

 Sandwiches/Salads/Soups	September 2008 Food Exchange Values											
	Serving Size (oz.)	Calories	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sugar (g)	
Chicken Noodle Soup	12	180	8	0	4	80	330	14	1	11	4	1 CHO, 1 L Meat, 1 fat
Clam Chowder Soup	12	170	11	0	7	20	260	10	0	4	1	1/2 CHO, 2 fat
Vegetable Beef Soup	12	140	5	0	0	10	1290	17	3	7	3	1.5 Veg, 1 CHO, 1 Fat
Philly Melt *	13	730	41	0	13	95	1680	51	3	40	5	3 CHO, 4 MF meat, 4 fat
Chicken Ranch Melt*	12	920	42	0	11	115	2800	79	4	53	2	5 CHO, 4 MF meat, 4 fat
Spicy Buffalo Chicken Melt*	14	940	46	0	11	100	3870	81	4	46	2	5 CHO, 4 MF Meat, 5 Fat
Grilled Chicken Salad Deluxe, *	17	290	10	0	5	90	770	15	4	36	8	1 CHO, 3 veg, 5 VL meat, 1 fat
Chicken Strip Salad Deluxe*	18	590	29	0	5	90	1180	44	4	42	7	3 CHO, 3 veg, 5 L meat, 4 fat
Fit-Fare Grilled Chicken Breast Salad w/ Lemon or Lime Wedges	17	290	10	0	5	9	770	15	4	36	8	1 CHO, 3 veg, 5 VLean Meat, 1 fat
The Super Bird ® Sandwich *	10	560	27	0	60	60	2360	43	2	38	3	3 CHO, 4 MF meat, 1 fat
Club Sandwich *	11	660	34	0	7	60	1640	55	4	29	9	6 CHO, 3 MF meat, 7 fat
Grilled Chicken Sandwich w/honey mustard dressing*	15	970	58	0	10	110	2070	69	4	39	25	5 CHO, 3 L meat, 10 fat
Fit-Fare Chicken Sandwich w/ applesauce	13	490	7	0	1.5	80	1460	67	5	38	24	4 CHO, 3 L Meat, 1 Fat
Bacon, Lettuce & Tomato Sandwich*	6	570	37	0	9	55	850	36	2	20	7	2 CHO, 2 HFMeat, 4 Fat
Western Burger *	17	1300	82	3	30	190	2700	83	6	58	18	6 CHO, 6 MF Meat, 10 Fat
Mushroom Swiss Burger *	15	900	54	3	22	145	2140	59	6	47	14	4 CHO, 5 MF meat, 6 fat
Bacon Cheddar Burger*	15	1100	72	3.5	31	230	2660	55	6	61	12	4 CHO, 7 MF Meat, 8 Fat
Classic Burger w/Cheese *	13	930	58	3	25	165	2190	56	5	49	13	6 CHO, 5 MF meat, 7 fat
Double Cheeseburger *	20	1540	116	7	52	370	3880	33	5	92	9	2 CHO, 12 MF meat, 11 fat
Classic Burger *	12	770	45	3	17	125	1560	56	5	39	13	4 CHO, 4 MF meat, 5 fat
Boca Burger ® *	11	500	15	0	4	15	1320	62	10	30	12	4 CHO, 3 lean meat, 3 fat
Fit Fare Boca Burger	10	410	8	0	3	5	770	60	17	25	12	4 CHO, 3 lean meat, 1 fat
Lunch Sides: Add choices to your above selections												
Seasoned Fries	5	510	33	0	6	0	1010	48	5	6	0	3 CHO, 6 fat
French Fries, salted	5	450	23	0	4	0	250	57	6	6	0	4 CHO, 5 fat
Onion Rings	5	520	36	0	2	0	980	48	6	53	5	3 CHO, 6 fat
Side Garden Salad (w/o dressing)	7	113	7	0	5	0	150	7	2	7	4	1 vegetable, 1 fat

*Select choices for sides and add nutrition information to your selection.

