) Portion: 5½ fl. oz.	230	65	7 Sat Fat 4½ Trans Fat 0	25	100	36 Fiber 0 Sugar 26	6	2½	2½ Other Carb 1 Fat

Hamburgers/Sandwiches

DQ® Original Double Cheeseburger Portion: 1 sandwich	630	305	34 Sat Fat 18 Trans Fat 1½	125	1240	44 Fiber 1 Sugar 9	34	2½	2 Starch ½ Other Carb 4 MF Meat 3 Fat
Bacon Cheese Grillburger® Portion: 1 sandwich	630	335	37 Sat Fat 13 Trans Fat 1	95	1250	44 Fiber 2 Sugar 13	30	2½	2 Starch ½ Other Carb 3½ MF Meat 4 Fat
Mushroom Swiss Grillburger® Portion: 1 sandwich	570	315	35 Sat Fat 11 Trans Fat 1	75	820	39 Fiber 2 Sugar 8	24	2½	2 Starch ½ Other Carb 2½ MF Meat 4 Fat
¼ lb. Grillburger® w/Cheese Portion: 1 sandwich	540	270	30 Sat Fat 11 Trans Fat 1	70	1020	44 Fiber 3 Sugar 13	23	2½	2 Starch ½ Other Carb 2½ MF Meat 3 Fat
½ lb. FlameThrower® Grillburger® Portion: 1 sandwich	1000	665	74 Sat Fat 26 Trans Fat 2	170	1610	40 Fiber 2 Sugar 9	46	2½	2 Starch ½ Other Carb 5½ MF Meat 9 Fat
½ lb. Grillburger® w/Cheese Portion: 1 sandwich	800	460	51 Sat Fat 20 Trans Fat 2	135	1280	44 Fiber 3 Sugar 13	40	2½	2 Starch ½ Other Carb 5 MF Meat 5 Fat

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Crispy Chicken Sandwich Portion: 1 sandwich	600	270	Sat Fat 30 Trans Fat 4½	55	1250	59	Fiber 7 Sugar 8	24	3½	3 Starch ½ Other Carb 2 MF Meat 4 Fat	
Grilled Chicken Sandwich Portion: 1 sandwich	360	135	Sat Fat 15 Trans Fat 2½	50	1040	32	Fiber 1 Sugar 5	25	2	2 Starch 2½ L Meat 2 Fat	
Chili Cheese Dog Portion: 1 sandwich	380	215	Sat Fat 24 Trans Fat 11	55	970	23	Fiber 2 Sugar 3	16	1½	1½ Starch 1½ HF Meat 2 Fat	

Cones

Chocolate Cone (sm) Portion: 5 fl. oz.	240	65	Sat Fat 7 Trans Fat 5	20	115	37	Fiber 0 Sugar 25	6	2½	2½ Other Carb 1 Fat
Chocolate Dipped Vanilla Cone (sm) Portion: 5½ fl. oz.	330	135	Sat Fat 15 Trans Fat 12	25	105	42	Fiber 0 Sugar 31	6	2½	2½ Other Carb 3 Fat
Waffle Cone w/Soft Serve Portion: 8 fl. oz.	420	115	Sat Fat 13 Trans Fat 7	35	135	67	Fiber 0 Sugar 47	10	4½	4½ Other Carb 2 Fat
Chocolate-Coated Waffle Cone Portion: 9 fl. oz.	540	190	Sat Fat 21 Trans Fat 13	35	170	77	Fiber 1 Sugar 57	10	5	5 Other Carb 3 Fat

Royal Treats®/Novelties

Banana Split Portion: 1 dessert	520	125	Sat Fat 14 Trans Fat 10	30	150	94	Fiber 4 Sugar 73	9	6	2 Fruit 4 Other Carb 2 Fat
Brownie Earthquake® Portion: 1 dessert	770	245	Sat Fat 27 Trans Fat 17	60	400	119	Fiber 2 Sugar 88	11	7½	7½ Other Carb 4 Fat
Peanut Buster® Parfait Portion: 1 dessert	710	280	Sat Fat 31 Trans Fat 18	35	350	96	Fiber 3 Sugar 71	17	6	6 Other Carb 5 Fat
DQ® Sandwich Portion: 1 dessert	190	45	Sat Fat 5 Trans Fat 3	10	135	31	Fiber 1 Sugar 18	4	2	2 Other Carb 1 Fat
Choc. or Choc. Mint Dilly® Bar Portion: 1 dessert	240	135	Sat Fat 15 Trans Fat 9	15	70	24	Fiber 1 Sugar 20	4	1½	1½ Other Carb 3 Fat
Buster Bar® Portion: 1 dessert	460	250	Sat Fat 28 Trans Fat 16	15	220	44	Fiber 2 Sugar 36	11	3	3 Other Carb 5 Fat
Starkiss® (Stars & Stripes or Cherry Variety) Portion: 1 dessert	80	0	Sat Fat 0 Trans Fat 0	0	10	21	Fiber 0 Sugar 17	0	1	1 Other Carb
DQ® Fudge Bar Portion: 1 dessert	50	0	Sat Fat 0 Trans Fat 0	0	70	13	Fiber 6 Sugar 4	4	½	½ Other Carb
DQ® Vanilla Orange Bar Portion: 1 dessert	60	0	Sat Fat 0 Trans Fat 0	0	40	18	Fiber 6 Sugar 4	2	1	1 Other Carb

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

DENNY'S®

Scrambles/Slams/Favorites (add choices)

Heartland Scramble Portion: 1 meal	1160	565	63 Sat Fat 19 Trans Fat 0	520	2930	110 Fiber 7 Sugar 15	38	6 1/2	5 1/2 Starch 1 Vegetable 1 Other Carb 3 MF Meat 9 Fat
Meat Lover's Scramble Portion: 1 meal	1140	565	63 Sat Fat 27 Trans Fat 0	565	3410	94 Fiber 5 Sugar 15	49	6	5 Starch 1 Other Carb 5 MF Meat 7 Fat
All-American Slam® Portion: 1 meal	800	610	68 Sat Fat 25 Trans Fat 0	775	1410	5 Fiber 1 Sugar 1	40	0	5 1/2 MF Meat 8 Fat
Belgian Waffle Slam® Portion: 1 meal	820	575	64 Sat Fat 27 Trans Fat 0	700	1270	32 Fiber 2 Sugar 2	30	2	2 Starch 3 1/2 MF Meat 9 Fat
Fit Slam® Portion: 1 meal	390	110	12 Sat Fat 4 Trans Fat 0	40	850	46 Fiber 5 Sugar 16	27	3	1 1/2 Starch 1 1/2 Fruit 3 1/2 L Meat
French Toast Slam® w/o tppgs. Portion: 1 meal	780	520	58 Sat Fat 21 Trans Fat 0	635	1360	35 Fiber 2 Sugar 2	30	2	2 Starch 3 1/2 MF Meat 8 Fat
Moons Over My Hammy® Portion: 1 sandwich	760	370	41 Sat Fat 15 Trans Fat 0	530	2320	51 Fiber 2 Sugar 5	44	3	3 Starch 5 1/2 MF Meat 3 Fat

Omelettes (add choices)

Fit Fare® Omelette Portion: 1 omelette	390	160	18 Sat Fat 8 Trans Fat 0	65	870	25 Fiber 4 Sugar 16	34	1 1/2	1/2 Starch 1 Fruit 4 1/2 L Meat 1 Fat
Ultimate Omelette® Portion: 1 omelette	620	430	48 Sat Fat 11 Trans Fat 0	740	1170	8 Fiber 2 Sugar 3	36	0	1 Vegetable 5 MF Meat 5 Fat
Veggie-Cheese Omelette Portion: 1 omelette	460	295	33 Sat Fat 12 Trans Fat 0	740	680	9 Fiber 2 Sugar 4	28	0	2 Vegetable 3 1/2 MF Meat 3 Fat
Western Omelette w/hashbrowns Portion: 1 omelette	700	415	46 Sat Fat 13 Trans Fat 0	770	2180	32 Fiber 2 Sugar 5	38	2	2 Starch 5 MF Meat 4 Fat

Breakfast Side Items/Toppings

Buttermilk Biscuit Portion: 1 biscuit	190	80	9 Sat Fat 5 Trans Fat 0	0	570	24 Fiber 1 Sugar 2	3	1 1/2	1 1/2 Starch 2 Fat
English Muffin w/o margarine Portion: 1 muffin	130	10	1 Sat Fat 0 Trans Fat 0	0	250	25 Fiber 1 Sugar 1	4	1 1/2	1 1/2 Starch
Buttermilk Pancakes w/o syrup/tppgs. Portion: order of 2	330	35	4 Sat Fat <1 Trans Fat 0	0	1170	67 Fiber 2 Sugar 12	8	4 1/2	4 Starch 1/2 Other Carb

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.

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Sugar-Free Maple Flavored Syrup Portion: 3 tbsp.	25	0	0	0	0	70	9	0	1/2	1/2	Other Carb
			Sat Fat	0			Fiber	0			
			Trans Fat	0			Sugar	1			
One Egg Portion: 2 oz. order	125	100	11	225	120	0	7	0	0	1	MF Meat 1 Fat
			Sat Fat	3			Fiber	0			
			Trans Fat	0			Sugar	0			
Egg Whites Portion: 4 oz. order	50	5	<1	0	180	1	11	0	0	1 1/2	L Meat
			Sat Fat	0			Fiber	0			
			Trans Fat	0			Sugar	0			
Red Skinned Potatoes Portion: 4 oz. order	180	65	7	0	630	27	4	1 1/2	1 1/2	1 1/2	Starch 1 Fat
			Sat Fat	2			Fiber	3			
			Trans Fat	0			Sugar	0			
Hash Browns (Plain) Portion: 5 oz. order	210	110	12	0	650	26	2	1 1/2	1 1/2	1 1/2	Starch 2 Fat
			Sat Fat	2 1/2			Fiber	2			
			Trans Fat	0			Sugar	1			
Turkey Bacon Portion: 4-strip order	180	100	11	84	720	1	20	0	0	3	L Meat 1/2 Fat
			Sat Fat	6			Fiber	0			
			Trans Fat	0			Sugar	1			
Grilled Ham Portion: 3 oz. slice	120	45	5	45	710	8	14	1/2	1/2	1/2	Other Carb 2 L Meat
			Sat Fat	4			Fiber	0			
			Trans Fat	1			Sugar	6			
Chicken Sausage Patties Portion: 2-pattie order	220	160	18	90	530	1	15	0	0	2	MF Meat 1 Fat
			Sat Fat	6			Fiber	0			
			Trans Fat	0			Sugar	1			
Seasonal Fruit Portion: 4 oz. order	70	0	0	0	10	18	1	1	1	1	Fruit
			Sat Fat	0			Fiber	3			
			Trans Fat	0			Sugar	15			

Senior Meals (add choices unless noted)

Senior Fit Fare® Omelette w/fruit & bowl of oatmeal (Breakfast Menu) Portion: 1 meal	480	160	18	25	690	57	27	3	1 1/2	1 1/2	Starch 1 Fruit 1/2 Other Carb 3 1/2 L Meat 2 Fat
			Sat Fat	7			Fiber	9			
			Trans Fat	0			Sugar	19			
Sr. French Toast Slam® w/1 egg w/o syrup/tppgs. (Breakfast Menu) Portion: 1 meal	550	335	37	395	900	35	20	2	1 1/2	1 1/2	Starch 1/2 Other Carb 2 1/2 MF Meat 5 Fat
			Sat Fat	10			Fiber	2			
			Trans Fat	0			Sugar	9			
Senior Club Sandwich (Lunch Menu) Portion: 1 sandwich	550	290	32	50	1530	39	24	2 1/2	2	2	Starch 1/2 Other Carb 2 1/2 MF Meat 4 Fat
			Sat Fat	5			Fiber	3			
			Trans Fat	0			Sugar	7			
Grl. Cheese Deluxe S'wich (Lunch Menu) Portion: 1 sandwich	520	250	28	40	1440	49	16	3	3	3	Starch 1 HF Meat 4 Fat
			Sat Fat	11			Fiber	2			
			Trans Fat	0			Sugar	5			
Fit Fare® Grilled Chicken w/corn, broccoli & salad w/Balsamic Drsg. (Dinner Menu Entrée) Portion: 1 meal	540	145	16	115	810	52	48	2 1/2	1 1/2	1 1/2	Starch 2 Vegetable 1 Other Carb 6 L Meat 1/2 Fat
			Sat Fat	7			Fiber	8			
			Trans Fat	0			Sugar	22			
Sr. Lemon Pepper Grl. Tilapia w/bread (Dinner Menu Entrée) Portion: 10 oz. order	610	290	32	155	1250	24	54	1 1/2	1 1/2	1 1/2	Starch 7 1/2 L Meat 4 Fat
			Sat Fat	15			Fiber	1			
			Trans Fat	0			Sugar	0			

TOTAL CALORIES
CALORIES FROM FAT
TOTAL FAT (gm)
CHOLESTEROL (mg)
SODIUM (mg)
CARBOHYDRATE (gm)
PROTEIN (gm)
TOTAL CARB EXCHANGE
SUGGESTED EXCHANGE VALUE

Kids' Menu (add choices unless noted)

Junior Grand Slam® Portion: 1 meal	380	170	19 Sat Fat 6 Trans Fat 0	235	1000	39 Fiber 2 Sugar 7	15	2 1/2	2 Starch 1/2 Other Carb 1 1/2 HF Meat 1 Fat
Softball Pancake w/meat w/o tppgs. Portion: 1 meal	250	100	11 Sat Fat 4 Trans Fat 0	20	730	30 Fiber 1 Sugar 5	7	2	2 Starch 1/2 HF Meat 1 Fat
Chocolate Chip-In Pancakes w/meat w/o syrup/marg. Portion: 1 meal	450	160	18 Sat Fat 7 Trans Fat 0	25	1160	61 Fiber 3 Sugar 17	11	4	3 Starch 1 Other Carb 1/2 HF Meat 3 Fat
Slap Shot Slider Portion: 1 sandwich	310	135	15 Sat Fat 6 Trans Fat 1	60	470	22 Fiber 1 Sugar 3	20	1 1/2	1 1/2 Starch 2 1/2 MF Meat 1/2 Fat
Cheesy @ the Plate Portion: 1 quesadilla	380	190	21 Sat Fat 13 Trans Fat 0	55	670	32 Fiber 1 Sugar 3	15	2	2 Starch 1 1/2 HF Meat 2 Fat
Spaghetti, Set, Go Portion: 6 oz. order	240	55	6 Sat Fat 1 Trans Fat 0	0	430	40 Fiber 2 Sugar 3	7	2 1/2	2 1/2 Starch 1 Fat
Triple Play Nuggets w/BBQ sauce Portion: 4 oz. order	340	115	13 Sat Fat 3 Trans Fat 0	60	1020	43 Fiber 1 Sugar 29	16	2 1/2	1/2 Starch 2 Other Carb 2 MF Meat
Pit Stop Pizza Portion: 8 oz. order	590	235	26 Sat Fat 6 Trans Fat 0	35	890	70 Fiber 5 Sugar 4	23	4 1/2	4 1/2 Starch 2 MF Meat 2 Fat
Track & Cheese Portion: 7 oz. order	300	80	9 Sat Fat 3 Trans Fat 0	15	570	45 Fiber 2 Sugar 8	14	3	2 1/2 Starch 1/2 Other Carb 1 MF Meat
Apple Dunkers w/Caramel Sauce Portion: 3 oz. order	130	5	<1 Sat Fat 0 Trans Fat 0	0	55	30 Fiber 2 Sugar 23	0	2	1 Fruit 1 Other Carb
Home Plate Mashed Potatoes w/gravy Portion: 4 oz. order	140	55	6 Sat Fat 1 Trans Fat 0	15	650	20 Fiber 1 Sugar 2	2	1	1 Starch 1 Fat
Finish Line Fries Portion: 5 oz. order	430	205	23 Sat Fat 5 Trans Fat 0	0	95	50 Fiber 5 Sugar 0	5	3	3 Starch 4 Fat
High Diving Veggies w/Dip Portion: 4 oz. order	210	180	20 Sat Fat 4 Trans Fat 0	10	350	5 Fiber 1 Sugar 3	1	0	1 Vegetable 4 Fat

Sandwiches (add choices unless noted)

Classic Cheeseburger Portion: 1 sandwich	820	395	44 Sat Fat 21 Trans Fat 0	130	1450	47 Fiber 4 Sugar 6	47	3	2 1/2 Starch 1/2 Other Carb 5 1/2 MF Meat 3 Fat
Mushroom Swiss Burger Portion: 1 sandwich	860	430	48 Sat Fat 21 Trans Fat 0	130	1750	51 Fiber 5 Sugar 8	49	3	2 1/2 Starch 1 Vegetable 1/2 Other Carb 5 1/2 MF Meat 4 Fat

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Veggie Burger® w/Balsamic Dressing & veggie side dish Portion: 1 meal	540	115	13 Sat Fat 5 Trans Fat 0	20	1340	76 Fiber 11 Sugar 28	31	4	2 1/2 Starch 1 Vegetable 1 1/2 Other Carb 3 1/2 PB Protein 1/2 Fat		
Bacon, Lettuce & Tomato Portion: 1 sandwich	520	315	35 Sat Fat 8 Trans Fat 0	35	620	35 Fiber 2 Sugar 7	15	2	2 Starch 1 1/2 HF Meat 4 Fat		
Club Sandwich Portion: 1 sandwich	630	295	33 Sat Fat 5 Trans Fat 0	50	1530	55 Fiber 4 Sugar 9	26	3 1/2	3 Starch 1/2 Other Carb 2 1/2 MF Meat 4 Fat		
Chicken Avocado Sandwich w/ veggie side dish Portion: 1 salad	520	145	16 Sat Fat 5 Trans Fat 0	100	2040	48 Fiber 6 Sugar 14	46	3	2 Starch 1 Vegetable 1 Other Carb 5 1/2 L Meat		
The Super Bird® Portion: 1 sandwich	610	260	29 Sat Fat 9 Trans Fat 0	55	2320	54 Fiber 2 Sugar 6	34	3 1/2	3 Starch 1/2 Other Carb 3 1/2 MF Meat 1 Fat		

Salads

Garden Salad w/o dressing Portion: 1 salad	120	65	7 Sat Fat 5 Trans Fat 0	20	150	7 Fiber 2 Sugar 4	7	0	1 Vegetable 1/2 HF Meat 1/2 Fat
Grilled Chicken Deluxe Salad w/o dressing Portion: 1 salad	340	115	13 Sat Fat 6 Trans Fat 0	110	530	13 Fiber 4 Sugar 7	44	0	2 Vegetable 5 1/2 L Meat 1 Fat
Cranberry Apple Chicken Salad w/Balsamic Dressing Portion: 1 salad	370	110	12 Sat Fat 3 Trans Fat 0	90	610	32 Fiber 3 Sugar 27	36	1 1/2	1 Vegetable 1 Fruit 1/2 Other Carb 5 L Meat



TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE**Dinner Entrées** (add choices unless noted)

Sweet & Tangy BBQ Chicken w/ broccoli & corn Portion: 20 oz. order	630	115	13 Sat Fat 4 Trans Fat 0	180	1230	56 Fiber 6 Sugar 33	78	3 1/2	1 1/2 Starch 1 Vegetable 2 Other Carb 8 L Meat
Tilapia Ranchero Portion: 12 oz. order	540	170	19 Sat Fat 6 Trans Fat 0	120	930	40 Fiber 3 Sugar 3	53	2	2 Starch 1 Vegetable 6 1/2 L Meat 1 Fat
Lemon Pepper Tilapia on rice bed w/bread Portion: 15 oz. order	800	315	35 Sat Fat 15 Trans Fat 0	155	1740	59 Fiber 3 Sugar 2	58	3 1/2	3 1/2 Starch 7 L Meat 5 Fat
Prime Rib & Chicken Sizzlin' Skillet Portion: 20 oz. order	940	385	43 Sat Fat 16 Trans Fat 0	170	2400	67 Fiber 8 Sugar 11	69	4	3 1/2 Starch 1 Vegetable 1/2 Other Carb 8 1/2 L Meat 5 Fat

Dinner Side Items

Garlic Dinner Bread Portion: 2-piece order	170	80	9 Sat Fat 2 Trans Fat 0	0	350	21 Fiber 1 Sugar 0	4	1	1 Starch 2 Fat
Broccoli Portion: 3 oz. order	25	0	0 Sat Fat 0 Trans Fat 0	0	20	4 Fiber 2 Sugar 1	2	0	1 Vegetable
Coleslaw Portion: 5 oz. order	260	200	22 Sat Fat 4 Trans Fat 0	35	520	15 Fiber 3 Sugar 12	2	1	1 Other Carb 4 Fat
Corn in butter sauce Portion: 4 oz. order	120	5	<1 Sat Fat 0 Trans Fat 0	0	45	21 Fiber 3 Sugar 4	3	1 1/2	1 1/2 Starch
Green Beans Portion: 4 oz. order	25	5	<1 Sat Fat 0 Trans Fat 0	0	10	4 Fiber 2 Sugar 1	1	0	1 Vegetable
French Fries Portion: 5 oz. order	430	205	23 Sat Fat 5 Trans Fat 0	0	95	50 Fiber 5 Sugar 0	5	3 1/2	3 1/2 Starch 4 Fat
Hash Browns (Plain) Portion: 5 oz. order	210	110	12 Sat Fat 2 1/2 Trans Fat 0	0	650	26 Fiber 2 Sugar 1	2	1 1/2	1 1/2 Starch 2 Fat
Mashed Potatoes (Plain) Portion: 4 oz. order	100	25	3 Sat Fat 2 Trans Fat 0	5	350	15 Fiber 1 Sugar 1	2	1	1 Starch 1/2 Fat
Sautéed Spinach Portion: 2 oz. order	70	55	6 Sat Fat 1 Trans Fat 0	0	125	5 Fiber 2 Sugar 0	1	0	1 Vegetable 1 Fat
Dippable Veggies w/Low Fat Ranch Dressing Portion: 5 oz. order	210	180	20 Sat Fat 4 Trans Fat 0	10	350	5 Fiber 2 Sugar 3	1	0	1 Vegetable 4 Fat
Vegetable Rice Pilaf Portion: 5 oz. order	190	25	3 Sat Fat 0 Trans Fat 0	0	490	35 Fiber 2 Sugar 2	4	2	2 Starch 1/2 Fat

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

DOMINO'S® PIZZA

12" Classic Hand-Tossed (medium w/new sauce)

Cheese Portion: 1 of 8 slices	212	70	8	20	460	26	9	11½	1½ Starch 1 MF Meat ½ Fat
			Sat Fat 4 Trans Fat <1			Fiber 1 Sugar 2			
Ham Portion: 1 of 8 slices	200	65	7	18	510	25	9	11½	1½ Starch 1 MF Meat ½ Fat
			Sat Fat 3 Trans Fat <1			Fiber 1 Sugar 2			
Pepperoni Portion: 1 of 8 slices	219	80	9	20	510	25	9	11½	1½ Starch 1 MF Meat 1 Fat
			Sat Fat 4 Trans Fat <1			Fiber 1 Sugar 2			
Italian Sausage Portion: 1 of 8 slices	233	90	10	20	510	27	9	11½	1½ Starch 1 MF Meat 1 Fat
			Sat Fat 4 Trans Fat <1			Fiber 1 Sugar 3			

12" Crunchy Thin Crust (medium w/new sauce)

Cheese Portion: ¼ pizza	325	155	17	40	655	29	13	11½	1½ Starch 1½ MF Meat 2 Fat
			Sat Fat 8 Trans Fat <1			Fiber 2 Sugar 4			
Ham Portion: ¼ pizza	290	135	15	39	755	28	13	11½	1½ Starch 1½ MF Meat 1 Fat
			Sat Fat 7 Trans Fat <1			Fiber 2 Sugar 4			
Pepperoni Portion: ¼ pizza	340	170	19	22	755	28	13	11½	1½ Starch 1½ MF Meat 3 Fat
			Sat Fat 8 Trans Fat <1			Fiber 2 Sugar 4			
Italian Sausage Portion: ¼ pizza	370	190	21	22	755	31	13	11½	1½ Starch 1½ MF Meat 3 Fat
			Sat Fat 9 Trans Fat <1			Fiber 2 Sugar 5			

12" Ultimate Deep Dish (medium w/new sauce)

Cheese Portion: ⅛ pizza	240	90	10	20	565	28	9	11½	1½ Starch 1 MF Meat 1 Fat
			Sat Fat 4 Trans Fat <1			Fiber 3 Sugar 1			
Ham Portion: ⅛ pizza	228	80	9	18	615	27	9	11½	1½ Starch 1 MF Meat 1 Fat
			Sat Fat 3 Trans Fat <1			Fiber 3 Sugar 1			
Pepperoni Portion: ⅛ pizza	247	100	11	20	615	27	9	11½	1½ Starch 1 MF Meat 1 Fat
			Sat Fat 4 Trans Fat <1			Fiber 3 Sugar 1			
Italian Sausage Portion: ⅛ pizza	261	110	12	20	615	29	9	11½	1½ Starch 1 MF Meat 1 Fat
			Sat Fat 4 Trans Fat <1			Fiber 3 Sugar 2			

Pizza Sauce Variations

BBQ Sauce* Portion: add to pizza	10	0	0	0	(-15)	2	0	0	No Change
			Sat Fat 0 Trans Fat 0			Fiber 0 Sugar 2			
Garlic Parmesan Sauce* Portion: add to pizza	40	45	5	2	5	0	0	0	1 Fat Increase
			Sat Fat 1 Trans Fat <1			Fiber 0 Sugar 0			
Hearty Marinara Sauce* Portion: add to pizza	2	2	<1	0	20	0	0	0	No Change
			Sat Fat 0 Trans Fat 0			Fiber 0 Sugar 0			

*To substitute one of these pizza sauces, ADD this data to the pizza slice of your choice previously listed.

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

Oven Baked Sandwiches

Chicken Bacon Ranch Portion: 1 sandwich	890	405	45 Sat Fat 16 Trans Fat 1	115	2210	72 Fiber 2 Sugar 3	49	4 1/2	4 1/2 Starch 5 MF Meat 4 Fat
Chicken Parm Portion: 1 sandwich	770	270	30 Sat Fat 16 Trans Fat 1	105	2130	73 Fiber 3 Sugar 3	51	4 1/2	4 1/2 Starch 5 1/2 MF Meat 2 Fat
Italian Portion: 1 sandwich	880	405	45 Sat Fat 22 Trans Fat 1	120	2560	71 Fiber 3 Sugar 3	47	4 1/2	4 1/2 Starch 4 1/2 MF Meat 4 Fat
Philly Cheese Steak Portion: 1 sandwich	690	245	27 Sat Fat 14 Trans Fat 1	90	2080	72 Fiber 3 Sugar 4	41	4 1/2	4 1/2 Starch 4 MF Meat 1 Fat

Salads/Salad Dressings

Garden Fresh Salad w/o drsg. Portion: 1/2 container	70	30	3 1/2 Sat Fat 2 1/2 Trans Fat 0	10	80	5 Fiber 2 Sugar 2	4	0	1 Vegetable 1/2 HF Meat
Grilled Chicken Caesar w/o dressing Portion: 1/2 container	85	25	3 Sat Fat 1 1/2 Trans Fat 0	25	295	5 Fiber 2 Sugar 2	10	0	1 Vegetable 1 L Meat 1/2 Fat
Blue Cheese Dressing Portion: 1 1/2 oz. pkt	230	215	24 Sat Fat 5 Trans Fat 0	30	450	2 Fiber 0 Sugar 2	2	0	5 Fat
Creamy Caesar Dressing Portion: 1 1/2 oz. pkt	210	200	22 Sat Fat 3 1/2 Trans Fat 0	10	510	2 Fiber 0 Sugar 1	1	0	4 Fat
Light Italian Dressing Portion: 1 1/2 oz. pkt	20	10	1 Sat Fat 0 Trans Fat 0	0	780	2 Fiber 0 Sugar 2	0	0	Free
Ranch Dressing Portion: 1 1/2 oz. pkt	220	215	24 Sat Fat 4 Trans Fat 0	10	420	2 Fiber 0 Sugar 2	1	0	5 Fat

Sides

Buffalo Chicken Kickers Portion: 1 piece	50	20	2 Sat Fat <1 Trans Fat 0	10	140	4 Fiber <1 Sugar 0	4	0	1/2 L Meat 1/2 Fat
Hot or Barbeque Buffalo Wings Portion: 1 piece	110	65	7 Sat Fat 2 Trans Fat 0	25	200	3 Fiber 0 Sugar 2	8	0	1 L Meat 1 Fat
Breadstick Portion: 1 piece	110	55	6 Sat Fat 1 Trans Fat 0	0	100	11 Fiber <1 Sugar <1	2	1/2	1/2 Starch 1 Fat
Cheesy Bread Portion: 1 piece	115	55	6 Sat Fat 2 Trans Fat <1	5	140	11 Fiber <1 Sugar <1	4	1/2	1/2 Starch 1/2 L Meat 1 Fat
Marinara Dipping Sauce Portion: 2 oz. cup	25	0	0 Sat Fat 0 Trans Fat 0	0	270	5 Fiber 1 Sugar 4	1	1/2	1/2 Other Carb
Garlic Sauce Portion: 1 oz. cup	250	250	28 Sat Fat 5 Trans Fat 0	0	160	0 Fiber 0 Sugar 0	0	0	5 Fat

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE**DUNKIN' DONUTS®****Yeast Donuts**

Glazed Portion: 1 donut	260	125	14 Sat Fat 6 Trans Fat 0	0	330	31 Fiber 1 Sugar 12	3	2	2 Other Carb 2 Fat
Apple Crumb Portion: 1 donut	490	160	18 Sat Fat 9 Trans Fat 0	0	350	80 Fiber 2 Sugar 49	4	5	5 Other Carb 2 Fat
Apple 'N Spice Portion: 1 donut	270	125	14 Sat Fat 6 Trans Fat 0	0	350	32 Fiber 1 Sugar 8	3	2	2 Other Carb 2 Fat
Blueberry Crumb Portion: 1 donut	500	160	18 Sat Fat 9 Trans Fat 0	0	350	84 Fiber 2 Sugar 52	4	5½	5½ Other Carb 2 Fat
Frosted Donuts (all varieties) Portion: 1 donut	270	135	15 Sat Fat 7 Trans Fat 0	0	340	32 Fiber 1 Sugar 14	3	2	2 Other Carb 2 Fat
Jelly-Filled Portion: 1 donut	290	125	14 Sat Fat 7 Trans Fat 0	0	340	36 Fiber 1 Sugar 6	3	2½	2½ Other Carb 2 Fat
Sugar Raised Portion: 1 donut	230	125	14 Sat Fat 6 Trans Fat 0	0	330	22 Fiber 1 Sugar 4	3	1½	1½ Other Carb 2 Fat
French Crueller Portion: 1 donut	250	180	20 Sat Fat 9 Trans Fat 0	35	105	18 Fiber 0 Sugar 10	2	1	1 Other Carb 4 Fat

Kreme-Filled Donuts

Bavarian Kreme Portion: 1 donut	270	135	15 Sat Fat 7 Trans Fat 0	0	350	31 Fiber 1 Sugar 9	4	2	2 Other Carb 2 Fat
Boston Kreme Portion: 1 donut	310	145	16 Sat Fat 7 Trans Fat 0	0	370	39 Fiber 1 Sugar 16	3	2½	2½ Other Carb 2 Fat
Chocolate Kreme Portion: 1 donut	370	190	21 Sat Fat 10 Trans Fat 0	0	370	42 Fiber 1 Sugar 21	4	2½	2½ Other Carb 4 Fat
Vanilla Kreme Portion: 1 donut	380	205	23 Sat Fat 10 Trans Fat 0	0	370	42 Fiber 1 Sugar 22	4	2½	2½ Other Carb 4 Fat

Cake Donuts

Old-Fashioned Portion: 1 donut	320	200	22 Sat Fat 10 Trans Fat 0	25	300	33 Fiber 1 Sugar 9	3	2	2 Other Carb 4 Fat
Glazed Portion: 1 donut	380	200	22 Sat Fat 10 Trans Fat 0	25	300	44 Fiber 1 Sugar 19	3	3	3 Other Carb 3 Fat
Blueberry Portion: 1 donut	340	155	17 Sat Fat 8 Trans Fat 0	30	570	44 Fiber 1 Sugar 21	4	3	3 Other Carb 2 Fat
Chocolate Frosted Portion: 1 donut	370	205	23 Sat Fat 10 Trans Fat 0	25	320	45 Fiber 1 Sugar 20	4	3	3 Other Carb 3 Fat

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)		CHOLESTEROL (mg)		SODIUM (mg)		CARBOHYDRATE (gm)		PROTEIN (gm)		TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Chocolate Glazed Portion: 1 donut	370	215	24	0	390	35	3	2	2 Other Carb 5 Fat							
			Sat Fat 11 Trans Fat 0			Fiber 1 Sugar 17										
Powdered or Cinnamon Portion: 1 donut	340	200	22	25	300	38	3	2 1/2	2 1/2 Other Carb 3 Fat							
			Sat Fat 10 Trans Fat 0			Fiber 1 Sugar 13										

Stick Donuts

Plain Cake Portion: 1 donut	330	160	18	35	420	36	4	2 1/2	2 1/2 Other Carb 3 Fat							
			Sat Fat 8 Trans Fat 0			Fiber 1 Sugar 12										
Glazed Cake Portion: 1 donut	370	160	18	35	420	48	4	3	3 Other Carb 3 Fat							
			Sat Fat 8 Trans Fat 0			Fiber 1 Sugar 23										
Powdered or Cinnamon Cake Portion: 1 donut	360	160	18	35	420	43	5	3	3 Other Carb 3 Fat							
			Sat Fat 8 Trans Fat 0			Fiber 2 Sugar 18										
Jelly Stick Portion: 1 donut	420	160	18	35	440	60	4	4	4 Other Carb 2 Fat							
			Sat Fat 8 Trans Fat 0			Fiber 1 Sugar 20										

Fancies

Coffee Roll (cocoa or dbl. cocoa) Portion: 1 roll	310	125	14	0	300	44	5	2 1/2	2 1/2 Other Carb 3 Fat							
			Sat Fat 6 Trans Fat 0			Fiber 3 Sugar 26										
Coffee Roll (all other varieties) Portion: 1 roll	410	170	19	0	410	54	7	3	3 Other Carb 4 Fat							
			Sat Fat 8 Trans Fat 0			Fiber 3 Sugar 20										
Eclair or Choc. Iced Bismarck Portion: 1 donut	390	170	19	0	360	52	5	3	3 Other Carb 4 Fat							
			Sat Fat 8 Trans Fat 0			Fiber 2 Sugar 21										
Bow Tie Portion: 1 donut	310	135	15	0	400	39	4	2 1/2	2 1/2 Other Carb 3 Fat							
			Sat Fat 7 Trans Fat 0			Fiber 1 Sugar 15										

Munchkins

Plain Cake Portion: 4-piece order	240	125	14	20	260	24	4	1 1/2	1 1/2 Other Carb 3 Fat							
			Sat Fat 6 Trans Fat 0			Fiber 0 Sugar 10										
Glazed Cake Portion: 4-piece order	280	125	14	20	260	32	4	2	2 Other Carb 3 Fat							
			Sat Fat 6 Trans Fat 0			Fiber 0 Sugar 16										
Glazed Chocolate Cake Portion: 4-piece order	280	125	14	10	380	32	4	2	2 Other Carb 3 Fat							
			Sat Fat 6 Trans Fat 0			Fiber 0 Sugar 16										
Powdered or Cinnamon Cake Portion: 4-piece order	240	125	14	20	260	24	4	1 1/2	1 1/2 Other Carb 3 Fat							
			Sat Fat 6 Trans Fat 0			Fiber 0 Sugar 12										
Glazed Portion: 4-piece order	280	145	16	20	320	28	4	2	2 Other Carb 3 Fat							
			Sat Fat 8 Trans Fat 0			Fiber 0 Sugar 12										
Jelly-Filled Portion: 4-piece order	320	145	16	0	340	36	4	2 1/2	2 1/2 Other Carb 3 Fat							
			Sat Fat 8 Trans Fat 0			Fiber 0 Sugar 8										

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

EINSTEIN BROS.® BAGELS

Classic Bagels

Plain Portion: 1 bagel	260	10	1	0	460	56	9	3 1/2	3 1/2 Starch
			Sat Fat 0			Fiber 2			
			Trans Fat 0			Sugar 5			
Honey Whole Wheat Portion: 1 bagel	260	10	1	0	440	57	9	3 1/2	3 1/2 Starch
			Sat Fat 0			Fiber 3			
			Trans Fat 0			Sugar 8			

Signature Flavors of Bagels

Asiago Cheese Portion: 1 bagel	310	45	5	15	630	56	14	3 1/2	3 1/2 Starch 1/2 MF Meat 1/2 Fat
			Sat Fat 3			Fiber 2			
			Trans Fat 0			Sugar 5			
Blueberry Portion: 1 bagel	300	10	1	0	480	65	10	4	3 1/2 Starch 1/2 Other Carb
			Sat Fat 0			Fiber 3			
			Trans Fat 0			Sugar 11			
Cinnamon Raisin Portion: 1 bagel	290	10	1	0	450	63	10	4	3 1/2 Starch 1/2 Other Carb
			Sat Fat 0			Fiber 3			
			Trans Fat 0			Sugar 13			
Cinnamon Sugar Portion: 1 bagel	290	20	2 1/2	0	480	63	9	4	3 1/2 Starch 1/2 Other Carb
			Sat Fat <1			Fiber 2			
			Trans Fat <1			Sugar 12			
Chocolate Chip Portion: 1 bagel	290	20	2 1/2	0	430	58	9	3	3 Starch 1/2 Fat
			Sat Fat 1			Fiber 3			
			Trans Fat 0			Sugar 10			
Cranberry Portion: 1 bagel	270	10	1	0	420	60	9	4	3 1/2 Starch 1/2 Other Carb
			Sat Fat 0			Fiber 2			
			Trans Fat 0			Sugar 12			
Egg Portion: 1 bagel	300	45	5	120	490	54	12	3 1/2	3 1/2 Starch 1/2 MF Meat
			Sat Fat 1 1/2			Fiber 2			
			Trans Fat 0			Sugar 6			
Everything Portion: 1 bagel	270	20	2	0	620	56	9	3 1/2	3 1/2 Starch
			Sat Fat 0			Fiber 2			
			Trans Fat 0			Sugar 5			
Good Grains Portion: 1 bagel	280	20	2 1/2	0	440	58	10	3 1/2	3 1/2 Starch
			Sat Fat 0			Fiber 3			
			Trans Fat 0			Sugar 8			



	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Onion Portion: 1 bagel	270	10	1 Sat Fat 0 Trans Fat 0	0	460	59 Fiber 2 Sugar 5	9	3 1/2	3 1/2 Starch
Poppy Portion: 1 bagel	280	25	3 Sat Fat 0 Trans Fat 0	0	460	56 Fiber 2 Sugar 5	9	3 1/2	3 1/2 Starch
Potato Portion: 1 bagel	270	35	4 Sat Fat <1 Trans Fat 0	0	500	52 Fiber 2 Sugar 5	8	3 1/2	3 1/2 Starch
Pumpnickel Portion: 1 bagel	240	15	1 1/2 Sat Fat 0 Trans Fat 0	0	490	53 Fiber 3 Sugar 4	9	3 1/2	3 1/2 Starch
Sesame Portion: 1 bagel	280	25	3 Sat Fat 0 Trans Fat 0	0	460	56 Fiber 2 Sugar 5	10	3 1/2	3 1/2 Starch

Cream Cheese Schmeaar (whipped)

Plain Portion: 3 tbsp.	120	110	12 Sat Fat 8 Trans Fat 0	35	115	2 Fiber 0 Sugar 2	2	0	2 Fat
Onion & Chive Portion: 3 tbsp.	120	100	11 Sat Fat 7 Trans Fat 0	35	105	5 Fiber 0 Sugar 2	2	0	2 Fat
Smoked Salmon Portion: 3 tbsp.	110	100	11 Sat Fat 6 Trans Fat 0	35	210	4 Fiber 0 Sugar 2	2	0	2 Fat
Reduced Fat (all varieties) Portion: 3 tbsp.	110	80	9 Sat Fat 6 Trans Fat 0	25	180	4 Fiber 0 Sugar 2	2	0	2 Fat

Specialty Teas/Coffees

Specialty Tea w/o milk (all varieties) Portion: all sizes	0	0	0 Sat Fat 0 Trans Fat 0	0	0	0 Fiber 0 Sugar 0	0	0	Free
Chai Tea Latté (reg) (reduced-fat milk) Portion: 12 fl. oz.	270	40	4 1/2 Sat Fat 0 Trans Fat 0	20	115	51 Fiber 0 Sugar 24	8	3 1/2	1/2 RF Milk 3 Other Carb
Coffee or Espresso (all varieties) Portion: all sizes	0	0	0 Sat Fat 0 Trans Fat 0	0	0	0 Fiber 0 Sugar 0	0	0	Free
Café Latté (reg) (reduced-fat milk) Portion: 12 fl. oz.	110	45	5 Sat Fat 3 Trans Fat 0	20	115	11 Fiber 0 Sugar 11	8	1	1 RF Milk
Cappuccino (reg) (reduced-fat milk) Portion: 12 fl. oz.	90	35	4 Sat Fat 2 1/2 Trans Fat 0	15	95	9 Fiber 0 Sugar 9	6	1/2	1/2 RF Milk
Mocha (reg) (reduced-fat milk) Portion: 12 fl. oz.	330	100	11 Sat Fat 6 Trans Fat 0	40	115	50 Fiber 2 Sugar 43	9	3 1/2	1/2 RF Milk 3 Other Carb 1 Fat
Caramel Macchiato (reg) (reduced-fat milk) Portion: 12 fl. oz.	240	55	6 Sat Fat 3 1/2 Trans Fat 0	20	110	42 Fiber 1 Sugar 36	8	3	1/2 RF Milk 2 1/2 Other Carb

NOTE: Iced coffees served as 16 fl. oz. are approximately 10 1/2 fl. oz. of coffee and 5 1/2 fl. oz. of ice. To determine values for iced coffees **reduce** data of variety chosen by approximately 10 percent.

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

FAZOLI'S®

Fresh-Made Pastas (see note below)

Chicken Carbonara Portion: 17¾ oz. order	800	245	27 Sat Fat 13 Trans Fat 0	110	1790	88 Fiber 4 Sugar 9	42	5½	5 Starch 1 Vegetable ½ Other Carb 4½ L Meat 3 Fat
Fettuccine w/ Alfredo Portion: 17¾ oz. order	780	235	26 Sat Fat 15 Trans Fat 0	75	1480	108 Fiber 5 Sugar 11	26	7	6½ Starch ½ Other Carb 1½ L Meat 4 Fat
Ravioli w/ Meat Sauce Portion: 13 oz. order	570	190	21 Sat Fat 10 Trans Fat 0	95	1530	70 Fiber 8 Sugar 12	27	4	3½ Starch ½ Other Carb 2½ MF Meat 2 Fat
Spaghetti w/ Alfredo (reg) Portion: 17¾ oz. order	800	235	26 Sat Fat 15 Trans Fat 0	75	1480	108 Fiber 5 Sugar 11	26	7	6½ Starch ½ Other Carb 2 MF Meat 2 Fat
Spaghetti w/ Marinara Portion: 18¼ oz. order	560	20	2½ Sat Fat 0 Trans Fat 0	0	970	111 Fiber 9 Sugar 17	19	7	6 Starch 1 Other Carb
Spaghetti w/Meat Sauce Portion: 19½ oz. order	680	110	12 Sat Fat 3½ Trans Fat 0	20	1640	113 Fiber 10 Sugar 17	28	7	6 Starch 1 Other Carb 2 MF Meat ½ Fat
Tortellini & Sun-Dried Tomato Rustico Portion: 14 oz. order	850	415	46 Sat Fat 15 Trans Fat 0	85	1380	81 Fiber 6 Sugar 9	30	5	4½ Starch 1 Vegetable ½ Other Carb 2½ L Meat 7 Fat
Classic Platter Sampler Portion: 22¾ oz. order	880	270	30 Sat Fat 14 Trans Fat 0	80	2200	110 Fiber 9 Sugar 16	39	6½	5½ Starch 1 Other Carb 4 MF Meat 1 Fat

Oven-Baked Pastas/Pasta Toppings

Baked Spaghetti Portion: 15½ oz. order	640	200	22 Sat Fat 12 Trans Fat <1	75	1340	80 Fiber 7 Sugar 13	29	5	4½ Starch ½ Other Carb 2½ MF Meat 1 Fat
Cheesy Baked Ziti Portion: 15 oz. order	670	245	27 Sat Fat 15 Trans Fat 1	90	1630	71 Fiber 7 Sugar 12	34	4	4½ Starch ½ Other Carb 3½ MF Meat
Chicken Broccoli Penne Portion: 21¼ oz. order	920	380	42 Sat Fat 24 Trans Fat <1	170	2310	77 Fiber 6 Sugar 11	52	4½	4 Starch 1 Vegetable ½ Other Carb 6½ L Meat 5 Fat
Penne w/Creamy Basil Chicken Portion: 18¾ oz. order	970	460	51 Sat Fat 25 Trans Fat 1	170	2340	73 Fiber 4 Sugar 9	52	4½	4 Starch ½ Other Carb 6½ MF Meat 3 Fat

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

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBONHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Rigatoni Romano Portion: 17¼ oz. order	880	395	44 Sat Fat 20 Trans Fat	1	125	2510	76 Fiber 7 Sugar	12	44	4½	4 Starch ½ Other Carb 5 MF Meat 3 Fat
Twice-Baked Lasagna Portion: 18½ oz. order	700	350	39 Sat Fat 20 Trans Fat	<1	115	2420	47 Fiber 6 Sugar	11	41	2½	2 Starch ½ Other Carb 5 MF Meat 3 Fat
Pizza-Baked Ravioli Portion: 16¼ oz. order	930	415	46 Sat Fat 25 Trans Fat	0	165	1990	73 Fiber 6 Sugar	13	47	4½	4 Starch ½ Other Carb 5½ MF Meat 4 Fat
Pizza-Baked Spaghetti or Ziti Portion: 17 oz. order	830	335	37 Sat Fat 19 Trans Fat	0	90	1700	81 Fiber 6 Sugar	13	38	5	4½ Starch ½ Other Carb 4 MF Meat 3 Fat
Grilled Chicken Topping Portion: 3 oz. topping	110	30	3½ Sat Fat 1 Trans Fat	0	45	510	2 Fiber 0 Sugar	1	17	0	2½ L Meat
Meatballs Topping Portion: 3 oz. topping	250	160	18 Sat Fat 8 Trans Fat	0	55	700	6 Fiber 1 Sugar	1	13	½	½ Starch 1½ MF Meat 2 Fat
Sliced Italian Sausage Topping Portion: 2 oz. topping	200	145	16 Sat Fat 5 Trans Fat	0	40	680	3 Fiber 0 Sugar	1	10	0	1½ HF Meat 1 Fat
Broccoli Topping Portion: 3 oz. topping	25	0	0 Sat Fat 0 Trans Fat	0	0	10	5 Fiber 3 Sugar	1	3	0	1 Vegetable
Broccoli & Fire-Roasted Tomatoes Topping Portion: 4 oz. topping	35	0	0 Sat Fat 0 Trans Fat	0	0	85	5 Fiber 3 Sugar	1	3	0	1 Vegetable

Submarinos® (7" whole sandwich)

Original Portion: 1 sandwich	880	440	49 Sat Fat 14 Trans Fat	0	90	2880	70 Fiber 3 Sugar	8	34	4½	4 Starch ½ Other Carb 3½ MF Meat 6 Fat
Smoked Turkey Basil Portion: 1 sandwich	750	335	37 Sat Fat 10 Trans Fat	0	80	2550	68 Fiber 3 Sugar	5	36	4½	4 Starch ½ Other Carb 3½ L Meat 5 Fat
Club Italiano Portion: 1 sandwich	780	325	36 Sat Fat 10 Trans Fat	0	90	2800	68 Fiber 3 Sugar	8	39	4½	4 Starch ½ Other Carb 4 MF Meat 3 Fat

9" Brick-Oven Style Pizza

Triple Cheese Portion: 1 slice	290	110	12 Sat Fat 6 Trans Fat	<1	35	730	32 Fiber 2 Sugar	2	14	2	2 Starch 1½ MF Meat ½ Fat
Pepperoni Classic Portion: 1 slice	300	115	13 Sat Fat 6 Trans Fat	<1	30	810	32 Fiber 2 Sugar	2	14	2	2 Starch 1½ MF Meat ½ Fat

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Four Meatza Portion: 1 slice	330	125	14	35	880	33	16	2	2 Starch 2 MF Meat 1/2 Fat		
Margherita Portion: 1 slice	330	135	15	30	710	33	14	2	2 Starch 1 1/2 MF Meat 1 Fat		
Supremo Portion: 1 slice	320	125	14	35	870	33	15	2	2 Starch 1 1/2 MF Meat 1 Fat		

Kids' Favorites

Spaghetti w/Marinara Sauce Portion: 7 3/4 oz. order	220	10	1	0	330	43	7	2 1/2	2 Starch 1/2 Other Carb 1/2 L Meat
Spaghetti w/Meat Sauce Portion: 7 1/4 oz. order	260	35	4	5	560	44	10	2 1/2	2 Starch 1/2 Other Carb 1 MF Meat
Spaghetti w/Meatballs Portion: 7 3/4 oz. order	300	65	7	20	570	45	12	2 1/2	2 Starch 1/2 Other Carb 1 1/2 MF Meat
Meat Lasagna Portion: 7 1/2 oz. order	260	115	13	35	910	21	14	1 1/2	1 1/2 Starch 1 1/2 MF Meat 1/2 Fat
Fettuccine Alfredo Portion: 6 1/2 oz. order	290	70	8	20	470	42	8	2 1/2	2 1/2 Starch 1/2 L Meat 1 Fat

Breadsticks/Salads

Dry Breadstick Portion: 1 piece	100	20	2	0	160	20	3	1	1 Starch
Garlic Breadstick Portion: 1 piece	150	65	7	0	290	20	3	1	1 Starch 1 Fat
Side Chopped Salad w/o drsg. Portion: 1 salad	60	30	3 1/2	10	130	5	4	0	1 Vegetable 1/2 MF Meat
Fazoli's Italian House Salad w/dressing Portion: 1 salad	600	405	45	105	2880	16	27	1/2	1 Vegetable 1/2 Other Carb 3 1/2 HF Meat 4 Fat
Cherry Almond Chicken Salad w/dressing Portion: 1 salad	480	225	25	70	1190	38	26	2	2 Vegetable 2 Other Carb 3 L Meat 3 Fat
Country Caesar Salad w/drsg. Portion: 1 salad	780	460	51	100	1830	48	37	2 1/2	2 Starch 1 Vegetable 1/2 Other Carb 4 MF Meat 6 Fat
Pasta Ranch Italian Salad w/dressing Portion: 1 salad	770	450	50	105	2290	44	38	2 1/2	2 Starch 1 Vegetable 1/2 Other Carb 4 1/2 L Meat 7 Fat

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

GOLDEN CORRAL®

Breakfast

Scrambled Eggs Portion: 1/2 cup	190	125	14 Sat Fat 4 1/2 Trans Fat 0	385	240	2 Fiber 0 Sugar 1	12	0	1 1/2 MF Meat 1 Fat
Creamed Chipped Beef Portion: 1/2 cup	160	80	9 Sat Fat 2 1/2 Trans Fat 1	15	570	10 Fiber 0 Sugar 6	9	1/2	1/2 Starch 1 L Meat 1 Fat
Bacon Portion: 3 pieces	60	40	4 1/2 Sat Fat 2 Trans Fat 0	15	170	0 Fiber 0 Sugar 0	4	0	1/2 HF Meat
Grilled Ham Steak Portion: 2-piece order	110	40	4 1/2 Sat Fat 1 1/2 Trans Fat 0	40	870	5 Fiber 0 Sugar 4	11	1/2	1/2 Other Carb 1 1/2 L Meat
Pork Breakfast Steaks Portion: 3 oz. piece	190	110	12 Sat Fat 4 1/2 Trans Fat 0	55	250	6 Fiber 0 Sugar 4	14	1/2	1/2 Other Carb 2 L Meat 1 Fat
Sausage Links Portion: per link	120	100	11 Sat Fat 4 Trans Fat 0	15	250	1 Fiber 0 Sugar 0	5	0	1 HF Meat 1/2 Fat
Sausage Patties Portion: per pattie	100	80	9 Sat Fat 3 Trans Fat 0	25	230	0 Fiber 0 Sugar 0	6	0	1 HF Meat
Split Smoked Sausage Portion: per piece	250	205	23 Sat Fat 10 Trans Fat 0	40	790	2 Fiber 0 Sugar 2	9	0	1 1/2 HF Meat 2 Fat
French Toast w/o syrup/tppgs. Portion: per slice	200	55	6 Sat Fat 1 1/2 Trans Fat 0	180	190	29 Fiber 1 Sugar 13	9	2	1 Starch 1 Other Carb 1 MF Meat
Pancakes w/o syrup/tppgs. Portion: 2 pancakes	140	55	6 Sat Fat 1 1/2 Trans Fat 0	25	470	17 Fiber 0 Sugar 2	3	1	1 Starch 1 Fat
Waffle w/o syrup/tppgs. Portion: per waffle	70	5	<1 Sat Fat 0 Trans Fat 0	0	260	14 Fiber 0 Sugar 3	2	1	1 Starch
Maple Syrup Portion: 2 tbsp.	120	0	0 Sat Fat 0 Trans Fat 0	0	0	29 Fiber 0 Sugar 21	0	2	2 Other Carb
Sugar-Free Pancake Syrup Portion: 2 tbsp.	15	0	0 Sat Fat 0 Trans Fat 0	0	55	6 Fiber 0 Sugar 0	0	0	Free
Various Fruit Toppings (average) Portion: 2 tbsp.	35	0	0 Sat Fat 0 Trans Fat 0	0	20	9 Fiber 0 Sugar 8	0	1/2	1/2 Other Carb
Hash Brown Casserole Portion: 1/2 cup	130	45	5 Sat Fat 2 1/2 Trans Fat 0	10	530	14 Fiber 1 Sugar 2	5	1	1 Starch 1/2 MF Meat 1/2 Fat
Biscuits Portion: 1 biscuit	210	125	14 Sat Fat 3 1/2 Trans Fat 3	5	350	17 Fiber 0 Sugar 2	3	1	1 Starch 3 Fat
Sausage Gravy Portion: per 4 tbsp.	80	55	6 Sat Fat 1 1/2 Trans Fat 0	10	280	4 Fiber 0 Sugar 1	3	1/2	1/2 Starch 1 Fat

TOTAL CALORIES
 CALORIES FROM FAT
 TOTAL FAT (gm)
 CHOLESTEROL (mg)
 SODIUM (mg)
 CARBOHYDRATE (gm)
 PROTEIN (gm)
 TOTAL CARB EXCHANGE
 SUGGESTED EXCHANGE VALUE

Salad Buffet

Broccoli Salad Portion: 1/2 cup	110	70	8	10	85	9	2	1/2	1/2 Other Carb 1 Vegetable 1 Fat
			Sat Fat 1 1/2 Trans Fat 0			Fiber 1 Sugar 6			
Caesar Salad w/o dressing Portion: 1 cup	110	70	8	15	290	8	3	0	1 Vegetable 2 Fat
			Sat Fat 2 Trans Fat 0			Fiber 1 Sugar 1			
Cajun Potato Salad Portion: 1/2 cup	230	155	17	130	410	15	5	1	1 Starch 1/2 MF Meat 3 Fat
			Sat Fat 3 Trans Fat 0			Fiber 1 Sugar 2			
Coleslaw Portion: 1/2 cup	110	80	9	10	240	6	1	1/2	1/2 Other Carb 2 Fat
			Sat Fat 1 1/2 Trans Fat 0			Fiber 1 Sugar 5			
Carrot & Raisin Salad Portion: 1/2 cup	110	65	7	5	75	11	1	1/2	1 Vegetable 1/2 Fruit 1 Fat
			Sat Fat 1 Trans Fat 0			Fiber 1 Sugar 7			
Chicken Salad Portion: 1/2 cup	240	180	20	115	370	3	12	0	1 1/2 L Meat 4 Fat
			Sat Fat 3 Trans Fat 0			Fiber 0 Sugar 1			
Marinated Vegetable Salad Portion: 1/2 cup	30	20	2	0	90	3	1	0	1/2 Fat
			Sat Fat 0 Trans Fat 0			Fiber 1 Sugar 1			
Macaroni Salad Portion: 1/2 cup	280	200	22	20	280	19	2	1	1 Starch 4 Fat
			Sat Fat 3 Trans Fat 0			Fiber 2 Sugar 5			
Tuna Salad Portion: 1/2 cup	190	115	13	45	380	5	12	1/2	1/2 Other Carb 1 1/2 L Meat 2 Fat
			Sat Fat 1 1/2 Trans Fat 0			Fiber 0 Sugar 3			

Hot Buffet Chicken

BBQ Chicken Leg Quarter Portion: 1 piece	490	200	22	205	1080	21	50	1 1/2	1 1/2 Other Carb 7 L Meat 1 Fat
			Sat Fat 9 Trans Fat 0			Fiber 2 Sugar 19			
Rotisserie Chkn. (breast/wing) Portion: 6 oz. piece	310	125	15	175	1070	1	43	0	6 L Meat 1 Fat
			Sat Fat 4 1/2 Trans Fat 0			Fiber <1 Sugar <1			
Fried Chicken (assorted pieces) Portion: 3 oz. piece	240	125	15	85	460	6	19	1/2	1/2 Starch 2 1/2 MF Meat 1/2 Fat
			Sat Fat 3 1/2 Trans Fat 0			Fiber 1 Sugar 0			
Bourbon Street Chicken Portion: 3 oz. order	170	80	9	95	350	4	19	0	2 1/2 L Meat 1 Fat
			Sat Fat 2 1/2 Trans Fat 0			Fiber 1 Sugar 3			
Chicken Parmesan Portion: 1 piece	240	110	12	40	570	16	17	1	1 Starch 2 MF Meat
			Sat Fat 3 1/2 Trans Fat 0			Fiber 1 Sugar 1			
Chicken Pot Pie Portion: 1 piece	150	55	6	25	370	14	7	1	1 Starch 1/2 MF Meat 1/2 Fat
			Sat Fat 2 1/2 Trans Fat 0			Fiber 1 Sugar 2			
Fried Chicken Wings Portion: 3-piece order	220	155	16	75	70	8	18	0	2 1/2 MF Meat 1 Fat
			Sat Fat 4 1/2 Trans Fat 0			Fiber 0 Sugar 0			
Grilled BBQ Chicken Wings Portion: 3-piece order	210	125	14	65	180	3	16	0	2 1/2 MF Meat 1/2 Fat
			Sat Fat 4 Trans Fat 0			Fiber 0 Sugar 3			

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

Hot Buffet Fish/Seafood Entrées

Carved Salmon Portion: 3 oz. order	120	55	6 Sat Fat 1½ Trans Fat 1	50	580	1 Fiber 1 Sugar 0	13	0	2 L Meat
Baked Lemon Fish w/Shrimp Portion: 3 oz. order	160	90	10 Sat Fat 2½ Trans Fat 1½	75	410	2 Fiber 0 Sugar 0	16	0	2½ L Meat ½ Fat
Sweet & Spicy Pecan Tilapia Portion: 1-piece order	210	90	10 Sat Fat 2 Trans Fat 0	45	290	12 Fiber 0 Sugar 2	18	½	½ Starch 2½ L Meat 1 Fat
Shrimp Scampi Portion: ½ cup	170	115	13 Sat Fat 2½ Trans Fat 0	85	270	3 Fiber 0 Sugar 0	11	0	1½ L Meat 2 Fat

Hot Buffet Pork/Beef Entrées

Spiral-Cut Boneless Ham Portion: 3 oz. slice	130	35	4 Sat Fat 1½ Trans Fat 0	40	640	6 Fiber 0 Sugar 6	15	½	½ Other Carb 2 L Meat
Barbeque Pork Portion: 3 oz. piece	170	70	8 Sat Fat 2½ Trans Fat 0	75	100	5 Fiber 1 Sugar 4	18	½	½ Other Carb 2½ L Meat
Marinated Beef Tips Portion: 3 oz.	140	45	5 Sat Fat 1½ Trans Fat 0	65	250	0 Fiber 0 Sugar 0	21	0	3 L Meat
Sirloin Steak Portion: 4½ oz. steak	230	80	9 Sat Fat 4½ Trans Fat <1	85	590	1 Fiber 0 Sugar 1	36	0	5 L Meat
Brown Gravy w/mushrooms Portion: 4 tbsp.	25	10	1 Sat Fat 0 Trans Fat 0	0	280	4 Fiber 0 Sugar 2	0	0	½ Fat
Awesome Pot Roast Portion: 3 oz. order	100	40	4½ Sat Fat 2 Trans Fat 0	35	200	5 Fiber 1 Sugar 1	10	½	½ Other Carb 1½ L Meat

Pasta Items

Penne Pasta Portion: 1 cup	200	20	2 Sat Fat 0 Trans Fat 0	0	0	40 Fiber 2 Sugar 1	7	2½	2½ Starch
Macaroni & Cheese Portion: ½ cup	190	80	9 Sat Fat 3½ Trans Fat 1	15	450	19 Fiber 1 Sugar 3	9	1	1 Starch 1 MF Meat 1 Fat
Spaghetti Pasta Portion: ½ cup	150	40	4½ Sat Fat <1 Trans Fat 0	0	0	24 Fiber 1 Sugar 1	4	1½	1½ Starch ½ Fat
Italian Meatballs Portion: per piece	70	45	5 Sat Fat 2½ Trans Fat <1	30	285	4 Fiber <1 Sugar 2	6	0	1 MF Meat
Spaghetti Sauce Portion: ½ cup	90	55	6 Sat Fat 1 Trans Fat 0	0	340	7 Fiber 1 Sugar 4	2	½	½ Other Carb 1 Fat

Hot Side Items

Steak Fries Portion: 8-piece order	190	80	9 Sat Fat 1½ Trans Fat 0	0	300	22 Fiber 2 Sugar 0	2	1½	1½ Starch 2 Fat
---------------------------------------	-----	----	--------------------------------	---	-----	--------------------------	---	----	--------------------

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Fried Cubed Potatoes Portion: 1/2 cup	160	80	9 Sat Fat 1½ Trans Fat 0	0	160	19 Fiber 2 Sugar 2	2	1	1 Starch 2 Fat
Seasoned Wedge French Fries Portion: 6-piece order	160	70	8 Sat Fat 1 Trans Fat 0	0	540	22 Fiber 1 Sugar 1	3	1½	1½ Starch 1 Fat
Sweet Potato Casserole Portion: 1/2 cup	190	30	3½ Sat Fat 1 Trans Fat 0	5	50	37 Fiber 2 Sugar 25	2	2½	1 Starch 1½ Other Carb
Mashed Potatoes Portion: 1/2 cup	160	70	8 Sat Fat 1½ Trans Fat 2½	0	400	20 Fiber 1 Sugar 2	2	1½	1½ Starch 1 Fat
Brown or Poultry Gravy Portion: per 4 tbsp.	25	5	<1 Sat Fat 0 Trans Fat 0	0	300	4 Fiber 0 Sugar 2	0	1/2	1/2 Other Carb
White Rice Portion: 1/2 cup	150	40	4½ Sat Fat 1 Trans Fat 1	0	230	23 Fiber 0 Sugar 0	2	1½	1½ Starch 1/2 Fat
Rice Pilaf Portion: 1/2 cup	150	45	5 Sat Fat 1 Trans Fat 1	0	560	24 Fiber 0 Sugar 0	2	1½	1½ Starch 1/2 Fat

Vegetables

Asparagus Portion: 5 piece	25	10	1 Sat Fat 0 Trans Fat 0	0	25	3 Fiber 1 Sugar 0	2	0	1 Vegetable
Escaloped Apples Portion: 1/2 cup	130	15	1½ Sat Fat 0 Trans Fat 0	0	20	29 Fiber 2 Sugar 24	0	2	1/2 Fruit 1½ Other Carb
Broccoli Florets Portion: 1/4 cup	5	0	0 Sat Fat 0 Trans Fat 0	0	0	1 Fiber 1 Sugar 0	1	0	Free
Steamed Broccoli Portion: 1/2 cup	25	5	<1 Sat Fat 0 Trans Fat 0	0	85	6 Fiber 3 Sugar 1	2	0	1 Vegetable



	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Brussel Sprouts Portion: 1/2 cup	40	15	1½ Sat Fat 0 Trans Fat 0	0	45	4 Fiber 2 Sugar 2	2	0	1 Vegetable 1/2 Fat
Steamed Baby Carrots Portion: 1/2 cup	50	15	1½ Sat Fat 0 Trans Fat 0	0	65	8 Fiber 2 Sugar 5	1	0	1 Vegetable 1/2 Fat
Steamed Cauliflower Portion: 1/2 cup	20	5	<1 Sat Fat 0 Trans Fat 0	0	65	3 Fiber 1 Sugar 2	1	0	Free
Cheddar Cheese Sauce Portion: 2 oz.	80	45	5 Sat Fat 2½ Trans Fat 0	10	490	4 Fiber 0 Sugar 2	4	0	1/2 HF Meat 1/2 Fat
Creamed Corn Portion: 1/2 cup	110	5	<1 Sat Fat 0 Trans Fat 0	0	390	25 Fiber 0 Sugar 12	3	11½	1 Starch 1/2 Other Carb
Corn-on-the-Cob Portion: 1 piece	70	5	<1 Sat Fat 0 Trans Fat 0	0	90	13 Fiber 2 Sugar 3	2	1	1 Starch
Green Bean Casserole Portion: 1/2 cup	35	20	2 Sat Fat 0 Trans Fat 0	0	420	4 Fiber 1 Sugar 1	1	0	1 Vegetable 1/2 Fat
Steamed Peas Portion: 1/2 cup	70	10	1 Sat Fat 0 Trans Fat 0	0	45	11 Fiber 5 Sugar 3	4	1	1 Starch
Creamed Spinach Portion: 1/2 cup	230	160	18 Sat Fat 4 Trans Fat 1	10	680	18 Fiber 1 Sugar 4	4	1½	2 Vegetable 1/2 Other Carb 3 Fat
Battered Squash Portion: 3-piece order	150	70	8 Sat Fat 1½ Trans Fat 0	0	910	17 Fiber 1 Sugar 1	1	1	1 Starch 1 Fat
Yams & Apples Casserole Portion: 1/2 cup	180	30	3½ Sat Fat <1 Trans Fat 0	0	120	35 Fiber 1 Sugar 27	1	2½	1/2 Starch 1/2 Fruit 1½ Other Carb
Battered Zucchini Portion: 3-piece order	150	70	8 Sat Fat 1½ Trans Fat 0	0	910	17 Fiber 1 Sugar 1	1	1½	1/2 Starch 1 Vegetable 2 Fat

Bakery Items

Garlic Cheese Breadsticks Portion: per piece	120	45	5 Sat Fat 2 Trans Fat 0	10	250	13 Fiber 1 Sugar 1	5	1½	1/2 Starch 1/2 MF Meat 1/2 Fat
Skillet Cornbread Portion: 2 oz. piece	120	25	3 Sat Fat 1 Trans Fat <1	15	240	22 Fiber 1 Sugar 7	2	11½	1 Starch 1/2 Other Carb
Sourdough Roll Portion: 1 roll	120	15	1½ Sat Fat <1 Trans Fat 0	0	300	20 Fiber 1 Sugar 2	6	11½	1½ Starch
Yeast Roll w/o butter Portion: 1 roll	180	30	3½ Sat Fat 1 Trans Fat <1	5	210	31 Fiber 1 Sugar 9	5	2	1½ Starch 1/2 Other Carb 1/2 Fat
Texas Toast Portion: 1 slice	200	90	10 Sat Fat 2½ Trans Fat 2	5	220	22 Fiber 1 Sugar 6	4	11½	1 Starch 1/2 Other Carb 2 Fat

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

HARDEE'S®

Breakfast Sandwiches

Bacon, Egg & Cheese Biscuit Portion: 1 sandwich	530	325	36 Sat Fat 11 Trans Fat N/A	195	1390	36 Fiber 0 Sugar 4	15	2	2 Starch 1½ MF Meat 6 Fat
Breaded Pork Chop Biscuit Portion: 1 sandwich	640	350	39 Sat Fat 7 Trans Fat N/A	35	1270	46 Fiber 1 Sugar 4	25	3	3 Starch 2½ MF Meat 5 Fat
Pork Chop & Gravy Biscuit Portion: 1 sandwich	680	380	42 Sat Fat 8 Trans Fat N/A	35	1400	48 Fiber 1 Sugar 4	26	3	3 Starch 2½ MF Meat 6 Fat
Sausage Biscuit Portion: 1 sandwich	530	340	38 Sat Fat 10 Trans Fat N/A	30	1240	36 Fiber 0 Sugar 4	11	2	2 Starch 1 HF Meat 6 Fat
Sausage & Egg Biscuit Portion: 1 sandwich	590	380	42 Sat Fat 11 Trans Fat N/A	210	1300	36 Fiber 0 Sugar 4	16	2	2 Starch 1½ MF Meat 7 Fat
Country Ham Biscuit Portion: 1 sandwich	440	235	26 Sat Fat 6 Trans Fat N/A	35	1710	36 Fiber 0 Sugar 3	14	2	2 Starch 2 L Meat 4 Fat
Ham, Egg & Cheese Biscuit Portion: 1 sandwich	540	295	33 Sat Fat 10 Trans Fat N/A	220	1830	36 Fiber 0 Sugar 4	23	2	2 Starch 2½ MF Meat 4 Fat
Chicken Fillet Biscuit Portion: 1 sandwich	620	335	37 Sat Fat 8 Trans Fat N/A	50	1560	47 Fiber 1 Sugar 3	24	3	3 Starch 2½ MF Meat 5 Fat
Smoked Sausage Biscuit Portion: 1 sandwich	620	415	46 Sat Fat 15 Trans Fat N/A	40	1680	37 Fiber 0 Sugar 5	14	2	2 Starch 1½ HF Meat 7 Fat
Country Steak Biscuit Portion: 1 sandwich	590	360	40 Sat Fat 10 Trans Fat N/A	25	1290	43 Fiber 1 Sugar 4	13	2½	2½ Starch 1 MF Meat 7 Fat
Loaded Omelet Biscuit Portion: 1 sandwich	610	380	42 Sat Fat 14 Trans Fat N/A	220	1540	36 Fiber 0 Sugar 4	20	2	2 Starch 2½ MF Meat 6 Fat
Loaded Breakfast Burrito Portion: 1 burrito	760	440	49 Sat Fat 21 Trans Fat N/A	445	1700	39 Fiber 1 Sugar 2	39	2½	2½ Starch 4½ MF Meat 5 Fat
Sunrise Croissant w/ham Portion: 1 burrito	400	205	23 Sat Fat 10 Trans Fat N/A	225	1070	27 Fiber 1 Sugar 4	21	1½	1½ Starch 2½ MF Meat 2 Fat
Texas Toast Breakfast S'wich w/sausage Portion: 1 sandwich	480	270	30 Sat Fat 10 Trans Fat N/A	245	960	32 Fiber 2 Sugar 3	20	2	2 Starch 2 MF Meat 4 Fat
Frisco® Breakfast S'wich Portion: 1 sandwich	420	160	18 Sat Fat 7 Trans Fat N/A	215	1250	39 Fiber 2 Sugar 4	25	2½	2½ Starch 2½ MF Meat 1 Fat
Grits Portion: 5 oz. order	110	45	5 Sat Fat 1 Trans Fat N/A	0	490	16 Fiber 1 Sugar 0	2	1	1 Starch 1 Fat
Hash Rounds (sm) Portion: 3 oz. order	250	145	16 Sat Fat 3½ Trans Fat N/A	0	360	25 Fiber 2 Sugar 1	3	1½	1½ Starch 3 Fat

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

Thickburgers®/Other Hamburgers

Low-Carb Thickburger® Portion: 1 sandwich	420	290	32 Sat Fat 12 Trans Fat N/A	115	1010	5 Fiber 2 Sugar 3	30	0	1 Vegetable 4 MF Meat 2 Fat
Original Thickburger® Portion: 1 sandwich	620	295	33 Sat Fat 13 Trans Fat N/A	80	1580	51 Fiber 3 Sugar 10	35	3	2 1/2 Starch 1/2 Other Carb 4 MF Meat 2 Fat
Little Thickburger® Portion: 1 sandwich	450	205	23 Sat Fat 9 Trans Fat N/A	65	1140	35 Fiber 3 Sugar 7	24	2	1 1/2 Starch 1/2 Other Carb 3 MF Meat 2 Fat
Little Thick Cheeseburger Portion: 1 sandwich	570	350	39 Sat Fat 12 Trans Fat N/A	80	1180	38 Fiber 3 Sugar 10	24	2	1 1/2 Starch 1/2 Other Carb 3 MF Meat 4 Fat
Mushroom 'N Swiss Thickburger® Portion: 1 sandwich	650	325	36 Sat Fat 14 Trans Fat N/A	90	1620	47 Fiber 3 Sugar 5	39	3	3 Starch 4 1/2 MF Meat 2 Fat
Small Hamburger Portion: 1 sandwich	310	135	15 Sat Fat 4 Trans Fat N/A	35	500	32 Fiber 1 Sugar 6	14	2	2 Starch 1 MF Meat 2 Fat
Small Cheeseburger Portion: 1 sandwich	350	170	19 Sat Fat 4 Trans Fat N/A	45	730	32 Fiber 1 Sugar 6	16	2	2 Starch 1 1/2 MF Meat 2 Fat
Double Cheeseburger Portion: 1 sandwich	530	290	32 Sat Fat 6 Trans Fat N/A	90	1070	34 Fiber 1 Sugar 7	27	2	2 Starch 3 MF Meat 3 Fat

Other Sandwiches

Charbroiled BBQ Chicken Sandwich Portion: 1 sandwich	400	55	6 Sat Fat 1 Trans Fat N/A	45	1370	62 Fiber 5 Sugar 21	27	3 1/2	2 1/2 Starch 1 Other Carb 3 L Meat 1 Fat
Charbroiled Chicken Club Portion: 1 sandwich	630	290	32 Sat Fat 8 Trans Fat N/A	80	1730	54 Fiber 4 Sugar 16	32	3	2 1/2 Starch 1/2 Other Carb 3 1/2 MF Meat 3 Fat
Low-Carb Charbroiled Chicken Club Portion: 1 sandwich	360	205	23 Sat Fat 7 Trans Fat N/A	75	1290	14 Fiber 1 Sugar 8	24	1/2	1/2 Other Carb 3 1/2 L Meat 3 Fat
Spicy Chicken Sandwich Portion: 1 sandwich	440	190	21 Sat Fat 5 Trans Fat N/A	50	1140	41 Fiber 3 Sugar 3	21	2 1/2	2 1/2 Starch 2 MF Meat 2 Fat
Regular Roast Beef Portion: 1 sandwich	310	135	15 Sat Fat 5 Trans Fat N/A	40	840	28 Fiber 1 Sugar 3	17	1 1/2	1 1/2 Starch 2 L Meat 2 Fat
Big Roast Beef™ Portion: 1 sandwich	400	190	21 Sat Fat 7 Trans Fat N/A	60	1180	28 Fiber 1 Sugar 3	25	1 1/2	1 1/2 Starch 3 MF Meat 1 Fat
Hot Ham 'N Cheese™ Portion: 1 sandwich	280	110	12 Sat Fat 4 Trans Fat N/A	35	1090	29 Fiber 1 Sugar 4	18	1 1/2	1 1/2 Starch 2 1/2 MF Meat

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Big Hot Ham 'N Cheese™ Portion: 1 sandwich	460	180	20	75	2040	40	36	21½	21½	Starch 4 MF Meat	
			Sat Fat 8 Trans Fat N/A			Fiber 2 Sugar 4					

Kids' Meals

Kid's Hamburger w/fries Portion: 1 meal	520	225	25	35	1040	59	16	31½	31½	Starch 1 MF Meat 4 Fat
			Sat Fat 6 Trans Fat N/A			Fiber 3 Sugar 6				
Kid's Cheese-burger w/fries Portion: 1 meal	560	260	29	45	1260	59	19	31½	31½	Starch 1½ MF Meat 4 Fat
			Sat Fat 6 Trans Fat N/A			Fiber 3 Sugar 6				
Chicken Tenders™ w/o sauce Portion: 1 meal	380	160	18	45	1050	36	19	2	2	Starch 2 MF Meat 1 Fat
			Sat Fat 4 Trans Fat N/A			Fiber 3 Sugar 0				
French Fries (kids' size) Portion: 2¾ oz. order	200	80	9	0	450	28	2	1½	1½	Starch 2 Fat
			Sat Fat 2 Trans Fat N/A			Fiber 2 Sugar 0				

Fried Chicken

Breast Portion: 1 piece	370	135	15	75	1190	29	29	2	2	Starch 3½ L Meat 1 Fat
			Sat Fat 4 Trans Fat N/A			Fiber 0 Sugar 0				
Wing Portion: 1 piece	200	70	8	30	740	23	10	1½	1½	Starch 1 MF Meat
			Sat Fat 2 Trans Fat N/A			Fiber 0 Sugar 0				
Thigh Portion: 1 piece	330	135	15	60	1000	30	19	2	2	Starch 2½ MF Meat
			Sat Fat 4 Trans Fat N/A			Fiber 0 Sugar 0				
Leg Portion: 1 piece	170	65	7	45	570	15	13	1	1	Starch 1½ MF Meat
			Sat Fat 2 Trans Fat N/A			Fiber 0 Sugar 0				

Side Items

French Fries (sm) Portion: 4¼ oz. order	320	125	14	0	710	45	4	2½	2½	Starch 3 Fat
			Sat Fat 3 Trans Fat N/A			Fiber 3 Sugar 0				
Crispy Curly™ (sm) Portion: 4 oz. order	340	155	17	0	840	43	4	2½	2½	Starch 3 Fat
			Sat Fat 4 Trans Fat N/A			Fiber 4 Sugar 0				
Beer-Battered Onion Rings Portion: 4½ oz. order	410	225	24	0	470	45	3	2½	2½	Starch 5 Fat
			Sat Fat 4½ Trans Fat N/A			Fiber 3 Sugar 5				
Side Salad w/o dressing Portion: 1 salad	120	65	7	20	160	7	7	0	1	Vegetable ½ MF Meat 1 Fat
			Sat Fat 5 Trans Fat N/A			Fiber 2 Sugar 4				
Coleslaw (sm) Portion: 4 oz. order	170	90	10	10	140	20	1	1½	1½	Other Carb 1 Fat
			Sat Fat 2 Trans Fat N/A			Fiber 2 Sugar 16				
Mashed Potatoes (sm) Portion: 5 oz. order	90	20	2	0	410	17	1	1	1	Starch
			Sat Fat 0 Trans Fat N/A			Fiber 0 Sugar 1				
Chicken Gravy Portion: 3 tbsp.	20	10	1	0	220	3	0	0	½	Fat
			Sat Fat 0 Trans Fat N/A			Fiber 0 Sugar 1				

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

KFC®

Original Recipe® Chicken

Breast Portion: 1 piece	360	190	21	110	1080	11	34	1/2	1/2 Starch 4 1/2 MF Meat
			Sat Fat 5 Trans Fat 0			Fiber 0 Sugar 0			
Breast w/o skin Portion: 1 piece	160	30	3 1/2	85	580	2	31	0	4 L Meat
			Sat Fat 1 Trans Fat 0			Fiber 0 Sugar 0			
Drumstick Portion: 1 piece	120	65	7	45	310	3	11	0	1 1/2 MF Meat
			Sat Fat 1 1/2 Trans Fat 0			Fiber 0 Sugar 0			
Thigh Portion: 1 piece	250	155	17	80	730	7	17	1/2	1/2 Starch 2 1/2 MF Meat 1/2 Fat
			Sat Fat 4 1/2 Trans Fat 0			Fiber 0 Sugar 0			
Whole Wing Portion: 1 piece	120	65	7	50	380	3	11	0	1 1/2 MF Meat
			Sat Fat 1 1/2 Trans Fat 0			Fiber 0 Sugar 0			

Extra Crispy™ Chicken

Breast Portion: 1 piece	510	295	33	110	1010	16	39	1	1 Starch 5 MF Meat 1 Fat
			Sat Fat 7 Trans Fat 0			Fiber 0 Sugar 1			
Drumstick Portion: 1 piece	150	90	10	55	360	5	12	0	2 MF Meat
			Sat Fat 2 Trans Fat 0			Fiber 0 Sugar 0			
Thigh Portion: 1 piece	340	215	24	80	780	10	20	1/2	1/2 Starch 2 1/2 MF Meat 2 Fat
			Sat Fat 5 Trans Fat 0			Fiber 0 Sugar 0			
Whole Wing Portion: 1 piece	190	115	13	55	410	6	12	1/2	1/2 Starch 1 1/2 MF Meat 1 Fat
			Sat Fat 2 1/2 Trans Fat 0			Fiber 0 Sugar 0			

Spicy Crispy™ Chicken

Breast Portion: 1 piece	420	225	25	110	1250	12	38	1/2	1/2 Starch 5 MF Meat
			Sat Fat 5 Trans Fat 0			Fiber 1 Sugar 0			
Drumstick Portion: 1 piece	160	90	10	50	440	5	11	0	1 1/2 MF Meat
			Sat Fat 2 Trans Fat 0			Fiber 0 Sugar 0			
Thigh Portion: 1 piece	360	245	27	85	1010	13	17	1/2	1/2 Starch 2 1/2 MF Meat 3 Fat
			Sat Fat 6 Trans Fat 0			Fiber 1 Sugar 0			
Whole Wing Portion: 1 piece	170	110	12	45	470	6	11	0	1 1/2 MF Meat 1 Fat
			Sat Fat 2 1/2 Trans Fat 0			Fiber 0 Sugar 0			

Kentucky Grilled Chicken

Breast Portion: 1 piece	220	65	7	135	730	0	40	0	5 1/2 L Meat
			Sat Fat 2 Trans Fat 0			Fiber 0 Sugar 0			
Drumstick Portion: 1 piece	90	35	4	60	290	0	13	0	2 L Meat
			Sat Fat 1 Trans Fat 0			Fiber 0 Sugar 0			

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)		CHOLESTEROL (mg)		SODIUM (mg)		CARBHYDRATE (gm)		PROTEIN (gm)		TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Thigh Portion: 1 piece	170	90	10	90	530	0	19	0	21½	MF Meat						
			Sat Fat 3			Fiber 0										
			Trans Fat 0			Sugar 0										
Whole Wing Portion: 1 piece	80	40	4½	50	250	1	10	0	1½	L Meat						
			Sat Fat 1½			Fiber 0										
			Trans Fat 0			Sugar 0										

Other Chicken Specialties

KFC® Famous Bowl™ – Mashed Potato w/gravy Portion: 19 oz. order	680	280	31	45	2130	74	26	4½	4½	Starch						
			Sat Fat 8			Fiber 6										
			Trans Fat 1			Sugar 3										
Crispy Strips® Portion: 3-piece order	390	190	21	85	1130	17	32	1	1	Starch						
			Sat Fat 3			Fiber 0										
			Trans Fat 0			Sugar 0										
Popcorn Chicken (individual) Portion: 4¼ oz. order	400	235	26	45	1040	18	22	1	1	Starch						
			Sat Fat 6			Fiber 1										
			Trans Fat 0			Sugar 0										

Value Box Wings

Hot Wings® Portion: 1 meal	490	245	27	55	1220	45	15	2½	2½	Starch						
			Sat Fat 4½			Fiber 3										
			Trans Fat 0			Sugar 0										
Fiery Buffalo Hot Wings® Portion: 1 meal	510	250	28	55	1610	51	15	3	3	Starch						
			Sat Fat 4½			Fiber 4										
			Trans Fat 0			Sugar 0										
Honey BBQ Hot Wings® Portion: 1 meal	540	250	28	55	1530	58	15	3½	3	Starch						
			Sat Fat 4½			Fiber 3										
			Trans Fat 0			Sugar 6										

Sandwiches

Honey BBQ Sandwich Portion: 1 sandwich	320	30	3½	70	770	47	24	3	2	Starch						
			Sat Fat 1			Fiber 3										
			Trans Fat 0			Sugar 21										
KFC Snacker® w/ Crispy Strip Portion: 1 sandwich	310	135	15	35	600	30	15	2	2	Starch						
			Sat Fat 2½			Fiber 2										
			Trans Fat 0			Sugar 4										
Buffalo Snacker® w/Crispy Strip Portion: 1 sandwich	270	80	9	30	720	31	15	2	2	Starch						
			Sat Fat 1½			Fiber 2										
			Trans Fat 0			Sugar 4										
Honey BBQ Snacker® Portion: 1 sandwich	320	30	3½	70	770	47	24	3	2	Starch						
			Sat Fat 1			Fiber 3										
			Trans Fat 0			Sugar 21										
Crispy Twister® Portion: 1 sandwich	610	295	33	75	1380	52	28	3	3	Starch						
			Sat Fat 6			Fiber 3										
			Trans Fat 0			Sugar 4										
Double Down w/Original Filet Portion: 1 sandwich	610	335	37	150	1880	18	52	1	1	Starch						
			Sat Fat 11			Fiber 1										
			Trans Fat <1			Sugar 1										
Doublicious w/Original Filet Portion: 1 sandwich	520	225	25	85	1180	40	32	2½	2½	Starch						
			Sat Fat 7			Fiber 2										
			Trans Fat 0			Sugar 6										

TOTAL CALORIES
CALORIES FROM FAT
TOTAL FAT (gm)
CHOLESTEROL (mg)
SODIUM (mg)
CARBOHYDRATE (gm)
PROTEIN (gm)
TOTAL CARB EXCHANGE
SUGGESTED EXCHANGE VALUE

Salads

House Side Salad w/o drsg. Portion: 1 salad	15	0	0	0	10	3	1	0	Free
			Sat Fat 0			Fiber 1			
			Trans Fat 0			Sugar 2			
Caesar Side Salad w/o drsg./crtns. Portion: 1 salad	40	20	2	5	90	2	3	0	1/2 Vegetable 1/2 L Meat
			Sat Fat 1			Fiber 1			
			Trans Fat 0			Sugar 1			
Crispy Chicken Caesar Salad w/o drsg./crtns. Portion: 1 salad	340	160	18	70	930	16	28	1/2	1/2 Starch 1 Vegetable 3 1/2 MF Meat
			Sat Fat 4 1/2			Fiber 3			
			Trans Fat 0			Sugar 3			
Crispy Chkn. BLT Salad w/o drsg. Portion: 1 salad	360	170	19	75	1120	18	30	1	1 Starch 1 Vegetable 3 1/2 MF Meat
			Sat Fat 3 1/2			Fiber 4			
			Trans Fat 0			Sugar 5			

Side Choices

Biscuit Portion: 1 biscuit	180	70	8	0	530	23	4	1 1/2	1 1/2 Starch 1 Fat
			Sat Fat 6			Fiber 1			
			Trans Fat 0			Sugar 2			
Cornbread Muffin Portion: 1 muffin	210	80	9	35	240	28	3	1 1/2	1 Starch 1/2 Other Carb 2 Fat
			Sat Fat 1 1/2			Fiber 0			
			Trans Fat 0			Sugar 11			
BBQ Baked Beans Portion: 4 1/2 oz. order	210	15	1 1/2	0	780	41	8	2	1 Starch 1 Other Carb 1 PB Protein 1/2 Fat
			Sat Fat 0			Fiber 8			
			Trans Fat 0			Sugar 18			
Corn-on-the-Cob Portion: 3-inch piece	70	5	<1	0	0	16	2	1	1 Starch
			Sat Fat 0			Fiber 2			
			Trans Fat 0			Sugar 3			
Sweet Corn Portion: 3 1/2 oz. order	100	5	<1	0	0	21	3	1 1/2	1 1/2 Starch
			Sat Fat 0			Fiber 2			
			Trans Fat 0			Sugar 3			
Coleslaw Portion: 4 oz. order	150	55	6	0	135	21	1	1 1/2	1 1/2 Other Carb 1 Fat
			Sat Fat 1			Fiber 2			
			Trans Fat 0			Sugar 16			
Green Beans Portion: 3 oz. order	25	0	0	0	260	4	1	0	1 Vegetable
			Sat Fat 0			Fiber 2			
			Trans Fat 0			Sugar 1			
Macaroni & Cheese Portion: 5 oz. order	160	65	7	5	720	19	5	1	1 Starch 1/2 MF Meat 1 Fat
			Sat Fat 2 1/2			Fiber 1			
			Trans Fat 0			Sugar 2			
Macaroni Salad Portion: 4 1/4 oz. order	190	90	10	5	430	22	4	1 1/2	1 Starch 1/2 Other Carb 2 Fat
			Sat Fat 2			Fiber 1			
			Trans Fat 0			Sugar 6			
Potato Salad Portion: 4 1/2 oz. order	210	100	11	10	560	26	2	1 1/2	1 Starch 1/2 Other Carb 2 Fat
			Sat Fat 2 1/2			Fiber 3			
			Trans Fat 0			Sugar 6			
Mashed Potatoes w/gravy Portion: 5 oz. order	120	35	4	0	530	19	2	1	1 Starch 1 Fat
			Sat Fat 1			Fiber 1			
			Trans Fat 0			Sugar 0			
Potato Wedges (sm) Portion: 3 1/2 oz. order	290	135	15	0	810	35	4	2	2 Starch 3 Fat
			Sat Fat 2 1/2			Fiber 2			
			Trans Fat 0			Sugar 0			

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

LONG JOHN SILVER'S®

Sandwiches & More

Alaskan Pollock Sandwich Portion: 1 sandwich	470	215	23 Sat Fat 5 Trans Fat 4½	40	1180	49 Fiber 3 Sugar 4	18	3	3 Starch 1½ MF Meat 3 Fat
Zesty Chicken Strip Sandwich Portion: 1 sandwich	380	170	19 Sat Fat 4 Trans Fat 2½	25	880	39 Fiber 3 Sugar 2	14	2½	2½ Starch 1 MF Meat 2 Fat
Baja Taco (Fish or Chicken avg.) Portion: 1 taco	360	205	23 Sat Fat 4½ Trans Fat 3½	25	810	30 Fiber 3 Sugar 2	9	1½	1½ Starch 1 L Meat 4 Fat
Freshside Grille® Salmon (entrée only) Portion: 11 oz. order	280	65	7 Sat Fat 2 Trans Fat 0	50	1010	27 Fiber 3 Sugar 5	25	1½	1½ Starch 3 L Meat
Freshside Grille® Tilapia (entrée only) Portion: 10 oz. order	250	40	4½ Sat Fat 2 Trans Fat 0	60	820	27 Fiber 3 Sugar 4	25	1½	1½ Starch 3 L Meat
Freshside Grille® Shrimp Scampi (entrée only) Portion: 11 oz. order	330	135	15 Sat Fat 3½ Trans Fat 0	135	1230	29 Fiber 3 Sugar 5	20	1½	1½ Starch 2½ L Meat 2 Fat
Chicken Strips Portion: per piece	140	70	8 Sat Fat 2 Trans Fat 2½	20	480	9 Fiber 0 Sugar 0	8	½	½ Starch 1 MF Meat ½ Fat

Fish & Seafood

Battered Alaskan Pollock Portion: 1 piece	260	145	16 Sat Fat 4 Trans Fat 4½	35	790	17 Fiber 0 Sugar 0	12	1	1 Starch 1½ MF Meat 2 Fat
Battered Shrimp Portion: 3 pieces	130	80	9 Sat Fat 2½ Trans Fat 2½	45	480	8 Fiber 0 Sugar 0	5	½	½ Starch ½ MF Meat 1 Fat
Shrimp Scampi Portion: 8-piece order	200	115	13 Sat Fat 2½ Trans Fat 0	135	650	3 Fiber 0 Sugar 1	17	0	2½ L Meat 2 Fat
Grilled Pacific Salmon Portion: 2 pieces	150	45	5 Sat Fat 1 Trans Fat 0	50	440	2 Fiber 0 Sugar 1	24	0	3½ L Meat ½ Fat
Grilled Tilapia Portion: 1 piece	110	20	2½ Sat Fat 1 Trans Fat 0	55	250	1 Fiber 0 Sugar 1	22	0	3 L Meat
Lobster Stuffed Crab Cake Portion: 1 piece	170	80	9 Sat Fat 2 Trans Fat 0	30	390	16 Fiber 1 Sugar 0	6	1	1 Starch ½ L Meat 2 Fat
Popcorn Shrimp (snack box) Portion: 3 oz. order	270	145	16 Sat Fat 4 Trans Fat 4½	75	570	23 Fiber 1 Sugar 1	9	1½	1½ Starch 1 MF Meat 2 Fat
Buttered Lobster Bites (snack box) Portion: 3½ oz. order	230	80	9 Sat Fat 3 Trans Fat 3	60	520	24 Fiber 2 Sugar 0	13	1½	1½ Starch 1½ MF Meat
Breaded Clam Strips (snack box) Portion: 3 oz. order	320	170	19 Sat Fat 4½ Trans Fat 7	35	1190	29 Fiber 2 Sugar 1	9	1½	1½ Starch 1 MF Meat 3 Fat

TOTAL CALORIES
CALORIES FROM FAT
TOTAL FAT (gm)
CHOLESTEROL (mg)
SODIUM (mg)
CARBOHYDRATE (gm)
PROTEIN (gm)
TOTAL CARB EXCHANGE
SUGGESTED EXCHANGE VALUE

Sides

French Fries (platter portion) Portion: 3 oz. order	230	90	10 Sat Fat 2½ Trans Fat 3	0	350	34 Fiber 3 Sugar 0	3	2	2 Starch 2 Fat
French Fries (basket combo) Portion: 4 oz. order	310	125	14 Sat Fat 3½ Trans Fat 3½	0	460	45 Fiber 4 Sugar 0	3	2½	2½ Starch 3 Fat
Breadsticks Portion: per piece	170	30	3½ Sat Fat 1 Trans Fat 1	0	290	29 Fiber 1 Sugar 2	6	2	2 Starch ½ Fat
Hushpuppies Portion: per piece	60	20	2½ Sat Fat <1 Trans Fat 1	0	200	9 Fiber 1 Sugar 1	1	½	½ Starch ½ Fat
Coleslaw Portion: 4 oz. order	200	135	15 Sat Fat 2½ Trans Fat 0	20	340	15 Fiber 3 Sugar 10	1	1	1 Other Carb 3 Fat
Corn Coblette w/butter oil Portion: 1 piece	150	90	10 Sat Fat 2 Trans Fat 0	0	30	14 Fiber 3 Sugar 6	3	1	1 Starch 2 Fat
Breaded Mozzarella Sticks Portion: 3-piece order	150	80	9 Sat Fat 3½ Trans Fat 0	10	350	13 Fiber 1 Sugar 0	5	1	1 Starch ½ L Meat 1 Fat
Broccoli Cheese Bites Portion: 5-piece order	230	110	12 Sat Fat 4½ Trans Fat 3	15	550	25 Fiber 2 Sugar 2	5	1½	1½ Starch 2 Fat
Jalapeño Cheddar Bites Portion: 5-piece order	240	125	14 Sat Fat 5 Trans Fat 4	15	730	23 Fiber 2 Sugar 2	6	1½	1½ Starch ½ HF Meat 2 Fat
Rice Portion: 5 oz. order	180	10	1 Sat Fat <1 Trans Fat 0	0	470	37 Fiber 2 Sugar 1	4	2½	2½ Starch
Vegetable Medley Portion: 4 oz. order	50	20	2 Sat Fat <1 Trans Fat 0	0	360	8 Fiber 3 Sugar 3	1	0	1 Vegetable ½ Fat

Dipping Sauces

BBQ Portion: 1 oz. cup	40	0	0 Sat Fat 0 Trans Fat 0	0	230	10 Fiber 0 Sugar 6	0	½	½ Other Carb
Honey Mustard Portion: 1 oz. cup	100	55	6 Sat Fat 1½ Trans Fat 0	0	170	12 Fiber 0 Sugar 6	0	½	½ Starch 1 Fat
Marinara Portion: 1 oz. cup	15	0	0 Sat Fat 0 Trans Fat 0	0	125	4 Fiber 1 Sugar 2	1	0	Free
Ranch Portion: 1 oz. cup	160	155	17 Sat Fat 2½ Trans Fat 0	15	240	2 Fiber 0 Sugar 1	0	0	3 Fat
Sweet & Sour Portion: 1 oz. cup	45	0	0 Sat Fat 0 Trans Fat 0	0	120	12 Fiber 0 Sugar 7	0	½	½ Other Carb
Tartar Sauce Portion: 1 oz. cup	100	80	9 Sat Fat 1½ Trans Fat 0	15	250	4 Fiber 0 Sugar 3	0	0	2 Fat

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

TOTAL CALORIES
 CALORIES FROM FAT
 TOTAL FAT (gm)
 CHOLESTEROL (mg)
 SODIUM (mg)
 CARBOHYDRATE (gm)
 PROTEIN (gm)
 TOTAL CARB EXCHANGE
 SUGGESTED EXCHANGE VALUE

McDONALD'S®

Breakfast

Egg McMuffin® Portion: 1 sandwich	300	110	12 Sat Fat 5 Trans Fat 0	260	820	30 Fiber 2 Sugar 3	18	2	2 Starch 1½ MF Meat 1 Fat
Sausage McMuffin® Portion: 1 sandwich	370	200	22 Sat Fat 8 Trans Fat 0	45	850	29 Fiber 2 Sugar 2	14	2	2 Starch 1½ HF Meat 2 Fat
Sausage McMuffin® w/Egg Portion: 1 sandwich	450	245	27 Sat Fat 10 Trans Fat 0	285	920	30 Fiber 2 Sugar 2	21	2	2 Starch 2½ MF Meat 2 Fat
Bacon, Egg & Cheese Biscuit* Portion: 1 sandwich	420	205	23 Sat Fat 12 Trans Fat 0	235	1160	37 Fiber 2 Sugar 3	15	2	2 Starch 1½ MF Meat 3 Fat
Sausage Biscuit* Portion: 1 sandwich	430	245	27 Sat Fat 12 Trans Fat 0	30	1080	34 Fiber 2 Sugar 2	11	2	2 Starch 1 HF Meat 4 Fat
Sausage Biscuit w/Egg* Portion: 1 sandwich	510	295	33 Sat Fat 14 Trans Fat 0	250	1170	36 Fiber 2 Sugar 2	18	2	2 Starch 2 MF Meat 5 Fat
Southern Style Chicken Biscuit* Portion: 1 sandwich	410	180	20 Sat Fat 8 Trans Fat 0	30	1180	41 Fiber 2 Sugar 3	17	2½	2½ Starch 1½ MF Meat 2 Fat
Steak, Egg & Cheese Bagel Portion: 1 sandwich	710	335	37 Sat Fat 13 Trans Fat 1½	320	1700	56 Fiber 3 Sugar 7	38	3½	3 Starch ½ Other Carb 4 MF Meat 3 Fat
Bacon, Egg & Cheese McGriddles® Portion: 1 sandwich	420	160	18 Sat Fat 8 Trans Fat 0	240	1110	48 Fiber 2 Sugar 15	15	3	2 Starch 1 Other Carb 1½ MF Meat 2 Fat
Sausage McGriddles® Portion: 1 sandwich	420	200	22 Sat Fat 8 Trans Fat 0	35	1030	44 Fiber 2 Sugar 15	11	3	2 Starch 1 Other Carb 1 HF Meat 2 Fat
Sausage, Egg & Cheese McGriddles® Portion: 1 sandwich	560	290	32 Sat Fat 12 Trans Fat 0	265	1360	48 Fiber 2 Sugar 15	20	3	2 Starch 1 Other Carb 2½ MF Meat 3 Fat
Sausage Breakfast Burrito Portion: 1 burrito	300	145	16 Sat Fat 7 Trans Fat 0	115	830	26 Fiber 1 Sugar 2	12	1½	1½ Starch 1½ MF Meat 2 Fat
McSkillet™ Burrito w/Sausage Portion: 1 burrito	610	325	36 Sat Fat 14 Trans Fat <1	410	1390	44 Fiber 3 Sugar 4	27	3	3 Starch 3 HF Meat 2 Fat
Hotcakes w/o syrup or margarine Portion: 1 order	350	80	9 Sat Fat 2 Trans Fat 0	20	590	60 Fiber 3 Sugar 14	8	4	3 Starch 1 Other Carb 1 Fat
Hash Browns Portion: 2 oz. pattie	150	80	9 Sat Fat 1½ Trans Fat 0	0	310	15 Fiber 2 Sugar 0	1	1	1 Starch 2 Fat

*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 ½ carb; Suggested Food Exchange increases ½ starch and 1 fat.

TOTAL CALORIES
 CALORIES FROM FAT
 TOTAL FAT (gm)
 CHOLESTEROL (mg)
 SODIUM (mg)
 CARBOHYDRATE (gm)
 PROTEIN (gm)
 TOTAL CARB EXCHANGE
 SUGGESTED EXCHANGE VALUE

Sandwiches

Hamburger Portion: 1 sandwich	250	80	9 Sat Fat 3½ Trans Fat <1	25	520	31 Fiber 2 Sugar 6	12	2	1½ Starch ½ Other Carb 1 MF Meat ½ Fat
Cheeseburger Portion: 1 sandwich	300	110	12 Sat Fat 6 Trans Fat <1	40	750	33 Fiber 2 Sugar 6	15	2	1½ Starch ½ Other Carb 1½ MF Meat 1 Fat
Double Cheeseburger Portion: 1 sandwich	440	205	23 Sat Fat 11 Trans Fat 1½	80	1150	34 Fiber 2 Sugar 7	25	2	1½ Starch ½ Other Carb 3 MF Meat 1 Fat
McDouble Portion: 1 sandwich	390	170	19 Sat Fat 8 Trans Fat 1	65	920	33 Fiber 2 Sugar 7	22	2	1½ Starch ½ Other Carb 2½ MF Meat 1 Fat
Qtr. Pounder® w/Cheese Portion: 1 sandwich	510	235	26 Sat Fat 12 Trans Fat 1½	90	1190	40 Fiber 3 Sugar 9	29	2½	2 Starch ½ Other Carb 3½ MF Meat 1 Fat
Big Mac® Portion: 1 sandwich	540	260	29 Sat Fat 10 Trans Fat 1½	75	1040	45 Fiber 3 Sugar 9	25	2½	2 Starch ½ Other Carb 2½ MF Meat 3 Fat
Angus Bacon & Cheese Portion: 1 sandwich	790	350	39 Sat Fat 17 Trans Fat 2	145	2070	63 Fiber 4 Sugar 13	45	4	3 Starch 1 Other Carb 5½ MF Meat 1 Fat
Angus Deluxe Portion: 1 sandwich	750	350	39 Sat Fat 16 Trans Fat 2	135	1700	61 Fiber 4 Sugar 10	40	3½	3 Starch ½ Other Carb 4½ MF Meat 3 Fat
Angus Mushroom & Swiss Portion: 1 sandwich	770	360	40 Sat Fat 17 Trans Fat 2	135	1170	59 Fiber 4 Sugar 8	44	3½	3 Starch ½ Other Carb 5½ MF Meat 2 Fat
Filet-O-Fish® Portion: 1 sandwich	380	160	18 Sat Fat 3½ Trans Fat 0	40	640	38 Fiber 2 Sugar 5	15	2½	2½ Starch 1 MF Meat 2 Fat
McChicken® Portion: 1 sandwich	360	145	16 Sat Fat 3 Trans Fat 0	35	830	40 Fiber 2 Sugar 5	14	2½	2½ Starch 1 MF Meat 2 Fat
Premium Grilled Chicken Classic Portion: 1 sandwich	350	80	9 Sat Fat 2 Trans Fat 0	65	820	42 Fiber 3 Sugar 8	28	2½	2 Starch ½ Other Carb 3 L Meat ½ Fat
Premium Grilled Chicken Club Portion: 1 sandwich	460	145	16 Sat Fat 6 Trans Fat 0	90	1030	43 Fiber 3 Sugar 9	35	2½	2 Starch ½ Other Carb 4 L Meat 2 Fat
Premium Grilled Chicken Ranch BLT Portion: 1 sandwich	380	90	10 Sat Fat 3 Trans Fat 0	75	1000	42 Fiber 3 Sugar 9	31	2½	2 Starch ½ Other Carb 3½ L Meat 1 Fat

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Southern Style Crispy Chicken Portion: 1 sandwich	420	170	19	45	930	43	21	21½	2 Starch ½ Other Carb 2 MF Meat 2 Fat		
			Sat Fat 3 Trans Fat 0			Fiber 2 Sugar 7					

Salads/Sides/Desserts

Side Salad w/o dressing Portion: 1 salad	20	0	0	0	10	4	1	0	1 Vegetable		
			Sat Fat 0 Trans Fat 0			Fiber 1 Sugar 2					
Fruit & Walnut Salad (snack size) Portion: 1 salad	210	70	8	5	60	31	4	2	1 Fruit 1 Other Carb 2 Fat		
			Sat Fat 1½ Trans Fat 0			Fiber 2 Sugar 25					
Bacon Ranch Grl. Chicken w/o drsg. Portion: 1 salad	230	80	9	85	700	10	30	0	2 Vegetable 3½ L Meat ½ Fat		
			Sat Fat 4 Trans Fat 0			Fiber 4 Sugar 5					
Caesar Salad w/o dressing Portion: 1 salad	90	35	4	10	180	9	7	0	2 Vegetable ½ L Meat		
			Sat Fat 2½ Trans Fat 0			Fiber 3 Sugar 4					
Caesar Salad w/ Grilled Chicken w/o dressing Portion: 1 salad	190	45	5	55	740	10	27	0	2 Vegetable 3½ L Meat ½ Fat		
			Sat Fat 3 Trans Fat 0			Fiber 4 Sugar 5					
Southwest Salad w/o dressing Portion: 1 salad	140	40	4½	10	180	20	6	½	½ Starch 2 Vegetable 1 Fat		
			Sat Fat 2 Trans Fat 0			Fiber 6 Sugar 6					
Southwest Salad w/Grilled Chicken w/o dressing Portion: 1 salad	290	70	8	70	650	28	27	1	½ Starch 2 Vegetable ½ Other Carb 3 L Meat 1 Fat		
			Sat Fat 2½ Trans Fat 0			Fiber 7 Sugar 11					
Sweet Tea (sm) Portion: 16 fl. oz.	150	0	0	0	10	36	0	2	2 Other Carb		
			Sat Fat 0 Trans Fat 0			Fiber 0 Sugar 36					
French Fries (sm) Portion: 2½ oz. order	230	100	11	0	160	29	3	2	2 Starch 2 Fat		
			Sat Fat 1½ Trans Fat 0			Fiber 3 Sugar 0					
Chicken McNuggets® Portion: 6-piece order	280	160	18	40	540	18	13	1	1 Starch 1½ MF Meat 2 Fat		
			Sat Fat 3 Trans Fat 0			Fiber 1 Sugar 0					
Chicken Selects® Breast Strips Portion: 5-piece order	640	340	38	90	1240	36	38	2	2 Starch 4½ MF Meat 3 Fat		
			Sat Fat 6 Trans Fat 0			Fiber 1 Sugar 0					
Dipping Sauces (avg. excluding Ranch) Portion: 1 pkt.	50	0	0	0	0	12	0	2	½ Other Carb		
			Sat Fat 0 Trans Fat 0			Fiber 0 Sugar 10					
Fruit 'N Yogurt Parfait™ w/granola Portion: 1 dessert	160	20	2	5	85	31	4	2	½ LF Milk ½ Fruit 1 Other Carb		
			Sat Fat 1 Trans Fat 0			Fiber 1 Sugar 21					
Apple Dippers Portion: 2¼ oz. pkg.	30	0	0	0	0	8	0	½	½ Fruit		
			Sat Fat 0 Trans Fat 0			Fiber 0 Sugar 6					
Low-Fat Caramel Dip Portion: ¾ oz. pkt.	70	5	<1	5	35	15	0	1	1 Other Carb		
			Sat Fat 0 Trans Fat 0			Fiber 0 Sugar 9					

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

TOTAL CALORIES
CALORIES FROM FAT
TOTAL FAT (gm)
CHOLESTEROL (mg)
SODIUM (mg)
CARBOHYDRATE (gm)
PROTEIN (gm)
TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

OLIVE GARDEN®

Appetizers

Alfredo Dipping Sauce Portion: 1 serving	410	340	38 Sat Fat 24 Trans Fat N/A	N/A	520	8 Fiber 1 Sugar N/A	7	1/2	1/2 Other Carb 1 MF Meat 7 Fat
Hot Artichoke-Spinach Dip Portion: 1 order	650	280	31 Sat Fat 15 Trans Fat N/A	N/A	1430	68 Fiber 6 Sugar N/A	25	4	4 Starch 1 Vegetable 1 1/2 MF Meat 4 Fat
Breadstick w/ Garlic Butter Portion: per piece	150	20	2 Sat Fat 0 Trans Fat N/A	N/A	400	28 Fiber 2 Sugar N/A	6	1 1/2	1 1/2 Starch 1/2 Fat
Bruschetta Portion: 1 order	610	115	13 Sat Fat 2 1/2 Trans Fat N/A	N/A	1760	100 Fiber 10 Sugar N/A	23	5 1/2	5 1/2 Starch 2 Vegetable 1/2 MF Meat 2 Fat
Lasagna Fritta Portion: 1 order	1030	565	63 Sat Fat 21 Trans Fat N/A	N/A	1590	82 Fiber 9 Sugar N/A	34	5	5 Starch 3 1/2 HF Meat 6 Fat
Mussels di Napoli Portion: 1 order	180	70	8 Sat Fat 4 Trans Fat N/A	N/A	1770	13 Fiber 0 Sugar N/A	15	1	1 Starch 1 1/2 L Meat 1 Fat
Sicilian Scampi Portion: 1 order	500	200	22 Sat Fat 10 Trans Fat N/A	N/A	1850	43 Fiber 7 Sugar N/A	31	2 1/2	2 1/2 Starch 3 1/2 MF Meat 1 Fat
Smk. Mozzarella Fonduta Portion: 1 order	940	430	48 Sat Fat 28 Trans Fat N/A	N/A	1940	72 Fiber 7 Sugar N/A	54	4	4 Starch 7 MF Meat 2 Fat

Soups/Salads

Chicken & Gnocchi Soup Portion: 1 bowl	250	70	8 Sat Fat 3 Trans Fat N/A	N/A	1180	29 Fiber 2 Sugar N/A	16	1 1/2	1 1/2 Starch 2 L Meat 1/2 Fat
Pasta e Fagioli Soup Portion: 1 bowl	130	20	2 1/2 Sat Fat 1 Trans Fat N/A	N/A	680	17 Fiber 6 Sugar N/A	8	1	1 Starch 1 L Meat
Minestrone Soup Portion: 1 bowl	100	10	1 Sat Fat 0 Trans Fat N/A	N/A	1020	18 Fiber 3 Sugar N/A	4	1	1 Starch 1/2 L Meat
Zuppa Toscana Soup Portion: 1 bowl	170	35	4 Sat Fat 2 Trans Fat N/A	N/A	960	24 Fiber 2 Sugar N/A	10	1 1/2	1 1/2 Starch 1 L Meat
Garden-Fresh Salad w/o dressing Portion: 1 indiv. serving	120	30	3 1/2 Sat Fat <1 Trans Fat N/A	N/A	550	17 Fiber 3 Sugar N/A	4	1/2	1/2 Starch 2 Vegetable 1/2 Fat
Garden-Fresh Salad w/dressing Portion: 1 indiv. serving	350	235	26 Sat Fat 4 1/2 Trans Fat N/A	N/A	1930	22 Fiber 3 Sugar N/A	5	1	1/2 Starch 2 Vegetable 1/2 Other Carb 5 Fat
Grilled Chicken Caesar Salad w/dressing Portion: 1 indiv. serving	850	575	64 Sat Fat 13 Trans Fat N/A	N/A	1880	14 Fiber 4 Sugar N/A	55	1/2	1/2 Starch 1 Vegetable 7 1/2 L Meat 1 Fat

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

Luncheon Selections *(see note below)*

Classic Recipes Dinners *(entrée only)*

Spaghetti w/ Meat Sauce Portion: 1 order	710	200	22 Sat Fat 8 Trans Fat N/A	N/A	1340	94 Fiber 9 Sugar N/A	36	5 1/2	4 Starch 1 1/2 Other Carb 3 1/2 MF Meat
Spaghetti & Meatballs Portion: 1 order	920	325	36 Sat Fat 14 Trans Fat N/A	N/A	1770	98 Fiber 9 Sugar N/A	50	6	4 Starch 2 Other Carb 6 MF Meat
Spaghetti & Italian Sausage Portion: 1 order	1270	605	67 Sat Fat 24 Trans Fat N/A	N/A	3090	97 Fiber 15 Sugar N/A	70	5 1/2	4 Starch 1 1/2 Other Carb 8 1/2 MF Meat 5 Fat
Lasagna Classico Portion: 1 order	850	425	47 Sat Fat 25 Trans Fat N/A	N/A	2830	39 Fiber 19 Sugar N/A	68	1 1/2	1 1/2 Starch 9 1/2 MF Meat 1/2 Fat
Five Cheese Ziti al Forno Portion: 1 order	1050	430	48 Sat Fat 26 Trans Fat N/A	N/A	2370	112 Fiber 9 Sugar N/A	44	7	5 Starch 2 Other Carb 4 1/2 HF Meat 1 Fat
Eggplant Parmigiana Portion: 1 order	850	315	35 Sat Fat 10 Trans Fat N/A	N/A	1900	98 Fiber 19 Sugar N/A	36	5 1/2	4 Starch 2 Vegetable 1 1/2 Other Carb 3 L Meat 5 Fat
Fettuccine Alfredo Portion: 1 order	1220	675	75 Sat Fat 47 Trans Fat N/A	N/A	1350	99 Fiber 5 Sugar N/A	36	6	4 1/2 Starch 1 1/2 Other Carb 3 1/2 L Meat 13 Fat
Capellini Pomodoro Portion: 1 order	840	155	17 Sat Fat 3 Trans Fat N/A	N/A	1250	141 Fiber 19 Sugar N/A	31	8	6 1/2 Starch 1 Vegetable 1 1/2 Other Carb 2 1/2 L Meat 1 Fat

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

Parmesan Custed Tilapia Portion: 1 order	590	225	25 Sat Fat 10 Trans Fat N/A	N/A	910	42 Fiber 6 Sugar N/A	50	2 1/2	2 1/2 Starch 7 L Meat 1 Fat
Herb-Grilled Salmon Portion: 1 order	510	235	26 Sat Fat 6 Trans Fat N/A	N/A	760	5 Fiber 2 Sugar N/A	64	0	9 L Meat 2 Fat
Shrimp Primavera Portion: 1 order	730	110	12 Sat Fat 2 Trans Fat N/A	N/A	1620	110 Fiber 14 Sugar N/A	46	6 1/2	5 Starch 1 1/2 Other Carb 5 L Meat
Seafood Brodetto Portion: 1 order	480	145	16 Sat Fat 3 Trans Fat N/A	N/A	2250	35 Fiber 7 Sugar N/A	47	1 1/2	1 1/2 Starch 2 Vegetable 5 1/2 L Meat 1 Fat
Chicken Marsala Portion: 1 order	770	335	37 Sat Fat 5 Trans Fat N/A	N/A	1800	59 Fiber 16 Sugar N/A	51	3 1/2	2 1/2 Starch 1 Other Carb 7 L Meat 4 Fat

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.

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Venetian Apricot Chicken Portion: 1 order	400	65	7 Sat Fat 2 Trans Fat	N/A	1010	34 Fiber 6 Sugar	51	1 1/2	1 Starch 1 Vegetable 1/2 Other Carb 6 L Meat

Beef Dinners (entrée only)

Chianti Braised Short Ribs Portion: 1 order	1060	520	58 Sat Fat 26 Trans Fat	N/A	2970	71 Fiber 17 Sugar	64	4	4 Other Carb 9 MF Meat 2 Fat
Mixed Grill Portion: 1 order	830	250	28 Sat Fat 5 Trans Fat	N/A	1840	72 Fiber 10 Sugar	73	4	2 1/2 Starch 2 Vegetable 1 1/2 Other Carb 10 L Meat
Parmesan Crusted Bistecca Portion: 1 order	690	315	35 Sat Fat 19 Trans Fat	N/A	1480	40 Fiber 7 Sugar	55	2 1/2	1 1/2 Starch 1 Other Carb 8 1/2 L Meat 2 Fat
Steak Gorgonzola Alfredo Portion: 1 order	1310	655	73 Sat Fat 41 Sat Fat 41 Trans Fat	N/A	2190	82 Fiber 9 Fiber 9 Sugar	81	5	4 Other Carb 1 Other Carb 10 MF Meat 4 Fat

Children's Selections (entrée only)

Macaroni & Cheese Portion: 1 order	340	55	6 Sat Fat 2 1/2 Trans Fat	N/A	1000	58 Fiber 3 Sugar	13	3 1/2	3 1/2 Starch 1 MF Meat
Chicken Fingers & Pasta Portion: 1 order	515	155	17 Sat Fat 2 1/2 Trans Fat	N/A	1145	58 Fiber 3 Sugar	29	3 1/2	3 1/2 Starch 3 MF Meat
Cheese Pizza Portion: 1 order	420	90	10 Sat Fat 4 1/2 Trans Fat	N/A	830	64 Fiber 3 Sugar	17	4	4 Starch 1 1/2 MF Meat 1/2 Fat
Pepperoni Pizza Portion: 1 order	480	135	15 Sat Fat 7 Trans Fat	N/A	1070	64 Fiber 3 Sugar	20	4	4 Starch 2 MF Meat
Fettuccine Alfredo Portion: 1 order	510	290	32 Sat Fat 19 Trans Fat	N/A	445	43 Fiber 0 Sugar	13	2 1/2	1 1/2 Starch 1 Other Carb 1 1/2 L Meat 6 Fat
Spaghetti w/ Tomato Sauce Portion: 1 order	250	40	4 1/2 Sat Fat <1 Trans Fat	N/A	365	41 Fiber 2 Sugar	8	2 1/2	2 Starch 1/2 Other Carb 1/2 L Meat 1/2 Fat
Cheese Ravioli w/Tomato Sauce Portion: 1 order	290	70	8 Sat Fat 3 1/2 Trans Fat	N/A	470	43 Fiber 3 Sugar	12	2 1/2	1 1/2 Starch 1 Other Carb 1 1/2 MF Meat
Broccoli Portion: 1 order	15	0	0 Sat Fat 0 Trans Fat	N/A	10	2 Fiber 2 Sugar	1	0	1/2 Vegetable
Mashed Potatoes Portion: 1 order	200	90	10 Sat Fat 6 Trans Fat	N/A	630	22 Fiber 2 Sugar	5	1 1/2	1 1/2 Starch 2 Fat

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

PANERA BREAD®

Signature Sandwiches (whole sandwiches)

Asiago Roast Beef on Asiago Cheese Portion: 1 sandwich	700	245	27 Sat Fat 14 Trans Fat 1	100	1330	64 Fiber 4 Sugar 5	49	4	4 Starch 5 1/2 L Meat 3 Fat
Bacon Turkey Bravo® on Tomato Basil Portion: 1 sandwich	800	260	29 Sat Fat 10 Trans Fat 0	85	2800	83 Fiber 4 Sugar 6	52	5 1/2	5 1/2 Starch 5 1/2 L Meat 2 Fat
Chicken Caesar on 3-Cheese Portion: 1 sandwich	720	290	32 Sat Fat 10 Trans Fat 1	130	1270	69 Fiber 4 Sugar 5	43	4	4 Starch 4 1/2 L Meat 4 Fat
Italian Combo on Ciabatta Portion: 1 sandwich	980	370	41 Sat Fat 15 Trans Fat 1	145	2620	95 Fiber 5 Sugar 6	58	6	6 Starch 5 1/2 MF Meat 2 Fat
Napa Almond Chicken Salad on Sesame Semolina Portion: 1 sandwich	690	235	26 Sat Fat 4 1/2 Trans Fat 0	60	1200	90 Fiber 5 Sugar 12	29	5 1/2	5 Starch 1/2 Other Carb 2 L Meat 4 Fat

Café Sandwiches (whole sandwiches)

Smoked Ham & Swiss on Rye Portion: 1 sandwich	590	155	17 Sat Fat 8 Trans Fat 1	90	1870	64 Fiber 5 Sugar 3	45	4	4 Starch 5 L Meat 1 Fat
Sierra Turkey on Focaccia w/ Asiago Cheese Portion: 1 sandwich	920	440	49 Sat Fat 12 Trans Fat 1	80	1900	79 Fiber 4 Sugar 5	40	5	5 Starch 3 1/2 MF Meat 6 Fat
Smoked Turkey Breast on Country Portion: 1 sandwich	420	25	3 Sat Fat 2 1/2 Trans Fat 0	30	1650	66 Fiber 3 Sugar 3	33	4	4 Starch 3 L Meat
Mediterranean Veggie on Tomato Basil Portion: 1 sandwich	590	115	13 Sat Fat 3 1/2 Trans Fat 0	10	1400	96 Fiber 9 Sugar 11	22	5 1/2	5 Starch 1 Vegetable 1/2 Other Carb 1/2 HF Meat 2 Fat
Tuna Salad on Honey Wheat Portion: 1 sandwich	470	145	16 Sat Fat 3 1/2 Trans Fat 0	25	980	65 Fiber 5 Sugar 12	19	4	3 1/2 Starch 1/2 Other Carb 1 1/2 L Meat 2 Fat

Panini Sandwiches (whole paninis)

Frontega Chkn.® Panini on Focaccia Portion: 1 sandwich	850	340	38 Sat Fat 9 Trans Fat <1	110	1910	79 Fiber 4 Sugar 6	49	5	5 Starch 6 L Meat 4 Fat
Smokehouse Turkey® Panini on 3-Cheese Portion: 1 sandwich	690	225	25 Sat Fat 12 Trans Fat <1	100	2350	64 Fiber 4 Sugar 4	52	4	4 Starch 6 L Meat 2 Fat
Turkey Artichoke Panini on Focaccia Portion: 1 sandwich	740	235	26 Sat Fat 8 Trans Fat 0	50	2200	86 Fiber 5 Sugar 8	41	5	4 1/2 Starch 1 Vegetable 1/2 Other Carb 4 L Meat 3 Fat

TOTAL CALORIES
CALORIES FROM FAT
TOTAL FAT (gm)
CHOLESTEROL (mg)
SODIUM (mg)
CARBOHYDRATE (gm)
PROTEIN (gm)
TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

Soups

Baked Potato Soup Portion: 12 oz. bowl	350	190	21 Sat Fat 13 Trans Fat 1	70	1180	33 Fiber 3 Sugar 7	9	2	1 1/2 Starch 1/2 Other Carb 1 HF Meat 2 Fat
New England Clam Chowder Portion: 12 oz. bowl	630	485	54 Sat Fat 35 Trans Fat 1 1/2	140	890	27 Fiber 3 Sugar 2	8	1 1/2	1 1/2 Starch 1/2 L Meat 11 Fat
Broccoli Cheddar Soup Portion: 12 oz. bowl	300	170	19 Sat Fat 13 Trans Fat 0	65	1250	21 Fiber 7 Sugar 0	12	1	1 Starch 1 1/2 HF Meat 1 Fat
Cream of Chicken & Wild Rice Soup Portion: 12 oz. bowl	310	155	17 Sat Fat 8 Trans Fat 0	60	1470	29 Fiber 3 Sugar 4	10	1 1/2	1 1/2 Starch 1 L Meat 3 Fat
LF Chicken Noodle Soup Portion: 12 oz. bowl	120	15	1 1/2 Sat Fat 0 Trans Fat 0	25	1380	22 Fiber 3 Sugar 0	8	1	1 Starch 1 L Meat
French Onion Soup w/cheese & croutons Portion: 12 oz. bowl	250	100	11 Sat Fat 5 Trans Fat 0	25	2380	30 Fiber 3 Sugar 6	10	2	1 1/2 Starch 1/2 Other Carb 1 MF Meat 1/2 Fat
LF Vegetarian Black Bean Soup Portion: 12 oz. bowl	170	35	4 Sat Fat 1 1/2 Trans Fat 0	0	1590	29 Fiber 5 Sugar 4	10	1 1/2	1 1/2 Starch 1 PB Protein 1/2 Fat
LF Garden Vegetable Soup w/Pesto Portion: 12 oz. bowl	110	25	3 Sat Fat <1 Trans Fat 0	0	1180	15 Fiber 5 Sugar 6	4	1	1/2 Starch 1/2 Other Carb 1/2 PB Protein 1/2 Fat

Salads (Full Size)

Asian Sesame Chicken Salad w/ Asian Vinaigrette Portion: 1 salad	410	180	20 Sat Fat 3 1/2 Trans Fat 0	60	810	31 Fiber 3 Sugar 6	31	1 1/2	1 Starch 2 Vegetable 1/2 Other Carb 3 1/2 L Meat 2 Fat
Caesar Salad w/ Caesar Dressing Portion: 1 salad	390	245	27 Sat Fat 8 Trans Fat <1	50	610	25 Fiber 3 Sugar 2	12	1	1 Starch 1 Vegetable 1 L Meat 5 Fat
Grilled Chicken Caesar Salad w/ Caesar Dressing Portion: 1 salad	510	260	29 Sat Fat 9 Trans Fat <1	115	820	29 Fiber 3 Sugar 2	37	1 1/2	1 1/2 Starch 1 Vegetable 4 1/2 L Meat 4 Fat
Fuji Apple Salad w/Chicken & Fuji Apple Vinaigrette Dressing Portion: 1 salad	550	305	34 Sat Fat 7 Trans Fat 0	80	830	36 Fiber 6 Sugar 21	32	1 1/2	2 Vegetable 1/2 Fruit 1 Other Carb 4 L Meat 5 Fat
Greek Salad w/ Greek Dressing Portion: 1 salad	380	305	34 Sat Fat 8 Trans Fat <1	20	1670	14 Fiber 5 Sugar 4	8	1	3 Vegetable 1/2 L Meat 6 Fat
Fruit Cup (sm) Portion: 5 oz. cup	60	0	0 Sat Fat 0 Trans Fat 0	0	5	15 Fiber 1 Sugar 11	1	1	1 Fruit

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

PAPA JOHN'S®

14" Original Crust Pizza (large)

Cheese Portion: 1 of 8 slices	290	90	10	25	720	37	11	2 1/2	2 1/2 Starch 1 MF Meat 1 Fat
			Sat Fat 4 1/2 Trans Fat 0			Fiber 2 Sugar 4			
Pepperoni Portion: 1 of 8 slices	330	125	14	30	870	37	13	2 1/2	2 1/2 Starch 1 1/2 MF Meat 1 Fat
			Sat Fat 6 Trans Fat 0			Fiber 2 Sugar 4			
Sausage Portion: 1 of 8 slices	330	135	15	30	830	37	12	2 1/2	2 1/2 Starch 1 MF Meat 2 Fat
			Sat Fat 6 Trans Fat 0			Fiber 2 Sugar 4			
The Meats Portion: 1 of 8 slices	370	155	17	40	1050	38	15	2 1/2	2 1/2 Starch 1 1/2 MF Meat 2 Fat
			Sat Fat 7 Trans Fat 0			Fiber 2 Sugar 5			
Garden Fresh Portion: 1 of 8 slices	280	80	9	20	700	39	11	2 1/2	2 1/2 Starch 1 MF Meat 1/2 Fat
			Sat Fat 4 Trans Fat 0			Fiber 2 Sugar 5			
The Works Portion: 1 of 8 slices	330	125	14	30	930	39	13	2 1/2	2 1/2 Starch 1 1/2 MF Meat 1/2 Fat
			Sat Fat 6 Trans Fat 0			Fiber 2 Sugar 5			
Spicy Italian Portion: 1 of 8 slices	380	160	18	35	980	38	14	2 1/2	2 1/2 Starch 1 1/2 MF Meat 2 Fat
			Sat Fat 7 Trans Fat 0			Fiber 2 Sugar 4			

14" Thin Crust Pizza (large)

Cheese Portion: 1 of 8 slices	230	110	12	25	380	22	9	1 1/2	1 1/2 Starch 1 MF Meat 1 Fat
			Sat Fat 5 Trans Fat 0			Fiber 1 Sugar 2			
Pepperoni Portion: 1 of 8 slices	270	145	16	30	530	22	10	1 1/2	1 1/2 Starch 1 MF Meat 2 Fat
			Sat Fat 6 Trans Fat 0			Fiber 1 Sugar 2			
Sausage Portion: 1 of 8 slices	270	145	16	30	490	22	9	1 1/2	1 1/2 Starch 1 MF Meat 2 Fat
			Sat Fat 6 Trans Fat 0			Fiber 1 Sugar 2			



	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
The Meats Portion: 1 of 8 slices	310	170	19 Sat Fat 7 Trans Fat 0	40	710	22 Fiber 1 Sugar 2	13	11½	1½ Starch 1½ MF Meat 2 Fat
Garden Fresh Portion: 1 of 8 slices	220	100	11 Sat Fat 4 Trans Fat 0	20	360	24 Fiber 2 Sugar 3	8	11½	1½ Starch 1 MF Meat 1 Fat
The Works Portion: 1 of 8 slices	270	135	15 Sat Fat 6 Trans Fat 0	30	590	23 Fiber 2 Sugar 2	11	11½	1½ Starch 1 MF Meat 1 Fat

12" Pan Pizza (medium)

Cheese Portion: 1 of 8 slices	390	200	22 Sat Fat 8 Trans Fat 0	25	750	36 Fiber 2 Sugar 4	12	2½	2½ Starch 1 MF Meat 3 Fat
Pepperoni Portion: 1 of 8 slices	420	225	25 Sat Fat 9 Trans Fat 0	30	880	36 Fiber 1 Sugar 4	13	2½	2½ Starch 1½ MF Meat 3 Fat
Sausage Portion: 1 of 8 slices	430	225	25 Sat Fat 9 Trans Fat 0	30	830	36 Fiber 2 Sugar 4	12	2½	2½ Starch 1 MF Meat 4 Fat
The Meats Portion: 1 of 8 slices	460	250	28 Sat Fat 10 Trans Fat 0	35	1040	37 Fiber 2 Sugar 4	15	2½	2½ Starch 1½ MF Meat 4 Fat
Garden Fresh Portion: 1 of 8 slices	380	180	20 Sat Fat 7 Trans Fat 0	20	710	38 Fiber 2 Sugar 5	11	2½	2½ Starch 1 MF Meat 3 Fat
The Works Portion: 1 of 8 slices	420	215	24 Sat Fat 9 Trans Fat 0	30	920	38 Fiber 2 Sugar 4	13	2½	2½ Starch 1½ MF Meat 3 Fat

Side Items

Cheesesticks Portion: per piece	90	35	4 Sat Fat 1½ Trans Fat 0	10	215	10 Fiber <1 Sugar 1	4	½	½ Starch ½ MF Meat ½ Fat
Breadsticks Portion: per piece	145	20	2½ Sat Fat <1 Trans Fat 0	0	270	27 Fiber 1 Sugar 2	4	1½	1½ Starch ½ Fat
Garlic Parmesan Breadsticks Portion: per piece	170	45	5 Sat Fat <1 Trans Fat 0	0	360	27 Fiber 1 Sugar 3	5	1½	1½ Starch 1 Fat
Papa's Chicken Strips Portion: 2 pieces	130	40	4½ Sat Fat <1 Trans Fat 0	25	430	10 Fiber 0 Sugar 0	12	½	½ Starch 1½ L Meat
Spicy Buffalo Wings Portion: 2 pieces	170	115	13 Sat Fat 3 Trans Fat 0	50	1070	3 Fiber 0 Sugar 1	12	0	1½ L Meat 2 Fat
BBQ Wings Portion: 2 pieces	190	110	12 Sat Fat 3 Trans Fat 0	50	760	6 Fiber 0 Sugar 2	12	½	½ Other Carb 1½ L Meat 2 Fat
Honey Chipotle Wings Portion: 2 pieces	190	110	12 Sat Fat 3 Trans Fat 0	50	730	8 Fiber 0 Sugar 5	12	½	½ Other Carb 1½ L Meat 2 Fat

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

TOTAL CALORIES
CALORIES FROM FAT
TOTAL FAT (gm)
CHOLESTEROL (mg)
SODIUM (mg)
CARBOHYDRATE (gm)
PROTEIN (gm)
TOTAL CARB EXCHANGE
SUGGESTED EXCHANGE VALUE

SONIC®

Everyday Value Meals

Jr. Breakfast Burrito Portion: 1 burrito	340	190	21 Sat Fat 7 Trans Fat 0	220	930	24 Fiber 0 Sugar 1	12	11/2	1 1/2 Starch 1 1/2 MF Meat 3 Fat
Jr. Deluxe Burger Portion: 1 sandwich	350	180	20 Sat Fat 6 Trans Fat <1	40	440	28 Fiber 3 Sugar 4	15	1 1/2	1 1/2 Starch 1 1/2 MF Meat 2 Fat
Chicken Strip Sandwich Portion: 1 sandwich	420	200	22 Sat Fat 3 1/2 Trans Fat 0	35	710	39 Fiber 3 Sugar 4	18	2	2 Starch 1 1/2 MF Meat 3 Fat
French Fries (sm) Portion: 2 1/2 oz. order	200	70	8 Sat Fat 1 1/2 Trans Fat 0	0	270	30 Fiber 2 Sugar 0	2	2	2 Starch 1 Fat
Tots (sm) Portion: 1 1/2 oz. order	130	70	8 Sat Fat 1 1/2 Trans Fat 0	0	270	13 Fiber 1 Sugar 0	1	1	1 Starch 1 Fat

Breakfast

Bacon, Egg & Cheese Toaster® Portion: 1 sandwich	530	295	33 Sat Fat 10 Trans Fat 0	325	1460	39 Fiber 2 Sugar 6	21	2 1/2	2 Starch 1/2 Other Carb 2 MF Meat 4 Fat
Ham, Egg & Cheese Toaster® Portion: 1 sandwich	550	260	29 Sat Fat 8 Trans Fat 0	330	2250	41 Fiber 2 Sugar 8	30	2 1/2	2 Starch 1/2 Other Carb 3 1/2 MF Meat 2 Fat
Sausage, Egg & Cheese Toaster® Portion: 1 sandwich	620	380	42 Sat Fat 13 Trans Fat <1	340	1400	39 Fiber 2 Sugar 6	21	2 1/2	2 Starch 1/2 Other Carb 2 MF Meat 6 Fat
Sausage, Egg & Cheese Burrito Portion: 1 burrito	500	280	31 Sat Fat 11 Trans Fat <1	300	1380	37 Fiber 1 Sugar 2	18	2 1/2	2 1/2 Starch 2 MF Meat 4 Fat

Sandwiches

Sonic® Burger w/mayonnaise* Portion: 1 sandwich	800	440	49 Sat Fat 15 Trans Fat 2	110	740	55 Fiber 5 Sugar 11	36	3	2 1/2 Starch 1/2 Other Carb 4 MF Meat 6 Fat
Sonic® Cheeseburger w/mayonnaise* Portion: 1 sandwich	860	485	54 Sat Fat 18 Trans Fat 2	130	1070	55 Fiber 5 Sugar 12	39	3	2 1/2 Starch 1/2 Other Carb 4 1/2 MF Meat 6 Fat
Sonic® Bacon Cheeseburger w/mayonnaise Portion: 1 sandwich	930	540	60 Sat Fat 21 Trans Fat 2	140	1310	56 Fiber 5 Sugar 12	44	3	2 1/2 Starch 1/2 Other Carb 5 1/2 MF Meat 6 Fat
Veggie Burger w/mayonnaise* Portion: 1 sandwich	600	235	26 Sat Fat 5 Trans Fat 0	20	1270	76 Fiber 8 Sugar 12	19	4 1/2	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.

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Grilled Chicken Sandwich w/ mayonnaise Portion: 1 sandwich	400	170	19 Sat Fat Trans Fat	2½ 0	80	960	32 Fiber Sugar	28 3 8	2	1½ Starch ½ Other Carb 3½ L Meat 2 Fat	
Crispy Chicken Sandwich w/ mayonnaise Portion: 1 sandwich	540	250	28 Sat Fat Trans Fat	4½ 0	55	1020	47 Fiber Sugar	28 4 8	3	2½ Starch ½ Other Carb 3 L Meat 4 Fat	

Wacky Pack® Kids' Meal (entrée only)

Apple Slices w/ Dipping Sauce Portion: 3½ oz. cup	110	0	0 Sat Fat Trans Fat	0 0	0	60	28 Fiber Sugar	0 2 15	1½	½ Fruit 1 Other Carb
Jr. Burger Portion: 1 sandwich	310	125	15 Sat Fat Trans Fat	5 <1	35	610	28 Fiber Sugar	15 3 5	1½	1½ Starch ½ MF Meat 2 Fat
Jr. Deluxe Cheeseburger Portion: 1 sandwich	420	235	26 Sat Fat Trans Fat	9 <1	60	770	30 Fiber Sugar	18 3 7	2	1½ Starch ½ Other Carb 2 MF Meat 3 Fat
Jr. Double Cheeseburger Portion: 1 sandwich	570	325	36 Sat Fat Trans Fat	16 1½	110	1330	31 Fiber Sugar	31 3 8	2	1½ Starch ½ Other Carb 4 MF Meat 3 Fat
Grilled Cheese Sandwich Portion: 1 sandwich	380	180	20 Sat Fat Trans Fat	7 0	35	1050	39 Fiber Sugar	13 2 6	2½	2 Starch ½ Other Carb 1 HF Meat 2 Fat
Hot Dog (6-inch) Portion: 1 sandwich	330	160	18 Sat Fat Trans Fat	7 0	40	910	30 Fiber Sugar	13 1 3	2	2 Starch 1 HF Meat 2 Fat
Corn Dog Portion: 1 corn dog	210	100	11 Sat Fat Trans Fat	3½ 0	20	530	23 Fiber Sugar	6 2 4	1½	1½ Starch ½ HF Meat 1 Fat
Chicken Strips Portion: 2-piece order	200	100	11 Sat Fat Trans Fat	2 0	30	470	10 Fiber Sugar	14 1 0	½	½ Starch 1½ MF Meat 1 Fat

Side Items

Cheese Fries (sm) Portion: 4 oz. order	330	145	16 Sat Fat Trans Fat	5 0	20	680	40 Fiber Sugar	6 3 0	2½	2½ Starch ½ HF Meat 2 Fat
Cheese Tots (sm) Portion: 2¼ oz. order	190	125	14 Sat Fat Trans Fat	4½ 0	20	600	13 Fiber Sugar	4 1 1	1	1 Starch ½ HF Meat 2 Fat
Mozzarella Sticks Portion: 5-piece order	440	200	22 Sat Fat Trans Fat	9 <1	45	1050	40 Fiber Sugar	19 2 1	2½	2½ Starch 1½ MF Meat 3 Fat
Ched 'R' Bites® Portion: 12-piece order	280	135	15 Sat Fat Trans Fat	6 0	30	740	22 Fiber Sugar	13 1 0	1½	1½ Starch 1½ HF Meat ½ Fat
Pickle-O's® Portion: 4 oz. order	310	145	16 Sat Fat Trans Fat	3 0	0	1020	36 Fiber Sugar	5 2 2	2	2 Starch 3 Fat

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

STARBUCKS®

Hot Beverages (made with 2% milk w/o whipped cream unless noted)

Caffè Americano Portion: 16 oz. grande	15	0	0	0	10	3	1	0	Free
			Sat Fat 0			Fiber 0			
			Trans Fat 0			Sugar 0			
Caffè Latte Portion: 16 oz. grande	190	65	7	30	150	18	12	1 1/2	1 1/2 RF Milk
			Sat Fat 4 1/2			Fiber 0			
			Trans Fat 0			Sugar 17			
Caffè Mocha w/whipped cream Portion: 16 oz. grande	330	135	15	50	130	43	13	3	1 1/2 RF Milk 1 1/2 Other Carb 1 Fat
			Sat Fat 8			Fiber 2			
			Trans Fat 0			Sugar 33			
Cappuccino Portion: 16 oz. grande	120	35	4	15	85	12	8	1	1 RF Milk
			Sat Fat 2 1/2			Fiber 0			
			Trans Fat 0			Sugar 10			
Caramel Macchiato Portion: 16 oz. grande	240	65	7	25	130	34	10	2 1/2	1 1/2 RF Milk 1 Other Carb
			Sat Fat 4 1/2			Fiber 0			
			Trans Fat 0			Sugar 31			
Cinnamon Dolce Latte w/ sugar-free syrup Portion: 16 oz. grande	180	55	6	25	150	18	12	1 1/2	1 1/2 RF Milk
			Sat Fat 4			Fiber 0			
			Trans Fat 0			Sugar 15			
White Hot Chocolate w/ whipped cream Portion: 16 oz. grande	490	170	19	55	260	63	16	4 1/2	1 1/2 RF Milk 3 Other Carb 2 Fat
			Sat Fat 13			Fiber 0			
			Trans Fat 0			Sugar 62			
Tazo® Chai Tea Latte Portion: 16 oz. grande	240	35	4	15	95	44	7	2 1/2	1 RF Milk 1 1/2 Other Carb
			Sat Fat 2 1/2			Fiber 0			
			Trans Fat 0			Sugar 41			
Vanilla Crème w/whipped cream Portion: 16 oz. grande	330	125	14	55	160	38	13	3	1 1/2 RF Milk 1 1/2 Other Carb 1 Fat
			Sat Fat 9			Fiber 0			
			Trans Fat 0			Sugar 37			
Vanilla Latte Portion: 16 oz. grande	250	55	6	25	135	36	12	2 1/2	1 1/2 RF Milk 1 Other Carb
			Sat Fat 4			Fiber 0			
			Trans Fat 0			Sugar 34			
White Chocolate Mocha w/ whipped cream Portion: 16 oz. grande	470	160	18	50	240	63	15	4 1/2	1 1/2 RF Milk 3 Other Carb 1 Fat
			Sat Fat 12			Fiber 0			
			Trans Fat 0			Sugar 59			
Skinny Lattes (assorted flavors) Made w/non-fat milk w/o whipped cream Portion: 16 oz. grande	130	0	0	5	170	19	12	1 1/2	1 1/2 NF Milk
			Sat Fat 0			Fiber 0			
			Trans Fat 0			Sugar 17			

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

Iced Caffè Americano Portion: 16 oz. grande	15	0	0	0	10	3	1	0	Free
			Sat Fat 0			Fiber 0			
			Trans Fat 0			Sugar 0			
Iced Caffè Latte Portion: 16 oz. grande	130	40	4 1/2	20	100	13	8	1	1 RF Milk
			Sat Fat 3			Fiber 0			
			Trans Fat 0			Sugar 11			
Iced Caffè Mocha w/whipped cream Portion: 16 oz. grande	320	155	17	55	90	38	9	2 1/2	1 RF Milk 1 1/2 Other Carb 2 Fat
			Sat Fat 9			Fiber 2			
			Trans Fat 0			Sugar 28			

NOTE: Coffee items are made with Reduced Fat (RF), Low-Fat (LF) and Non-Fat (NF) milks (note Exchanges).

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Iced Tazo® Chai Tea Latte Portion: 16 oz. grande	240	35	4 Sat Fat 2½ Trans Fat 0	15	95	44 Fiber 0 Sugar 42	7 2½	1 RF Milk 1½ Other Carb	
Iced Vanilla Latte Portion: 16 oz. grande	190	35	4 Sat Fat 2½ Trans Fat 0	15	90	30 Fiber 0 Sugar 28	7 2	1 RF Milk 1 Other Carb	
Iced White Chocolate Mocha w/whipped cream Portion: 16 oz. grande	450	180	20 Sat Fat 13 Trans Fat 0	55	200	58 Fiber 0 Sugar 54	11 4	1 RF Milk 3 Other Carb 2 Fat	
Iced Caramel Macchiato Portion: 16 oz. grande	230	55	6 Sat Fat 4 Trans Fat 0	25	125	33 Fiber 0 Sugar 30	10 2½	1 RF Milk 1½ Other Carb	

Frappuccino® Blended Coffee (w/o whipped cream unless noted)

Coffee Portion: 16 oz. grande	240	25	3 Sat Fat 2 Trans Fat 0	15	220	48 Fiber 0 Sugar 40	5 3	½ RF Milk 2½ Other Carb
Espresso Portion: 16 oz. grande	190	20	2½ Sat Fat 1½ Trans Fat 0	10	170	38 Fiber 0 Sugar 31	4 2½	½ RF Milk 2 Other Carb
Mocha or Caramel w/whipped cream Portion: 16 oz. grande	260	30	3½ Sat Fat 2 Trans Fat 0	15	240	54 Fiber 0 Sugar 45	6 3	½ RF Milk 2½ Other Carb

Light Frappuccino® Blended Coffee (w/o whip cream unless noted)

Coffee Portion: 16 oz. grande	130	5	<1 Sat Fat 0 Trans Fat 0	0	230	25 Fiber 3 Sugar 16	5 1½	½ NF Milk 1 Other Carb
Espresso Portion: 16 oz. grande	110	5	<1 Sat Fat 0 Trans Fat 0	0	180	20 Fiber 2 Sugar 13	5 1½	½ NF Milk 1 Other Carb
Mocha w/whipped cream Portion: 16 oz. grande	140	10	1 Sat Fat 0 Trans Fat 0	0	230	29 Fiber 3 Sugar 19	6 1½	½ NF Milk 1 Other Carb
Caramel w/whipped cream Portion: 16 oz. grande	160	15	1½ Sat Fat 0 Trans Fat 0	5	230	30 Fiber 3 Sugar 21	5 2	½ NF Milk 1½ Other Carb

Extras

Whipped Cream (Hot Beverage) Portion: 16 oz. grande	70	65	7 Sat Fat 4½ Trans Fat 0	25	5	2 Fiber 0 Sugar 2	0 0	1 Fat
Whipped Cream (Cold Beverage) Portion: 16 oz. grande	110	100	11 Sat Fat 7 Trans Fat 0	40	10	3 Fiber 0 Sugar 2	1 0	2 Fat
Flavored Syrup Portion: per pump	20	0	0 Sat Fat 0 Trans Fat 0	0	0	5 Fiber 0 Sugar 5	0 ½	½ Other Carb
Flavored Sugar-Free Syrup Portion: per pump	0	0	0 Sat Fat 0 Trans Fat 0	0	0	0 Fiber 0 Sugar 0	0 0	Free
Mocha Syrup Portion: per pump	25	5	<1 Sat Fat 0 Trans Fat 0	0	0	6 Fiber 0 Sugar 4	1 ½	½ Other Carb

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

SUBWAY®

6" Sandwiches with 6 Grams of Fat or Less

Oven Roasted Chicken Portion: 1 sandwich	320	45	5 Sat Fat 1½ Trans Fat 0	25	640	47 Fiber 5 Sugar 8	23	2½	2½ Starch 1 Vegetable 2 L Meat
Roast Beef Portion: 1 sandwich	320	45	5 Sat Fat 1½ Trans Fat 0	45	700	45 Fiber 5 Sugar 7	24	2½	2½ Starch 1 Vegetable 2 L Meat
Turkey Breast Portion: 1 sandwich	280	30	3½ Sat Fat 1 Trans Fat 0	20	810	46 Fiber 5 Sugar 7	18	2½	2½ Starch 1 Vegetable 1½ L Meat
Turkey Breast & Black Forest Ham Portion: 1 sandwich	280	35	4 Sat Fat 1 Trans Fat 0	20	820	46 Fiber 5 Sugar 8	18	2½	2½ Starch 1 Vegetable 1½ L Meat
Subway Club® Portion: 1 sandwich	320	40	4½ Sat Fat 1½ Trans Fat 0	40	890	46 Fiber 5 Sugar 7	23	2½	2½ Starch 1 Vegetable 2 L Meat
Sweet Onion Chicken Teriyaki Portion: 1 sandwich	380	40	4½ Sat Fat 1 Trans Fat 0	50	900	59 Fiber 5 Sugar 18	26	3	2½ Starch 1 Vegetable ½ Other Carb 2½ L Meat
Black Forest Ham Portion: 1 sandwich	290	40	4½ Sat Fat 1 Trans Fat 0	25	830	46 Fiber 5 Sugar 8	18	2½	2½ Starch 1 Vegetable 1½ L Meat
Veggie Delite® Portion: 1 sandwich	230	20	2½ Sat Fat <1 Trans Fat 0	0	310	45 Fiber 5 Sugar 6	8	2½	2½ Starch 1 Vegetable

6" Sandwiches

Big Philly Cheesesteak Portion: 1 sandwich	520	160	18 Sat Fat 9 Trans Fat 1	90	1370	52 Fiber 6 Sugar 8	39	3	3 Starch 1 Vegetable 4 L Meat 1 Fat
BLT Portion: 1 sandwich	320	80	9 Sat Fat 4 Trans Fat 0	20	690	43 Fiber 5 Sugar 6	15	2½	2½ Starch 1 Vegetable 1 HF Meat
Buffalo Chicken w/Ranch Drsg. Portion: 1 sandwich	420	135	15 Sat Fat 3 Trans Fat 0	55	1190	47 Fiber 5 Sugar 8	25	3	3 Starch 1 Vegetable 2½ L Meat 1 Fat
Chicken & Bacon Ranch Portion: 1 sandwich	570	250	28 Sat Fat 10 Trans Fat <1	95	1090	48 Fiber 5 Sugar 7	35	3	3 Starch 1 Vegetable 3½ L Meat 3 Fat
Cold Cut Combo Portion: 1 sandwich	410	145	16 Sat Fat 6 Trans Fat <1	60	1350	47 Fiber 5 Sugar 7	21	2½	2½ Starch 1 Vegetable 1½ L Meat 2 Fat

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**.

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Italian BMT® Portion: 1 sandwich	450	180	20 Sat Fat 8 Trans Fat <1	55	1500	47 Fiber 5 Sugar 8	22	2 1/2	2 1/2 Starch 1 Vegetable 2 MF Meat 2 Fat
Spicy Italian Portion: 1 sandwich	520	250	28 Sat Fat 11 Trans Fat <1	65	1720	47 Fiber 5 Sugar 8	22	2 1/2	2 1/2 Starch 1 Vegetable 2 HF Meat 2 Fat
Meatball Marinara Portion: 1 sandwich	580	205	23 Sat Fat 9 Trans Fat 1	45	1420	70 Fiber 9 Sugar 17	24	4	3 Starch 1 Other Carb 2 MF Meat 3 Fat
Steak & Cheese Portion: 1 sandwich	380	90	10 Sat Fat 4 1/2 Trans Fat 0	50	1070	49 Fiber 5 Sugar 8	26	2 1/2	2 1/2 Starch 1 Vegetable 2 1/2 L Meat 1 Fat
Subway Melt® Portion: 1 sandwich	370	100	11 Sat Fat 5 Trans Fat 0	45	1210	47 Fiber 5 Sugar 8	23	2 1/2	2 1/2 Starch 1 Vegetable 2 L Meat 1 Fat
Tuna Portion: 1 sandwich	530	270	30 Sat Fat 6 Trans Fat <1	45	830	44 Fiber 5 Sugar 6	21	2 1/2	2 1/2 Starch 1 Vegetable 2 MF Meat 3 Fat

Bread Substitutions for 6" Sandwiches

9-Grain Wheat Portion: 1 sandwich	210	20	2 Sat Fat <1 Trans Fat 0	0	310	40 Fiber 4 Sugar 5	8	2 1/2	2 1/2 Starch 1/2 Fat
Italian (white) Portion: 1 sandwich	200	20	2 Sat Fat <1 Trans Fat 0	0	290	36 Fiber 1 Sugar 5	8	2 1/2	2 1/2 Starch 1/2 Fat
Parmesan Oregano Portion: 1 sandwich	220	20	2 1/2 Sat Fat 1 Trans Fat 0	0	440	40 Fiber 2 Sugar 5	8	2 1/2	2 1/2 Starch 1/2 Fat
Honey Oat Portion: 1 sandwich	260	25	3 Sat Fat <1 Trans Fat 0	0	330	48 Fiber 5 Sugar 9	9	3	2 1/2 Starch 1/2 Other Carb 1/2 Fat
Monterey Cheddar Portion: 1 sandwich	240	55	6 Sat Fat 2 1/2 Trans Fat 0	10	360	38 Fiber 2 Sugar 5	10	2 1/2	2 1/2 Starch 1 Fat
Italian Herb & Cheese Portion: 1 sandwich	250	45	5 Sat Fat 2 1/2 Trans Fat 0	10	490	40 Fiber 2 Sugar 5	9	2 1/2	2 1/2 Starch 1 Fat
Roasted Garlic Portion: 1 sandwich	230	20	2 1/2 Sat Fat <1 Trans Fat 0	0	1260	45 Fiber 2 Sugar 7	8	2 1/2	2 1/2 Starch 1/2 Fat
Flatbread Portion: 1 sandwich	220	40	4 1/2 Sat Fat 1 Trans Fat 0	0	450	38 Fiber 2 Sugar 2	7	2 1/2	2 1/2 Starch 1/2 Fat

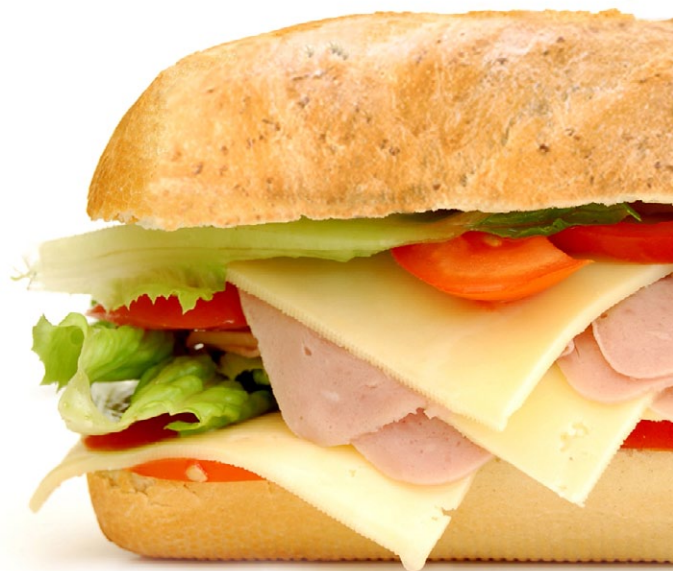
Salads with 6 Grams of Fat or Less (w/o dressing or croutons)

Subway Club® Salad Portion: 1 salad	140	30	3 1/2 Sat Fat 1 Trans Fat 0	40	640	11 Fiber 4 Sugar 5	17	0	2 Vegetable 2 L Meat
---	-----	----	-----------------------------------	----	-----	--------------------------	----	---	-------------------------

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Turkey Breast & Ham Salad Portion: 1 salad	110	20	2½ Sat Fat <1 Trans Fat 0	20	580	11 Fiber 4 Sugar 5	12	0	2 Vegetable 1½ L Meat
Oven Roasted Chicken Breast Salad Portion: 1 salad	130	20	2½ Sat Fat <1 Trans Fat 0	50	270	9 Fiber 4 Sugar 4	19	0	2 Vegetable 2 L Meat
Black Forest Ham Salad Portion: 1 salad	110	25	3 Sat Fat 1 Trans Fat 0	20	590	11 Fiber 4 Sugar 6	12	0	2 Vegetable 1 L Meat
Veggie Delite® Salad Portion: 1 salad	50	10	1 Sat Fat 0 Trans Fat 0	0	65	9 Fiber 4 Sugar 4	3	0	2 Vegetable

8" Pizza

Cheese Portion: 1 pizza	680	200	22 Sat Fat 9 Trans Fat 0	40	1070	96 Fiber 4 Sugar 7	32	6	5½ Starch ½ Other Carb 3 MF Meat
Cheese & Veggies Portion: 1 pizza	740	225	25 Sat Fat 11 Trans Fat 0	50	1270	100 Fiber 5 Sugar 9	36	6	5½ Starch 1 Vegetable ½ Other Carb 3½ MF Meat
Pepperoni Portion: 1 pizza	790	285	32 Sat Fat 13 Trans Fat 0	60	1350	96 Fiber 4 Sugar 8	38	6	5½ Starch ½ Other Carb 4 MF Meat 1 Fat
Sausage Portion: 1 pizza	820	305	34 Sat Fat 14 Trans Fat 0	70	1420	97 Fiber 4 Sugar 8	39	6	5½ Starch ½ Other Carb 4 MF Meat 1 Fat



TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE

SUGGESTED EXCHANGE VALUE

TACO BELL®

Why Pay More! Menu

Cheese Roll-Up Portion: 1 burrito	190	80	9 Sat Fat 5 Trans Fat 0	20	450	18 Fiber 2 Sugar 1	9	1	1 Starch 1 HF Meat
Bean Burrito Portion: 1 burrito	370	90	10 Sat Fat 3½ Trans Fat 0	5	980	56 Fiber 10 Sugar 3	13	3½	3½ Starch 1 PB Protein 1 Fat
Beefy 5-Layer Burrito Portion: 1 burrito	540	200	22 Sat Fat 8 Trans Fat 0	35	1280	68 Fiber 9 Sugar 6	19	4	4 Starch 2 MF Meat 2 Fat
Crunchy Taco Portion: 1 taco	170	90	10 Sat Fat 3½ Trans Fat 0	25	290	12 Fiber 3 Sugar 1	8	½	½ Starch 1 MF Meat 1 Fat
Soft Taco – Beef Portion: 1 taco	200	80	9 Sat Fat 4 Trans Fat 0	25	510	19 Fiber 3 Sugar 1	10	1	1 Starch 1 MF Meat 1 Fat
Crispy Potato Soft Taco Portion: 1 taco	270	115	13 Sat Fat 3 Trans Fat 0	10	520	31 Fiber 3 Sugar 1	6	2	2 Starch ½ MF Meat 2 Fat
Cheesy Nachos Portion: 5 oz. order	280	155	17 Sat Fat 1½ Trans Fat 0	0	230	28 Fiber 2 Sugar 1	5	1½	1½ Starch ½ MF Meat 3 Fat
Cinnamon Twists Portion: per piece	170	65	7 Sat Fat 0 Trans Fat 0	0	200	26 Fiber 1 Sugar 10	1	1½	1 Starch ½ Other Carb 1 Fat
Caramel Apple Empanada Portion: 1 empanada	310	135	15 Sat Fat 2½ Trans Fat 0	0	310	39 Fiber 2 Sugar 13	3	2½	1½ Starch 1 Other Carb 3 Fat

Tacos

Crunchy Taco Supreme® Portion: 1 taco	200	110	12 Sat Fat 4½ Trans Fat 0	35	320	15 Fiber 3 Sugar 2	9	½	½ Starch 1½ MF Meat 1 Fat
Double Decker® Taco Portion: 1 taco	320	115	13 Sat Fat 4½ Trans Fat 0	25	650	37 Fiber 7 Sugar 2	13	2	2 Starch 1½ MF Meat 1 Fat
Cheesy Double Decker® Taco Portion: 1 taco	350	135	15 Sat Fat 5 Trans Fat 0	25	720	39 Fiber 7 Sugar 2	14	2	2 Starch 1½ MF Meat 2 Fat
Grilled Steak Soft Taco Portion: 1 taco	250	125	14 Sat Fat 4 Trans Fat 0	30	550	19 Fiber 2 Sugar 2	11	1	1 Starch 1½ MF Meat 1 Fat
Chicken Soft Taco Portion: 1 taco	180	55	6 Sat Fat 2½ Trans Fat 0	30	460	18 Fiber 1 Sugar 1	14	1	1 Starch 1½ L Meat ½ Fat

Burritos

7-Layer Burrito Portion: 1 burrito	500	160	18 Sat Fat 6 Trans Fat 0	20	1090	69 Fiber 12 Sugar 5	17	4	4 Starch 1½ MF Meat 2 Fat
Cheesy Bean & Rice Burrito Portion: 1 burrito	480	190	21 Sat Fat 5 Trans Fat 0	10	1030	60 Fiber 7 Sugar 5	12	3½	3½ Starch 1 PB Protein 3 Fat

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Cheesy Double Beef Burrito Portion: 1 burrito	470	180	20 Sat Fat 6 Trans Fat <1	40	1200	54 Fiber 5 Sugar 4	18	3 1/2	3 1/2 Starch 1 1/2 MF Meat 2 Fat
Grilled Chicken Burrito Portion: 1 burrito	430	160	18 Sat Fat 5 Trans Fat 0	35	870	48 Fiber 3 Sugar 3	18	3	3 Starch 2 L Meat 2 Fat
Burrito Supreme® – Beef Portion: 1 burrito	420	145	16 Sat Fat 6 Trans Fat 0	35	1100	53 Fiber 9 Sugar 5	17	3	3 Starch 1 1/2 MF Meat 2 Fat
Burrito Supreme® – Chkn. Portion: 1 burrito	400	110	12 Sat Fat 5 Trans Fat 0	40	1060	51 Fiber 7 Sugar 5	21	3	3 Starch 2 L Meat 1 Fat
Burrito Supreme® – Steak Portion: 1 burrito	390	115	13 Sat Fat 5 Trans Fat 0	30	1100	51 Fiber 7 Sugar 5	17	3	3 Starch 1 1/2 MF Meat 1 Fat
Chili Cheese Burrito Portion: 1 burrito	380	155	17 Sat Fat 8 Trans Fat <1	35	930	41 Fiber 5 Sugar 2	16	2 1/2	2 1/2 Starch 1 1/2 MF Meat 2 Fat

Gorditas*

Nacho Cheese – Beef Portion: 1 gordita	290	125	14 Sat Fat 3 Trans Fat 0	20	610	31 Fiber 3 Sugar 6	11	1 1/2	1 1/2 Starch 1 1/2 MF Meat 1 Fat
Nacho Cheese – Chicken Portion: 1 gordita	270	90	10 Sat Fat 1 1/2 Trans Fat 0	25	570	29 Fiber 2 Sugar 6	15	1 1/2	1 1/2 Starch 2 MF Meat
Nacho Cheese – Steak Portion: 1 gordita	260	100	11 Sat Fat 2 Trans Fat 0	20	610	29 Fiber 2 Sugar 6	12	1 1/2	1 1/2 Starch 1 1/2 MF Meat 1 Fat
Adjustments for Fresco Style prep on Nacho Cheese Portion: adjustment	-40	-35	-4 Sat Fat -1/2 Trans Fat 0	0	-80	-1 Fiber +1 Sugar 0	0	0	Revise Meat Classification to L Meat
Baja® – Beef Portion: 1 gordita	340	160	18 Sat Fat 5 Trans Fat 0	30	640	30 Fiber 4 Sugar 6	13	1 1/2	1 1/2 Starch 1 1/2 MF Meat 2 Fat
Baja® – Chicken Portion: 1 gordita	310	135	15 Sat Fat 3 1/2 Trans Fat 0	35	600	28 Fiber 3 Sugar 6	17	1 1/2	1 1/2 Starch 2 MF Meat 1 Fat
Baja® – Steak Portion: 1 gordita	310	135	15 Sat Fat 3 1/2 Trans Fat 0	30	640	28 Fiber 3 Sugar 6	14	1 1/2	1 1/2 Starch 1 1/2 MF Meat 2 Fat
Adjustments for Fresco Style prep on Baja Gorditas Portion: adjustment	-90	-70	-8 Sat Fat -2 Trans Fat 0	-10	-50	0 Fiber 0 Sugar 0	0	0	Revise Meat Classification to L Meat
Supreme® – Beef Portion: 1 gordita	300	125	14 Sat Fat 5 Trans Fat 0	30	550	31 Fiber 4 Sugar 6	13	1 1/2	1 1/2 Starch 1 1/2 MF Meat 2 Fat
Supreme® – Chicken Portion: 1 gordita	270	90	10 Sat Fat 3 1/2 Trans Fat 0	35	510	29 Fiber 2 Sugar 6	17	1 1/2	1 1/2 Starch 2 MF Meat

*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.

	TOTAL CALORIES		CALORIES FROM FAT		TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Supreme® – Steak Portion: 1 gordita	270	100	11	30	550	29	14	11½	1½ Starch 1½ MF Meat ½ Fat		
			Sat Fat 4 Trans Fat 0			Fiber 2 Sugar 6					
Adjustments for Fresco Style preparation on Supreme Gorditas Portion: adjustment	-50	-40	-4½	15	-20	-2	-2	0	Revise Meat Classification to L Meat		
			Sat Fat -2½ Trans Fat 0			Fiber +1 Sugar 0					

Chalupas*

Nacho Cheese – Beef Portion: 1 chalupa	360	200	22	20	620	31	11	11½	1½ Starch 1½ MF Meat 3 Fat
			Sat Fat 3½ Trans Fat 0			Fiber 4 Sugar 4			
Nacho Cheese – Chicken Portion: 1 chalupa	340	160	18	25	580	30	15	11½	1½ Starch 2 MF Meat 1 Fat
			Sat Fat 2 Trans Fat 0			Fiber 3 Sugar 4			
Nacho Cheese – Steak Portion: 1 chalupa	330	170	19	20	620	30	12	11½	1½ Starch 1½ MF Meat 2 Fat
			Sat Fat 2½ Trans Fat 0			Fiber 3 Sugar 4			
Adjustments for Fresco Style prep on Nacho Cheese Chalupas Portion: adjustment	-40	-35	-4	0	-70	-2	0	0	Revise Meat Classification to L Meat
			Sat Fat -½ Trans Fat 0			Fiber 0 Sugar 0			
Baja® – Beef Portion: 1 chalupa	410	235	26	30	650	30	12	11½	1½ Starch 1½ MF Meat 4 Fat
			Sat Fat 5 Trans Fat 0			Fiber 4 Sugar 4			
Baja® – Chicken Portion: 1 chalupa	390	205	23	35	610	28	16	11½	1½ Starch 2 MF Meat 2 Fat
			Sat Fat 4 Trans Fat 0			Fiber 3 Sugar 4			
Baja® – Steak Portion: 1 chalupa	380	205	23	30	650	28	13	11½	1½ Starch 1½ MF Meat 3 Fat
			Sat Fat 4 Trans Fat 0			Fiber 3 Sugar 4			
Adjustments for Fresco Style prep on Baja Chalupas Portion: adjustment	-90	-70	-8	-10	-50	0	-1	0	Revise Meat Classification to L Meat
			Sat Fat -2 Trans Fat 0			Fiber 0 Sugar 0			
Supreme® – Beef Portion: 1 chalupa	370	190	21	30	570	31	13	2	2 Starch 1½ MF Meat 3 Fat
			Sat Fat 5 Trans Fat 0			Fiber 4 Sugar 4			
Supreme® – Chicken Portion: 1 chalupa	350	160	18	35	520	29	17	2	2 Starch 2 MF Meat 1 Fat
			Sat Fat 4 Trans Fat 0			Fiber 3 Sugar 4			
Supreme® – Steak Portion: 1 chalupa	340	160	18	30	570	29	14	2	2 Starch 1½ MF Meat 2 Fat
			Sat Fat 4 Trans Fat 0			Fiber 3 Sugar 4			
Adjustments for Fresco Style prep on Supreme Portion: adjustment	-50	-30	-3½	10	-20	-1	-2	0	Revise Meat Classification to L Meat
			Sat Fat -2 Trans Fat 0			Fiber 0 Sugar 0			

Specialties

Crunchwrap Supreme® Portion: 1 wrap	540	190	21	30	1110	71	16	4	4 Starch 1½ MF Meat 3 Fat
			Sat Fat 6 Trans Fat 0			Fiber 7 Sugar 7			

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Tostada Portion: 1 tostada	250	90	10 Sat Fat 3½ Trans Fat 0	15	550	30 Fiber 9 Sugar 2	10	11½	1½ Starch 1 PB Protein 1 Fat
Mexican Pizza Portion: 1 pizza	540	270	30 Sat Fat 8 Trans Fat <1	40	950	47 Fiber 8 Sugar 3	20	2½	2½ Starch 2½ MF Meat 4 Fat
Meximelt® Portion: 1 taco	270	125	14 Sat Fat 7 Trans Fat <1	40	760	21 Fiber 4 Sugar 2	14	1	1 Starch 1½ MF Meat 2 Fat
Cheese Quesadilla Portion: 1 quesadilla	480	245	27 Sat Fat 11 Trans Fat <1	50	1000	40 Fiber 4 Sugar 3	19	2½	2½ Starch 2 HF Meat 2 Fat
Chicken Quesadilla Portion: 1 quesadilla	530	250	28 Sat Fat 12 Trans Fat <1	75	1210	41 Fiber 4 Sugar 3	28	2½	2½ Starch 3½ MF Meat 2 Fat

Side Items

Mexican Rice Portion: 3 oz. order	120	30	3½ Sat Fat 0 Trans Fat 0	0	200	20 Fiber 1 Sugar 1	2	1½	1½ Starch
Pintos 'N Cheese Portion: 4½ oz. order	170	55	6 Sat Fat 3 Trans Fat 0	10	580	20 Fiber 8 Sugar 1	9	1	1 Starch 1 PB Protein ½ Fat
Cheesy Fiesta Potatoes Portion: 4¾ oz. order	270	145	16 Sat Fat 2½ Trans Fat 0	10	770	28 Fiber 3 Sugar 2	4	1½	1½ Starch ½ HF Meat 2 Fat
Grilled Chicken Taquitos Portion: 4½ oz. order	320	100	11 Sat Fat 4½ Trans Fat 0	40	770	37 Fiber 3 Sugar 2	18	2	2 Starch 2 L Meat 1 Fat

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



TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

WENDY'S®

Old-Fashioned Hamburgers

Jr. Hamburger Portion: 1 sandwich	250	90	10 Sat Fat 4 Trans Fat <1	35	620	25 Fiber 1 Sugar 5	15	11/2	1 1/2 Starch 1 1/2 MF Meat 1/2 Fat
Jr. Cheeseburger Portion: 1 sandwich	290	115	13 Sat Fat 6 Trans Fat <1	45	820	26 Fiber 1 Sugar 5	17	11/2	1 1/2 Starch 2 MF Meat 1/2 Fat
Jr. Cheeseburger Deluxe Portion: 1 sandwich	350	170	19 Sat Fat 7 Trans Fat 1	55	850	27 Fiber 2 Sugar 6	17	11/2	1 1/2 Starch 2 MF Meat 2 Fat
Jr. Bacon Cheeseburger Portion: 1 sandwich	400	210	24 Sat Fat 9 Trans Fat 1	65	920	25 Fiber 2 Sugar 5	20	11/2	1 1/2 Starch 2 1/2 MF Meat 2 Fat
Double Stack™ Portion: 1 sandwich	400	190	21 Sat Fat 9 Trans Fat 1 1/2	85	1080	26 Fiber 1 Sugar 5	27	11/2	1 1/2 Starch 3 1/2 MF Meat 1/2 Fat
Double Cheeseburger Deluxe Portion: 1 sandwich	460	240	27 Sat Fat 10 Trans Fat 1 1/2	90	1110	27 Fiber 2 Sugar 6	28	11/2	1 1/2 Starch 3 1/2 MF Meat 2 Fat
Baconator Single Portion: 1 sandwich	660	360	40 Sat Fat 17 Trans Fat 1 1/2	120	1430	40 Fiber 2 Sugar 9	35	2 1/2	2 Starch 1/2 Other Carb 4 MF Meat 4 Fat

Garden Sensations® Salads

Apple Pecan Chicken Salad w/ Grilled Chicken w/o pecans/drsg. Portion: full-size salad	340	100	11 Sat Fat 7 Trans Fat 0	105	1150	28 Fiber 5 Sugar 20	35	11/2	1 Vegetable 1 Fruit 1/2 Other Carb 4 1/2 L Meat 1/2 Fat
Pomegranate Vinaigrette Drsg. Portion: 1 oz. pkt.	60	25	3 Sat Fat <1 Trans Fat 0	0	160	8 Fiber 0 Sugar 7	0	1/2	1/2 Other Carb 1/2 Fat
Berry Almond Chicken Salad w/ Grilled Chicken w/o almonds/drsg. Portion: full-size salad	270	80	9 Sat Fat 5 Trans Fat 0	95	940	15 Fiber 4 Sugar 8	34	1/2	1 Vegetable 1/2 Fruit 4 1/2 L Meat 1/2 Fat
Raspberry Vinaigrette Drsg. Portion: 1 oz. pkt.	50	0	0 Sat Fat 0 Trans Fat 0	0	160	12 Fiber <1 Sugar 11	0	1	1 Other Carb
Baja Salad w/o dressing or tortilla chips Portion: full-size salad	550	295	33 Sat Fat 14 Trans Fat 1	90	1650	34 Fiber 12 Sugar 12	32	11/2	1 Starch 1 Vegetable 1/2 Other Carb 4 MF Meat 2 Fat
Creamy Red Jalapeño Drsg. Portion: 1 oz. pkt.	100	90	10 Sat Fat 2 Trans Fat 0	10	220	2 Fiber 0 Sugar 1	1	0	2 Fat
BLT Cobb Salad w/Grilled Chicken w/o dressing Portion: full-size salad	450	225	25 Sat Fat 11 Trans Fat 0	275	1610	9 Fiber 3 Sugar 5	46	0	2 Vegetable 6 1/2 L Meat 2 Fat

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (gm)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (gm)	PROTEIN (gm)	TOTAL CARB EXCHANGE	SUGGESTED EXCHANGE VALUE
Avocado Ranch Dressing Portion: 1 oz. pkt.	105	90	10 Sat Fat 2 Trans Fat 0	10	215	2 Fiber <1 Sugar 1	<1	0	2 Fat
Spicy Chicken Caesar Salad Portion: full-size salad	460	225	25 Sat Fat 12 Trans Fat <1	85	1410	27 Fiber 6 Sugar 3	33	1 1/2	1 1/2 Starch 1 Vegetable 4 L Meat 3 Fat
Lemon Garlic Caesar Dressing Portion: 1 oz. pkt.	105	90	10 Sat Fat 2 Trans Fat 0	15	175	2 Fiber 0 Sugar <1	2	0	2 Fat

Kids' Meals

Hamburger Portion: 1 sandwich	220	70	8 Sat Fat 3 Trans Fat 0	30	370	26 Fiber 1 Sugar 5	12	1 1/2	1 1/2 Starch 1 MF Meat 1/2 Fat
Cheeseburger Portion: 1 sandwich	260	100	11 Sat Fat 5 Trans Fat <1	40	570	26 Fiber 1 Sugar 6	14	1 1/2	1 1/2 Starch 1 1/2 MF Meat 1/2 Fat
Crispy Chicken Sandwich Portion: 1 sandwich	330	115	13 Sat Fat 3 Trans Fat 0	30	700	36 Fiber 2 Sugar 4	15	2	2 Starch 1 1/2 MF Meat 1 Fat
Chicken Nuggets (kid's) Portion: 4-piece order	180	100	11 Sat Fat 2 1/2 Trans Fat 0	25	370	11 Fiber 1 Sugar 1	8	1/2	1/2 Starch 1 MF Meat 1 Fat
French Fries (value) Portion: 3 1/4 oz. order	230	100	11 Sat Fat 2 1/2 Trans Fat 0	0	250	30 Fiber 3 Sugar 0	3	2	2 Starch 2 Fat

Side Items/Frosty's

Garden Side Salad w/o dressing Portion: 1 salad	25	0	0 Sat Fat 0 Trans Fat 0	0	30	5 Fiber 2 Sugar 3	1	0	1 Vegetable
Caesar Side Salad w/Caesar Drsg. Portion: 1 salad	170	130	14 Sat Fat 4 1/2 Trans Fat 0	20	290	6 Fiber 2 Sugar 3	6	0	1 Vegetable 1 L Meat 2 Fat
Apple Slices Portion: 2 1/2 oz. cup	40	0	0 Sat Fat 0 Trans Fat 0	0	0	9 Fiber 2 Sugar 7	0	7	1/2 Fruit
French Fries (med) Portion: 5 1/2 oz. order	420	190	21 Sat Fat 4 Trans Fat 0	0	460	55 Fiber 6 Sugar 0	5	3 1/2	3 1/2 Starch 3 Fat
Chili (sm) Portion: 7 1/2 oz. bowl	210	55	6 Sat Fat 2 1/2 Trans Fat 0	40	880	21 Fiber 6 Sugar 6	17	1	1/2 Starch 1/2 Other Carb 2 1/2 PB Protein
Chicken Nuggets Portion: 5-piece order	220	125	14 Sat Fat 3 Trans Fat 0	35	460	13 Fiber 1 Sugar 1	10	1/2	1/2 Starch 1 1/2 MF Meat 1 Fat
Chocolate Frosty (sm) Portion: 12 oz. cup	250	55	6 Sat Fat 4 Trans Fat 0	25	115	41 Fiber 0 Sugar 35	6	2 1/2	2 1/2 Other Carb 1 Fat
Vanilla Frosty (sm) Portion: 12 oz. cup	260	65	7 Sat Fat 4 1/2 Trans Fat 0	25	125	43 Fiber 0 Sugar 37	7	2 1/2	2 1/2 Other Carb 1 Fat

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

TOTAL CALORIES

CALORIES FROM FAT

TOTAL FAT (gm)

CHOLESTEROL (mg)

SODIUM (mg)

CARBOHYDRATE (gm)

PROTEIN (gm)

TOTAL CARB EXCHANGE
SUGGESTED
EXCHANGE
VALUE

WHITE CASTLE®

Sandwiches

Hamburger Portion: 1 sandwich	140	55	6 Sat Fat 2½ Trans Fat <1	10	340	13 Fiber 1 Sugar 1	7	1	1 Starch ½ MF Meat ½ Fat
Cheeseburger Portion: 1 sandwich	170	80	9 Sat Fat 4 Trans Fat <1	15	550	15 Fiber 1 Sugar 3	8	1	1 Starch ½ MF Meat 1 Fat
Bacon Cheeseburger Portion: 1 sandwich	190	100	11 Sat Fat 5 Trans Fat <1	20	550	13 Fiber 1 Sugar 2	9	1	1 Starch 1 MF Meat 1 Fat
Jalapeño Cheeseburger Portion: 1 sandwich	160	80	9 Sat Fat 4 Trans Fat <1	15	460	14 Fiber 1 Sugar 2	8	1	1 Starch ½ MF Meat 1 Fat
Double Hamburger Portion: 1 sandwich	240	110	12 Sat Fat 5 Trans Fat 1	20	660	21 Fiber 1 Sugar 2	12	1½	1½ Starch 1 MF Meat 1 Fat
Double Cheeseburger Portion: 1 sandwich	300	155	17 Sat Fat 8 Trans Fat 1	30	940	20 Fiber 1 Sugar 3	15	1½	1½ Starch 1½ MF Meat 2 Fat
Bacon Ranch Portion: 1 sandwich	260	160	18 Sat Fat 5 Trans Fat <1	20	640	14 Fiber 1 Sugar 3	7	1	1 Starch ½ HF Meat 3 Fat
Chicken Breast Sandwich w/ Cheese Portion: 1 sandwich	390	250	28 Sat Fat 5 Trans Fat 3½	25	650	20 Fiber 1 Sugar 2	13	1½	1½ Starch 1½ MF Meat 4 Fat
Pulled Pork BBQ Sandwich Portion: 1 sandwich	170	40	4½ Sat Fat 1 Trans Fat 0	25	460	25 Fiber 1 Sugar 12	9	1½	1 Starch ½ Other Carb 1 L Meat
Fish w/Cheese & Tartar Sauce Portion: 1 sandwich	340	215	24 Sat Fat 4½ Trans Fat 2½	20	410	18 Fiber 1 Sugar 2	11	1	1 Starch 1½ MF Meat 3 Fat

Side Orders

French Fries (med) Portion: 5½ oz. order	370	225	25 Sat Fat 4 Trans Fat 2½	0	50	33 Fiber 3 Sugar 2	3	2	2 Starch 5 Fat
Sweet Potato Fries (med) Portion: 6 oz. order	480	270	30 Sat Fat 3 Trans Fat 2	0	380	47 Fiber 6 Sugar 13	4	3	2½ Starch ½ Other Carb 6 Fat
Chicken Rings (reg) Portion: 6-piece order	530	425	47 Sat Fat 10 Trans Fat 4½	105	610	12 Fiber 0 Sugar 0	18	½	½ Starch 2½ MF Meat 7 Fat
Onion Chips (med) Portion: 6 oz. order	670	450	50 Sat Fat 8 Trans Fat 3½	0	970	46 Fiber 8 Sugar 5	5	2½	2½ Starch 10 Fat
Mozarella Cheese Sticks Portion: 3-piece order	440	295	33 Sat Fat 8 Trans Fat 4	30	850	32 Fiber 1 Sugar 1	12	2	2 Starch 1 MF Meat 5 Fat
Fish Nibblers (med) Portion: 5 oz. order	320	145	16 Sat Fat 2½ Trans Fat 2	10	700	28 Fiber 1 Sugar 1	16	1½	1½ Starch 1½ MF Meat 2 Fat

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

SERVING SIZE

TOTAL CALORIES

SODIUM (mg)

CARBOHYDRATE (gm)

SUGAR (gm)

TOTAL CARB EXCHANGE

SUGGESTED EXCHANGE VALUE

Fountain Drinks *(Listing supplied by manufacturers)*

Coca-Cola Products

Coca-Cola® Classic	16 fl. oz. cup over ice	131	8	36	36	2 1/2	2 1/2 Other Carb
Diet Coke®	16 fl. oz. cup over ice	<1	13	<1	<1	0	Free
Caffeine Free Diet Coke®	16 fl. oz. cup over ice	0	13	0	0	0	Free
Cherry Coca-Cola®	16 fl. oz. cup over ice	137	5	37	37	2 1/2	2 1/2 Other Carb
Barq's® Root Beer	16 fl. oz. cup over ice	147	32	40	40	2 1/2	2 1/2 Other Carb
Fanta® Orange	16 fl. oz. cup over ice	148	11	40	40	2 1/2	2 1/2 Other Carb
Hi-C Flashin' Fruit Punch®	16 fl. oz. cup over ice	137	12	37	37	2 1/2	2 1/2 Other Carb
Hi-C Orange Lavaburst®	16 fl. oz. cup over ice	147	0	40	40	2 1/2	2 1/2 Other Carb
Mello Yello®	16 fl. oz. cup over ice	140	11	38	38	2 1/2	2 1/2 Other Carb
Minute Maid® Lemonade	16 fl. oz. cup over ice	128	54	34	34	2	2 Other Carb
Minute Maid® Light Lemonade	16 fl. oz. cup over ice	7	7	1	1	0	Free
Minute Maid® Orange	16 fl. oz. cup over ice	140	0	38	38	2 1/2	2 1/2 Other Carb
Nestea® Iced Tea (sweetened)	16 fl. oz. cup over ice	82	18	22	22	1 1/2	1 1/2 Other Carb
Nestea® Iced Tea (unsweetened)	16 fl. oz. cup over ice	1	18	<1	<1	0	Free
Nestea® Raspberry Iced Tea	16 fl. oz. cup over ice	103	12	28	28	2	2 Other Carb
Pibb Xtra®	16 fl. oz. cup over ice	128	18	34	34	2	2 Other Carb
POWERade Mountain Blast®	16 fl. oz. cup over ice	95	20	25	25	1 1/2	1 1/2 Other Carb
Sprite®	16 fl. oz. cup over ice	128	29	34	34	2	2 Other Carb

Pepsi-Cola Products

Pepsi®	16 fl. oz. cup over ice	132	33	37	37	2 1/2	2 1/2 Other Carb
Diet Pepsi®	16 fl. oz. cup over ice	0	40	0	0	0	Free
Diet Caffeine Free Pepsi®	16 fl. oz. cup over ice	0	40	0	0	0	Free
Wild Cherry Pepsi®	16 fl. oz. cup over ice	145	33	38	38	2 1/2	2 1/2 Other Carb
Lipton Brisk® Lemonade	16 fl. oz. cup over ice	132	119	34	33	2	2 Other Carb
Lipton Brisk® (sweetened)	16 fl. oz. cup over ice	92	40	26	26	1 1/2	1 1/2 Other Carb
Lipton Brisk® (unsweetened)	16 fl. oz. cup over ice	0	40	0	0	0	Free
Lipton Brisk® Raspberry	16 fl. oz. cup over ice	106	0	28	28	2	2 Other Carb
Mountain Dew®	16 fl. oz. cup over ice	145	46	41	41	2 1/2	2 1/2 Other Carb
Diet Mountain Dew®	16 fl. oz. cup over ice	0	40	0	0	0	Free
Mountain Dew Code Red®	16 fl. oz. cup over ice	145	46	41	41	2 1/2	2 1/2 Other Carb
Mug® Root Beer	16 fl. oz. cup over ice	132	40	34	34	2	2 Other Carb
Sierra Mist®	16 fl. oz. cup over ice	132	33	36	36	2 1/2	2 1/2 Other Carb
Sierra Mist Free®	16 fl. oz. cup over ice	0	33	0	0	0	Free
Slice®	16 fl. oz. cup over ice	145	46	41	41	2 1/2	2 1/2 Other Carb

Other

A&W® Root Beer	16 fl. oz. cup w/o ice	150	40	40	40	2 1/2	2 1/2 Other Carb
A&W® Diet Root Beer	16 fl. oz. cup w/o ice	0	40	0	0	0	Free
Dr Pepper®	16 fl. oz. cup over ice	132	48	35	35	2 1/2	2 1/2 Other Carb
Diet Dr Pepper®	16 fl. oz. cup over ice	0	48	0	0	0	Free
Squirt®	16 fl. oz. cup over ice	132	22	35	35	2 1/2	2 1/2 Other Carb

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.

