

												September 2008 Food Exchange Values
Breakfast Menu Sides	Serving Size (oz)	Calories	Fat (g)	Trans Fats (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sugar (g)	
Bacon, 4 strips	1	180	13	0	5	40	700	2	0	14	1	2 HF meat
Sausage, 4 links	3	370	34	0	13	30	660	4	3	9	0	1 HF meat, 5 fat
Ham, grilled slice, Honey Smoked	3	110	3	0	1	45	940	6	0	14	1	2 VL meat
One Egg	2	120	10	0	3	210	120	>1	0	6	0	1 MF meat, 1 fat
Egg Beaters ® Egg Substitute=2 eggs	4	56	0	0	0	0	186	2	0	11	0	1.5 VL meat
Biscuit & Sausage Gravy	8	440	32	0.5	12	15	1650	53	0	9	3	3CHO,6fat
Country Fried Potatoes	5	390	28	1	6	0	560	30	10	3	0	2 CHO,5 fat
Hashed Browns	5	200	12	0	3	0	560	20	0	2	1	1CHO,2 fat
Hashed Browns w/ Cheese	6	310	19	0.5	7	20	800	26	0	8	2	1.5 CHO, 1 MF meat, 3 fat
H.B.'s w/Onions, Cheese, Gravy	8	480	22	0.5	8	25	3840	60	2	10	6	4CHO,5 fat
Toast, dry, (1sl)	1sl.	80	1	0	0	0	166	16	1	3	2	1 CHO
Bagel,w/ 1 oz. cream cheese	4	330	9	0	5	25	580	53	2	11	8	4 CHO,2 fat
Biscuit	2	150	10	0	4.5	0	530	23	0	3	1	1.5 CHO,2 fat
English Muffin, dry (1)w/margarine	2oz	180	3	0	1	0	300	25	1	4	1	1.5 carbohydrate
Grits w/ margarine	12	260	5	0	1	0	840	47	1	5	0	3 carbohydrate, 1 Fat
Quaker ® Oatmeal w 8 oz milk	16	270	7	0	4	20	290	37	4	14	20	2 CHO,1VL meat, 1fat
Applesauce Musselman's ®	3	60	0	0	0	0	13	15	1	0	12	1 fruit
Cinnamon Apples	3	100	0.5	0	0	0	70	24	1	0	20	1 fruit
Banana, whole	1 ban	110	0	0	0	0	0	29	4	1	14	2 fruit
Grapes	3	55	0	0	0	0	0	29	4	1	13	1 fruit
Maple-Flavored Syrup (~ 3 Tbsp.)	1.5	143	0	0	0	0	26	36	0	0	28	2.5 carbohydrate
Sugar-Free Maple-Flavored Syrup	1.5	23	0	0	0	0	71	9	0	0	1	Contains phenylalanine ½CHO
Whipped Margarine	1Tbsp	40	5	0.5	1	0	30	0	0	0	0	1fat
Cherry Topping	3	86	0	0	0	0	7	21	0	0	12	1.5 fruit

The nutrition information provided is based on computerized database analysis & vendor product data. This analysis uses the Operations Manual procedures & portions.

The data represents an estimate of nutrient content. For additional information on specific ingredients, please contact our Nutrition Coordinator at 864-597-7396.