



NUTRITIONAL INFORMATION

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Menu items may vary on a daily basis by restaurant. Not all menu items are available at each restaurant. Nutritional values for each meal include those items which automatically come with that meal. Any time a choice is given for a side, information for those choices are listed separately under "sides".

Date: 1-7-19

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Sausage and Cheddar Scramble (1 ea.)	800	430	48g	18g	0g	565mg	1560mg	54g	7g	5g	38g
Denver Omelet (1 ea.)	400	220	24g	7g	0g	780mg	1120mg	10g	1g	6g	33g
Farmer's Omelet (1 ea.)	710	440	49g	21g	0g	820mg	1240mg	18g	2g	6g	47g
Twisted Texas Omelet (1 ea.)	720	410	46g	19g	0g	870mg	1260mg	14g	2g	7g	62g
French Toast Combo (1 ea.)	1100	390	44g	11g	5g	630mg	1240mg	151g	3g	50g	34g
Pancake Combo (1 ea.)	1190	420	47g	15g	5g	325mg	1810mg	171g	3g	62g	21g
Full Stack - Pancakes (1 ea.)	1050	340	37g	12g	4.5g	0mg	1690mg	170g	3g	61g	10g
Full Stack - French Toast (1 ea.)	970	310	34g	8g	5g	300mg	1110mg	151g	3g	50g	23g
Long Haul (1 ea.)	750	460	52g	18g	0g	330mg	1850mg	50g	1g	3g	19g
Chopped Steak and Eggs (1 ea.)	810	610	68g	26g	2.5g	480mg	550mg	less than 1g	0g	0g	49g
Grilled Chicken and Eggs (1 ea.)	420	150	17g	5g	0g	495mg	530mg	less than 1g	0g	0g	62g
Chicken Fried Steak and Eggs (1 ea.)	790	450	49g	17g	2g	440mg	2480mg	38g	less than 1g	0g	42g
Sirloin Steak and Eggs (1 ea.)	570	350	39g	15g	1.5g	440mg	850mg	less than 1g	0g	0g	54g
Mountain City Skillet (1 ea.)	830	400	45g	17g	1g	825mg	920mg	48g	6g	4g	58g
Biscuit, Gravy and Coffee (1 ea.)	450	200	22g	12g	0g	5mg	1610mg	52g	1g	3g	9g
Breakfast Sandwich (Bacon) (1 ea.)	570	290	33g	16g	0g	195mg	1840mg	47g	1g	4g	20g
Breakfast Sandwich (Sausage) (1 ea.)	630	350	39g	19g	0g	205mg	1810mg	46g	1g	3g	21g
Sausage Gravy, Eggs and Biscuit (1 ea.)	1420	870	96g	35g	0g	340mg	3840mg	104g	2g	6g	29g
Breakfast Tots (1 ea.)	1230	620	69g	22g	0g	390mg	3060mg	107g	12g	7g	41g
Two for You (1 ea.)	910	370	42g	12g	5g	325mg	1320mg	118g	2g	43g	18g
Oatmeal and Coffee (1 ea.)	400	45	5g	1.5g	0g	0mg	40mg	84g	9g	43g	9g
Loaded Baked Potato (1 ea.)	730	380	43g	16g	4.5g	65mg	770mg	68g	4g	6g	21g
Meatloaf (1 ea.)	1210	540	60g	19g	0g	180mg	4450mg	117g	6g	24g	43g
Baked Ziti (1 ea.)	1020	400	45g	15g	0g	95mg	2350mg	111g	10g	25g	48g
Goulash (1 ea.)	1090	510	57g	22g	0g	170mg	2480mg	81g	8g	14g	55g
Pepper Steak (1 ea.)	990	340	38g	13g	0g	120mg	3180mg	112g	6g	7g	45g
1 pc Lemon Pepper Whitefish (1 ea.)	100	40	4.5g	1.5g	0g	50mg	490mg	0g	0g	0g	15g
1 pc Cajun Whitefish (1 ea.)	110	40	4.5g	1.5g	0g	50mg	440mg	1g	0g	0g	15g
1 pc Southern Style Breaded Whitefish (1 ea.)	190	40	4.5g	1.5g	0g	50mg	1280mg	18g	0g	0g	16g
Arizona Ranch Jalapeno Burger (1 ea.)	1690	1160	129g	44g	4g	295mg	3270mg	60g	8g	18g	73g
Third Pound Steak Burger (1 ea.)	870	550	61g	18g	2g	110mg	1230mg	47g	7g	17g	33g
Third Pound Steak Burger with Cheese (1 ea.)	910	580	64g	20g	2g	120mg	1440mg	47g	7g	17g	36g
Third Pound Steak Burger with Bacon and Cheese (1 ea.)	1000	640	71g	22g	2g	140mg	1790mg	48g	7g	18g	42g
Patty Melt (1 ea.)	1240	840	93g	35g	2.5g	195mg	1250mg	45g	5g	6g	57g
Spicy Grilled Chicken Club Sandwich (1 ea.)	880	390	43g	11g	0g	210mg	1720mg	49g	7g	18g	72g
Big Rig Reuben (pre-sliced corned beef) (1 ea.)	1020	680	76g	22g	0g	150mg	3720mg	46g	4g	8g	45g
Big Rig Reuben (corned beef sliced on site) (1 ea.)	1110	770	86g	24g	0g	150mg	4000mg	46g	4g	8g	42g
Classic Grilled Cheese (1 ea.)	670	400	44g	19g	0g	60mg	2160mg	48g	2g	6g	23g
Grilled Ham and Cheese (1 ea.)	790	410	46g	15g	0g	130mg	3890mg	52g	2g	10g	44g
BLT (1 ea.)	730	350	39g	8g	0g	60mg	1590mg	78g	14g	28g	29g
Club (1 ea.)	1020	510	57g	16g	0g	135mg	3010mg	92g	10g	22g	47g
Turkey, Bacon, and Swiss Melt (1 ea.)	730	400	44g	14g	0g	120mg	2700mg	39g	4g	2g	41g
Chicken Tenders (1 ea.)	960	220	25g	4g	0g	155mg	2860mg	114g	8g	1g	66g
Golden Fried Shrimp Basket (1 ea.)	950	230	25g	4g	0g	135mg	2520mg	142g	8g	11g	32g
Chicken Parmesan Tots (1 ea.)	1100	400	44g	11g	0g	120mg	3830mg	117g	13g	11g	57g
Chicken Fried Chicken (1 ea.)	800	200	22g	6g	0g	170mg	2700mg	84g	3g	4g	64g
Chicken Breast Dinner (grilled) (1 ea.)	430	140	15g	3.5g	0g	165mg	690mg	17g	1g	0g	54g
Chicken Breast Dinner (cajun grilled) (1 ea.)	440	140	15g	3.5g	0g	165mg	480mg	18g	1g	0g	54g
Chicken Breast Dinner (lemon pepper grilled) (1 ea.)	430	140	15g	3.5g	0g	165mg	530mg	17g	1g	0g	54g

Chicken Teriyaki Stir Fry (1 ea.)	940	310	34g	11g	0g	150mg	2000mg	99g	8g	11g	51g
Grilled Salmon (1 ea.)	410	200	22g	4.5g	0g	95mg	660mg	17g	1g	0g	37g
Blackened Salmon (1 ea.)	410	200	22g	4.5g	0g	95mg	750mg	18g	1g	0g	37g
Whitefish Dinner (southern breaded) (1 ea.)	910	520	58g	14g	0g	180mg	2730mg	46g	2g	4g	49g
Whitefish Dinner (cajun grilled) (1 ea.)	680	450	50g	11g	0g	130mg	1440mg	27g	2g	4g	33g
Whitefish Dinner (blackened) (1 ea.)	680	450	50g	11g	0g	130mg	1430mg	26g	2g	4g	33g
Chef Salad (1 ea.)	600	310	34g	13g	0g	500mg	1900mg	30g	4g	7g	41g
Chicken Fried Steak Dinner (1 ea.)	1000	620	69g	19g	2g	115mg	2640mg	54g	2g	0g	34g
Pot Roast Dinner (1 ea.)	510	170	19g	5g	0g	90mg	2090mg	42g	3g	6g	43g
Spaghetti and Meatballs (1 ea.)	1880	650	72g	25g	0g	125mg	3160mg	237g	16g	30g	78g
Arizona Ranch Chicken Mac 'n Cheese (1 ea.)	1260	470	52g	18g	1g	155mg	6240mg	134g	5g	11g	63g
Mac 'n Cheese (1 ea.)	790	300	34g	16g	1g	65mg	2860mg	90g	3g	11g	31g
Porterhouse Dinner (1 ea.)	740	410	45g	17g	0g	135mg	1180mg	17g	1g	0g	63g
12 oz Ribeye Dinner (1 ea.)	860	540	60g	25g	3g	225mg	1440mg	19g	1g	1g	62g
8 oz Sirloin Dinner (1 ea.)	610	350	39g	14g	1.5g	110mg	1000mg	17g	1g	0g	46g
Smothered Chopped Steak Dinner (1 ea.)	920	610	68g	25g	2.5g	155mg	1400mg	34g	3g	3g	43g
Mashed Potatoes w/ Brown Gravy (1 ea.)	330	110	13g	3g	0g	less than 5mg	1370mg	45g	3g	3g	6g
Seasoned Fries (7 oz)	330	100	11g	1.5g	0g	0mg	380mg	49g	5g	0g	5g
Baked Potato (1 ea.)	540	240	27g	8g	0g	20mg	310mg	66g	4g	5g	8g
Tater Tots (8 oz)	410	170	19g	3g	0g	0mg	1300mg	53g	6g	0g	6g
Rice Pilaf (5 oz)	220	70	8g	3.5g	0g	15mg	670mg	33g	1g	1g	4g
Grits (11 oz)	390	200	22g	4.5g	4.5g	0mg	840mg	45g	2g	0g	4g
Grilled Green Beans (5 oz)	80	25	2.5g	0.5g	0g	0mg	320mg	13g	5g	2g	3g
Stir Fry Vegetables (1 ea.)	110	70	8g	3g	0g	0mg	230mg	7g	2g	4g	1g
Steamed Fresh Broccoli (4 oz)	130	110	12g	4.5g	0g	0mg	350mg	6g	2g	2g	3g
Sliced Tomatoes (3 slc)	10	0	0g	0g	0g	0mg	10mg	2g	0g	1g	0g
Cottage Cheese (3 1/4 oz)	90	35	4g	2.5g	0g	20mg	340mg	4g	0g	3g	10g
House Side Salad (without dressing) (1 ea.)	180	90	10g	5g	0g	25mg	290mg	14g	3g	4g	10g
Hash Browns (6 1/2 oz)	210	40	4.5g	1g	0g	0mg	470mg	38g	5g	0g	5g
Home Fries (6 1/2 oz)	200	40	4.5g	1g	0g	0mg	440mg	36g	5g	0g	4g
Sausage Patties (2 ea.)	300	240	26g	10g	0g	60mg	630mg	0g	0g	0g	14g
Sausage Links (4 ea.)	240	190	21g	8g	0g	55mg	500mg	1g	0g	1g	11g
Turkey Sausage Patties (1 ea.)	160	110	12g	4g	0g	70mg	380mg	2g	0g	0g	12g
Bacon (4 ea.)	180	130	14g	4g	0g	40mg	700mg	2g	0g	2g	12g
Corned Beef Hash (6 oz)	450	210	23g	12g	0g	90mg	600mg	17g	2g	2g	24g
Ham (5 oz)	200	90	10g	3.5g	0g	85mg	1940mg	5g	0g	3g	24g
Texas Toast (2 slc)	410	210	23g	4g	0g	0mg	690mg	45g	2g	6g	9g
White Toast (2 slc)	330	210	23g	4g	0g	0mg	520mg	25g	1g	3g	5g
Wheatberry Toast (2 slc)	900	470	53g	8g	0g	0mg	1410mg	90g	4g	8g	16g
Rye Toast (2 slc)	360	220	24g	4g	0g	0mg	490mg	30g	2g	0g	5g
English Muffin (1 ea.)	310	200	22g	4g	0g	0mg	460mg	25g	less than 1g	less than 1g	4g
Sourdough Toast (2 slc)	370	220	24g	4g	0g	0mg	580mg	30g	1g	1g	5g
Biscuit (1 ea.)	570	360	40g	14g	0g	0mg	1490mg	45g	1g	3g	6g
Oatmeal (1 1/2 cup)	210	40	4.5g	1.5g	0g	0mg	10mg	38g	6g	1g	7g
Side of Cream Gravy (1/2 cup)	80	35	3.5g	2g	0g	0mg	450mg	11g	0g	0g	0g
Side of Sausage Gravy (1/2 cup)	100	50	5g	2.5g	0g	10mg	510mg	9g	0g	0g	4g
Side of Brown Gravy (1/2 cup)	60	15	1.5g	0g	0g	0mg	740mg	9g	0g	0g	0g
Side of Tartar Sauce (1/4 cup)	280	250	28g	5g	0g	25mg	380mg	7g	0g	3g	0g
2 Eggs (1 ea.)	150	100	11g	3.5g	0g	325mg	125mg	less than 1g	0g	0g	11g
Short Stack (pancake) (1 ea.)	850	270	31g	9g	4.5g	0mg	1240mg	139g	2g	52g	7g
Short Stack (french toast) (1 ea.)	550	250	28g	6g	4.5g	145mg	720mg	67g	2g	18g	13g
Sweet Potato Fries (8 oz)	540	170	19g	3.5g	0g	0mg	740mg	89g	5g	44g	3g
Mac 'n Cheese (10 oz)	420	150	17g	9g	0.5g	45mg	1720mg	48g	1g	7g	19g
Onion Rings (8 1/2 oz)	900	580	65g	11g	0g	30mg	1190mg	75g	3g	10g	9g
Loaded Hash Browns (1 ea.)	440	190	21g	9g	0g	40mg	1970mg	46g	6g	4g	16g
Buffet Items	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
BBQ Bake (6 1/8 oz)	290	120	13g	4.5g	0g	50mg	950mg	29g	2g	14g	13g
BBQ Brisket (3 oz)	180	60	7g	2.5g	0g	45mg	690mg	18g	0g	15g	14g
BBQ Chicken (3 oz)	180	90	10g	3g	0g	50mg	990mg	9g	0g	8g	13g
BBQ Meatballs (3 oz)	230	120	13g	5g	0g	60mg	490mg	15g	0g	8g	12g

BBQ Pork Roast (3 oz)	280	60	7g	3g	0g	45mg	1840mg	39g	0g	36g	16g
BBQ Smoked Sausage (3 oz)	260	200	22g	7g	0g	50mg	780mg	7g	1g	5g	10g
Beef Short Ribs (3 oz)	160	80	9g	3.5g	0g	55mg	75mg	2g	0g	0g	16g
Chipotle Beef Ribs (3 oz)	140	60	7g	2.5g	0g	35mg	310mg	9g	0g	6g	11g
Pork BBQ Ribs (3 oz)	300	180	21g	8g	0g	70mg	480mg	12g	0g	11g	14g
Smoked Pork Chops (3 oz)	140	80	9g	3g	0g	45mg	310mg	0g	0g	0g	14g
Breakfast Frittata w/ Bacon (3 oz)	180	120	13g	4g	0g	280mg	270mg	3g	0g	less than 1g	11g
Breakfast Frittata w/ Ham (3 oz)	180	120	13g	4g	0g	280mg	300mg	4g	0g	less than 1g	11g
Breakfast Frittata w/ Links (3 oz)	180	120	14g	4.5g	0g	280mg	280mg	3g	0g	less than 1g	11g
Breakfast Frittata w/ Patties (3 oz)	190	130	14g	4.5g	0g	280mg	290mg	3g	0g	less than 1g	12g
Cajun Tomato Gravy with Poached Eggs (3 oz)	190	70	7g	2g	0g	135mg	340mg	23g	3g	2g	7g
Cool Summer Oatmeal (3 oz)	100	15	1.5g	0.5g	0g	less than 5mg	25mg	19g	2g	9g	3g
French Toast (1 ea.)	70	15	1.5g	0g	0g	45mg	125mg	12g	less than 1g	2g	4g
Grits (3 oz)	110	50	6g	1.5g	1.5g	0mg	230mg	12g	less than 1g	0g	1g
Hash Brown Casserole (3 oz)	120	50	6g	3.5g	0g	15mg	230mg	12g	2g	less than 1g	6g
Oatmeal (1/4 cup)	35	5	0.5g	0g	0g	0mg	0mg	6g	less than 1g	0g	1g
Pancake Syrup (3/8 cup)	300	0	0g	0g	0g	0mg	150mg	76g	0g	34g	0g
Pancakes (1 ea.)	110	25	2.5g	1.5g	0g	0mg	270mg	19g	less than 1g	6g	2g
Tater Tot Casserole (3 oz)	180	120	13g	6g	0g	35mg	340mg	6g	less than 1g	1g	8g
Trucker's Benedict (3 oz)	280	160	18g	7g	0g	260mg	900mg	15g	0g	3g	16g
Breakfast Burrito (1 ea.)	700	300	33g	11g	0g	510mg	2670mg	65g	4g	6g	35g
Bacon (4 ea.)	180	130	14g	4g	0g	40mg	700mg	2g	0g	2g	12g
Beef Hash (3 oz)	110	50	6g	2.5g	0g	20mg	170mg	9g	less than 1g	0g	5g
Bologna (2 oz)	120	90	10g	3g	0g	50mg	650mg	1g	0g	0g	7g
Egan Fried Chicken (3 oz)	410	80	9g	2g	0g	240mg	640mg	3g	0g	0g	75g
Polish Sausage (3 oz)	270	220	24g	8g	0g	55mg	740mg	5g	2g	3g	11g
Sausage Links (4 ea.)	240	190	21g	8g	0g	55mg	500mg	1g	0g	1g	11g
Sausage Patties (2 ea.)	300	240	26g	10g	0g	60mg	630mg	0g	0g	0g	14g
Scrapple (3 oz)	170	40	4.5g	1.5g	0g	20mg	420mg	23g	1g	9g	8g
Smoked Sausage (3 oz)	270	220	24g	8g	0g	55mg	740mg	5g	2g	3g	11g
Turkey Sausage (3 oz)	130	60	7g	1.5g	0g	65mg	500mg	0g	0g	0g	16g
Baked Cheese Grits Casserole (3 oz)	110	60	7g	2.5g	0.5g	25mg	150mg	8g	less than 1g	0g	4g
Beef Stew Casserole (3 oz)	180	90	10g	2.5g	1g	35mg	770mg	11g	1g	4g	13g
Breakfast Bake w/ Bacon (3 oz)	130	70	7g	3g	0g	110mg	420mg	9g	less than 1g	less than 1g	8g
Breakfast Bake w/ Ham (3 oz)	100	40	4.5g	2g	0g	100mg	270mg	9g	less than 1g	0g	6g
Breakfast Bake w/ Sausage (3 oz)	110	50	5g	2g	0g	105mg	310mg	9g	less than 1g	0g	6g
Breakfast Potato Casserole (3 oz)	110	50	6g	2.5g	0g	10mg	230mg	12g	1g	1g	3g
Cheesy Grits and Sausage Casserole (3 oz)	140	80	9g	3.5g	0g	45mg	320mg	7g	0g	0g	7g
Chicken Cacciatore (3 oz)	160	100	11g	3g	0g	40mg	140mg	5g	1g	2g	11g
Bone-In Ham (3 oz)	170	130	14g	4.5g	0g	50mg	960mg	2g	0g	2g	12g
Brisket (3 oz)	140	80	9g	3.5g	0g	55mg	65mg	0g	0g	0g	17g
Pork Loin (3 oz)	160	80	9g	3g	0g	50mg	40mg	0g	0g	0g	17g
Pork Roast (3 oz)	130	60	7g	3g	0g	45mg	250mg	0g	0g	0g	16g
Pork Shoulder (3 oz)	160	110	12g	4g	0g	50mg	380mg	0g	0g	0g	12g
Prime Rib Roast (3 oz)	150	70	8g	3.5g	0g	35mg	45mg	0g	0g	0g	19g
Roast Beef (3 oz)	120	35	4g	1.5g	0g	45mg	440mg	2g	0g	1g	19g
Rotisserie Chicken (3 oz)	180	110	13g	3.5g	0g	65mg	460mg	0g	0g	0g	16g
Slab of Ribs (3 oz)	240	180	20g	8g	0g	70mg	65mg	0g	0g	0g	14g
Turkey (3 oz)	130	60	6g	2g	0g	60mg	60mg	0g	0g	0g	17g
Baked Spaghetti (3 oz)	110	45	5g	2g	0g	15mg	300mg	11g	less than 1g	3g	4g
Baked Ziti (3 oz)	100	50	6g	3.5g	0g	30mg	180mg	8g	0g	2g	5g
Beef and Broccoli Stir Fry (3 oz)	45	15	1.5g	0g	0g	10mg	140mg	4g	1g	1g	4g
Beef and Noodles (3 oz)	140	50	6g	2.5g	0g	35mg	200mg	14g	less than 1g	1g	6g
Beef and Pasta Shell Casserole (3 oz)	170	80	8g	3.5g	0g	30mg	250mg	14g	1g	2g	10g
Beef Enchiladas (1 ea.)	150	80	9g	3g	0g	20mg	710mg	11g	2g	2g	6g
Beef Goulash with Noodles (1/4 cup)	50	10	1.5g	0.5g	0g	15mg	80mg	7g	0g	less than 1g	2g
Beef Macaroni and Tomato (3 oz)	170	35	4g	1.5g	0g	10mg	260mg	27g	2g	4g	7g
Beef Romanoff (1/4 cup)	80	35	4g	1.5g	0g	20mg	115mg	7g	0g	less than 1g	3g
Beef Stroganoff (TA) (3 oz)	90	40	4.5g	2g	0g	30mg	130mg	2g	0g	1g	10g
Beef Stroganoff (Petro) (3 oz)	160	70	8g	3g	0g	30mg	350mg	4g	less than 1g	1g	16g
Chicken and Biscuit Pie (3 oz)	120	40	4.5g	1.5g	0g	35mg	710mg	8g	less than 1g	2g	12g
Chicken and Broccoli Stir Fry (3 oz)	50	15	2g	0.5g	0g	10mg	135mg	4g	1g	1g	5g

Chicken and Dumplings (3 oz)	240	15	2g	0.5g	0g	45mg	950mg	45g	1g	16g	8g
Chicken and Noodles (Petro) (3 oz)	130	10	1g	0g	0g	30mg	530mg	24g	1g	11g	6g
Chicken and Noodles (TA) (3 oz)	90	15	2g	0.5g	0g	35mg	310mg	9g	0g	less than 1g	10g
Chicken and Rice Casserole (3 oz)	60	15	2g	1g	0g	15mg	125mg	5g	0g	less than 1g	6g
Chicken Cacciatore (TA Buffet) (3 oz)	100	25	3g	0.5g	0g	15mg	350mg	12g	2g	2g	7g
Chicken Pot Pie (3 oz)	80	25	2.5g	0.5g	0g	5mg	260mg	11g	less than 1g	6g	2g
Chicken Stuffing Casserole (As served)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Chili Macaroni (1/4 cup)	80	40	4.5g	2.5g	0g	10mg	310mg	7g	less than 1g	2g	4g
Country Pork Casserole (3 oz)	150	70	8g	3g	0g	25mg	270mg	13g	less than 1g	2g	8g
Creamy Turkey and Vegetable Casserole (3 oz)	100	20	2.5g	0.5g	0g	25mg	430mg	15g	less than 1g	6g	6g
Creamy Chicken and Vegetable Casserole (3 oz)	100	15	1.5g	0g	0g	30mg	430mg	15g	less than 1g	6g	7g
Creamy Seafood and Pasta (3 oz)	100	40	4g	1.5g	0g	15mg	320mg	10g	0g	4g	4g
Frank-n-Cheese Casserole (3 oz)	240	130	14g	5g	0g	25mg	500mg	20g	1g	3g	8g
Goulash, Turkey or Chicken (3 oz)	100	40	4.5g	1g	0g	15mg	400mg	9g	less than 1g	less than 1g	5g
Green Bean Casserole (1/2 cup)	120	70	8g	3.5g	0g	less than 5mg	520mg	12g	3g	3g	3g
Ham Romanoff (1/4 cup)	50	15	1.5g	0.5g	0g	10mg	105mg	7g	0g	less than 1g	1g
Lasagna (1 ea.)	240	100	11g	6g	0g	40mg	710mg	18g	3g	5g	16g
Pasta Alfredo with Chicken (3 oz)	120	35	4g	2g	0g	30mg	250mg	10g	0g	2g	12g
Pasta Alfredo with Meatballs (3 oz)	110	45	5g	2.5g	0g	15mg	270mg	10g	less than 1g	2g	6g
Pasta Alfredo with Sausage (3 oz)	130	50	6g	3g	0g	15mg	360mg	13g	less than 1g	2g	6g
Pasta Alfredo with Shrimp (3 oz)	120	35	3.5g	2g	0g	55mg	290mg	11g	less than 1g	2g	10g
Potato and Ham Casserole (1/4 cup)	25	0	0g	0g	0g	0mg	330mg	5g	less than 1g	less than 1g	less than 1g
Sausage, Rice and Tomato Casserole (3 oz)	320	200	23g	7g	0g	50mg	1030mg	19g	2g	4g	12g
Scalloped Potatoes and Ham (3 oz)	230	90	10g	3g	0g	20mg	720mg	25g	2g	4g	10g
Tuna Noodle Casserole (1/4 cup)	120	45	4.5g	2g	0g	30mg	310mg	11g	1g	1g	8g
Baked Pasta (3 oz)	80	30	3.5g	1.5g	0g	10mg	160mg	8g	less than 1g	2g	5g
Amish Baked Noodle & Ham (5 oz)	130	40	4.5g	2g	0g	25mg	160mg	18g	less than 1g	2g	4g
Chicken Broccoli Casserole (3 oz)	170	120	14g	2.5g	0g	30mg	420mg	6g	1g	less than 1g	6g
Chicken Divan (3 oz)	190	110	12g	4g	0g	30mg	560mg	12g	1g	less than 1g	11g
Tater Tot & Broccoli Casserole (4 oz)	210	120	14g	5g	0g	80mg	530mg	10g	1g	3g	11g
Chicken Primavera Pasta (1 cup)	360	140	15g	5g	0g	60mg	970mg	31g	2g	4g	26g
Apple Cobbler (1/4 cup)	90	20	2.5g	0g	0g	0mg	25mg	15g	1g	8g	2g
Apple Crisp (1 ea.)	250	70	8g	1.5g	0g	0mg	130mg	43g	2g	30g	2g
Apple Fritters (1 ea.)	40	5	0.5g	0g	0g	15mg	50mg	8g	0g	4g	1g
Blueberry Cobbler (1/4 cup)	130	20	2.5g	0g	0g	0mg	30mg	25g	2g	15g	1g
Brownies (1 ea.)	370	130	14g	3g	1.5g	15mg	370mg	68g	0g	45g	3g
Brownies with Glaze (1 ea.)	560	220	25g	4.5g	1.5g	15mg	450mg	93g	less than 1g	68g	4g
Buttermilk Pie (1 slc)	350	180	20g	5g	0g	80mg	410mg	47g	2g	34g	4g
Cheesecake (chocolate crust) (1 ea.)	260	70	8g	5g	0g	less than 5mg	410mg	42g	0g	32g	5g
Cheesecake (graham cracker crust) (1 ea.)	270	80	9g	6g	0g	less than 5mg	360mg	40g	0g	30g	6g
Summer Berry Cobbler (1/4 cup)	140	20	2.5g	0g	0g	0mg	30mg	28g	2g	18g	1g
Chocolate Mousse (3 oz)	190	80	9g	9g	0g	0mg	160mg	25g	2g	20g	3g
Chocolate Volcano Cake (1 ea.)	330	50	6g	4.5g	0g	35mg	460mg	62g	1g	40g	5g
Cinnamon Coffee Cake (1 ea.)	250	90	9g	2g	0g	40mg	270mg	40g	0g	26g	3g
Cinnamon Streusel Coffee Cake (3 oz)	80	20	2g	0.5g	0g	5mg	90mg	15g	0g	8g	1g
Custard Bread Pudding (3 oz)	230	60	7g	0g	0g	45mg	210mg	39g	less than 1g	23g	5g
Homemade Bread Pudding (As served)	150	30	3.5g	1.5g	0g	70mg	200mg	27g	1g	16g	6g
Peach Cobbler (1/4 cup)	130	20	2.5g	0g	0g	0mg	30mg	25g	1g	15g	1g
Peach Fritters (1 ea.)	45	5	0.5g	0g	0g	15mg	50mg	9g	0g	6g	less than 1g
Pecan Pie (1 slc)	570	210	23g	4.5g	0g	145mg	460mg	100g	3g	53g	8g
Pumpkin Pie (1 slc)	330	100	11g	4.5g	0g	60mg	380mg	58g	2g	42g	6g
Strawberry Mousse (3 oz)	210	110	13g	12g	0g	0mg	170mg	24g	0g	22g	1g
Strawberry Pie (1 slc)	240	60	7g	2.5g	0g	0mg	230mg	41g	2g	22g	2g
Sticky Buns (1 ea.)	280	40	4.5g	0.5g	0g	less than 5mg	200mg	59g	less than 1g	28g	3g
Chocolate Cake (fudge icing) (3 oz)	270	90	10g	3g	0g	75mg	480mg	42g	1g	25g	4g
Chocolate Cake (plain) (3 oz)	260	90	10g	2.5g	0.5g	85mg	520mg	40g	less than 1g	22g	4g
Chocolate Cake (vanilla icing) (As served)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Chocolate Cake (vanilla icing) (3 oz)	280	100	11g	3g	0g	75mg	460mg	41g	less than 1g	25g	4g
Yellow Cake (fudge icing) (3 oz)	260	90	10g	2.5g	0g	60mg	360mg	42g	0g	26g	3g
Yellow Cake (plain) (3 oz)	250	90	10g	2g	0.5g	70mg	380mg	41g	0g	23g	4g
Yellow Cake (vanilla icing) (3 oz)	270	100	11g	2.5g	0g	60mg	340mg	42g	0g	26g	3g
Raspberry Cobbler (1/4 cup)	130	20	2.5g	0g	0g	0mg	30mg	26g	1g	16g	1g

Chorizo for Eggs (3 oz)	390	290	33g	12g	0g	75mg	1050mg	2g	0g	0g	20g
Cubed Smoked Sausage (3 oz)	270	220	24g	8g	0g	55mg	740mg	5g	2g	3g	11g
Diced Bologna (3 oz)	180	140	15g	4.5g	0g	75mg	970mg	2g	0g	0g	11g
Salsa (1/4 cup)	10	0	0g	0g	0g	0mg	410mg	2g	0g	2g	0g
Au Gratin Potatoes with Ham (3 oz)	210	50	5g	3g	0g	20mg	860mg	34g	3g	4g	10g
Beef Pepper Steak (3 oz)	120	40	4g	1.5g	0g	35mg	540mg	8g	1g	3g	12g
Beef Tips (3 oz)	100	25	3g	1g	0g	40mg	610mg	4g	less than 1g	less than 1g	14g
Beef Tips and Mushrooms (3 oz)	100	35	4g	1.5g	0g	35mg	230mg	2g	0g	0g	13g
Burgundy Beef Tips (3 oz)	100	35	4g	1.5g	0g	35mg	250mg	2g	0g	0g	13g
Cajun Pork Tips with Rice (3 oz)	190	80	8g	3g	0g	30mg	340mg	17g	less than 1g	less than 1g	11g
Chicken Spaghetti (3 oz)	180	80	9g	3g	0g	45mg	450mg	11g	less than 1g	2g	12g
Chicken Stir Fry (3 oz)	110	70	7g	2g	0g	30mg	260mg	4g	1g	2g	8g
Comed Beef and Cabbage (3 oz)	110	70	8g	2.5g	0g	25mg	630mg	2g	less than 1g	1g	8g
Ham and Beans (3 oz)	50	10	1.5g	0g	0g	10mg	510mg	5g	1g	1g	4g
Home Style Pork and Beans (3 oz)	150	25	2.5g	0.5g	0g	5mg	590mg	28g	4g	14g	6g
Hot Chicken Wings (3 oz)	230	140	15g	4g	0g	55mg	1710mg	8g	0g	0g	15g
Italian Meatballs (3 oz)	120	60	7g	2.5g	0g	20mg	310mg	7g	1g	3g	7g
Italian Sausage with Peppers and Onions (3 oz)	360	240	26g	9g	0g	90mg	1090mg	5g	less than 1g	2g	23g
Konisberger Klops (1 oz)	80	45	5g	2g	0g	25mg	200mg	4g	0g	0g	4g
Lima Beans and Ham (3 oz)	60	15	2g	0.5g	0g	10mg	320mg	7g	1g	2g	4g
Louisiana Pork Creole (3 oz)	170	70	8g	3g	0g	25mg	340mg	15g	2g	10g	7g
Meat and Cabbage Stew (3 oz)	90	50	6g	2g	0g	15mg	180mg	5g	1g	1g	5g
Pepper Steak (3 oz)	160	80	9g	3g	0g	40mg	690mg	6g	less than 1g	2g	12g
Polish Sausage and Sauerkraut (3 oz)	160	120	13g	4g	0g	30mg	820mg	7g	3g	4g	6g
Polish Sausage with Tomatoes (3 oz)	160	110	12g	3.5g	0g	25mg	740mg	9g	2g	5g	6g
Potato Pierogies (3 oz)	300	160	18g	4g	0g	less than 5mg	1530mg	29g	2g	3g	4g
Red Beans and Sausage (3 oz)	110	50	6g	1.5g	0g	10mg	440mg	9g	3g	1g	5g
Soft Beef Burrito (1 ea.)	580	250	28g	10g	0g	60mg	3450mg	62g	3g	7g	23g
Soft Chicken Burrito (1 ea.)	480	130	15g	5g	0g	65mg	2050mg	58g	2g	6g	32g
Southern Pork and Beans (3 oz)	90	0	0.5g	0g	0g	0mg	320mg	20g	3g	10g	3g
Southwest Style Pork and Beans (1/4 cup)	100	15	1.5g	0g	0g	less than 5mg	460mg	18g	2g	9g	4g
Spanish Meatballs (1 ea.)	90	60	7g	3g	0g	20mg	180mg	less than 1g	0g	0g	5g
Stuffed Peppers (1 ea.)	390	140	16g	6g	0g	45mg	860mg	46g	9g	19g	17g
Swedish Meatballs (1 ea.)	90	50	6g	2g	0g	15mg	260mg	4g	0g	0g	5g
Taco Meat (3 oz)	260	170	19g	7g	0g	65mg	350mg	4g	1g	0g	16g
Tomato Beef with Green peppers (3 oz)	250	160	18g	4g	0g	45mg	420mg	4g	0g	3g	16g
Tortellini with Spaghetti Sauce (3 oz)	200	45	5g	2g	0g	25mg	370mg	31g	2g	2g	9g
Turkey Goulash (3 oz)	100	40	4.5g	1g	0g	15mg	400mg	9g	less than 1g	less than 1g	5g
Zesty Ham Salad (1/4 cup)	110	60	7g	1.5g	0g	10mg	260mg	10g	less than 1g	less than 1g	3g
Southwest Pork and Beans (1/4 cup)	100	15	1.5g	0g	0g	less than 5mg	460mg	18g	2g	9g	4g
Swiss Steak (1 ea.)	210	100	11g	3.5g	0g	55mg	770mg	9g	less than 1g	2g	17g
Soft Chicken Burrito (1 ea.)	480	130	15g	5g	0g	65mg	2050mg	58g	2g	6g	32g
Irish Stew (4 oz)	90	35	4g	1.5g	0g	25mg	510mg	7g	less than 1g	2g	8g
Shepherd's Pie (3 oz)	180	90	10g	3g	0g	20mg	320mg	15g	1g	2g	7g
Teriyaki Chicken (3 oz)	150	45	5g	1.5g	0g	60mg	530mg	4g	0g	3g	19g
Clam Strips (3 oz)	230	90	11g	3g	0g	10mg	550mg	24g	less than 1g	4g	8g
Fried Fish Sticks (3 oz)	180	80	9g	1.5g	0g	35mg	360mg	16g	less than 1g	0g	10g
Fried Shrimp (3 oz)	130	10	1g	0g	0g	60mg	440mg	20g	1g	1g	8g
Hush Puppies (3 oz)	150	15	1.5g	0g	0g	30mg	430mg	31g	3g	2g	5g
Pub Cut Battered Pollock (3 oz)	190	80	9g	1.5g	0g	25mg	540mg	19g	0g	0g	7g
Brown Gravy (1/4 cup)	30	5	0.5g	0g	0g	0mg	370mg	4g	0g	0g	0g
Country Gravy (1/4 cup)	40	15	2g	1g	0g	0mg	230mg	6g	0g	0g	0g
Hamburger Gravy (3 oz)	280	170	19g	7g	0g	60mg	820mg	9g	1g	less than 1g	15g
Horseradish Sauce (1/4 cup)	100	50	6g	5g	0g	25mg	360mg	6g	0g	2g	1g
Sausage Gravy (1/4 cup)	50	25	2.5g	1.5g	0g	less than 5mg	250mg	4g	0g	0g	2g
Au Jus (1/4 cup)	10	0	0g	0g	0g	0mg	640mg	2g	0g	0g	0g
Pork Gravy (1/4 cup)	15	0	0g	0g	0g	0mg	320mg	3g	0g	0g	less than 1g
Alfredo Sauce (1/4 cup)	140	110	12g	4.5g	0g	10mg	440mg	5g	0g	3g	4g
Chicken Gravy (1/4 cup)	20	10	1g	0g	0g	0mg	300mg	4g	0g	1g	0g
Turkey Gravy (1/4 cup)	10	0	0g	0g	0g	0mg	360mg	3g	0g	0g	0g
BBQ Gravy (1/4 cup)	60	0	0g	0g	0g	0mg	690mg	14g	0g	12g	0g
Cream Sauce (1/4 cup)	100	60	7g	2g	0g	5mg	270mg	6g	0g	3g	3g

Garlic Sauce for Pasta (1/4 cup)	500	490	54g	12g	0g	10mg	1090mg	0g	0g	0g	4g
Cocktail Sauce (2 oz)	60	0	0g	0g	0g	0mg	630mg	15g	0g	8g	0g
Ranchero Sauce (2 oz)	45	25	2.5g	0.5g	0g	0mg	250mg	4g	0g	less than 1g	0g
Salsa Gravy (1/4 cup)	25	5	0.5g	0g	0g	0mg	370mg	4g	0g	0g	0g
Spaghetti Meat Sauce (IS) (1/4 cup)	60	30	3.5g	1g	0g	10mg	330mg	5g	less than 1g	3g	4g
Spanish Sauce (1/4 cup)	50	10	1.5g	0g	0g	0mg	550mg	10g	less than 1g	6g	0g
Spaghetti Sauce (1/4 cup)	25	0	0.5g	0g	0g	0mg	250mg	5g	1g	3g	1g
Deluxe Pasta Sauce (1/4 cup)	40	10	1g	0g	0g	0mg	260mg	8g	2g	5g	2g
Sweet Chili Sauce (1/4 cup)	110	0	0g	0g	0g	0mg	300mg	29g	0g	25g	2g
Sliced Strawberries in Juice (3 oz)	90	0	0g	0g	0g	0mg	0mg	23g	1g	20g	0g
Strawberry Glaze (3 oz)	130	0	0g	0g	0g	0mg	50mg	31g	0g	25g	0g
Caldillo (Mexican Beef Stew) (3 oz)	90	40	4.5g	1.5g	0g	15mg	150mg	6g	less than 1g	less than 1g	6g
Chicken and Cheese Chiles (1 ea.)	90	35	4g	1.5g	0g	15mg	80mg	5g	0g	3g	6g
Chicken Enchiladas (1 ea.)	140	50	5g	1.5g	0g	25mg	730mg	14g	2g	4g	9g
Chili Colorado Beef Stew (1 cup)	260	120	13g	5g	0g	80mg	1340mg	10g	1g	less than 1g	25g
Chili Colorado Pork Stew (1 cup)	260	150	17g	5g	0g	65mg	1800mg	10g	1g	less than 1g	17g
Chile Con Queso (3 oz)	150	80	9g	6g	0g	35mg	740mg	7g	0g	4g	9g
Chile Relleno (3 oz)	130	60	7g	3g	0g	60mg	260mg	9g	0g	0g	7g
Chile Verde Con Carne De Res (3 oz)	200	40	4.5g	2g	0g	65mg	690mg	15g	2g	2g	24g
Enchilada Casserole (3 oz)	60	25	3g	1.5g	0g	15mg	135mg	3g	0g	0g	5g
Flautas (1 ea.)	80	30	3.5g	1g	0g	20mg	25mg	7g	0g	0g	6g
Frijoles Charros (5 oz)	130	80	8g	2.5g	0g	25mg	890mg	5g	less than 1g	1g	8g
Green Chile & Chicken Enchilada Casserole (3 oz)	100	60	6g	2.5g	0g	20mg	280mg	5g	0g	1g	6g
Green Chili Beef Stew (1 cup)	260	110	13g	5g	0g	80mg	1140mg	11g	1g	2g	24g
Green Chili Pork Stew (1 cup)	260	140	16g	5g	0g	65mg	1570mg	11g	1g	2g	17g
Green Chili Rice (3 oz)	110	20	2g	0g	0g	0mg	170mg	21g	0g	0g	2g
Menudo (1 3/8 cup)	200	50	6g	1.5g	0g	145mg	2110mg	19g	5g	less than 1g	15g
Mexican Cornbread (3 oz)	190	80	9g	2.5g	0g	45mg	430mg	26g	2g	5g	6g
Mexican Sour Cream Rice (3 oz)	250	80	9g	6g	0g	35mg	440mg	33g	0g	4g	9g
Picadillo (3 oz)	210	130	15g	6g	0g	55mg	470mg	5g	less than 1g	less than 1g	13g
Pork Chile Colorado (3 oz)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Pork Pozole (1 3/8 cup)	150	70	8g	2.5g	0g	35mg	1780mg	6g	1g	less than 1g	12g
Refried Beans (3 oz)	150	60	6g	1.5g	0g	15mg	1630mg	14g	3g	2g	8g
Salsa Roja (1/4 cup)	50	0	0g	0g	0g	0mg	1640mg	10g	less than 1g	1g	0g
Salsa Verde (1/4 cup)	60	0	0g	0g	0g	0mg	250mg	13g	less than 1g	less than 1g	0g
Taco Meat (3 oz)	210	140	15g	6g	0g	55mg	620mg	5g	less than 1g	less than 1g	13g
Taco Salad (1 ea.)	1510	380	42g	17g	0g	105mg	1740mg	230g	43g	82g	51g
Baked Haddock (1 ea.)	350	210	24g	9g	0g	105mg	990mg	0g	0g	0g	32g
Baked Lemon Pepper Pollock (1 ea.)	140	80	9g	1.5g	1g	60mg	170mg	2g	less than 1g	less than 1g	15g
Baked Salmon (3 oz)	110	50	5g	1g	0g	45mg	40mg	0g	0g	0g	17g
Baked Whitefish Scampi (3 oz)	140	100	11g	3g	2.5g	30mg	210mg	1g	0g	0g	9g
Baked Whitefish Supreme (1 ea.)	180	100	11g	3g	0g	55mg	400mg	4g	0g	2g	15g
Cajun Style Catfish (3 oz)	120	25	3g	1g	0g	30mg	740mg	13g	less than 1g	0g	10g
Clams (3 oz)	50	10	1.5g	1g	0g	less than 5mg	640mg	0g	0g	0g	10g
Crab Legs (3 oz)	90	10	1.5g	0g	0g	45mg	910mg	0g	0g	0g	16g
Crawfish (3 oz)	50	5	1g	0g	0g	90mg	590mg	0g	0g	0g	11g
Creole Shrimp with Rice (1/4 cup)	40	10	1.5g	0g	0g	15mg	65mg	4g	0g	less than 1g	3g
Herb Baked Whitefish (1 ea.)	390	180	20g	5g	0g	75mg	1320mg	24g	2g	1g	27g
Lemon Pepper Whitefish (1 ea.)	180	110	13g	3.5g	0g	50mg	420mg	1g	less than 1g	less than 1g	15g
Pasta with Clam Sauce (1/4 cup)	130	60	6g	2g	0g	10mg	290mg	13g	0g	3g	4g
Seafood Fettuccine (3 oz)	140	50	5g	1.5g	0g	30mg	300mg	18g	less than 1g	2g	5g
Seasoned Grilled Catfish (3 oz)	170	110	12g	2.5g	0g	40mg	105mg	less than 1g	0g	0g	13g
Shrimp with Snow Peas (3 oz)	150	90	10g	1.5g	0g	60mg	430mg	6g	less than 1g	4g	9g
Southwest Seasoned Whitefish (1 ea.)	190	110	13g	3.5g	0g	50mg	860mg	2g	0g	2g	15g
Steamed Fish (1 ea.)	100	45	5g	1g	0g	60mg	560mg	0g	0g	0g	15g
Steamed Mussels (1 ea.)	30	5	1g	0g	0g	10mg	65mg	1g	0g	less than 1g	4g
Teriyaki Glazed Fish (1 ea.)	130	40	4.5g	1.5g	0g	50mg	1010mg	6g	0g	5g	15g
Baked Lemon Pepper Whitefish (1 ea.)	110	45	5g	2g	0g	50mg	590mg	less than 1g	0g	0g	15g
Cajun Smoked Salmon Pasta (3 oz)	140	60	7g	1.5g	0g	15mg	310mg	11g	less than 1g	2g	7g
Smoked Salmon Pasta Alfredo (3 oz)	150	80	9g	2.5g	0g	15mg	380mg	11g	less than 1g	2g	7g
Au Gratin Potatoes (Petro) (3 oz)	160	90	10g	3g	0g	10mg	470mg	13g	less than 1g	4g	5g
Au Gratin Potatoes (TA) (3 oz)	70	15	2g	1g	0g	less than 5mg	180mg	13g	1g	1g	2g

Baked Hominy and Cheese (3 oz)	110	40	4.5g	2g	0g	15mg	720mg	11g	3g	1g	5g
Baked Potatoes (1 ea.)	540	240	27g	8g	0g	20mg	310mg	66g	4g	5g	8g
Baked Potatoes Stuffed with Broccoli (1 ea.)	280	0	0g	0g	0g	0mg	20mg	64g	4g	4g	7g
Buckhorn Baked Beans (3 oz)	120	20	2g	0g	0g	less than 5mg	450mg	22g	3g	10g	5g
Cajun Mac & Cheese (3 oz)	80	25	2.5g	1.5g	0g	less than 5mg	470mg	12g	0g	2g	3g
Cajun Potato Wedges (Fried) (3 oz)	70	0	0g	0g	0g	0mg	60mg	16g	less than 1g	less than 1g	2g
Candied Sweet Potatoes (3 oz)	90	0	0.5g	0g	0g	0mg	15mg	22g	2g	10g	less than 1g
Candied Yams (3 oz)	130	25	3g	0g	0g	0mg	80mg	27g	2g	16g	0g
Cornbread Dressing (3 oz)	190	80	8g	1.5g	1g	15mg	1120mg	27g	2g	8g	3g
Country Hash Browns (1/4 cup)	50	15	1.5g	0.5g	0g	less than 5mg	390mg	8g	1g	2g	2g
Country Potatoes and Bacon (3 oz)	140	70	8g	2.5g	0g	20mg	410mg	12g	less than 1g	less than 1g	7g
Dressing (Pork Chops) (3 oz)	90	45	5g	1g	0g	15mg	190mg	8g	less than 1g	2g	2g
Egg Noodles (3 oz)	360	70	8g	2g	0.5g	100mg	40mg	60g	2g	3g	12g
Hash Browns (3 oz)	100	20	2g	0g	0g	0mg	220mg	17g	2g	0g	2g
Home Fries (3 oz)	70	0	0g	0g	0g	0mg	80mg	17g	2g	0g	2g
Macaroni (3 oz)	120	10	1.5g	0g	0g	0mg	10mg	23g	1g	1g	4g
Macaroni and Cheese (3 oz)	80	45	5g	1.5g	0g	less than 5mg	330mg	9g	0g	2g	3g
Mashed Potatoes (3 oz)	100	35	4g	1g	0g	0mg	220mg	13g	1g	1g	2g
Pasta Primavera (3 oz)	120	25	2.5g	1.5g	0g	5mg	190mg	18g	1g	3g	5g
Scalloped Potatoes (3 oz)	90	30	3g	1g	0g	less than 5mg	180mg	12g	1g	2g	3g
Seasoned Red Potatoes (3 oz)	190	80	9g	1.5g	0g	0mg	480mg	24g	3g	1g	3g
Spaghetti Noodles (3 oz)	190	45	5g	1.5g	0g	0mg	720mg	31g	1g	2g	5g
Sugar Glazed Potatoes (3 oz)	170	20	2g	0g	0g	0mg	690mg	34g	3g	12g	2g
Potato Fritters (PA Dutch) (1 ea.)	180	50	5g	1.5g	0g	170mg	540mg	21g	less than 1g	2g	9g
Rotini Noodles (3 oz)	240	25	2.5g	0g	0g	15mg	15mg	47g	2g	2g	8g
Tater Tots (3 oz)	170	80	8g	1.5g	0g	0mg	510mg	20g	2g	0g	2g
Tri-Color Rotini (3 oz)	250	25	2.5g	0g	0g	0mg	40mg	48g	1g	2g	8g
Au Gratin Potatoes with Bacon (6 oz)	260	80	9g	5g	0g	15mg	610mg	40g	3g	5g	8g
Cheddar and Bacon Mashed Potatoes (4 oz)	200	80	9g	2.5g	0g	10mg	550mg	24g	2g	3g	5g
Creole Red Beans and Rice (3 oz)	60	25	3g	1g	0g	less than 5mg	190mg	6g	less than 1g	less than 1g	2g
Cajun Red Beans (3 oz)	50	15	2g	0.5g	0g	10mg	360mg	4g	1g	0g	5g
Okra and Rice (3 oz)	80	0	0g	0g	0g	0mg	400mg	18g	1g	3g	2g
Macaroni & Cheese (1 cup)	290	110	12g	6g	0g	25mg	730mg	37g	1g	5g	13g
Potato Wedges (3 oz)	100	30	3g	1.5g	0g	10mg	140mg	13g	less than 1g	less than 1g	4g
Boiled Rice (3 oz)	110	0	0g	0g	0g	0mg	0mg	24g	0g	0g	2g
Broccoli and Rice Casserole (3 oz)	160	15	2g	1g	0g	less than 5mg	220mg	31g	0g	less than 1g	4g
Dirty Rice (Petro) (3 oz)	110	50	5g	2g	0g	55mg	260mg	9g	0g	less than 1g	6g
Dirty Rice (TA) (1/4 cup)	110	20	2g	0g	0g	0mg	320mg	20g	less than 1g	less than 1g	3g
Rice Pilaf (3 oz)	160	70	7g	1.5g	0g	0mg	690mg	21g	less than 1g	1g	3g
Rice, Boiled (3 oz)	110	0	0g	0g	0g	0mg	0mg	24g	0g	0g	2g
Rice, Steamed (3 oz)	150	0	0g	0g	0g	0mg	520mg	32g	0g	0g	3g
Spanish Rice (3 oz)	60	30	3.5g	0.5g	0g	0mg	310mg	7g	less than 1g	1g	1g
Baked Fresh French Bread (1 slc)	150	10	1g	0g	0g	0mg	380mg	31g	1g	1g	5g
Baked Fresh Italian Loaf (1 slc)	150	15	1.5g	0g	0g	0mg	360mg	29g	1g	2g	5g
Baked Fresh Whole Wheat Loaf (1 slc)	150	20	2g	0g	0g	0mg	290mg	29g	2g	3g	5g
Biscuits (1 ea.)	370	160	18g	10g	0g	0mg	1210mg	45g	1g	3g	6g
Brown Sugar-Cinnamon Butter (1 oz)	160	140	15g	3.5g	3.5g	0mg	140mg	9g	0g	9g	0g
Cornbread (3 oz)	180	35	3.5g	0.5g	1.5g	0mg	550mg	31g	1g	4g	3g
Cornbread Muffins (3/8 cup)	170	25	2.5g	1g	0g	85mg	470mg	30g	2g	6g	6g
Dinner Rolls (1 ea.)	120	20	2g	0g	0g	0mg	170mg	22g	1g	5g	3g
Fruit Muffins (apple) (1 ea.)	160	35	4g	1g	2g	less than 5mg	300mg	28g	0g	12g	2g
Fruit Muffins (cherry) (1 ea.)	180	35	4g	1g	2g	less than 5mg	300mg	32g	0g	15g	2g
Garlic Breadsticks (1 ea.)	140	45	5g	1g	0g	0mg	260mg	20g	1g	1g	3g
Homemade Cornbread (3 oz)	230	100	12g	2.5g	0g	30mg	310mg	28g	2g	5g	4g
Mocha Muffins (1 ea.)	190	50	6g	2g	2g	less than 5mg	310mg	31g	less than 1g	14g	3g
Muffins (1 ea.)	160	35	4g	1g	2g	less than 5mg	300mg	27g	0g	11g	2g
Sweet Cornbread (3 oz)	220	40	4g	1g	1.5g	0mg	630mg	42g	2g	13g	3g
Whipped Butter (3 oz)	570	600	66g	14g	14g	0mg	610mg	0g	0g	0g	0g
Jalapeno Cornbread (1 ea.)	220	60	7g	1.5g	1.5g	less than 5mg	990mg	36g	1g	11g	4g
Brown Sugar/Cinnamon Butter (1 oz)	160	140	15g	3.5g	3.5g	0mg	140mg	9g	0g	9g	0g
Breadsticks (caraway seeds) (1 ea.)	80	5	0.5g	0g	0g	0mg	160mg	14g	0g	0g	3g
Breadsticks (garlic and parm) (1 ea.)	80	5	0.5g	0g	0g	0mg	160mg	14g	0g	0g	3g

Breadsticks (kosher salt) (1 ea.)	80	5	0.5g	0g	0g	0mg	180mg	14g	0g	0g	3g
Breadsticks (Parmesan butter) (1 ea.)	80	10	1g	0g	0g	0mg	150mg	14g	0g	0g	3g
Breadsticks (poppy seeds) (1 ea.)	80	5	0.5g	0g	0g	0mg	160mg	14g	0g	0g	3g
Breakfast Burrito (Petro) (1 ea.)	700	300	33g	11g	0g	510mg	2670mg	65g	4g	6g	35g
Breakfast Strata (3 oz)	100	35	3.5g	1.5g	0g	60mg	300mg	10g	0g	3g	6g
Denver Style Eggs (3 oz)	130	90	10g	3g	0g	275mg	170mg	1g	0g	1g	10g
Egg Burrito (1 ea.)	90	25	2.5g	1g	0g	5mg	330mg	14g	less than 1g	1g	3g
Scrambled Eggs (1/4 cup)	100	70	7g	2g	0g	250mg	100mg	less than 1g	0g	less than 1g	8g
Baked Tomatoes and Zucchini Italiano (3 oz)	90	40	4.5g	2.5g	0g	15mg	270mg	7g	1g	3g	7g
Black Eyed Peas (3 oz)	70	20	2.5g	0.5g	0g	10mg	440mg	7g	1g	less than 1g	5g
Breaded Okra (3 oz)	100	10	1g	0g	0g	0mg	380mg	21g	3g	2g	3g
Brown Sugar Glazed Carrots (3 oz)	80	25	3g	0.5g	0g	0mg	250mg	15g	less than 1g	14g	0g
Brussel Sprouts and Bacon (3 oz)	70	20	2g	0.5g	0g	5mg	230mg	7g	3g	2g	5g
Buttered Broccoli (3 oz)	50	45	5g	1g	0g	0mg	390mg	1g	less than 1g	0g	less than 1g
Buttered Broccoli with Cheese Sauce (3 oz)	140	80	9g	2.5g	0g	less than 5mg	850mg	10g	6g	3g	7g
Buttered Brussel Sprouts (3 oz)	210	130	14g	3g	0g	0mg	1180mg	16g	7g	4g	7g
Buttered Cabbage (3 oz)	70	45	5g	1g	1.5g	0mg	230mg	6g	2g	3g	1g
Buttered Carrots (3 oz)	60	40	4.5g	1g	0g	0mg	420mg	4g	1g	3g	less than 1g
Buttered Corn (3 oz)	130	45	5g	1g	1.5g	0mg	0mg	20g	less than 1g	5g	3g
Cabbage and Noodles (3 oz)	140	60	6g	3.5g	0g	40mg	270mg	19g	2g	3g	4g
Cabbage Au Gratin (3 oz)	90	45	5g	1.5g	0g	less than 5mg	210mg	7g	1g	3g	3g
Cajun Corn (3 oz)	130	30	3.5g	0.5g	0g	5mg	160mg	21g	1g	5g	5g
Cajun Succotash (3 oz)	90	50	6g	1.5g	0g	50mg	330mg	3g	1g	1g	8g
Carrot Casserole (3 oz)	100	50	5g	1.5g	0g	65mg	180mg	10g	less than 1g	5g	4g
Cheesy Green Bean Casserole (3 oz)	140	90	10g	4g	0g	15mg	380mg	8g	1g	2g	5g
Cheesy Scalloped Corn (3 oz)	45	25	2.5g	1g	0g	10mg	85mg	4g	0g	1g	1g
Cinnamon Apples (3 oz)	90	40	4g	1g	1.5g	0mg	0mg	15g	less than 1g	13g	less than 1g
Collard Greens (3 oz)	120	50	6g	1.5g	0g	10mg	390mg	13g	2g	11g	4g
Corn and Crushed Tomatoes (3 oz)	80	20	2g	0g	0g	0mg	330mg	14g	2g	4g	2g
Corn Fritters (3 oz)	280	50	6g	1.5g	0g	45mg	480mg	45g	2g	6g	9g
Corn O'Brien (1/4 cup)	35	0	0g	0g	0g	0mg	220mg	7g	less than 1g	2g	less than 1g
Corn on the Cob (1 ea.)	140	60	6g	1g	0g	0mg	65mg	19g	1g	5g	3g
Creamed Corn (3 oz)	160	45	5g	2.5g	0g	less than 5mg	340mg	25g	1g	7g	4g
Creamed Spinach (3 oz)	90	60	6g	2g	0g	5mg	280mg	4g	less than 1g	1g	4g
Down Home Beans and Potatoes (3 oz)	50	15	2g	0.5g	0g	5mg	410mg	8g	2g	1g	3g
Egyptian Edamame Stew (3 oz)	60	20	2g	0g	0g	0mg	65mg	9g	2g	2g	3g
Fried Cabbage (3 oz)	50	25	3g	0.5g	0g	0mg	190mg	5g	2g	3g	less than 1g
Fried Cabbage - Sparx (3/8 cup)	30	20	2g	0g	0g	less than 5mg	150mg	2g	less than 1g	1g	1g
Green Beans (3 oz)	70	40	4g	1.5g	0g	0mg	110mg	8g	3g	less than 1g	2g
Green Beans - Sparx (3 oz)	60	25	3g	0.5g	0g	less than 5mg	370mg	8g	3g	1g	3g
Green Beans w/ Tomato & Garlic (3 oz)	25	0	0g	0g	0g	0mg	250mg	6g	2g	1g	1g
Green Peppers and Onions (sauteed) (3 oz)	45	20	2g	0g	0g	0mg	30mg	6g	1g	3g	less than 1g
Hot & Sour Chinese Cabbage (3 oz)	90	70	8g	1.5g	1g	0mg	1070mg	4g	2g	2g	less than 1g
Italian Steamed Vegetables (3 oz)	140	100	11g	7g	0g	30mg	510mg	9g	2g	less than 1g	2g
Italian Style Cauliflower & Broccoli (3 oz)	120	90	10g	6g	0g	25mg	350mg	5g	1g	2g	5g
Lima Beans, Onions and Bacon (3 oz)	90	10	1.5g	0g	0g	less than 5mg	250mg	16g	3g	1g	6g
Okra and Tomato Vegetable (3 oz)	20	0	0g	0g	0g	0mg	260mg	5g	1g	2g	less than 1g
Onions Monte Carlo (3 oz)	100	0	0g	0g	0g	0mg	350mg	23g	3g	12g	2g
Pinto Beans (3 oz)	15	0	0g	0g	0g	0mg	310mg	3g	less than 1g	0g	less than 1g
Red Cabbage, German Style (3 oz)	70	20	2g	0g	0g	0mg	410mg	11g	1g	10g	1g
Rice and Vegetables (1/4 cup)	80	10	1g	0.5g	0g	less than 5mg	90mg	14g	less than 1g	1g	3g
Sauteed Mushrooms (3 oz)	190	180	20g	4g	0g	0mg	240mg	2g	less than 1g	0g	2g
Seasoned Greens (3 oz)	30	10	1.5g	0g	0g	less than 5mg	150mg	1g	less than 1g	less than 1g	2g
Southern Green Beans (3 oz)	45	10	1.5g	0g	0g	0mg	65mg	7g	3g	1g	2g
Southern Style Pinto Beans (3 oz)	100	20	2.5g	0g	0g	less than 5mg	460mg	14g	3g	1g	5g
Spicy Black-Eyed Peas (3 oz)	60	15	1.5g	0g	0g	0mg	340mg	9g	2g	0g	3g
Spinach (3 oz)	10	5	0.5g	0g	0g	0mg	40mg	0g	0g	0g	0g
Squash and Potato Bake (3 oz)	50	25	2.5g	0.5g	0g	0mg	65mg	6g	less than 1g	0g	less than 1g
Squash with Chili Butter (3 oz)	80	35	3.5g	0.5g	0g	0mg	570mg	12g	2g	0g	less than 1g
Stir Fried Broccoli (3 oz)	90	70	8g	1.5g	0g	0mg	200mg	3g	2g	less than 1g	2g
Sweet Navy Beans (3 oz)	600	15	1.5g	0g	0g	0mg	2060mg	134g	19g	74g	17g
Turnip Greens (3 oz)	100	30	3.5g	0g	0g	0mg	300mg	13g	9g	0g	4g

Vegetable Medley (Italian Style) (3 oz)	50	20	2g	0g	0g	0mg	80mg	8g	2g	2g	1g
Vegetable Medley (Sparx) (3 oz)	60	20	2.5g	0g	0g	0mg	580mg	9g	3g	2g	1g
Zucchini & Cheese Casserole (3 oz)	100	25	2.5g	1.5g	0g	5mg	240mg	16g	2g	2g	3g
Zucchini & Onion Medley (1/4 cup)	10	0	0g	0g	0g	0mg	90mg	2g	0g	0g	0g
Sauerkraut (3 oz)	15	0	0g	0g	0g	0mg	510mg	6g	3g	3g	0g
Herbed Corn & Edamame Succotash (4 oz)	110	35	4g	0.5g	0g	0mg	160mg	15g	2g	4g	5g
Baked Chicken (3 oz)	150	90	10g	3g	0g	50mg	640mg	0g	0g	0g	13g
Baked Pork Chops in BBQ Gravy (1 ea.)	270	130	14g	5g	0g	70mg	1330mg	11g	less than 1g	8g	22g
Baked Pork Chops Supreme (3 oz)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Baked Pork Chops with Apples (1 ea.)	400	150	17g	5g	0g	75mg	770mg	33g	2g	19g	26g
Breaded Pork Chops (3 oz)	150	70	8g	2.5g	0g	50mg	380mg	8g	0g	less than 1g	12g
Cajun Baked Chicken (3 oz)	140	100	11g	3g	0g	35mg	95mg	less than 1g	0g	0g	8g
Cajun Baked Whitefish (1 ea.)	180	110	13g	3.5g	0g	50mg	390mg	2g	less than 1g	less than 1g	15g
Chicken Italian (3 oz)	240	160	18g	4.5g	0g	65mg	540mg	4g	0g	2g	16g
Chops and Kraut (1 ea.)	540	140	15g	5g	0g	70mg	1200mg	81g	4g	75g	22g
Chuck Wagons (3 oz)	320	170	19g	7g	0g	80mg	1130mg	20g	0g	15g	17g
Country Style Pot Roast (3 oz)	380	160	17g	6g	0g	65mg	650mg	13g	3g	5g	37g
Fried Catfish (3 oz)	150	60	7g	1.5g	0g	40mg	320mg	9g	less than 1g	0g	14g
Fried Chicken (3 oz)	200	130	14g	4g	0g	60mg	140mg	2g	0g	0g	16g
Garlic and Pepper Pork Loin (3 oz)	210	110	12g	4g	0g	60mg	105mg	less than 1g	0g	0g	22g
Glazed Ham Steak (1 ea.)	130	45	5g	1.5g	0g	40mg	1050mg	10g	0g	9g	12g
Ham Slices w/ Pineapples (1 ea.)	170	50	6g	2g	0g	50mg	1160mg	16g	0g	15g	14g
Hamburger Patties (4 oz)	330	260	28g	10g	0g	85mg	75mg	0g	0g	0g	18g
Italian Crusted Chicken (1 ea.)	500	290	32g	8g	0g	125mg	840mg	19g	less than 1g	4g	34g
Meatloaf (3 oz)	190	110	13g	5g	0g	75mg	480mg	6g	0g	less than 1g	11g
Oscar's Uncle Bob Pork Chops (1 ea.)	580	110	12g	4.5g	0g	70mg	7630mg	100g	0g	80g	22g
Pit Ham (3 oz)	200	130	15g	4g	0g	50mg	1160mg	3g	0g	2g	14g
Pot Roast Gardenia (3 oz)	230	100	11g	4g	0g	50mg	250mg	3g	less than 1g	2g	27g
Pot Roast gravy (1/4 cup)	15	0	0g	0g	0g	0mg	200mg	2g	0g	0g	0g
Pot Roast Vegetables (3 oz)	320	270	30g	14g	0g	30mg	190mg	12g	2g	2g	1g
Rancheros Pork Chops (3 oz)	210	120	13g	5g	0g	60mg	470mg	3g	0g	0g	18g
Roast Beef Sliced with Au Jus (3 oz)	150	60	7g	2.5g	0g	35mg	480mg	2g	0g	less than 1g	19g
Roasted BBQ Brisket (3 oz)	180	60	7g	2.5g	0g	45mg	690mg	18g	0g	15g	14g
Salisbury Steak (3 oz)	230	160	18g	7g	0g	60mg	410mg	5g	0g	1g	12g
Sauerbraten (3 oz)	310	110	13g	4.5g	0g	60mg	820mg	11g	0g	6g	31g
Savory Baked Chicken (3 oz)	170	120	14g	3.5g	0g	40mg	100mg	less than 1g	0g	0g	10g
Savory Baked Pork Loin (3 oz)	240	130	15g	4.5g	0g	55mg	1050mg	4g	0g	0g	20g
Savory Roast Pork Loin (1 ea.)	45	25	3g	1g	0g	10mg	260mg	less than 1g	0g	0g	4g
Sirloin (3 oz)	160	90	9g	4g	0g	60mg	200mg	0g	0g	0g	18g
Slow Roast Prime Rib (3 oz)	210	140	15g	6g	0g	55mg	710mg	0g	0g	0g	17g
Smashed Meatball Parmesan (3 oz)	210	120	13g	5g	0g	80mg	480mg	8g	less than 1g	2g	15g
Smoked Bacon Glazed Pork Loins (1 ea.)	660	300	33g	14g	0g	195mg	1220mg	20g	0g	20g	68g
Smothered Pork Chops (1 ea.)	320	170	19g	6g	0g	70mg	920mg	11g	1g	1g	24g
Smothered Steak (Petro) (1 ea.)	710	220	24g	7g	0g	110mg	3640mg	72g	4g	7g	37g
Smothered Steak (TA) (1 ea.)	350	210	23g	8g	0g	95mg	900mg	16g	2g	5g	18g
Southwest Chili Pork Chops (1 ea.)	320	200	22g	7g	0g	75mg	1230mg	3g	1g	1g	24g
Spanish Steak (3 oz)	240	100	12g	4.5g	0g	55mg	560mg	22g	less than 1g	5g	11g
Swai (6 oz)	150	60	7g	2.5g	0g	75mg	510mg	0g	0g	0g	22g
Baked Pork Chops (1 ea.)	230	130	14g	5g	0g	70mg	1130mg	2g	0g	0g	22g
Corned Beef Hash (3 oz)	160	90	10g	4g	0g	20mg	580mg	11g	2g	less than 1g	7g
Crusty Southwest Chicken (1 ea.)	260	80	9g	3g	0g	115mg	190mg	17g	less than 1g	11g	25g
Meatballs (2 oz)	210	150	17g	6g	0g	40mg	590mg	5g	less than 1g	less than 1g	12g
Meatloaf with Salsa Gravy (1 slc)	470	290	32g	12g	0g	180mg	1230mg	14g	less than 1g	2g	29g
Philly Meat (4 oz)	280	180	20g	8g	0g	75mg	70mg	0g	0g	0g	22g
Pork Chops Dijonnaise (1 ea.)	210	110	13g	4.5g	0g	70mg	430mg	less than 1g	0g	0g	22g
Meatloaf with Tomato Glaze (3 oz)	180	100	11g	4g	0g	60mg	650mg	10g	0g	4g	10g
BBQ Fried Pork Loin Fritters (1 ea.)	260	70	8g	1g	0g	35mg	1120mg	31g	2g	18g	19g
Chicken Fried Pork Loin Fritter (1 ea.)	220	90	10g	2g	0g	35mg	620mg	16g	1g	0g	19g
Fried Pork Loin Fritters Alfredo (1 ea.)	340	190	21g	6g	0g	55mg	960mg	16g	2g	3g	25g
Pork Loin Fritters Hunter Style (1 ea.)	200	70	8g	1g	0g	35mg	580mg	13g	1g	less than 1g	20g
Pork Loin Fritters Parmesan (1 ea.)	240	90	11g	2g	0g	40mg	710mg	18g	3g	5g	23g
Pork Loin Fritters Supreme (1 ea.)	230	100	11g	2g	0g	35mg	690mg	15g	1g	0g	20g

Smothered Deep Fried Pork Loin Fritters (1 ea.)	210	70	8g	1g	0g	35mg	740mg	15g	2g	less than 1g	21g
Blackened Cajun Ribs (2 oz)	170	120	13g	5g	0g	45mg	240mg	2g	0g	0g	9g
Tennessee Pineapple Chicken Breast (1 ea.)	220	45	4.5g	1g	0g	85mg	610mg	26g	0g	15g	26g
Teriyaki Steak (4 oz)	220	110	12g	4.5g	0g	70mg	770mg	5g	less than 1g	3g	22g
Liver and Onions (1 ea.)	150	30	3.5g	1g	0g	155mg	580mg	17g	1g	2g	18g
Baked Leg Quarters (1 ea.)	250	160	18g	5g	0g	105mg	1510mg	0g	0g	0g	18g
Buffet Steaks (3 oz)	160	90	9g	4g	0g	60mg	115mg	0g	0g	0g	18g
Desserts	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Apple Pie a la Mode in a Mason Jar (1 ea.)	520	180	20g	9g	0g	65mg	630mg	84g	7g	30g	8g
Banana Pudding in a Mason Jar (1 ea.)	590	180	20g	4.5g	0g	5mg	620mg	100g	0g	55g	2g
Banana Split (1 ea.)	660	220	25g	18g	0g	70mg	210mg	109g	5g	81g	7g
Carrot Cake (1 ea.)	840	370	41g	16g	0.5g	85mg	660mg	107g	3g	81g	7g
Fudge Brownie Sundae in a Mason Jar (1 ea.)	760	300	33g	14g	2g	50mg	590mg	125g	1g	88g	6g
Hot Fudge Sundae (1 ea.)	460	230	25g	20g	0g	45mg	170mg	59g	1g	46g	4g
Kentucky Racetrack Pie (1 ea.)	730	390	43g	18g	0g	95mg	200mg	80g	4g	55g	8g
Mocha Caramel Milkshake (1 ea.)	520	180	20g	15g	0g	85mg	290mg	74g	0g	57g	7g
NSA Apple Pie ala' Mode (1 ea.)	560	170	19g	9g	0g	25mg	670mg	97g	7g	39g	8g
Peanut Butter Silk Pie (1 ea.)	690	360	40g	23g	1g	100mg	390mg	76g	3g	54g	7g
Pumpkin Pie Slice (1 ea.)	520	180	19g	10g	0g	80mg	580mg	79g	2g	36g	7g
S'Mores Milkshake (1 ea.)	910	240	27g	15g	0g	70mg	450mg	163g	3g	115g	13g
Strawberry Jalapeno Lemonade (1 ea.)	320	0	0g	0g	0g	0mg	170mg	87g	less than 1g	81g	less than 1g
Strawberry Shortcake Milkshake (1 ea.)	800	280	31g	16g	0g	75mg	410mg	127g	2g	78g	11g
Triple Thick Shake - Chocolate (1 ea.)	550	250	27g	18g	0g	80mg	270mg	71g	1g	54g	10g
Triple Thick Shake - Strawberry (1 ea.)	490	180	20g	12g	0g	75mg	190mg	73g	1g	56g	9g
Triple Thick Shake - Vanilla (1 ea.)	400	180	20g	12g	0g	75mg	190mg	50g	0g	36g	9g
Strawberry Shortcake (1 ea.)	670	320	36g	29g	0g	90mg	230mg	76g	2g	53g	4g
Chocolate Cake (1 ea.)	480	270	30g	15g	0g	100mg	370mg	52g	4g	35g	6g
Fried Chicken	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Fried Chicken Thigh (4 1/2 oz)	300	190	21g	6g	0g	95mg	210mg	4g	0g	0g	23g
Fried Chicken Leg (2 1/5 oz)	150	90	10g	3g	0g	45mg	105mg	2g	0g	0g	11g
Fried Chicken Wing (2 1/25 oz)	140	90	10g	2.5g	0g	40mg	100mg	2g	0g	0g	11g
Fried Chicken Breast (7 1/2 oz)	510	320	35g	10g	0g	155mg	360mg	6g	0g	0g	39g
Good2Go Entrees	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Meatloaf Dinner (1 ea.)	980	450	50g	17g	0g	180mg	3250mg	89g	5g	24g	40g
Baked Ziti (1 ea.)	860	320	36g	13g	0g	95mg	2070mg	94g	9g	25g	45g
Fried Chicken Dinner (1 ea.)	2020	1190	132g	36g	0g	500mg	2140mg	72g	9g	5g	134g
Grilled Chicken Dinner (1 ea.)	670	220	24g	7g	0g	150mg	1460mg	52g	8g	5g	57g
Goulash (1 ea.)	930	430	48g	20g	0g	170mg	2200mg	64g	7g	14g	52g
Lemon Pepper Whitefish (1 ea.)	450	180	20g	5g	0g	55mg	1300mg	47g	7g	7g	20g
Spaghetti and Meatballs (Country Pride) (1 ea.)	1720	570	63g	23g	0g	125mg	2880mg	220g	15g	30g	75g
Chef Salad (dressing nutrition listed separately) (1 ea.)	440	230	25g	11g	0g	500mg	1620mg	13g	3g	7g	38g
Grilled Chicken Salad (dressing nutrition listed separately) (1 ea.)	270	110	13g	6g	0g	100mg	330mg	8g	2g	4g	33g
Chicken Stir Fry (Country Pride) (1 ea.)	960	420	47g	14g	0g	100mg	2580mg	85g	7g	13g	40g
Side Salad (dressing nutrition listed separately) (1 ea.)	90	40	4.5g	2.5g	0g	15mg	100mg	7g	2g	3g	5g
Pot Roast (1 ea.)	590	180	20g	6g	0g	95mg	2070mg	57g	6g	9g	45g
Chicken Alfredo (1 ea.)	1280	500	56g	19g	0.5g	215mg	2170mg	108g	5g	15g	82g
Pasta Primavera (1 ea.)	1150	390	43g	15g	0g	45mg	1780mg	144g	15g	25g	40g
Fried Chicken Salad (1 ea.)	360	100	11g	5g	0g	100mg	1270mg	28g	3g	4g	38g
Arizona Ranch Chicken Mac and Cheese (1 ea.)	1100	390	43g	25g	1g	155mg	5960mg	117g	4g	11g	60g
Fruit and Yogurt Parfait (Blueberries) (1 ea.)	330	25	2.5g	0g	0g	10mg	200mg	56g	6g	28g	24g
Fruit and Yogurt Parfait (Blackberries) (1 ea.)	320	30	3g	0g	0g	10mg	200mg	52g	6g	29g	24g
Fruit and Yogurt Parfait (Strawberries) (1 ea.)	310	25	2.5g	0g	0g	10mg	200mg	51g	4g	27g	24g
Fruit and Yogurt Parfait (Raspberries) (1 ea.)	320	25	2.5g	0g	0g	10mg	200mg	56g	8g	30g	24g
Caesar Salad (dressing nutrition listed separately) (1 ea.)	130	60	6g	2.5g	0g	10mg	310mg	15g	5g	2g	8g
Chicken Caesar Salad (dressing nutrition listed separately) (1 ea.)	260	80	9g	3g	0g	85mg	390mg	15g	5g	2g	33g
Fat Breakfast Burrito (Country Pride) (1 ea.)	1250	560	63g	24g	0g	1195mg	2670mg	109g	8g	8g	65g
Scrambled Eggs w/ Sausage & Potatoes (Country Pride) (1 ea.)	680	350	39g	14g	0g	555mg	1340mg	45g	6g	2g	35g

Ham & Cheese w/ Potatoes (Country Pride) (1 ea.)	820	410	45g	18g	0g	865mg	2610mg	43g	5g	5g	61g
Good2Go Fruit	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
16 oz. cup of Blueberries (11 oz)	180	0	0g	0g	0g	0mg	0mg	42g	11g	20g	2g
16 oz. cup of Cantaloupe (11 oz)	120	0	0g	0g	0g	0mg	45mg	28g	2g	26g	2g
16 oz. cup of Green Seedless Grapes (11 oz)	220	0	0g	0g	0g	0mg	5mg	56g	3g	47g	3g
16 oz. cup of Honeydew (11 oz)	120	0	0g	0g	0g	0mg	70mg	28g	2g	26g	2g
16 oz. cup of Pineapple (11 oz)	140	0	0g	0g	0g	0mg	30mg	36g	3g	28g	3g
16 oz. cup of Red Seedless Grapes (11 oz)	220	0	0g	0g	0g	0mg	35mg	57g	2g	49g	0g
16 oz. cup of Strawberries (11 oz)	110	0	0g	0g	0g	0mg	0mg	23g	4g	17g	2g
16 oz. cup of Watermelon (11 oz)	90	0	0g	0g	0g	0mg	0mg	23g	1g	22g	1g
16 oz. cup of Broccoli with Ranch (5 oz)	250	200	23g	4g	0g	20mg	380mg	11g	3g	2g	5g
16 oz. cup of Carrots with Ranch (5 oz)	260	200	22g	4g	0g	20mg	420mg	16g	4g	9g	3g
16 oz. cup of Cauliflower with Ranch (5 oz)	240	200	22g	4g	0g	20mg	350mg	10g	3g	3g	4g
16 oz. cup of Celery with Ranch (5 oz)	230	200	22g	4g	0g	20mg	450mg	8g	3g	3g	less than 1g
16 oz. cup of Pickles (15 oz)	80	0	0g	0g	0g	0mg	5660mg	19g	0g	0g	0g
16 oz. cup of Pickled Eggs (1 ea.)	470	240	26g	11g	0g	975mg	4000mg	23g	0g	5g	32g
16 oz. cup of Cantaloupe/Honeydew (11 oz)	120	0	0g	0g	0g	0mg	60mg	28g	2g	26g	2g
16 oz. cup of Cantaloupe/Strawberries (11 oz)	110	0	0g	0g	0g	0mg	25mg	26g	3g	21g	2g
16 oz. cup of Blackberries/Strawberries/Pineapple (11 oz)	120	5	0.5g	0g	0g	0mg	10mg	28g	7g	22g	2g
16 oz. cup of Red Grapes/Green Grapes (11 oz)	220	0	0g	0g	0g	0mg	20mg	57g	3g	48g	2g
16 oz. cup of Strawberries/Blueberries/Blackberries (11 oz)	140	5	0.5g	0g	0g	0mg	0mg	30g	9g	20g	2g
16 oz. cup of Cantaloupe/Honeydew/Kiwi (11 oz)	140	5	0.5g	0g	0g	0mg	40mg	32g	4g	26g	2g
Ice Cream Bars	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Fly Fishing Fudge Ice Cream (Gifford's) (3/8 cup)	130	50	5g	3.5g	0g	20mg	90mg	17g	0g	16g	2g
Cake Cone (1 ea.)	25	0	0g	0g	0g	0mg	15mg	5g	0g	0g	0g
Waffle Cone (1 ea.)	50	0	0.5g	0g	0g	0mg	20mg	11g	0g	4g	1g
Chocolate Ice Cream (Glenview Farms) (3/8 cup)	100	45	5g	3g	0g	20mg	50mg	14g	0g	10g	2g
Mint Chocolate Chip Ice Cream (Glenview Farms) (3/8 cup)	110	50	6g	3.5g	0g	20mg	30mg	13g	0g	9g	2g
NSA Vanilla Ice Cream (Glenview Farms) (3/8 cup)	60	0	0g	0g	0g	0mg	50mg	16g	4g	5g	3g
Spumoni Ice Cream (Blue Bunny) (3/8 cup)	100	45	5g	3g	0g	20mg	30mg	13g	0g	10g	2g
Strawberry Ice Cream (Good Humor) (3/8 cup)	100	45	5g	3g	0g	10mg	35mg	12g	0g	9g	2g
Vanilla Ice Cream (Country Rich) (3/8 cup)	100	50	6g	3g	0g	20mg	35mg	13g	0g	8g	2g
Rainbow Sherbet (Glenview Farms) (3/8 cup)	90	5	1g	4g	0g	less than 5mg	35mg	18g	0g	17g	less than 1g
Pistachio Almond Ice Cream (Blue Bunny) (3/8 cup)	110	60	6g	3g	0g	20mg	35mg	13g	0g	8g	2g
Coffee Ice Cream (Breyers) (3/8 cup)	80	20	2.5g	1.5g	0g	10mg	30mg	14g	0g	10g	2g
Reese's Peanut Butter Cup Ice Cream (Breyers) (3/8 cup)	130	45	5g	2g	0g	10mg	55mg	20g	0g	14g	2g
Campfire S'mores Ice Cream (Gifford's) (3/8 cup)	140	50	6g	4g	0g	15mg	70mg	20g	0g	16g	1g
Cherry Blossom Ice Cream (Gifford's) (3/8 cup)	110	45	5g	3g	0g	20mg	75mg	16g	0g	15g	1g
Chocolate Ice Cream (Gifford's) (3/8 cup)	130	60	7g	4g	0g	25mg	65mg	14g	0g	14g	2g
Maine Lobster Tracks Ice Cream (Gifford's) (3/8 cup)	150	80	8g	5g	0g	20mg	80mg	17g	0g	16g	2g
Butter Pecan Ice Cream (Glenview Farms) (3/8 cup)	110	60	6g	3g	0g	20mg	60mg	12g	0g	8g	2g
Cookies and Cream Ice Cream (Breyers) (3/8 cup)	120	35	4g	2g	0g	10mg	70mg	20g	0g	13g	2g
Banana Split (1 ea.)	660	220	25g	18g	0g	70mg	210mg	109g	5g	81g	7g
Hot Fudge Sundae (1 ea.)	460	230	25g	20g	0g	45mg	170mg	59g	1g	46g	4g
Triple Thick Shake (chocolate) (1 ea.)	550	250	27g	18g	0g	80mg	270mg	71g	1g	54g	10g
Triple Thick Shake (vanilla) (1 ea.)	400	180	20g	12g	0g	75mg	190mg	50g	0g	36g	9g
Triple Thick Shake (strawberry) (1 ea.)	490	180	20g	12g	0g	75mg	190mg	73g	1g	56g	9g
Kids Menu	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Chicken Tender Basket with fries (CP) (1 ea.)	400	70	8g	1g	0g	75mg	1290mg	49g	4g	less than 1g	31g
AZ Ranch (2 fl oz) (1/4 cup)	160	140	16g	2g	0g	10mg	1620mg	4g	0g	0g	0g
Louisiana Lickers (2 fl oz) (1/4 cup)	120	45	5g	0g	0g	0mg	1000mg	16g	0g	14g	0g
French Toast w/ syrup, powdered sugar, and butter (1 ea.)	550	250	28g	6g	4.5g	145mg	720mg	67g	2g	18g	13g
Grilled Cheese with Fries and Pickle Chips (CP) (1 ea.)	600	320	35g	10g	0g	20mg	1380mg	54g	4g	3g	13g
Hamburger with fries and pickle chips (CP) (1 ea.)	840	470	52g	13g	1.5g	80mg	1070mg	60g	4g	7g	28g
Hot Cereal (oatmeal, milk, butter) (1 ea.)	340	230	26g	6g	5g	5mg	320mg	24g	3g	4g	7g
Mac and Cheese with garlic bread (1 ea.)	580	230	26g	11g	0.5g	45mg	2000mg	65g	2g	7g	22g
One Egg, Toast and Jelly (CP - eggs and hashbrowns) (1 ea.)	170	60	6g	2g	0g	165mg	300mg	19g	2g	0g	8g

PB & J Sandwich with fries and pickle chips (1 ea.)	670	250	27g	4g	0g	0mg	890mg	90g	6g	31g	16g
Spaghetti with meatball, sauce and garlic bread (CP) (1 ea.)	910	290	32g	10g	0g	40mg	1400mg	126g	8g	15g	34g
Two Pancakes and Syrup (1 ea.)	630	250	27g	7g	4.5g	0mg	860mg	93g	1g	35g	4g
Texas Toast (2 slc)	410	210	23g	4g	0g	0mg	690mg	45g	2g	6g	9g
White Toast (2 slc)	330	210	23g	4g	0g	0mg	520mg	25g	1g	3g	5g
Wheat Berry (2 slc)	450	240	26g	4g	0g	0mg	700mg	45g	2g	4g	8g
Rye Toast (2 slc)	360	220	24g	4g	0g	0mg	490mg	30g	2g	0g	5g
English Muffin (1 ea.)	310	200	22g	4g	0g	0mg	460mg	25g	less than 1g	less than 1g	4g
Sourdough Toast (2 slc)	370	220	24g	4g	0g	0mg	580mg	30g	1g	1g	5g
Biscuit (1 ea.)	570	360	40g	14g	0g	0mg	1490mg	45g	1g	3g	6g
Milk for Cereal (1 ea.)	45	15	2g	1g	0g	5mg	45mg	4g	0g	4g	3g
Rice Krispies (2 boxes) (2 oz)	230	10	1g	0g	0g	0mg	0mg	49g	0g	0g	5g
Froot Loops (2 boxes) (2 oz)	210	15	2g	1g	0g	0mg	270mg	50g	5g	24g	3g
Corn Flakes (2 boxes) (2 oz)	200	0	0g	0g	0g	0mg	410mg	48g	2g	5g	4g
Frosted Flakes (2 boxes) (2 oz)	210	10	1g	0g	0g	0mg	270mg	51g	1g	20g	2g
Frosted Mini Wheats (2 boxes) (2 oz)	200	10	1g	0g	0g	0mg	0mg	47g	6g	12g	5g
Apple Jacks (2 boxes) (2 oz)	210	15	2g	1g	0g	0mg	260mg	50g	5g	25g	3g
Kashi, Heart to Heart (2 boxes) (2 oz)	210	25	3g	0.5g	0g	0mg	150mg	45g	8g	9g	6g
Special K, Red Berries (2 boxes) (2 oz)	200	5	0.5g	0g	0g	0mg	350mg	49g	5g	17g	4g
Raisin Bran (2 boxes) (2 oz)	180	15	1.5g	0g	0g	0mg	200mg	44g	6g	18g	4g

Restaurant Specific Recipes	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Cinnamon Rolls - TA Beto Junction (1 ea.)	1360	340	38g	12g	0g	30mg	1540mg	233g	14g	99g	20g
Meatloaf Skillet Dinner - TA Jeffersonville (1 ea.)	1050	560	62g	21g	0g	190mg	2360mg	74g	5g	8g	44g
Liver and Onions - TA London (1 ea.)	850	290	33g	10g	0g	635mg	1810mg	76g	6g	6g	74g
Sausage and Cabbage Soup - TA Foristell (1 3/8 cup)	210	80	9g	2.5g	0g	20mg	8790mg	25g	3g	7g	8g
Sunshine Salad - TA Foristell (1/4 cup)	50	10	1g	1g	0g	0mg	25mg	10g	0g	9g	0g
Baby Back Ribs - TA Ogallala (1 ea.)	1290	910	101g	36g	0g	305mg	2860mg	18g	0g	17g	77g
BBQ Baby Back Ribs - TA Ogallala (1 ea.)	1390	910	101g	36g	0g	305mg	3920mg	44g	0g	41g	77g
Smoked BBQ Ribs - Seymour 65 (1 ea.)	610	420	47g	15g	0g	0mg	1140mg	18g	0g	17g	26g
Baked BBQ Chicken - Seymour 65 (1 ea.)	310	160	18g	5g	0g	105mg	2400mg	18g	0g	16g	18g
Southwest Salad - Seymour 65 (3 oz)	100	35	3.5g	1g	0g	15mg	260mg	8g	2g	2g	7g
Parmesan Crusted Pork Loin - Seymour 65 (3 oz)	230	140	15g	4.5g	0g	65mg	560mg	2g	0g	0g	21g
Red Potato Salad - Seymour 65 (1/4 cup)	70	50	5g	1g	0g	10mg	70mg	6g	less than 1g	1g	less than 1g
Vegetable Fantasy - Seymour 65 (1/4 cup)	20	0	0g	0g	0g	0mg	25mg	4g	less than 1g	0g	less than 1g
Brunch Quiche - Seymour 65 (1 slc)	340	230	26g	14g	0g	165mg	330mg	17g	1g	1g	8g
Seafood Salad - Seymour 65 (1/4 cup)	70	40	4.5g	1g	0g	10mg	280mg	5g	0g	2g	2g
Pickled Green Tomatoes - TA Tallulah (3 oz)	80	0	0g	0g	0g	0mg	220mg	20g	0g	16g	less than 1g
14 oz. Hand Cut NY Strip Breakfast - TA Grand Island (1 ea.)	1600	900	100g	33g	0g	555mg	1640mg	63g	6g	3g	103g
14 oz. Hand Cut NY Strip Dinner - TA Grand Island (1 ea.)	1390	750	83g	30g	0g	230mg	2170mg	62g	4g	3g	90g
Pork Tenderloin Sandwich - TA Council Bluffs, TA Brooklyn (1 ea.)	1660	400	44g	12g	0g	135mg	1470mg	227g	19g	27g	85g
16 oz Hand Cut Ribeye Breakfast - Petro:York, Salina, TA:Council Bluffs., Beto Junction , B	650	340	38g	13g	0g	690mg	640mg	1g	0g	1g	77g
16 oz Hand Cut Ribeye Dinner - Petro: York, Salina TA: Council Bluffs, Beto Junction, Brook	620	290	33g	11g	0g	180mg	750mg	17g	1g	0g	64g
Hand Cut Pork Chop Breakfast - TA Grand Island, TA Council Bluffs, TA Brooklyn (1 ea.)	1220	620	69g	18g	0g	490mg	1550mg	63g	6g	3g	78g
Hand Cut Pork Chops Dinner - TA Grand Island, TA Council Bluffs, TA Brooklyn (1 ea.)	1010	470	52g	15g	0g	170mg	2090mg	62g	4g	3g	66g
8 oz Country Fried Steak Dinner - Council Bluffs, Beto Junction, Brooklyn (1 ea.)	860	380	42g	14g	0g	400mg	1840mg	57g	3g	less than 1g	63g
Apple Fritters - DeMotte (1 ea.)	160	20	2g	0g	0g	0mg	180mg	32g	1g	13g	3g
Chicken Potstickers - DeMotte (1 ea.)	45	5	0.5g	0g	0g	less than 5mg	140mg	7g	0g	less than 1g	2g
Homemade Cinnamon Rolls - DeMotte (1 ea.)	110	30	3.5g	0g	0g	0mg	200mg	18g	less than 1g	5g	3g
Pork Egg Rolls - DeMotte (1 ea.)	90	35	4g	1g	0g	10mg	220mg	11g	0g	1g	4g
Pork Fried Rice - DeMotte (1/4 cup)	50	25	2.5g	1g	0g	10mg	330mg	4g	0g	less than 1g	3g
Teriyaki Chicken - DeMotte (3 oz)	100	25	2.5g	0.5g	0g	65mg	540mg	4g	0g	3g	13g
Sweet & Sour Chicken - DeMotte (1/4 cup)	180	20	2g	0g	0g	80mg	230mg	12g	0g	1g	27g
Cheddar Biscuits - Laredo (1 ea.)	200	130	14g	3.5g	0g	5mg	380mg	15g	less than 1g	2g	3g
JC Original Cinnamon Roll (1 ea.)	1190	170	18g	4g	4.5g	35mg	2760mg	248g	11g	117g	21g

Salad Bar	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Salad Mix - Baby Spinach (1 cup)	30	0	0g	0g	0g	0mg	120mg	4g	3g	0g	4g
Salad Mix - Romaine/Iceberg/Leaf Lettuce (2 oz)	10	0	0g	0g	0g	0mg	5mg	2g	less than 1g	less than 1g	less than 1g
Salad Mix - Romaine/Iceberg (1 cup)	35	0	0g	0g	0g	0mg	20mg	7g	3g	4g	2g
Alfalfa Sprouts (1/4 cup)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g

Apple (Whole, Large) (1 ea.)	120	0	0g	0g	0g	0mg	0mg	30g	4g	22g	less than 1g
Apple (Whole, Medium) (1 ea.)	100	0	0g	0g	0g	0mg	0mg	25g	4g	19g	less than 1g
Applesauce (1/4 cup)	45	0	0g	0g	0g	0mg	5mg	11g	0g	9g	0g
Baby Corn (3 oz)	15	0	0g	0g	0g	0mg	170mg	3g	2g	2g	2g
Bacon Bits (1/4 cup)	120	35	4g	0g	0g	0mg	220mg	8g	4g	0g	12g
Banana (Whole) (1 ea.)	110	0	0g	0g	0g	0mg	0mg	30g	3g	19g	1g
Banana Peppers/Pepperoncini (1 ea.)	0	0	0g	0g	0g	0mg	170mg	less than 1g	less than 1g	0g	0g
Beets (1/4 cup)	50	0	0g	0g	0g	0mg	125mg	10g	0g	10g	0g
Bell Pepper (1/4 cup)	10	0	0g	0g	0g	0mg	0mg	3g	less than 1g	2g	0g
Broccoli (1/4 cup)	0	0	0g	0g	0g	0mg	5mg	less than 1g	0g	0g	0g
Butterscotch Pudding (1/4 cup)	70	15	2g	0g	0g	0mg	150mg	12g	0g	10g	1g
Cantaloupe (1/4 cup)	15	0	0g	0g	0g	0mg	5mg	4g	0g	4g	0g
Carrot Sticks (3 oz)	35	0	0g	0g	0g	0mg	65mg	8g	2g	5g	1g
Cauliflower (1/4 cup)	5	0	0g	0g	0g	0mg	10mg	1g	less than 1g	less than 1g	less than 1g
Celery (Diced) (1/4 cup)	10	0	0g	0g	0g	0mg	80mg	3g	1g	1g	0g
Celery (Sticks) (1 strp)	10	0	0g	0g	0g	0mg	65mg	2g	1g	1g	0g
Cheese (Shredded Cheddar) (1/4 cup)	110	80	9g	5g	0g	25mg	180mg	1g	0g	0g	7g
Cheese (Shredded Mozzarella) (1/4 cup)	70	40	4.5g	3g	0g	20mg	180mg	less than 1g	0g	0g	7g
Chow Mein Noodles (3 oz)	390	160	18g	3g	0g	0mg	790mg	55g	6g	0g	9g
Cottage Cheese (1/4 cup)	50	20	2.5g	1.5g	0g	10mg	210mg	2g	0g	2g	6g
Crackers (Captain) (1 pkg)	35	20	2g	0g	0g	0mg	50mg	5g	0g	1g	1g
Crackers (Oyster) (1/4 cup)	50	10	1g	0g	0g	0mg	120mg	9g	less than 1g	0g	less than 1g
Crackers (Saltine) (1 pkg)	50	15	2g	0g	0g	0mg	150mg	10g	0g	0g	2g
Cranberry and Golden Raisin Blend (3 oz)	280	10	1g	0g	0g	0mg	20mg	68g	4g	62g	2g
Croutons (1/4 cup)	30	10	1g	0g	0g	0mg	90mg	5g	0g	0g	1g
Cucumber (1/4 cup)	0	0	0g	0g	0g	0mg	0mg	less than 1g	0g	0g	0g
Edamame (1/4 cup)	10	0	0.5g	0g	0g	0mg	0mg	less than 1g	0g	0g	less than 1g
Eggs (Diced) (1/4 cup)	50	30	3.5g	1.5g	0g	125mg	50mg	less than 1g	0g	less than 1g	4g
Eggs (Hard Boiled) (1 ea.)	90	50	6g	2g	0g	255mg	85mg	less than 1g	0g	less than 1g	8g
Garbanzo Beans (1/4 cup)	80	5	0.5g	0g	0g	0mg	250mg	11g	2g	less than 1g	3g
Grapes (1/4 cup)	25	0	0g	0g	0g	0mg	0mg	7g	0g	6g	0g
Green Onions (3 oz)	25	0	0g	0g	0g	0mg	15mg	6g	2g	2g	2g
Green Peas (1/4 cup)	30	0	0g	0g	0g	0mg	0mg	5g	2g	2g	2g
Hominy (white) (3 oz)	45	5	0.5g	0g	0g	0mg	420mg	9g	3g	0g	less than 1g
Hominy (yellow) (3 oz)	40	0	0g	0g	0g	0mg	360mg	9g	2g	0g	less than 1g
Honeydew (1/4 cup)	15	0	0g	0g	0g	0mg	10mg	4g	0g	3g	0g
Jalapenos (3 oz)	15	0	0g	0g	0g	0mg	1450mg	3g	0g	0g	0g
Jell-O (1/4 cup)	50	0	0g	0g	0g	0mg	90mg	13g	0g	13g	less than 1g
Kidney Beans (3 oz)	70	5	0.5g	0g	0g	0mg	180mg	10g	3g	less than 1g	4g
Kiwi Fruit (1/4 cup)	25	0	0g	0g	0g	0mg	0mg	6g	1g	4g	0g
Mandarin Oranges (1/4 cup)	30	0	0g	0g	0g	0mg	0mg	8g	0g	7g	0g
Mushrooms (1/4 cup)	5	0	0g	0g	0g	0mg	0mg	less than 1g	0g	0g	less than 1g
Olives (Black) (1/4 cup)	35	30	3.5g	1g	0g	0mg	160mg	1g	0g	0g	0g
Orange (Wedges) (1/4 cup)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Orange (Whole) (1 ea.)	60	0	0g	0g	0g	0mg	0mg	15g	2g	11g	less than 1g
Peaches (1/4 cup)	35	0	0g	0g	0g	0mg	0mg	9g	less than 1g	9g	0g
Pears (1/4 cup)	20	0	0g	0g	0g	0mg	0mg	5g	less than 1g	4g	0g
Pickle Spears (1 ea.)	10	0	0g	0g	0g	0mg	640mg	0g	0g	0g	0g
Pineapple (1/4 cup)	45	0	0g	0g	0g	0mg	0mg	12g	0g	12g	0g
Radish (1/4 cup)	10	0	0g	0g	0g	0mg	45mg	2g	less than 1g	2g	0g
Raisins (3 oz)	250	0	0g	0g	0g	0mg	10mg	67g	3g	50g	3g
Red Onion (Diced) (1/4 cup)	15	0	0g	0g	0g	0mg	0mg	3g	less than 1g	1g	0g
Red Onion (Slices) (1/4 cup)	15	0	0g	0g	0g	0mg	0mg	3g	less than 1g	1g	0g
Strawberries (1/4 cup)	15	0	0g	0g	0g	0mg	0mg	4g	less than 1g	3g	0g
Sunflower Seeds (1/4 cup)	200	160	18g	2.5g	0g	0mg	140mg	8g	4g	1g	6g
Tapioca Pudding (1/4 cup)	70	20	2.5g	0.5g	1g	0mg	90mg	12g	0g	8g	1g
Tomato, Cherry or Grape (1/4 cup)	5	0	0g	0g	0g	0mg	0mg	1g	0g	less than 1g	0g
Turkey Ham (Diced) (1/4 cup)	45	30	3g	1g	0g	20mg	220mg	1g	0g	0g	3g
Vanilla Pudding (1/4 cup)	70	25	2.5g	0g	0g	0mg	100mg	11g	0g	9g	1g
Watermelon (Cubed) (1/4 cup)	10	0	0g	0g	0g	0mg	0mg	3g	0g	3g	0g
Ambrosia Salad (1/4 cup)	45	15	1.5g	1.5g	0g	0mg	10mg	8g	0g	6g	0g
Apple Waldorf Salad (1/8 cup)	60	40	4.5g	1g	0g	less than 5mg	40mg	5g	0g	3g	0g

Applesauce Gelatin Salad (1/4 cup)	60	0	0g	0g	0g	0mg	35mg	14g	0g	13g	0g
Avocado Salad (1/4 cup)	90	60	7g	0.5g	0g	less than 5mg	390mg	7g	2g	3g	2g
Banana Pudding (3 oz)	90	25	2.5g	0g	0g	0mg	135mg	15g	0g	11g	less than 1g
Black Bean & Rice Salad (1/4 cup)	35	0	0g	0g	0g	0mg	90mg	6g	less than 1g	less than 1g	1g
Broccoli and Rice Salad (1/4 cup)	70	50	5g	1g	1g	0mg	5mg	5g	less than 1g	1g	less than 1g
Broccoli Coleslaw (4 oz)	140	60	6g	0.5g	0g	0mg	360mg	18g	3g	10g	4g
Broccoli Salad (1/4 cup)	170	150	17g	3.5g	0g	15mg	210mg	4g	2g	less than 1g	2g
Carrot Pecan Salad (1/4 cup)	120	80	9g	2g	0g	10mg	85mg	9g	1g	7g	less than 1g
Carrot Raisin Salad (1/4 cup)	130	80	8g	1.5g	0g	10mg	130mg	13g	3g	10g	1g
Chili Rice Salad (1/4 cup)	140	70	7g	1.5g	0g	0mg	190mg	16g	less than 1g	0g	2g
Chocolate Mousse (3 1/2 oz)	240	100	11g	11g	0g	0mg	200mg	31g	2g	25g	3g
Chocolate Pudding (4 1/2 oz)	130	30	3.5g	0g	0g	0mg	170mg	23g	less than 1g	18g	2g
Cole Slaw (1/4 cup)	80	60	7g	1g	0g	5mg	250mg	4g	less than 1g	3g	0g
Corn O'Brien Salad (1/4 cup)	35	0	0g	0g	0g	0mg	220mg	7g	less than 1g	2g	less than 1g
Cottage Cheese Salad (1/4 cup)	45	15	1.5g	1g	0g	10mg	260mg	3g	0g	2g	4g
Crab Salad (1/4 cup)	50	5	0.5g	0g	0g	0mg	115mg	9g	less than 1g	1g	2g
Creamed Cucumbers (1/4 cup)	35	30	3.5g	0g	0g	less than 5mg	110mg	1g	0g	less than 1g	0g
Cucumber Vegetable Salad (1/4 cup)	50	50	5g	1g	0g	less than 5mg	65mg	2g	0g	0g	0g
Edamame & Black Bean Salad (1/4 cup)	50	15	2g	0g	0g	0mg	90mg	5g	1g	2g	3g
Edamame & Corn Salad w/Oregano vinaigrette (1/4 cup)	70	15	1.5g	0.5g	0g	0mg	40mg	6g	1g	2g	3g
Edamame & Quinoa Salad (1/4 cup)	120	20	2.5g	0.5g	0g	0mg	115mg	16g	3g	3g	4g
Fruit Salad (1/4 cup)	45	0	0g	0g	0g	0mg	10mg	11g	1g	9g	0g
Fruit Supreme (1/4 cup)	80	15	1.5g	1g	0g	5mg	15mg	17g	less than 1g	15g	0g
Garden Delight (1/4 cup)	70	20	2g	0g	0g	0mg	120mg	11g	3g	7g	2g
Garden Potato Salad (1/4 cup)	60	45	5g	1g	0g	less than 5mg	100mg	4g	less than 1g	0g	less than 1g
Gelatin for Cubing (1/4 cup)	40	0	0g	0g	0g	0mg	50mg	10g	0g	10g	less than 1g
Gelatin Mallow (1/4 cup)	80	25	3g	0g	0g	less than 5mg	65mg	13g	0g	11g	less than 1g
Granola Topping (1/4 cup)	120	50	5g	1g	0g	0mg	40mg	16g	2g	8g	2g
Greek Yogurt Parfait (1/4 cup)	40	5	0.5g	0g	0g	0mg	20mg	5g	less than 1g	4g	4g
Green Bean and Bacon Salad (1/4 cup)	60	45	5g	1.5g	0g	5mg	85mg	3g	1g	1g	1g
Guacamole (3 oz)	120	100	11g	0g	0g	0mg	460mg	8g	3g	0g	2g
Healthy Corn & Black Bean Salad (1/4 cup)	50	0	0g	0g	0g	0mg	125mg	7g	less than 1g	1g	1g
Healthy Potato Salad (3 oz)	90	40	4.5g	1g	0g	15mg	150mg	11g	1g	1g	2g
IS Marinade (1/4 cup)	240	220	24g	4.5g	3.5g	0mg	1050mg	8g	0g	7g	0g
Italian Pasta Salad (1/4 cup)	80	25	3g	0g	0g	0mg	160mg	12g	less than 1g	2g	2g
Italian Rice Salad (1/4 cup)	100	45	5g	1.5g	0g	less than 5mg	340mg	11g	less than 1g	1g	1g
Italian Tomato Salad (1/4 cup)	25	10	1.5g	0g	0g	0mg	100mg	3g	less than 1g	2g	0g
Kale and Arugula Salad (3 oz)	50	10	1g	0g	0g	0mg	65mg	9g	2g	6g	2g
Kidney Bean Salad (1/4 cup)	160	100	11g	2g	0g	10mg	240mg	10g	3g	less than 1g	3g
Lime Delight Gelatin Salad (1/4 cup)	70	35	4g	1g	0g	less than 5mg	90mg	9g	0g	8g	1g
Macaroni Salad (1/4 cup)	45	15	2g	0g	0g	0mg	45mg	6g	0g	less than 1g	less than 1g
Marinated Cucumber Salad (1/4 cup)	25	0	0g	0g	0g	0mg	30mg	7g	less than 1g	6g	less than 1g
Marinated Mushroom Salad (1/4 cup)	45	25	3g	0g	0g	0mg	190mg	3g	less than 1g	2g	1g
Mexican Corn Salad (1/4 cup)	60	25	2.5g	0g	0g	0mg	55mg	8g	less than 1g	2g	1g
Mozzarella and Tomato Salad (1/4 cup)	80	40	4.5g	3g	0g	20mg	200mg	1g	0g	0g	7g
Mustard Potato Salad (1/4 cup)	80	50	6g	1g	0g	20mg	140mg	7g	less than 1g	1g	1g
Orange Cottage Cheese (1/4 cup)	70	25	2.5g	2g	0g	less than 5mg	100mg	10g	0g	10g	2g
Parmesan Pasta Toss (1/4 cup)	80	5	0.5g	0g	0g	0mg	70mg	12g	less than 1g	1g	2g
Pea Salad (1/4 cup)	70	40	4.5g	1g	0g	5mg	110mg	4g	1g	1g	2g
Pico de Gallo (2 oz)	25	0	0g	0g	0g	0mg	135mg	5g	0g	less than 1g	0g
Potato Salad (Cooked) (1/4 cup)	130	90	10g	2g	0g	10mg	270mg	10g	1g	less than 1g	1g
Potato Salad (Raw) (1/4 cup)	130	90	10g	2g	0g	10mg	260mg	10g	0g	1g	less than 1g
Quick Edamame Salad (1/4 cup)	50	5	0.5g	0g	0g	0mg	60mg	6g	1g	1g	2g
Quinoa Veggie Salad w/ Zesty Vinaigrette (1/4 cup)	45	10	1g	0g	0g	0mg	115mg	8g	less than 1g	1g	less than 1g
Rainbow Pasta & Vegetable Salad (1/4 cup)	50	10	1g	0g	0g	0mg	60mg	9g	less than 1g	1g	2g
Rice Pudding (1/4 cup)	60	5	0.5g	0g	0g	less than 5mg	25mg	11g	0g	3g	2g
Rotini Salad (1/4 cup)	60	0	0g	0g	0g	0mg	210mg	12g	less than 1g	less than 1g	2g
Seafood Salad (1/4 cup)	70	35	4g	2.5g	0g	20mg	260mg	6g	less than 1g	3g	3g
Shrimp Salad (1/4 cup)	130	100	11g	2g	0g	55mg	230mg	2g	0g	0g	6g
Strawberry Mousse (3 1/2 oz)	270	140	16g	15g	0g	0mg	220mg	30g	0g	27g	1g
Sunshine Salad (1/4 cup)	80	0	0g	0g	0g	0mg	45mg	20g	0g	20g	less than 1g
Super Slaw Salad (3 oz)	140	50	6g	0.5g	0g	0mg	390mg	19g	1g	11g	2g

Southwest Pinto Bean Salad (1/4 cup)	100	45	5g	1g	0.5g	0mg	330mg	11g	2g	1g	2g
Texas Caviar (1/4 cup)	45	0	0g	0g	0g	0mg	300mg	9g	2g	less than 1g	2g
Three Bean Salad (1/4 cup)	70	50	6g	1g	1g	0mg	340mg	4g	less than 1g	2g	less than 1g
Tomato and Red Onion Salad (1/4 cup)	90	0	0g	1.5g	0g	0mg	120mg	2g	less than 1g	1g	0g
Tutti Fruitti Salad (1/4 cup)	35	5	1g	1g	0g	0mg	5mg	8g	0g	6g	0g
Vegetable Salad (1/4 cup)	60	35	4g	0.5g	0g	0mg	250mg	4g	less than 1g	2g	less than 1g
Whipped Fruit Salad (1/4 cup)	70	20	2.5g	2.5g	0g	10mg	35mg	11g	0g	10g	0g
Zesty Quinoa Salad (1/4 cup)	80	0	0g	0g	0g	0mg	150mg	9g	2g	less than 1g	2g

Salad Bar Dressings

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Balsamic Vinaigrette Dressing (1/4 cup)	120	90	10g	1g	0g	0mg	380mg	8g	0g	8g	0g
Blue Cheese Dressing (1/4 cup)	210	200	22g	4g	0g	20mg	370mg	3g	0g	1g	1g
Caesar Dressing (1/4 cup)	220	200	22g	4g	0g	20mg	580mg	4g	0g	2g	2g
Creamy Italian Dressing (1/4 cup)	280	270	30g	6g	0g	30mg	340mg	4g	0g	less than 1g	less than 1g
Fat-Free Raspberry Vinaigrette (1/4 cup)	80	0	0g	0g	0g	0mg	170mg	17g	0g	15g	0g
French Dressing (1/4 cup)	280	200	22g	3g	0g	0mg	600mg	20g	0g	20g	0g
Honey Mustard Dressing (1/4 cup)	230	130	14g	2.5g	0g	15mg	550mg	25g	0g	22g	less than 1g
Italian Dressing (1/4 cup)	180	140	16g	2g	0g	0mg	960mg	8g	0g	6g	0g
Ranch Dressing (1/4 cup)	200	190	21g	4g	0g	20mg	430mg	3g	0g	1g	less than 1g
Red Wine Vinegar (1/4 cup)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Reduced Calorie Italian Dressing (1/4 cup)	60	20	2g	0g	0g	0mg	720mg	10g	0g	4g	0g
Salad Oil (1/4 cup)	470	490	55g	10g	8g	0mg	0mg	0g	0g	0g	0g
Thousand Islands Dressing (1/4 cup)	180	160	18g	3.5g	0g	15mg	320mg	6g	0g	3g	0g

Soups

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Boston Clam Chowder (1 3/8 cup)	310	120	14g	3g	1g	20mg	1880mg	36g	3g	3g	11g
Broccoli Cheese with Florets (1 3/8 cup)	240	150	17g	8g	0g	35mg	2010mg	19g	3g	6g	8g
Potato with Bacon Soup (1 3/8 cup)	280	100	11g	3g	0g	20mg	1980mg	39g	3g	3g	8g
Oven Roasted Turkey Noodle Soup (1 3/8 cup)	290	70	8g	3g	0g	65mg	1900mg	36g	3g	3g	17g
Traditional Style Italian Wedding Soup (1 3/8 cup)	260	70	8g	3g	0g	20mg	2490mg	33g	3g	3g	14g
Black Bean Bacon Soup (1 3/8 cup)	370	50	6g	0g	0g	less than 5mg	1980mg	66g	25g	6g	17g
Wild & Brown Rice with Chicken Soup (1 3/8 cup)	360	170	19g	6g	0g	55mg	2100mg	36g	3g	6g	8g
Timberline Chili with Beans (1 3/8 cup)	130	35	4g	1.5g	0g	20mg	490mg	12g	3g	4g	10g
Harvest Grain with Portobello Mushroom (1 3/8 cup)	340	120	14g	3g	0g	0mg	2570mg	50g	6g	8g	8g
Spinach Artichoke (1 3/8 cup)	380	200	22g	14g	0g	65mg	2210mg	25g	3g	6g	19g
Chicken Tortilla Soup (1 3/8 cup)	310	100	11g	6g	0g	55mg	3760mg	33g	3g	11g	19g
Beef Barley Soup (1 3/8 cup)	280	60	7g	2g	0g	15mg	1540mg	48g	7g	3g	9g
Beef Vegetable (1 3/8 cup)	160	40	4g	1.5g	0g	15mg	1670mg	25g	4g	6g	6g
Black Bean Soup (1 3/8 cup)	200	20	2.5g	0.5g	0g	0mg	2620mg	31g	7g	4g	7g
Cheeseburger Deluxe (1 3/8 cup)	330	180	20g	12g	0g	50mg	1010mg	27g	less than 1g	9g	14g
Cheesy Cream of Broccoli (1 3/8 cup)	230	120	13g	9g	0g	20mg	1020mg	27g	2g	10g	9g
Cheesy Potato Vegetable with Bacon (1 3/8 cup)	270	120	13g	8g	0g	15mg	1270mg	32g	2g	8g	9g
Chicken and Corn Chowder (1 3/8 cup)	250	80	9g	4g	0g	30mg	1270mg	30g	3g	6g	14g
Chicken and Rice Soup (1 3/8 cup)	150	30	3.5g	1g	0g	15mg	1630mg	22g	2g	4g	8g
Chicken Gumbo (1 3/8 cup)	160	30	3.5g	0.5g	0g	10mg	1270mg	25g	3g	4g	7g
Chicken Noodle Soup (1 3/8 cup)	170	35	4g	1g	0g	35mg	1520mg	26g	3g	5g	9g
Chicken Pot Pie Soup (1 3/8 cup)	180	70	8g	4g	0g	30mg	780mg	18g	2g	5g	11g
Chicken Vegetable Soup (1 3/8 cup)	120	30	3.5g	1g	0g	15mg	1170mg	17g	3g	5g	8g
Country Bean Soup (1 3/8 cup)	80	20	2.5g	0.5g	0g	0mg	2580mg	13g	2g	3g	less than 1g
Cream of Broccoli (1 3/8 cup)	210	100	11g	9g	0g	15mg	640mg	23g	1g	8g	6g
Cream of Cheesy Cauliflower (1 3/8 cup)	160	70	7g	4.5g	0g	10mg	950mg	19g	2g	7g	6g
Creamy Tomato Soup (1 3/8 cup)	130	90	9g	5g	0g	25mg	1020mg	12g	2g	6g	3g
Florentine Vegetable Soup (1 3/8 cup)	180	90	10g	3g	0g	20mg	1770mg	16g	2g	3g	7g
Ham and Potato Chowder (1 3/8 cup)	280	130	14g	9g	0g	30mg	1690mg	31g	2g	9g	10g
Italian Bow-Tie Soup (1 3/8 cup)	190	40	4.5g	1g	0g	20mg	1360mg	30g	3g	3g	11g
Lentil Soup (1 3/8 cup)	280	30	3g	0.5g	0g	0mg	2070mg	46g	19g	4g	16g
Manhattan Clam Chowder (1 3/8 cup)	150	25	3g	0.5g	0g	0mg	2040mg	22g	4g	5g	9g
Meatball Soup (1 3/8 cup)	290	120	13g	4.5g	0g	35mg	3820mg	35g	7g	10g	12g
Mexican Beef Soup (1 3/8 cup)	230	90	10g	3.5g	0g	30mg	1150mg	24g	4g	4g	10g
New England Clam Chowder (1 3/8 cup)	170	60	7g	3.5g	0g	5mg	830mg	18g	2g	4g	10g
Pepperoni Pizza Soup (1 3/8 cup)	300	140	16g	7g	0g	35mg	1560mg	29g	6g	13g	13g

Sausage and White Bean Soup (1 3/8 cup)	220	120	13g	4g	0g	30mg	2890mg	20g	2g	3g	5g
Split Pea Soup (1 3/8 cup)	240	15	1.5g	0g	0g	10mg	1640mg	41g	1g	4g	16g
Stuffed Pepper Soup (1 3/8 cup)	180	70	8g	3g	0g	25mg	1510mg	21g	3g	9g	7g
Tortilla Soup (1 3/8 cup)	510	120	14g	6g	0g	50mg	2500mg	79g	3g	50g	18g
Tuscan Minestrone (1 3/8 cup)	100	25	2.5g	0.5g	0g	0mg	1140mg	18g	3g	4g	2g
Vegetable Soup (vegetarian) (1 3/8 cup)	170	25	2.5g	0.5g	0g	0mg	1500mg	33g	6g	10g	4g
White Chicken Chili (1 3/8 cup)	170	70	8g	4g	0g	30mg	1390mg	17g	1g	4g	10g
Wisconsin Cheese Chowder (1 3/8 cup)	270	110	13g	8g	0g	15mg	1190mg	34g	2g	10g	7g
Corn Chowder (1 3/8 cup)	330	90	9g	4g	0g	25mg	1710mg	52g	3g	8g	5g
Hearty Bean with Ham (1 3/8 cup)	380	50	5g	2.5g	0g	15mg	2110mg	60g	22g	3g	24g
Broccoli and Cheese (1 3/8 cup)	380	240	27g	9g	0g	25mg	1760mg	27g	3g	5g	8g
Cheesy Chicken Enchilada Soup (1 3/8 cup)	220	60	7g	2.5g	0g	70mg	2490mg	24g	3g	5g	16g
Homestyle Chicken Noodle Soup (1 3/8 cup)	220	50	5g	2.5g	0g	25mg	2110mg	33g	3g	8g	11g
Minestrone Soup (1 3/8 cup)	220	25	2.5g	1.5g	0g	0mg	2010mg	38g	11g	11g	11g
Italian Style Wedding Soup (1 3/8 cup)	300	90	9g	2.5g	0g	25mg	2010mg	38g	3g	5g	14g
Vegetable and Beef Soup (1 3/8 cup)	240	50	5g	2.5g	0g	15mg	2140mg	38g	5g	14g	11g
Chicken and Dumpling Soup (1 3/8 cup)	380	90	9g	4g	0g	95mg	2110mg	54g	5g	5g	19g
Boston Clam Chowder (1 3/8 cup)	300	100	11g	5g	0g	25mg	2550mg	41g	3g	3g	8g
Cream of Potato with Bacon (1 3/8 cup)	430	170	19g	4g	0g	25mg	2110mg	54g	3g	5g	8g

Waffle Bar	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Apple Topping (1/4 cup)	60	0	0g	0g	0g	0mg	40mg	16g	less than 1g	13g	0g
Bananas (1/4 cup)	50	0	0g	0g	0g	0mg	0mg	13g	1g	8g	0g
Caramel Sauce (1/4 cup)	220	0	0g	0g	0g	0mg	220mg	52g	0g	38g	2g
Chocolate Chips (1/4 cup)	200	110	12g	9g	0g	0mg	0mg	29g	3g	23g	3g
Chocolate Syrup (1/4 cup)	180	0	0g	0g	0g	0mg	25mg	43g	2g	36g	2g
Fresh Blueberries (1/4 cup)	30	0	0g	0g	0g	0mg	0mg	8g	2g	4g	0g
Fresh Strawberries (1/4 cup)	15	0	0g	0g	0g	0mg	0mg	4g	less than 1g	3g	0g
Honey (1/4 cup)	240	0	0g	0g	0g	0mg	0mg	69g	0g	65g	0g
Margarine (1 oz)	190	200	22g	4.5g	4.5g	0mg	200mg	0g	0g	0g	0g
Pancake Syrup (1/4 cup)	200	0	0g	0g	0g	0mg	100mg	51g	0g	22g	0g
Peanut Butter (1/4 cup)	210	160	18g	2.5g	0g	0mg	160mg	9g	2g	4g	7g
Waffle Batter (1/4 cup)	100	35	4g	1g	0.5g	20mg	250mg	14g	0g	1g	2g
Whipped Cream (As served)	50	35	4g	4g	0g	0mg	0mg	4g	0g	4g	0g

Omelet Bar	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
American Cheese (1/2 oz)	50	35	4g	3g	0g	10mg	250mg	less than 1g	0g	0g	3g
Bacon (1/4 cup)	180	130	14g	4g	0g	40mg	700mg	2g	0g	2g	12g
Black Olives (1/4 cup)	35	30	3.5g	1g	0g	0mg	160mg	1g	0g	0g	0g
Broccoli (1/4 cup)	0	0	0g	0g	0g	0mg	5mg	less than 1g	0g	0g	0g
Cheddar Cheese (1/2 oz)	60	40	4.5g	2.5g	0g	15mg	90mg	less than 1g	0g	0g	4g
Chicken (1/4 cup)	50	10	1g	0g	0g	25mg	300mg	less than 1g	0g	0g	10g
Green Peppers (1/4 cup)	10	0	0g	0g	0g	0mg	0mg	3g	less than 1g	2g	0g
Ham (1/4 cup)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Jalapenos (1/4 cup)	25	0	0g	0g	0g	0mg	2310mg	5g	0g	0g	0g
Mozzarella Cheese (1/2 oz)	35	20	2.5g	1.5g	0g	10mg	90mg	0g	0g	0g	3g
Mushrooms (1/4 cup)	5	0	0g	0g	0g	0mg	0mg	less than 1g	0g	0g	less than 1g
Eggs (1/4 cup)	90	50	6g	2g	0g	250mg	85mg	less than 1g	0g	less than 1g	8g
Onions (1/4 cup)	15	0	0g	0g	0g	0mg	0mg	3g	less than 1g	1g	0g
Salsa (1/4 cup)	10	0	0g	0g	0g	0mg	410mg	2g	0g	2g	0g
Sausage (1/4 cup)	60	40	4.5g	1.5g	0g	15mg	170mg	0g	0g	0g	3g
Sour Cream (1/4 cup)	110	90	9g	8g	0g	40mg	40mg	4g	0g	4g	2g
Spinach (1/4 cup)	10	0	0g	0g	0g	0mg	30mg	2g	less than 1g	0g	1g
Steak (1/4 cup)	120	70	8g	3g	0g	45mg	30mg	0g	0g	0g	11g
Swiss Cheese (3/4 oz)	80	50	6g	4g	0g	20mg	50mg	1g	0g	0g	6g
Tomatoes (1/4 cup)	10	0	0g	0g	0g	0mg	5mg	2g	0g	1g	0g

Pasta & Stir Fry Bar	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Alfredo Sauce (1/4 cup)	140	110	12g	4.5g	0g	10mg	440mg	5g	0g	3g	4g
Baby Corn (1/4 cup)	5	0	0g	0g	0g	0mg	65mg	less than 1g	less than 1g	less than 1g	less than 1g

Bacon Pieces (1/4 cup)	180	130	14g	4g	0g	40mg	700mg	2g	0g	2g	12g
Bamboo Shoots (1/4 cup)	0	0	0g	0g	0g	0mg	0mg	less than 1g	0g	0g	0g
Bean Sprouts (1/4 cup)	0	0	0g	0g	0g	0mg	15mg	less than 1g	0g	0g	0g
Black Olives (1/4 cup)	35	30	3.5g	1g	0g	0mg	160mg	1g	0g	0g	0g
Broccoli (1/4 cup)	0	0	0g	0g	0g	0mg	5mg	less than 1g	0g	0g	0g
Cabbage (1/4 cup)	5	0	0g	0g	0g	0mg	5mg	1g	less than 1g	less than 1g	0g
Carrots (1/4 cup)	5	0	0g	0g	0g	0mg	15mg	2g	0g	1g	0g
Cavatappi (1/4 cup)	50	0	0g	0g	0g	0mg	0mg	11g	less than 1g	less than 1g	2g
Cheddar Cheese Sauce (1/4 cup)	45	25	3g	2g	0g	5mg	380mg	6g	0g	2g	2g
Chicken (1/4 cup)	50	10	1g	0g	0g	25mg	300mg	less than 1g	0g	0g	10g
Chow Mein Noodles (1/4 cup)	70	25	3g	0.5g	0g	0mg	130mg	9g	1g	0g	2g
Crab Meat (1/4 cup)	50	0	0g	0g	0g	10mg	480mg	9g	0g	4g	4g
Deluxe Pasta Sauce (1/4 cup)	40	10	1g	0g	0g	0mg	260mg	8g	2g	5g	2g
Fettuccini (1/2 oz)	50	0	0g	0g	0g	0mg	0mg	10g	less than 1g	less than 1g	2g
Garlic (1 ea.)	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Green Peppers (1/4 cup)	10	0	0g	0g	0g	0mg	0mg	3g	less than 1g	2g	0g
Jalapenos (1/4 cup)	25	0	0g	0g	0g	0mg	2310mg	5g	0g	0g	0g
Macaroni (1 oz)	40	0	0g	0g	0g	0mg	0mg	8g	0g	0g	1g
Meat Sauce (1/4 cup)	60	30	3.5g	1g	0g	10mg	330mg	5g	less than 1g	3g	4g
Meatball (2 oz)	210	150	17g	6g	0g	40mg	590mg	5g	less than 1g	less than 1g	12g
Mushrooms (1/4 cup)	5	0	0g	0g	0g	0mg	0mg	less than 1g	0g	0g	less than 1g
Onions (1/4 cup)	15	0	0g	0g	0g	0mg	0mg	3g	less than 1g	1g	0g
Pineapple (1/4 cup)	45	0	0g	0g	0g	0mg	0mg	12g	0g	12g	0g
Pork (1/4 cup)	110	70	7g	2g	0g	35mg	30mg	0g	0g	0g	11g
Rice Pilaf (1 1/4 oz)	50	20	2g	1g	0g	less than 5mg	160mg	8g	0g	0g	less than 1g
Shrimp (1/4 cup)	35	0	0g	0g	0g	100mg	300mg	0g	0g	0g	8g
Soy Sauce (1 tbsp)	10	0	0g	0g	0g	0mg	910mg	0g	0g	0g	2g
Spaghetti (1/2 oz)	50	0	0g	0g	0g	0mg	0mg	10g	0g	less than 1g	2g
Spaghetti Sauce (1/4 cup)	25	0	0.5g	0g	0g	0mg	250mg	5g	1g	3g	1g
Spinach (1/4 cup)	10	0	0g	0g	0g	0mg	30mg	2g	less than 1g	0g	1g
Steak (1/4 cup)	120	70	8g	3g	0g	45mg	30mg	0g	0g	0g	11g
Stir Fry Blend (1/4 cup)	10	0	0g	0g	0g	0mg	10mg	2g	less than 1g	1g	0g
Stir Fry Sauce (1/4 cup)	70	25	3g	0g	0g	0mg	880mg	8g	0g	4g	2g
Sweet and Sour Sauce (1/4 cup)	120	0	0g	0g	0g	0mg	220mg	28g	0g	22g	0g
Sweet Chili Sauce (1/4 cup)	110	0	0g	0g	0g	0mg	300mg	29g	0g	25g	2g
Teriyaki (1/4 cup)	20	0	0g	0g	0g	0mg	440mg	4g	0g	3g	0g
Tofu (1/4 cup)	35	15	1.5g	0g	0g	0mg	40mg	1g	0g	less than 1g	4g
Tomatoes (1/4 cup)	10	0	0g	0g	0g	0mg	5mg	2g	0g	1g	0g
Water Chestnuts (1/4 cup)	30	0	0g	0g	0g	0mg	0mg	7g	2g	1g	less than 1g
White Rice (1 1/4 oz)	45	0	0g	0g	0g	0mg	0mg	10g	0g	0g	less than 1g
Zucchini (1/4 cup)	30	0	0g	0g	0g	0mg	0mg	8g	2g	0g	less than 1g
Pizza	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
16" Pepperoni Slice (1/6 ea.)	650	290	32g	14g	0g	50mg	1550mg	65g	5g	6g	28g
16" Cheese Slice (1/6 ea.)	620	250	28g	13g	0g	40mg	1400mg	65g	6g	6g	28g
16" Sausage Slice (1/6 ea.)	710	340	38g	16g	0g	65mg	1650mg	65g	5g	6g	29g
16" Vegetable Slice (1/6 ea.)	610	240	26g	12g	0g	35mg	1330mg	69g	6g	8g	26g
16" Pepperoni Slice (1/8 ea.)	480	220	24g	10g	0g	35mg	1160mg	49g	4g	5g	21g
16" Cheese Slice (1/8 ea.)	460	190	21g	10g	0g	30mg	1050mg	49g	4g	5g	21g
16" Sausage Slice (1/8 ea.)	530	250	28g	12g	0g	50mg	1240mg	49g	4g	5g	22g
16" Vegetable Slice (1/8 ea.)	460	180	20g	9g	0g	25mg	1000mg	52g	5g	6g	20g
16" Pepperoni Pizza (1 ea.)	3880	1720	191g	83g	0g	290mg	9310mg	390g	32g	36g	165g
16" Cheese Pizza (1 ea.)	3700	1530	170g	79g	0g	255mg	8400mg	390g	34g	36g	167g
16" Sausage Pizza (1 ea.)	4230	2030	226g	94g	0g	390mg	9890mg	391g	32g	36g	175g
16" Vegetable Pizza (1 ea.)	3640	1420	158g	71g	0g	215mg	8000mg	414g	39g	48g	159g
16" Half Pepperoni and Half Sausage Pizza (1 ea.)	4160	1970	218g	92g	0g	365mg	9890mg	391g	32g	36g	174g