

Order # 345 Oct 30, 2005: 2:09pm
900 Embarcadero del Mar, Goleta, CA 93117
Ph: (805)961-1700 www.silvergreens.com



Qty	Item	Price	Calories	Total Fat (g)	Carbs (g)	Protein (g)
1	Turkey Sandwich	3.99	425	18	19	11
	French Baguette		126	5	27	2
1	No Onions		-30	0	0	1
1	French Fries	1.59	410	9	24	3
1	Large Diet Coke	1.39	0	0	0	0
NUTRIENT TOTAL		6.97	931	32	70	17
% DAILY VALUE*			46%	38%	29%	42%

Subtotal	\$6.97
Sales Tax (7.75%)	\$.54
Total	\$7.51
Cash	\$10.00
Change	\$2.49

* Percent Daily Values are based on a 2000 calorie diet.

DID YOU KNOW? If you "hold the mayo" on a Turkey Sandwich, you will save 110 Calories and 4 grams of Saturated Fat!



Get Fit! Walking 1 mile per day 3 times per week will burn 22,000 calories per year (or 8 pounds of fat)!

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