
	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	Suggested Exchange Values
	SALADS Values include Meat/Poultry and Typical Vegetables but do not include salad dressings															
Garden	260	71	22	2.4	0.3	0	179	11.9	4.4	7.4	2.6	145	80	6	9	Fat 0, Meat-Med Fat 0, Veg 1
Dinner	179	50	12	1.3	0.2	0	91.6	9.2	2.9	5.8	1.8	76	62	4	6	Fat 0, Meat-Med Fat 0, Veg .5
Chef	466	380	198	22	9.2	275	718	16.9	5.2	9.4	29.6	165	103	31	18	Fat 1.5, Meat-Med Fat 2.5, Mk-Whl 1, Veg .5
Grilled Chicken Breast	465	586	386	42.9	12.5	285	847	14.5	4.5	7.5	37.1	159	83	42	19	Fat 5, Meat-Med Fat 1.5, Veg 1
Greek	423	251	142	15.8	8.9	49.8	1177	19.2	5.7	9.7	11.4	161	104	37	18	Fat 2, Meat-High Fat .5, Veg 1
Caesar	388	424	202	22.4	11.4	44	1639	34.6	6.4	8.7	23.5	101	77	67	34	Fat 1, Meat-Med Fat 2, Veg 1
Caesar w/Gr Chicken Breast	502	714	418	46.4	14.8	87.8	1878	35.8	6.5	8.7	41.1	102	79	69	39	Fat 5.5, Meat-Med Fat 1.5, Veg 2.5
Chicken Plate	426	500	283	31.4	9.9	96.4	649	15.6	5	7.7	31.7	158	99	39	15	Fat 3.5, Meat-Med Fat 1, Veg 1
Tuna Plate	426	453	198	22	8.2	45.1	924	24.7	4.5	7.7	31.5	158	99	39	16	Fat 2, Meat-Med Fat 1, Veg 1.5
Crabmeat Seafood Plate																
Antipasto	450	545	379	42.1	16.4	90.7	2139	17.2	5.2	10.8	26.7	159	103	28	18	Fat 3, Meat-High Fat 3.5, Veg 0
Potato, Macaroni, Pasta 1/2 Pt																
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SALADS CON'T	Values include Meat/Poultry and Typical Vegetables but do not include salad dressings															
Potato, Macaroni, Pasta 1/2 Pt																
Potato, Macaroni, Pasta Pints																
MISCELLANEOUS																
Italian Dressing (2 tablespoons)	2	11	11	1.2	0.1	0	26.6	0.1	0	0	0	0	0	0	0	Fat 0