

Menu Item	Category	Serving Size	Gram Weight (g)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Allergen Statement (English)	
21 Layer Lasagna	Beef	1 piece	229g	430	26	13	0.5	80	890	21	2	7	28	Contains Egg, Milk, Soy, Wheat.	
Asian Beef	Beef	3 oz	110	3.5	0.5	0	20	620	10	0	8	9	Contains Soy, Wheat.		
Awesome Pot Roast	Beef	1/2 cup	130g	160	7	3	0	55	310	8	1	2	15	Contains Milk, Soy, Wheat.	
Barbacoa	Beef	3 oz	85g	270	23	12	0	90	490	0	0	0	18		
BBQ Beef	Beef	3 oz	85g	120	5	1.5	0	50	160	0	0	0	18		
Beef Enchiladas	Beef	1 each	127g	200	12	4	0	40	560	11	1	1	11	Contains Milk, Soy, Wheat.	
Beef Liver & Onions	Beef	4 oz	113g	210	11	2.5	1	225	280	8	0	3	20	Contains Egg, Milk, Soy, Wheat.	
Beef Pot Pie	Beef	1 piece	117g	190	10	4.5	0	40	460	15	1	2	11	Contains Milk, Soy, Wheat.	
Beef Quesadillas	Beef	1 piece	60g	140	9	3	0	15	250	11	1	1	6	Contains Egg, Milk, Soy, Wheat.	
Boneless BBQ Beef Ribs	Beef	3 oz	85g	200	8	3.5	0	60	920	9	0	7	23		
Buffet Sirloin Steak	Beef	3 oz	85g	130	8	3	0	55	350	1	0	0	14	Contains Milk.	
Carne Guisada	Beef	1/2 cup	130g	140	6	1.5	0	50	390	4	1	2	17	Contains Egg, Milk, Soy, Wheat.	
Carved Garlic Parmesan Sirloin	Beef	3 oz	85g	130	5	1.5	0	50	600	1	0	0	20	Contains Milk, Soy.	
Carved Ribeye	Beef	3 oz	85g	170	9	4	1	50	440	0	0	0	23		
Carved Roast Beef	Beef	3 oz	85g	180	10	3.5	1	65	280	1	0	0	22	Contains Soy, Wheat.	
Carved sirloin Steak	Beef	3 oz	85g	130	8	3	0	55	350	1	0	0	14	Contains Milk.	
Chicken Fried Steak	Beef	1 each	61g	150	8	2	0	15	370	10	0	0	7	Contains Egg, Soy, Wheat.	
Country Style Steak	Beef	1 each	71g	180	12	5	0.5	35	460	8	1	3	10	Contains Egg, Milk, Soy, Wheat.	
Creamed Chipped Beef	Beef	1/2 cup	145g	170	12	2.5	0	15	500	8	0	4	7	Contains Milk, Wheat.	
Fajita Steak	Beef	3 oz	85g	130	8	3	0	55	350	1	0	0	14		
Firecracker Buffalo Meatballs	Beef	2 each with sauce	160g	210	15	6	0	70	1350	15	4	1	15	Contains Egg, Milk, Wheat.	
Garlic Herb Butter Sirloin	Beef	3 oz	85g	140	9	3.5	0	55	360	1	0	0	14	Contains Milk.	
Grilled Chopped Steaks	Beef	1 each	111g	290	20	8	1.5	80	450	2	0	0	25	Contains Soy, Wheat.	
Honey Teriyaki *Carved Sirloin	Beef	3 oz	85g	200	13	5	1	55	660	3	3	3	17	Contains Soy, Wheat.	
Hot Dogs with Onions & Peppers	Beef	1 each (hot dog)	328g	310	22	6	1	30	600	21	4	8	9	Contains Egg, Milk, Soy, Wheat.	
Italian Meatballs with Marinara	Beef	2 each with sauce	166g	190	16	5	0	60	660	11	2	4	12	Contains Egg, Milk, Soy, Wheat.	
Lemon Rosemary Carved Sirloin	Beef	3 oz	85g	180	12	4	0.5	55	690	1	0	1	18		
Machaca Beef	Beef	3 oz	85g	140	8	3	0	55	230	2	0	1	15	Contains Milk, Soy, Wheat.	
Marinated Chuck Tips	Beef	3 oz	85g	140	5	1.5	0	65	250	0	0	0	21	Contains Egg, Milk, Soy, Wheat.	
Marinated Sirloin Tips	Beef	3 oz	85g	170	8	3	0	70	250	0	0	0	23	Contains Egg, Milk, Soy, Wheat.	
Menudo	Beef	3 oz	85g	90	3.5	1	0	35	220	11	2	0	7		
Mini Bacon Steakburger	Beef	1 each	107g	16	290	16	7	1	15	460	16	1	5	19	Contains Egg, Milk, Soy, Wheat.
Mini BBQ Brisket Sandwich	Beef	1 each	50g	150	7	2.5	0	10	260	18	0	6	4	Contains Egg, Milk, Soy, Wheat.	
Mini Hot Dog	Beef	1 each	59g	170	8	2.5	0.5	20	360	17	0	4	6	Contains Egg, Milk, Wheat.	
Mini Steakburger	Beef	1 each	102g	260	14	6	1	10	380	16	1	5	17	Contains Egg, Milk, Soy, Wheat.	
Mmm Mmm Meatloaf	Beef	1 piece	104g	140	11	4	0	40	670	10	0	1	13	Contains Egg, Milk, Soy, Wheat.	
Mongolian Beef	Beef	1 cup	176g	290	11	2.5	0	60	1380	24	1	17	25	Contains Soy, Wheat.	
Oriental Pepper Beef	Beef	1 cup	186g	290	11	2.5	0	60	1400	24	1	18	24	Contains Soy, Wheat.	
Patty Melt	Beef	1 piece	110g	310	22	9	1	55	1150	13	0	2	16	Contains Egg, Milk, Soy, Wheat.	
Philly Cheesesteak Meatballs	Beef	2 each with sauce	149g	180	15	6	0	60	670	9	1	1	12	Contains Egg, Milk, Wheat.	
Philly Steak Sandwich	Beef	1 piece	127g	310	20	7	0	60	750	12	0	2	19	Contains Egg, Milk, Soy, Wheat.	
Portobello Mushroom Carved Sirloin	Beef	3 oz	85g	150	10	4	1	50	490	0	0	0	16	Fish, Milk, Soy, Wheat.	
Prime Rib	Beef	3 oz	85g	280	22	9	0	65	350	1	0	0	18	Contains Soy, Wheat.	
Roast Beef Stacker	Beef	1 each	237g	410	22	5	1	65	960	27	1	3	25	Contains Egg, Milk, Soy, Wheat.	
Salisbury Steak	Beef	1 each	85g	70	8	3	0	25	520	7	0	1	8	Contains Egg, Milk, Soy, Wheat.	
Salt & Pepper Smoked Brisket	Beef	3 oz	85g	230	17	7	1	75	130	0	0	0	21		
Shepherd's Pie	Beef	1 cup	226g	310	15	5	0	60	720	25	4	4	19	Contains Milk, Soy, Wheat.	
Sirloin Steak Strips	Beef	3 oz	85g	130	8	3	0	55	350	1	0	0	14	Contains Milk.	
Smoked Beef Short Ribs	Beef	3 oz	85g	340	27	11	2	95	460	0	0	0	25		
Smoked Texas BBQ Beef	Beef	3 oz	85g	250	17	7	1.5	80	105	0	0	0	25		
Smokehouse Boneless Beef Ribs	Beef	3 oz	85g	210	8	3.5	0	60	880	12	0	11	23	Contains Milk, Soy, Wheat.	
Smothered Chopped Steaks	Beef	1 each	167g	290	18	7	1	0	440	4	0	1	27	Contains Milk, Wheat.	
Sweedish Meatballs	Beef	2 each with sauce	120g	160	13	6	0	65	630	9	1	1	11	Contains Egg, Milk, Soy, Wheat.	
Taco Meat	Beef	1/4 cup	57g	110	8	3	0.5	30	240	2	0	1	7	Contains Soy, Wheat.	
Tacuitos	Beef	2 each	53g	180	10	2.5	0	5	200	19	2	1	4	Contains Soy, Wheat.	
Tacuitos	Beef	2 each	80g	260	14	3.5	0	10	300	28	3	1	6	Contains Soy, Wheat.	
Tamales	Beef	1 each	43g	120	8	3	0	10	300	9	2	0	3	Contains Soy, Wheat.	
Teriyaki Beef	Beef	1 cup	169g	240	8	2	0	45	1090	22	1	16	19	Contains Soy, Wheat.	
Texas Chicken Fried Steak	Beef	1 each	113g	230	6	2	0	25	1250	31	1	3	14	Contains Soy, Wheat.	
Apple Juice	Beverages	8 fl oz	227g	110	0	0	0	0	0	28	0	0	26	0	
Barq's Root Beer®	Beverages	12 fl oz	340g	160	0	0	0	0	55	44	0	0	44	0	
Chocolate Milk	Beverages	1 container	227g	200	2.5	1.5	0	15	240	34	0	32	10		
Coca Cola Cherry®	Beverages	12 fl oz	340g	150	0	0	0	0	40	42	0	0	42	0	
Coca Cola Zero Sugar®	Beverages	12 fl oz	340g	0	0	0	0	0	0	0	0	0	0	0	
Coca Cola®	Beverages	12 fl oz	340g	150	0	0	0	0	35	40	0	0	40	0	
Coffee	Beverages	8 fl oz	227g	0	0	0	0	0	0	0	0	0	0	0	
Cranberry Juice	Beverages	8 fl oz	227g	110	0	0	0	0	0	28	0	0	28	0	
Diet Coke®	Beverages	12 fl oz	340g	0	0	0	0	0	50	0	0	0	0	0	
Diet Dr. Pepper®	Beverages	12 fl oz	340g	0	0	0	0	0	75	0	0	0	0	0	
Dr. Pepper®	Beverages	12 fl oz	340g	140	0	0	0	0	45	39	0	0	39	0	
Fanta Orange®	Beverages	12 fl oz	340g	160	0	0	0	0	40	44	0	0	43	0	
Fanta Strawberry®	Beverages	12 fl oz	340g	160	0	0	0	0	55	45	0	0	44	0	
Fuze Raspberry Tea®	Beverages	12 fl oz	340g	80	0	0	0	0	50	23	0	0	22	0	
Glacéau Vitamin Water®	Beverages	12 fl oz	340g	70	0	0	0	0	40	19	0	0	19	0	
Gold Peak Tea® - Sweetened	Beverages	12 fl oz	340g	130	0	0	0	0	10	33	0	0	32	0	
Gold Peak® Tea - Unsweetened	Beverages	12 fl oz	340g	5	0	0	0	0	10	1	0	0	0	0	
Grapefruit Juice	Beverages	8 fl oz	227g	110	0	0	0	0	30	28	0	0	28	0	
Hi-C Flashin Fruit Punch®	Beverages	12 fl oz	340g	150	0	0	0	0	75	42	0	0	41	0	
Hi-C Poppin' Pink Lemonade®	Beverages	12 fl oz	340g	140	0	0	0	0	120	39	0	0	38	0	
Horchata	Beverages	12 fl oz	340g	230	4.5	3	0	20	140	43	0	0	36	5	
Hot Chocolate	Beverages	8 fl oz	247g	80	2.5	2	0	0	190	16	0	0	12	0	
Hot Tea	Beverages	8 fl oz	227g	0	0	0	0	0	5	1	0	0	0	0	
Jamaica	Beverages	12 fl oz	340g	150	0	0	0	0	25	38	0	0	36	0	
Milk	Beverages	1 container	227g	140	5	3	0	20	150	14	0	13	10		

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Minute Maid Lemonade*	Beverages	12 fl oz	340g	140	0	0	0	0	95	38	0	36	0	
Minute Maid Light Lemonade*	Beverages	12 fl oz	340g	5	0	0	0	0	45	2	0	0	0	
Orange Guava Juice	Beverages	8 fl oz	227g	110	0	0	0	0	0	30	0	28	0	
Orange Juice	Beverages	8 fl oz	227g	110	0	0	0	0	0	27	0	24	2	
Powerade Mountain Berry Blast*	Beverages	12 fl oz	340g	80	0	0	0	0	110	22	0	22	0	
Seagram's Ginger Ale*	Beverages	12 fl oz	340g	130	0	0	0	0	45	35	0	35	0	
Sprite*	Beverages	12 fl oz	340g	140	0	0	0	0	70	39	0	38	0	
Tomato Juice	Beverages	8 fl oz	227g	50	0	0	0	0	680	10	2	7	2	
Banana Nut Bread	Bread	1 piece	75g	190	4	0.5	0	5	240	40	1	25	2	2 Contains Egg, Tree Nuts, Wheat.
Basil Parmesan Flatbread	Bread	1 each	19g	70	4	1	0	0	110	6	0	1	2	2 Contains Milk, Soy, Wheat.
Blueberry Muffins	Bread	1 each	120g	330	14	4	0	30	420	54	1	29	3	3 Contains Egg, Milk, Soy, Wheat.
Bruschetta Bread	Bread	1 each	54g	140	8	1	0	0	250	14	1	1	3	3 Contains Egg, Milk, Soy, Wheat.
Buttermilk Biscuits	Bread	1 each	59g	230	15	5	0	0	610	20	1	1	3	3 Contains Egg, Milk, Soy, Wheat.
Caramel Pecan Sticky Rolls	Bread	1 each	99g	310	9	1.5	0	0	320	52	1	27	4	4 Contains Milk, Soy, Tree Nuts, Wheat.
Cheese Pizza	Bread	1 slice	86g	210	7	4.5	0	15	540	26	1	2	9	9 Contains Milk, Wheat.
Chocolate Chip Muffins	Bread	1 each	128g	430	19	8	0	30	420	65	1	39	3	3 Contains Egg, Milk, Soy, Wheat.
Corn Muffins	Bread	1 each	77g	220	5	1	0	20	500	39	1	17	4	4 Contains Egg, Milk, Soy, Wheat.
Flour Tortillas	Bread	1 each	40g	120	3	1	0	0	270	20	1	0	3	3 Contains Wheat.
Garlic Cheese Biscuits	Bread	1 each	74g	260	17	8	0	20	570	21	0	3	6	6 Contains Milk, Soy, Wheat.
Garlic Cheese Knots	Bread	1 each	67g	190	7	2.5	0	25	230	25	1	7	5	5 Contains Egg, Milk, Soy, Wheat.
Garlic Cheese Sticks	Bread	1 each	45g	120	5	2	0	10	290	14	1	1	5	5 Contains Milk, Soy, Wheat.
Jalapeño Corn Muffins	Bread	1 each	73g	240	13	2.5	0	60	370	26	1	11	5	5 Contains Egg, Milk, Soy, Wheat.
Margarita Pizza	Bread	1 slice	98g	240	11	5	0	20	690	26	1	3	10	10 Contains Milk, Soy, Wheat.
Mini Blueberry Muffins	Bread	1 each	43g	120	5	1.5	0	10	150	19	0	10	1	1 Contains Egg, Milk, Soy, Wheat.
Mini Chocolate Chip Muffins	Bread	1 each	45g	150	7	2.5	0	10	150	23	0	14	1	1 Contains Egg, Milk, Soy, Wheat.
Mini Yeast Rolls	Bread	1 each	30g	80	1	0	0	5	95	16	0	4	3	3 Contains Egg, Milk, Wheat.
Oh Yeah! Yeast Rolls	Bread	1 each	63g	180	3.5	1	0	5	210	31	1	9	5	5 Contains Egg, Milk, Soy, Wheat.
Pepperoni Pizza	Bread	1 slice	94g	250	11	6	0	25	680	26	1	2	11	11 Contains Milk, Wheat.
Sausage Pizza	Bread	1 slice	101g	270	13	6	0	25	670	26	1	2	11	11 Contains Milk, Wheat.
Skillet Cornbread	Bread	1 piece	52g	150	5	2	0	20	320	23	0	8	3	3 Contains Egg, Milk, Soy, Wheat.
Stromboli	Bread	1 piece	99g	240	10	5	0	25	700	25	0	3	12	12 Contains Milk, Wheat.
Texas Toast	Bread	1 each	54g	200	10	3.5	0	5	220	22	1	6	4	4 Contains Egg, Milk, Soy, Wheat.
Apple Pecan Topped Waffle	Breakfast	1 each	87g	160	11	2.5	0	20	360	25	0	11	3	3 Contains Egg, Milk, Tree Nuts, Wheat.
Apple Topping	Breakfast	2 Tbsp	35g	45	0	0	0	0	40	12	0	10	0	
Applesauce	Breakfast	1/2 cup	126g	90	0	0	0	0	15	23	2	18	0	
Apple-Topped Waffle	Breakfast	1 each	86g	150	10	2.5	0	20	360	25	0	11	3	3 Contains Egg, Milk, Wheat.
Bacon	Breakfast	3 piece	13g	60	4.5	2	0	15	170	0	0	0	4	
Bacon Quiche	Breakfast	1 slice	113g	290	21	8	0	85	660	15	1	1	10	10 Contains Egg, Milk, Soy, Wheat.
Banana Nut French Toast	Breakfast	1 piece	115g	280	9	2	0	100	280	48	2	32	6	6 Contains Egg, Milk, Soy, Tree Nuts, Wheat.
Blueberry Pancakes	Breakfast	1 each	40g	80	4	1	0	10	15	10	1	3	2	2 Contains Egg, Milk, Soy, Wheat.
Blueberry Syrup	Breakfast	2 Tbsp	34g	120	0	0	0	0	30	28	0	26	0	
Breakfast Bacon	Breakfast	2 each	14g	70	5	2	0	15	190	0	0	4	0	
Breakfast Pizza	Breakfast	1 slice	138g	400	24	12	0	135	810	25	1	2	20	
Cheese Grits	Breakfast	1/2 cup	128g	170	9	4.5	0	20	310	16	0	0	7	7 Contains Milk, Soy.
Cherry Topping	Breakfast	2 Tbsp	33g	50	0	0	0	0	25	12	0	10	0	
Chocolate Chip Pancakes	Breakfast	1 each	45g	150	8	3.5	0	10	15	18	0	11	2	2 Contains Egg, Milk, Soy, Wheat.
Chorizo & Egg Burrito	Breakfast	1 each	156g	340	20	8	0	110	740	23	1	1	16	16 Contains Egg, Milk, Soy, Wheat.
Chorizo & Eggs	Breakfast	1/2 cup	115g	200	16	6	0	205	370	2	0	1	13	
Cinnamon Rolls	Breakfast	1 each	69g	210	7	1.5	0	0	300	33	1	13	3	3 Contains Soy, Wheat.
Cocoa Krispies Cereal	Breakfast	1 container	32g	120	1	0.5	0	0	135	28	0	12	1	
Corn Pops Cereal	Breakfast	1 container	21g	80	0	0	0	0	75	19	2	7	1	1 Contains Wheat.
Corned Beef Hash	Breakfast	1/2 cup	127g	230	15	7	1	35	810	14	2	1	11	
Down Home Fried Bacon	Breakfast	2 piece	24g	130	10	2.5	0	15	350	4	1	0	4	4 Contains Soy, Wheat.
Egg & Sausage Casserole	Breakfast	1/2 cup	125g	240	16	7	0	185	370	11	0	4	14	14 Contains Egg, Milk, Soy, Wheat.
Eggs Benedict	Breakfast	1 each	139g	320	23	10	0	135	760	15	1	9	9	9 Contains Egg, Milk, Soy, Wheat.
French Toast	Breakfast	1 piece	94g	220	8	2	0	135	200	30	1	13	8	8 Contains Egg, Milk, Soy, Wheat.
Frosted Flakes Cereal	Breakfast	1 container	28g	100	0	0	0	0	140	25	0	10	1	
Frozen Vanilla Yogurt -No Sugar Added	Breakfast	1/2 cup	80g	70	0	0	0	0	70	14	0	5	4	4 Contains Milk.
Fruit Loops Cereal	Breakfast	1 container	21g	80	0.5	0	0	0	100	18	2	9	1	1 Contains Wheat.
Grits	Breakfast	1/2 cup	128g	110	2.5	1	0	0	210	19	1	0	2	2 Contains Soy.
Hashbrown Casserole	Breakfast	1/2 cup	110g	100	3.5	1.5	0	5	410	14	1	1	3	3 Contains Milk, Soy.
Hominy	Breakfast	1/2 cup	130g	100	4.5	1.5	0	0	760	14	4	0	1	1 Contains Milk, Soy.
Honey	Breakfast	1 package	12g	35	0	0	0	0	0	10	0	10	0	
Imitation Crab Meat	Breakfast	1 Tbsp	17g	25	1	0	0	0	170	2	0	1	1	1 Contains Egg, Fish, Wheat.
Made-to-Order Eggs	Breakfast	1 egg prepared	66g	130	11	2.5	0	170	125	1	0	1	6	6 Contains Egg, Milk, Soy, Wheat.
Maple Syrup	Breakfast	2 Tbsp	34g	120	0	0	0	0	0	30	0	30	0	
Mini Bacon & Cheese Quiche	Breakfast	1 each	86g	250	18	6	0	55	560	15	0	2	7	7 Contains Egg, Milk, Soy, Wheat.
Mini Spinach Quiche	Breakfast	1 each	86g	230	17	6	0	60	460	15	0	1	5	5 Contains Egg, Milk, Soy, Wheat.
Oatmeal	Breakfast	1 cup	232g	120	2.5	0	0	0	10	21	0	1	4	
Omelets	Breakfast	1 each	125g	270	23	6	0	350	220	3	0	1	12	
Pancakes	Breakfast	1 each	31g	80	4	1	0	10	35	9	0	3	2	2 Contains Egg, Milk, Soy, Wheat.
Peach Topping	Breakfast	2 Tbsp	34g	35	0	0	0	0	30	10	0	8	0	
Peach-Topped Waffle	Breakfast	1 each	86g	150	10	2.5	0	20	350	24	0	10	3	3 Contains Egg, Milk, Wheat.
Pecan Syrup	Breakfast	2 Tbsp	28g	80	0	0	0	0	15	20	0	13	0	0 Contains Milk.
Pineapple Topping	Breakfast	2 Tbsp	32g	35	0	0	0	0	20	8	0	7	0	
Raisin Bran Cereal	Breakfast	1 container	35g	110	0.5	0	0	0	125	27	4	10	3	3 Contains Wheat.
Rice Krispies Cereal	Breakfast	1 container	33g	130	0	0	0	0	190	29	0	4	2	
Sausage & Egg Burrito	Breakfast	1 each	156g	320	19	8	0	110	760	22	1	1	16	16 Contains Egg, Milk, Soy, Wheat.
Sausage Gravy	Breakfast	2 oz	57g	80	7	2	0	15	230	4	0	0	2	2 Contains Milk, Wheat.
Sausage Links	Breakfast	1 each	33g	120	11	4	0	15	250	1	0	0	5	5 Contains Soy.
Scrambled Eggs	Breakfast	1/2 cup	110g	180	14	4	0	330	150	2	0	1	11	11 Contains Egg, Milk, Soy, Wheat.
Scones	Breakfast	1 each	57g	180	3	0.5	0	0	220	31	2	7	5	5 Contains Egg, Milk, Wheat.
Skillet Hashbrowns	Breakfast	1/2 cup	78g	220	19	2	0	0	350	13	2	1	1	1 Contains Egg, Milk, Soy, Wheat.
Spinach Quiche	Breakfast	1 slice	102g	240	18	6	0	80	460	14	1	1	6	6 Contains Egg, Milk, Soy, Wheat.

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Strawberry Cheesecake French Toast	Breakfast	1 piece	93g	210	19	4.5	0	100	160	26	0	17	5	Contains Egg, Milk, Soy, Wheat.
Strawberry Syrup	Breakfast	2 Tbsp	34g	90	0	0	0	0	0	26	0	25	0	
Strawberry Topping	Breakfast	2 Tbsp	34g	40	0	0	0	0	0	10	0	10	0	
Sugar-Free Syrup	Breakfast	2 Tbsp	30g	15	0	0	0	0	55	6	0	0	0	
Waffles	Breakfast	1 each	57g	80	0	0	0	0	300	17	0	4	2	Contains Milk, Wheat.
Aunt B's Fried Chicken	Chicken/Turkey	3 oz	85g	240	15	3.5	0	85	460	6	1	0	19	Contains Soy, Wheat.
Baked BBQ Chicken Legs	Chicken/Turkey	1 each	91g	140	7	2	0	100	610	5	1	4	16	
Baked Honey Teriyaki Chicken Legs	Chicken/Turkey	1 each	91g	150	7	2	0	100	740	7	1	6	16	Contains Soy, Wheat.
Baked Mandarin Orange Chicken Legs	Chicken/Turkey	1 each	91g	160	7	2	0	100	610	9	1	8	16	Contains Milk, Soy, Wheat.
Baked Teriyaki Chicken Legs	Chicken/Turkey	1 each	91g	150	7	2	0	100	840	7	1	5	16	Contains Soy, Wheat.
BBQ Chicken Breasts (Baked Bone-in)	Chicken/Turkey	1 each	234g	350	12	4	0	190	150	5	1	4	55	
BBQ Chicken Leg Quarter	Chicken/Turkey	1 piece	221g	490	22	9	0	205	1080	21	2	19	50	
BBQ Chicken Legs	Chicken/Turkey	1 each	74g	150	7	1.5	0	90	340	4	0	4	18	
BBQ Chicken Thighs (Baked Bone-in)	Chicken/Turkey	1 each	175g	350	24	8	0	185	1280	6	1	5	28	
BBQ Chicken Wings	Chicken/Turkey	3 each	99g	180	12	3	0	95	190	3	0	3	15	
Boneless Buffalo Chicken Wings	Chicken/Turkey	2 each	113g	180	7	1.5	0	65	1060	8	0	0	22	Contains Milk, Soy, Wheat.
Bourbon Street Chicken	Chicken/Turkey	3 oz	85g	170	9	2.5	0	95	350	4	1	4	19	Contains Soy, Wheat.
Bourbon Street Chicken Wings	Chicken/Turkey	3 each	99g	190	12	3.5	0	100	330	3	0	2	16	Contains Soy, Wheat.
Breaded Chicken Wings	Chicken/Turkey	3 each	114g	280	19	4.5	0	110	410	7	0	0	18	Contains Soy, Wheat.
Buffalo Chicken Sandwich	Chicken/Turkey	1 each	84g	210	10	2.5	0	30	630	20	1	5	9	Contains Egg, Milk, Soy, Wheat.
Buffalo Chicken Tenders	Chicken/Turkey	1 each	85g	170	8	1.5	0	50	810	8	1	0	13	Contains Egg, Milk, Soy, Wheat.
Carved Turkey - White Meat	Chicken/Turkey	3 oz	86g	170	7	2	0	65	125	0	0	0	24	Contains Soy.
Carved Turkey Breast	Chicken/Turkey	3 oz	85g	110	6	2	0	45	640	2	0	0	15	Contains Milk, Soy.
Carved Turkey - Dark Meat	Chicken/Turkey	3 oz	86g	180	9	2.5	0	115	160	0	0	0	23	Contains Soy.
Chicken & Pastry	Chicken/Turkey	1/2 cup	123g	100	5	1.5	0	35	580	8	1	1	6	Contains Milk, Soy, Wheat.
Chicken Bistro Melt	Chicken/Turkey	1 piece	107g	270	16	7	0	60	600	12	0	1	17	Contains Egg, Milk, Soy, Wheat.
Chicken Cacciatore	Chicken/Turkey	1 piece	201g	280	19	5	0	140	970	6	1	4	23	Contains Milk, Soy, Wheat.
Chicken Enchiladas	Chicken/Turkey	1 each	127g	190	11	3.5	0	40	670	11	1	1	11	Contains Milk, Soy.
Chicken Fried Chicken	Chicken/Turkey	1 each	142g	270	14	2.5	0	60	710	14	0	0	21	Contains Soy, Wheat.
Chicken Gizzards	Chicken/Turkey	3 each	57g	160	10	2	0	90	310	10	0	0	9	Contains Milk, Soy, Wheat.
Chicken Lemonata	Chicken/Turkey	1 each	105g	140	6	2.5	0	35	1220	4	0	1	15	Contains Milk, Soy.
Chicken Machaca	Chicken/Turkey	3 oz	85g	120	6	1.5	0	60	470	1.5	2	1	15	Contains Soy.
Chicken Parmesan	Chicken/Turkey	1 piece	122g	240	12	3.5	0	40	570	16	1	1	17	Contains Milk, Soy, Wheat.
Chicken Piccata	Chicken/Turkey	1 each	142g	220	13	4.5	0	50	640	6	1	1	19	Contains Milk, Soy, Wheat.
Chicken Pot Pie	Chicken/Turkey	1 piece	94g	140	7	2.5	0	20	340	14	1	2	6	Contains Milk, Soy, Wheat.
Chicken Quesadillas	Chicken/Turkey	1 piece	60g	140	8	2.5	0	15	290	11	1	1	6	Contains Egg, Milk, Soy, Wheat.
Chicken Strips	Chicken/Turkey	3 oz	85g	60	1	0	0	35	190	0	0	0	11	Contains Soy.
Chicken Stuffed Burritos	Chicken/Turkey	1 each	139g	320	18	8	0	60	850	23	0	1	18	Contains Milk, Soy, Wheat.
Fajita Chicken	Chicken/Turkey	3 oz	85g	110	4	0	0	65	500	2	1	1	16	
Fried Chicken Livers	Chicken/Turkey	3 each	103g	230	12	3	0	325	370	9	1	0	21	Contains Soy, Wheat.
Golden Roast Chicken Dark Meat	Chicken/Turkey	3 oz	85g	180	11	3.5	0	120	290	0	0	0	21	Contains Egg, Milk, Soy, Wheat.
Golden Roast Chicken White Meat	Chicken/Turkey	3 oz	85g	150	6	2	0	90	200	0	0	0	24	Contains Egg, Milk, Soy, Wheat.
Grilled BBQ Chicken	Chicken/Turkey	1 each	100g	140	2.5	0.5	0	65	730	12	0	11	17	Contains Egg, Milk, Soy, Wheat.
Grilled Chicken	Chicken/Turkey	1 each	77g	120	3	1	0	90	370	0	0	0	23	Contains Egg, Milk, Soy, Wheat.
Grilled Chicken & Avocado Sandwich	Chicken/Turkey	1 piece	111g	230	16	5	0	25	440	12	2	1	9	Contains Egg, Milk, Soy, Wheat.
Grilled Chicken Breast	Chicken/Turkey	1 each	96g	70	1.5	0	0	40	220	0	0	0	12	Contains Soy.
Grilled Chicken Livers	Chicken/Turkey	3 each	119g	210	4.5	1.5	0	260	620	23	1	1	18	Contains Egg, Milk, Soy, Wheat.
Grilled Hickory Bourbon Chicken	Chicken/Turkey	1 each	137g	260	6	2.5	0	80	930	30	1	27	21	Contains Egg, Milk, Soy, Wheat.
Grilled Honey Teriyaki Chicken Breast	Chicken/Turkey	1 each	117g	200	3	1	0	90	1170	18	0	17	24	Contains Egg, Milk, Soy, Wheat.
Grilled Mandarin Orange Chicken	Chicken/Turkey	1 each	100g	200	3	0.5	0	65	710	25	0	23	17	Contains Egg, Milk, Soy, Wheat.
Grilled Sweet Buffalo Chicken	Chicken/Turkey	1 each	108g	190	3	0.5	0	65	840	23	2	19	18	Contains Egg, Milk, Soy, Wheat.
Grilled Teriyaki Chicken	Chicken/Turkey	1 each	100g	170	2.5	0.5	0	65	1420	18	0	14	18	Contains Egg, Milk, Soy, Wheat.
Grilled Turkey & Cheese Sandwich	Chicken/Turkey	1 piece	121g	300	19	7	0	50	700	13	0	2	19	Contains Egg, Milk, Soy, Wheat.
Hand-Breaded Chicken Tenders	Chicken/Turkey	1 each	81g	160	8	1.5	0	50	510	7	0	0	13	Contains Egg, Milk, Soy, Wheat.
Hickory Bourbon Chicken Legs	Chicken/Turkey	1 each	74g	170	7	1.5	0	90	290	9	0	9	18	Contains Milk, Soy, Wheat.
Honey Sesame Chicken	Chicken/Turkey	1 cup	144g	350	16	3	0	65	1130	25	1	15	27	Contains Soy, Wheat.
Honey Teriyaki Chicken Breasts (Baked Bone-in)	Chicken/Turkey	1 each	234g	360	12	4	0	190	280	7	1	6	55	Contains Soy, Wheat.
Honey Teriyaki Chicken Thighs (Baked Bone-in)	Chicken/Turkey	1 each	175g	360	24	8	0	185	1410	8	1	7	28	Contains Soy, Wheat.
Honey Teriyaki Pineapple Chicken Legs	Chicken/Turkey	1 each	74g	160	7	1.5	0	90	470	7	0	6	18	Contains Soy, Wheat.
Hot Buffalo Chicken Legs	Chicken/Turkey	1 each	74g	150	7	1.5	0	90	400	2	0	0	18	Contains Milk.
Hot Buffalo Chicken Wings	Chicken/Turkey	3 each	99g	180	12	3.5	0	100	210	1	1	0	16	Contains Milk.
Mandarin Orange Chicken Breasts (Baked Bone-in)	Chicken/Turkey	1 each	234g	360	12	4	0	190	140	9	1	8	55	Contains Milk, Soy, Wheat.
Mandarin Orange Chicken Thighs (Baked Bone-in)	Chicken/Turkey	1 each	175g	370	24	8	0	185	1270	10	1	9	28	Contains Milk, Soy, Wheat.
Mild Buffalo Chicken Legs	Chicken/Turkey	1 each	74g	150	7	1.5	0	90	450	2	0	0	18	Contains Milk.
Mild Buffalo Chicken Wings	Chicken/Turkey	3 each	99g	180	12	3.5	0	100	240	1	1	0	16	Contains Milk.
Mini Chicken Pot Pie	Chicken/Turkey	1 each	225g	400	24	8	0	40	1140	34	5	4	11	Contains Egg, Milk, Soy, Wheat.
Mini Chicken Sandwich	Chicken/Turkey	1 each	83g	200	10	2.5	0	30	450	19	1	5	9	Contains Egg, Milk, Soy, Wheat.
Mini Corn Dogs	Chicken/Turkey	5 each	95g	240	13	3	0	40	440	22	1	5	9	Contains Egg, Milk, Soy, Wheat.
Orange Chicken	Chicken/Turkey	1 cup	167g	390	15	2.5	0	60	860	40	1	29	25	Contains Milk, Soy, Wheat.
Pulled BBQ Chicken	Chicken/Turkey	3 oz	85g	110	1.5	0	0	40	450	10	0	9	14	
Pulled Chicken in Poultry Gravy	Chicken/Turkey	3 oz	85g	80	1.5	0.5	0	40	280	3	0	0	14	Contains Milk, Wheat.
Rotisserie Chicken	Chicken/Turkey	1 piece	170g	310	15	4.5	0	175	1070	1	1	1	43	
San Francisco Chicken	Chicken/Turkey	1 each	210g	370	18	8	0	70	1240	31	0	2	21	Contain Egg, Milk, Soy, Wheat.
Smoked BBQ Turkey Breast	Chicken/Turkey	3 oz	85g	120	4	1	0	55	700	3	0	1	19	
Smoked Chicken - Dark Meat	Chicken/Turkey	3 oz	85g	200	14	4	0	110	150	0	0	0	18	
Smoked Chicken - White Meat	Chicken/Turkey	3 oz	85g	130	3.5	1	0	80	85	0	0	0	24	
Spicy Garlic Chicken Legs	Chicken/Turkey	1 each	74g	150	7	1.5	0	90	380	3	0	0	19	Contains Milk.
Spicy Garlic Chicken Wings	Chicken/Turkey	3 each	99g	190	12	3.5	0	100	190	2	1	0	16	Contains Milk.
Spicy Pagoda Chicken	Chicken/Turkey	1 cup	158g	240	10	2	0	45	730	21	2	12	17	Contains Wheat.
Spicy Ranch Chicken Breast	Chicken/Turkey	1 each	142g	280	15	3.5	0	140	880	3	0	3	33	Contains Egg, Milk, Soy, Wheat.
Sweet and Sour Chicken	Chicken/Turkey	1 cup	177g	240	10	2	0	40	370	21	2	13	17	Contains Wheat.
Sweet Buffalo Chicken Thighs	Chicken/Turkey	1 each	186g	400	26	8	0	215	570	6	1	6	36	Contains Milk.
Sweet Buffalo Chicken Thighs	Chicken/Turkey	1 each	186g	400	26	8	0	215	570	6	1	6	36	Contains Milk.
Tempura Battered Chicken Tenders	Chicken/Turkey	1 each	99g	250	13	2.5	0	45	1070	18	1	0	16	Contains Wheat.

Menu Item	Category	Serving Size	Gram Weight (g)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Allergen Statement (English)
Teriyaki Chicken Breasts (Baked Bone-in)	Chicken/Turkey	1 each	234g	350	12	4	0	190	380	7	1	5	55	Contains Soy, Wheat.
Teriyaki Chicken Thighs (Baked Bone-in)	Chicken/Turkey	1 each	175g	360	24	8	0	185	1510	8	1	6	28	Contains Soy, Wheat.
Teriyaki Honey Pineapple Chicken Wings	Chicken/Turkey	3 each	99g	190	12	3	0	100	280	5	0	4	16	Contains Soy, Wheat.
Turkey Bistro Sandwich with Bacon	Chicken/Turkey	1 piece	102g	300	18	8	0	60	770	10	0	1	21	Contains Egg, Milk, Soy, Wheat.
Turkey Pot Pie	Chicken/Turkey	1 piece	94g	160	8	3	0	30	420	14	1	2	8	Contains Milk, Soy, Wheat.
Turkey Sausage	Chicken/Turkey	1 each	28g	90	2.5	0.5	0	20	135	0	0	0	0	8
Turkey Slices with Poultry Gravy	Chicken/Turkey	3 oz	85g	90	4.5	1.5	0	35	500	2	0	0	11	Contains Milk, Soy, Wheat.
Turkey Stacker	Chicken/Turkey	1 each	237g	320	16	3.5	0	50	1160	27	1	2	18	Contains Egg, Milk, Soy, Wheat.
Turkey with Stuffing	Chicken/Turkey	1 each	120g	110	5	2	0	15	630	10	0	1	6	Contains Egg, Milk, Soy, Wheat.
Caramel Pecan Shooter	Desserts	1 each	60g	240	10	3	2	5	90	38	0	30	1	Contains Egg, Milk, Tree Nuts, Wheat.
Strawberry Shortcake Shooter	Desserts	1 each	44g	110	2	1	0	0	40	23	0	21	0	Contains Egg, Milk, Soy, Wheat.
24 Karat Carrot Cake	Desserts	1 slice	72g	240	12	4.5	0	15	200	34	1	27	1	Contains Egg, Milk, Soy, Tree Nuts, Wheat.
Apple Cobbler	Desserts	1 piece	95g	180	5	2	0	5	240	34	0	23	1	Contains Wheat.
Apple Pie	Desserts	1 slice	156g	330	13	5	0	10	400	49	2	16	5	Contains Egg, Soy, Wheat.
Banana Pudding	Desserts	1/2 cup	112g	240	10	7	0	0	190	35	0	21	2	Contains Egg, Milk, Soy, Wheat.
Berry Cheese Blintz	Desserts	1 each	105g	250	25	6	0	60	190	25	0	19	3	Contains Egg, Milk, Soy, Wheat.
Billionaire's Pie	Desserts	1 each	66g	260	17	8	0	25	280	24	0	12	2	Contains Egg, Milk, Soy, Tree Nuts, Wheat.
Blueberry Pie - No Sugar Added	Desserts	1 slice	156g	280	8	3	0	0	380	49	4	6	5	Contains Egg, Milk, Soy, Wheat.
Bread Pudding	Desserts	1/2 cup	110g	270	13	8	0	95	130	33	0	23	5	Contains Egg, Milk, Soy, Wheat.
Butter Pecan Ice Cream	Desserts	1/2 cup	65g	150	9	4	0	25	120	16	0	12	2	Contains Milk, Tree Nuts.
Candy Corn	Desserts	10 each	17g	70	0	0	0	0	30	16	0	13	0	
Cherry Cobbler	Desserts	1 each	95g	200	5	2	0	5	220	37	1	25	2	Contains Wheat.
Cherry Pie	Desserts	1 slice	97g	260	10	4.5	0	0	230	40	1	20	2	Contains Soy, Wheat.
Chocolate Soft Serve	Desserts	1/2 cup	87g	90	2	1.5	0	5	55	20	0	15	1	Contains Milk.
Chocolate Cake with Cherries	Desserts	1 slice	50g	160	8	2	0	20	190	23	0	17	1	Contains Egg, Milk, Soy, Wheat.
Chocolate Cake with Chocolate Chips	Desserts	1 slice	58g	210	11	4	0	20	180	29	0	22	1	Contains Egg, Milk, Soy, Wheat.
Chocolate Chess Pie	Desserts	1 slice	112g	380	19	7	3.5	50	180	49	0	42	3	Contains Egg, Milk, Soy, Wheat.
Chocolate Chess Pie	Desserts	1 slice	112g	380	19	10	0	50	180	49	0	42	3	Contains Egg, Milk, Soy, Wheat.
Chocolate Chip Cookies	Desserts	2 Tbsp	19g	80	4	2	0	0	40	11	0	7	1	Contains Egg, Milk, Soy, Wheat.
Chocolate Chip Cookies	Desserts	1 each	14g	60	3	1.5	0	0	30	8	0	5	1	Contains Egg, Milk, Soy, Wheat.
Chocolate Chips	Desserts	2 Tbsp	28g	140	8	5	0	0	18	0	0	16	0	Contains Milk, Soy.
Chocolate Covered Crumbles	Desserts	2 Tbsp	12g	60	2	0.5	0	0	55	9	0	4	1	Contains Soy, Wheat.
Chocolate Covered Raisins	Desserts	2 Tbsp	23g	110	6	6	0	0	10	15	0	13	1	Contains Milk, Soy.
Chocolate Crinkle Cookies	Desserts	1 each	15g	70	2.5	0.5	0	5	70	9	0	6	1	Contains Egg, Soy, Wheat.
Chocolate Cupcakes	Desserts	1 each	57g	190	9	2.5	0	20	210	28	1	21	2	Contains Egg, Milk, Soy, Wheat.
Chocolate Fountain	Desserts	2 Tbsp	38g	210	15	9	0	0	65	20	2	17	1	Contains Milk, Soy.
Chocolate Fudge	Desserts	1 piece	30g	130	4.5	2	0	0	50	22	0	19	0	Contains Milk, Soy.
Chocolate Pudding - No Sugar Added	Desserts	1/2 cup	108g	120	4.5	3	0	10	230	16	0	6	3	Contains Milk.
Chocolate Sprinkle Cookies	Desserts	1 each	17g	70	3	1	0	5	75	10	0	7	1	Contains Egg, Soy, Wheat.
Chocolate Syrup	Desserts	1 oz	28g	70	0	0	0	0	5	17	0	14	0	
Chocolate White Chip Cookies	Desserts	1 each	14g	60	3	1.5	0	5	40	8	0	5	1	Contains Egg, Milk, Soy, Wheat.
Cinnamon Imperials	Desserts	15 each	6g	25	0	0	0	0	0	6	0	5	0	
Cinnamon Spice Shooter	Desserts	1 each	41g	160	8	2	2	5	45	22	0	20	0	Contains Egg, Tree Nuts, Wheat.
Cocoa Sugar Cookies	Desserts	1 each	14g	60	2.5	0.5	0	5	70	8	0	5	1	Contains Egg, Soy, Wheat.
Coconut Cherry Macaroon Cookies	Desserts	1 each	31g	110	5	5	0	0	45	15	2	12	1	Contains Egg, Tree Nuts.
Coconut Cookies	Desserts	1 each	17g	70	3.5	2	0	5	35	10	0	6	1	Contains Egg, Soy, Tree Nuts, Wheat.
Coconut Macaroon Cookies	Desserts	1 each	26g	100	5	4.5	0	0	45	13	1	10	1	Contains Egg, Tree Nuts.
Coconut Meringue Pie	Desserts	1 slice	103g	280	12	6	0	0	190	39	0	22	3	Contains Egg, Milk, Tree Nuts, Wheat.
Cookies & Cream Ice Cream	Desserts	1/2 cup	72g	170	9	5	0	30	75	20	0	15	3	Contains Milk, Soy, Wheat.
Cookies 'n' Cream	Desserts	1/4 cup	21g	70	5	4	0	0	20	7	0	6	0	Contains Soy, Wheat.
Cotton Candy	Desserts	1 each	42g	110	0	0	0	0	10	25	0	18	0	Contains Soy.
Fruit Shaped Candy	Desserts	1 Tbsp	16g	60	0	0	1.5	0	0	15	0	14	0	
Fudge	Desserts	1 piece	30g	120	4.5	1	1	0	35	21	0	18	0	Contains Milk, Soy.
Fudgy Brownies	Desserts	1 each	46g	160	7	1.5	0	55	1030	22	1	10	3	Contains Egg, Milk, Soy, Wheat.
German Chocolate Brownies	Desserts	1 each	46g	160	7	2	0	55	1040	21	1	9	3	Contains Egg, Milk, Soy, Tree Nuts, Wheat.
German Chocolate Cake	Desserts	1 slice	62g	210	11	4.5	0	20	230	29	1	21	2	Contains Egg, Milk, Soy, Tree Nuts, Wheat.
German Chocolate Crisp Bars	Desserts	1 each	61g	270	13	7	0.5	0	90	35	1	25	2	Contains Milk, Soy, Tree Nuts, Wheat.
Gingerbread Cookies	Desserts	1 each	16g	60	2.5	0	0	5	85	11	0	6	1	Contains Egg, Soy, Wheat.
Glazed Donuts	Desserts	1 each	45g	170	7	3	0	5	180	24	1	11	2	Contains Egg, Milk, Soy, Wheat.
Gummy Bears	Desserts	10 each	27g	90	0	0	0	0	5	19	0	13	2	
Hot Caramel	Desserts	1 oz	28g	90	1	0.5	0	5	50	20	0	13	1	Contains Milk.
Hot Fudge	Desserts	1 oz	28g	90	3	3	0	0	65	15	0	14	1	Contains Milk.
Ice Cream Cones	Desserts	1 each	5g	20	0	0	0	0	10	4	0	0	0	Contains Soy, Wheat.
Jellybeans	Desserts	10 each	30g	110	0	0	0	0	10	27	0	18	0	
Large Marshmallows	Desserts	3 each	22g	70	0	0	0	0	25	18	0	13	0	
Lemon Bars	Desserts	1 each	51g	170	4.5	2	0	30	105	31	0	22	2	Contains Egg, Milk, Soy, Wheat.
Lemon Gelatin	Desserts	1/2 cup	85g	60	0.5	0.5	0	0	95	13	0	1	1	
Lemon Meringue Pie	Desserts	1 slice	128g	270	7	3	0	5	340	50	0	33	2	Contains Egg, Wheat.
Luscious Lemon Cake	Desserts	1 slice	41g	120	3.5	0.5	0	0	190	23	0	17	1	Contains Egg, Milk, Soy, Wheat.
Marshmallows	Desserts	3 each	21g	70	0	0	0	0	20	17	0	11	0	
Mini Chocolate Chess Pie	Desserts	1 each	90g	340	18	6	2.5	35	330	40	0	25	3	Contains Egg, Milk, Wheat.
Mini Chocolate Chess Pie	Desserts	1 each	90g	340	18	8	0	35	330	40	0	25	3	Contains Egg, Milk, Wheat.
Mini Chocolate Cupcakes	Desserts	1 each	30g	100	5	1.5	0	10	105	15	0	11	1	Contains Egg, Milk, Soy, Wheat.
Mini Fruit Pie	Desserts	1 each	118g	220	9	3.5	0	5	370	31	1	15	1	Contains Milk, Wheat.
Mini Gummy Bears	Desserts	15 each	13g	15	0	0	0	0	0	4	0	3	0	
Mini Marshmallows	Desserts	2 Tbsp	6g	20	0	0	0	0	5	5	0	4	0	
Mini Pumpkin Cupcakes	Desserts	1 each	32g	110	6	2	0	5	105	16	0	13	1	Contains Egg, Milk, Soy, Wheat.
Mini Vanilla Cupcakes	Desserts	1 each	30g	110	5	1.5	1	0	100	16	0	13	1	Contains Egg, Milk, Soy, Wheat.
Mint Chocolate Chip Ice Cream	Desserts	1/2 cup	72g	180	10	6	0	30	45	20	0	16	3	Contains Milk, Soy.
Mocha Cake - No Sugar Added	Desserts	1 slice	88g	200	11	4	0	20	300	33	0	2	3	Contains Egg, Milk, Soy, Wheat.
Molten Volcano Cake	Desserts	1/2 cup	110g	270	7	1	0	0	135	54	1	40	2	Contains Egg, Milk, Wheat.
No Sugar Added Banana Pecan Oatmeal Cookies	Desserts	1 each	29g	100	4	1	0	0	125	17	1	1	2	Contains Egg, Soy, Tree Nuts, Wheat.
No Sugar Added Peanut Butter Ice Cream	Desserts	1/2 cup	65g	120	9	4.5	0	15	70	15	3	3	3	Contains Milk, Peanut, Soy.
Oatmeal Cookies	Desserts	1 each	17g	70	3	1	0	5	30	11	1	6	1	Contains Egg, Soy, Wheat.

Menu Item	Category	Serving Size	Gram Weight (g)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Allergen Statement (English)
Orange Sherbet	Desserts	1/2 cup	89g	110	1	0.5	0	5	25	27	0	22	1	1 Contains Milk.
Peach Cobbler	Desserts	1 piece	95g	170	5	2	0	5	220	30	0	19	1	1 Contains Wheat.
Peach Pie - No Sugar Added	Desserts	1 slice	150g	330	21	9	0	0	370	36	2	5	5	5 Contains Egg, Milk, Soy, Wheat.
Peanut Butter Cookie Crumbles	Desserts	2 Tbsp	19g	80	5	1.5	0	0	50	10	0	5	1	1 Contains Egg, Milk, Peanut, Soy, Wheat.
Peanut Butter Cookies	Desserts	1 each	14g	60	3.5	1	0	0	35	7	0	4	1	1 Contains Egg, Milk, Peanut, Soy, Wheat.
Peanut Butter Fudge Tart	Desserts	1 piece	44g	180	8	2.5	0	0	80	26	0	21	2	2 Contains Egg, Milk, Peanut, Soy, Wheat.
Peanut Butter Shooter	Desserts	1 each	68g	280	18	4.5	0	5	200	25	3	15	9	9 Contains Egg, Milk, Peanut, Wheat.
Pecan Pie	Desserts	1 slice	102g	410	20	7	0	60	420	56	0	21	4	4 Contains Egg, Milk, Soy, Tree Nuts, Wheat.
Pineapple Supreme Cake	Desserts	1 slice	71g	240	11	2.5	1.5	5	210	36	0	28	1	1 Contains Egg, Milk, Soy, Wheat.
Pistachio Pudding - No Sugar Added	Desserts	1/2 cup	107g	90	4	2.5	0	10	260	10	0	5	3	3 Contains Milk, Tree Nuts.
Pumpkin Pie	Desserts	1 slice	122g	300	11	5	0	45	380	46	0	20	5	5 Contains Egg, Milk, Soy, Wheat.
Rainbow Cookies	Desserts	1 each	16g	70	2.5	1	0	5	75	11	0	7	1	1 Contains Egg, Soy, Wheat.
Rainbow Sherbet	Desserts	1/2 cup	86g	110	0	0	0	0	25	27	0	21	1	1 Contains Milk.
Red Velvet Cake	Desserts	1 slice	63g	230	12	4	0	10	270	29	1	21	2	2 Contains Egg, Milk, Soy, Wheat.
Red Velvet Mini Cupcakes	Desserts	1 each	30g	120	6	2.5	0	5	110	14	0	11	1	1 Contains Egg, Milk, Soy, Wheat.
Rice Krispies® Cereal Topping	Desserts	2 Tbsp	7g	30	0	0	0	0	40	6	0	1	0	0
Rice Krispies® Treats	Desserts	1 each	10g	40	1	0	0	0	45	8	0	3	0	0 Contains Milk, Soy.
Sliced Candy Oranges	Desserts	10 each	50g	170	0	0	0	0	15	42	0	31	0	0
Snackums	Desserts	10 piece	6g	25	1	1	0	0	0	5	0	4	0	0 Contains Peanut, Soy, Wheat.
Snickerdoodles	Desserts	1 each	16g	70	2	0.5	0	5	75	11	0	7	1	1 Contains Egg, Soy, Wheat.
Sour Worms	Desserts	5 each	23g	80	0	0	0	0	5	18	0	13	1	0
Sprinkles	Desserts	2 Tbsp	30g	140	5	4.5	0	0	20	24	0	21	0	0 Contains Soy.
Strawberry Cheesecake	Desserts	1 slice	58g	120	35	9	0.5	65	200	14	0	11	3	3 Contains Egg, Milk, Soy, Wheat.
Strawberry Ice Cream	Desserts	1/2 cup	65g	210	6	4	0	25	70	18	0	14	3	3 Contains Milk.
Strawberry Shortcake	Desserts	1 each	54g	130	4.5	1	0	5	170	22	0	16	1	1 Contains Egg, Milk, Soy, Wheat.
Strawberry Supreme Cake	Desserts	1 slice	71g	240	11	2.5	1.5	5	210	36	0	29	1	1 Contains Egg, Milk, Soy, Wheat.
Sugar Cookies	Desserts	1 each	14g	60	2	0.5	0	5	75	9	0	5	1	1 Contains Egg, Soy, Wheat.
Sugar-Free Chocolate Cookies	Desserts	1 each	19g	70	3.5	1	0	5	45	12	1	0	1	1 Contains Egg, Milk, Soy, Wheat.
Sugar-Free Pistachio Cake	Desserts	1 slice	44g	100	6	3	0	0	170	15	0	0	0	1 Contains Egg, Milk, Soy, Tree Nuts, Wheat.
Sugar-Free Red Gelatin	Desserts	1/2 cup	85g	5	0	0	0	0	5	0	0	0	1	0
Sugar-Free Vanilla Cake	Desserts	1 slice	52g	130	8	5	0	10	105	17	0	0	0	1 Contains Egg, Milk, Soy, Wheat.
Toasted Coconut	Desserts	2 Tbsp	10g	60	4.5	4	0	0	4	4	1	4	1	1 Contains Tree Nuts.
Truffles with Peanuts	Desserts	1 each	75g	240	9	7	0	0	170	40	1	35	4	4 Contains Milk, Peanut.
Truffles with Sprinkles	Desserts	1 each	75g	240	8	8	0	0	170	41	1	37	3	3 Contains Milk, Soy.
Turtle Cheesecake	Desserts	1 slice	64g	240	35	9	0.5	65	200	18	0	14	3	3 Contains Egg, Milk, Peanut, Soy, Wheat.
Vanilla Cupcakes	Desserts	1 each	59g	210	10	2.5	1	5	220	31	0	24	1	1 Contains Egg, Milk, Soy, Wheat.
Vanilla Soft Serve	Desserts	1/2 cup	87g	110	2	1.5	0	5	100	22	0	16	1	1 Contains Milk.
Vanilla Wafer Crumbles	Desserts	2 Tbsp	18g	80	4	2	0	0	60	11	0	4	1	1 Contains Egg, Soy, Wheat.
Whipped Topping	Desserts	2 Tbsp	8g	25	2	2	0	0	0	2	0	2	0	0
Yogurt Covered Raisins	Desserts	2 Tbsp	15g	70	4	4	0	0	5	10	0	9	0	0 Contains Milk, Soy.
Honey Chipotle Grilled Shrimp Skewer	Fish/Seafood	2 each (skewers)	97g	140	6	0	0	115	370	4	0	3	16	16 Contains Egg, Milk, Shellfish, Soy, Wheat.
Baked Fish	Fish/Seafood	1 each	85g	150	8	3	0	45	330	1	0	0	20	20 Contains Fish, Soy.
Baked Fish with Lemon Herb Sauce	Fish/Seafood	3 oz	85g	150	13	6	0	25	480	1	0	0	7	7 Contains Fish, Milk, Shellfish, Soy.
Baked Fish with Piccata Sauce	Fish/Seafood	3 oz	85g	150	10	4	0	30	390	2	1	0	14	14 Contains Fish, Milk, Soy.
Baked Florentine Fish	Fish/Seafood	1 each	86g	180	12	3.5	0	30	260	1	1	0	14	14 Contains Fish, Milk, Soy.
Bone-in Catfish	Fish/Seafood	3 oz	85g	210	14	2.5	0	50	430	7	0	0	14	14 Contains Fish, Wheat.
Breaded Bay Scallops	Fish/Seafood	10 each	73g	140	6	1	0	25	260	13	0	2	8	8 Contains Milk, Shellfish, Wheat.
Breaded Flounder	Fish/Seafood	1 each	72g	120	4.5	1	0	20	390	11	0	1	10	10 Contains Egg, Milk, Soy, Wheat.
Buffalo Shrimp	Fish/Seafood	6 each	9g	220	9	1.5	0	55	630	25	2	1	10	10 Contains Milk, Shellfish, Wheat.
Butterfly Shrimp	Fish/Seafood	3 each	82g	210	9	1.5	0	50	530	21	0	0	10	10 Contains Shellfish, Wheat.
Carved Salmon	Fish/Seafood	3 oz	85g	130	6	2	0	35	620	1	1	0	15	15 Contains Fish, Soy.
Catfish Fillets	Fish/Seafood	2 piece	91g	200	11	2	0	50	500	10	1	0	16	16 Contains Fish, Wheat.
Clam Strips	Fish/Seafood	10 each	39g	140	9	1.5	0	5	290	12	0	1	3	3 Contains Egg, Milk, Wheat.
Crispy Fish Taco	Fish/Seafood	1 each	150g	360	19	4	0	20	1200	35	1	13	11	11 Contains Egg, Wheat.
Fried Breaded Fish	Fish/Seafood	1 piece	57g	90	5	1	0	20	360	4	1	0	8	8 Contains Fish, Soy, Wheat.
Fried Catfish	Fish/Seafood	3 oz	85g	180	10	2	0	20	860	12	0	0	10	10 Contains Fish, Wheat.
Golden Delicious Shrimp	Fish/Seafood	6 each	84g	210	9	1.5	0	55	330	23	1	1	9	9 Contains Milk, Shellfish, Wheat.
Mandarin Orange Shrimp	Fish/Seafood	6 each	90g	220	7	1.5	0	45	470	30	1	13	7	7 Contains Milk, Shellfish, Soy, Wheat.
Popcorn Shrimp	Fish/Seafood	15 each	45g	130	6	1	0	30	490	14	1	0	5	5 Contains Shellfish, Soy, Wheat.
Salmon Lemonata	Fish/Seafood	3 oz	85g	140	10	4.5	0	20	410	2	1	1	8	8 Contains Fish, Milk, Soy.
Shrimp	Fish/Seafood	1/4 cup	42g	20	0	0	0	80	180	0	0	0	5	5 Contains Shellfish.
Shrimp Topped Baked Fish with Lemon Herb Butter Sauce	Fish/Seafood	3 oz	85g	120	9	4	0	65	440	1	0	0	8	8 Contains Fish, Milk, Shellfish, Soy.
Smoky Garlic Grilled Shrimp Skewer	Fish/Seafood	2 each (skewers)	104g	160	10	2.5	0	120	430	1	0	0	16	16 Contains Egg, Milk, Shellfish, Soy, Wheat.
Tempura Battered Fish	Fish/Seafood	3 oz	85g	150	8	2	0	25	610	9	1	0	11	11 Contains Fish, Wheat.
Apples	Fruits	1/4 cup	31g	40	0	0	0	0	0	4	1	3	0	0
Bananas	Fruits	1 each	101g	90	0	0	0	0	0	23	3	12	1	0
Blueberries	Fruits	1/4 cup	37g	20	0	0	0	0	0	5	1	4	0	0
Cantaloupe	Fruits	1/2 cup	80g	25	0	0	0	0	15	7	1	6	1	0
Honeydew	Fruits	1/2 cup	85g	30	0	0	0	0	15	8	1	7	0	0
Kiwi	Fruits	1/2 cup	89g	50	0	0	0	0	0	13	3	8	1	0
Lemon Wedges	Fruits	2 each	14g	5	0	0	0	0	0	1	0	0	0	0
Lime	Fruits	1 each	13g	5	0	0	0	0	0	1	0	0	0	0
Mango	Fruits	1/4 cup	41g	25	0	0	0	0	0	6	1	6	0	0
Peaches	Fruits	1/2 cup	126g	70	0	0	0	0	10	17	1	16	0	0
Pears	Fruits	1/2 cup	126g	80	0	0	0	0	0	19	2	15	0	0
Watermelon	Fruits	1/4 cup	38g	10	0	0	0	0	0	3	0	2	0	0
Baby Back Pork Ribs	Pork	1 piece	87g	190	13	4.5	0	55	350	3	0	2	15	0
BBQ Pork	Pork	3 oz	85g	170	8	2.5	0	75	100	5	1	4	18	0
BBQ Pork Ribs	Pork	3 oz	101g	220	12	4	0	75	440	5	0	4	23	0
BBQ Spare Ribs	Pork	1 piece	145g	290	18	6	0	85	450	6	0	5	23	0
Boneless BBQ Pork Ribs	Pork	1 each	63g	120	7	2.5	0	30	210	3	0	3	10	0
Carved BBQ Pork Loin	Pork	3 oz	113g	170	7	2.5	0	45	740	9	1	7	17	0
Carved Pork Loin	Pork	3 oz	85g	140	7	2.5	0	45	440	1	1	0	17	0
Carved Pork Loin with Poultry Gravy	Pork	3 oz	113g	150	7	2.5	0	45	590	3	1	0	17	17 Contains Milk, Wheat.

Menu Item	Category	Serving Size	Gram Weight (g)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Allergen Statement (English)
Fatback	Pork	3 each	28g	180	17	5	0	20	970	1	0	0	6	
Glazed Ham	Pork	3 oz	85g	130	3.5	1.5	0	35	620	10	0	9	13	
Grilled BBQ Pork Chop	Pork	3 oz with sauce	108g	180	6	2	0	70	420	7	0	6	23	Contains Milk.
Grilled Cajun Sausage with Apples	Pork	3 oz	85g	210	18	7	0	30	320	5	1	4	6	Contains Egg, Milk, Soy, Wheat.
Grilled Ham Steaks	Pork	2 piece	87g	110	4.5	1.5	0	40	870	5	0	5	11	
Grilled Pork Chop	Pork	3 oz	85g	150	6	2	0	70	320	0	0	0	23	Contains Milk.
Ham & Cheese Bistro Melt	Pork	1 piece	94g	260	18	7	0	40	970	10	0	1	13	Contains Egg, Milk, Soy, Wheat.
Italian Sausage	Pork	3 oz	85g	200	15	6	0	50	470	0	0	0	14	
Italian Sausage with Onions & Peppers	Pork	3 oz	85g	190	16	4.5	0	35	350	2	0	1	9	Contains Egg, Milk, Soy, Wheat.
Mandarin Orange Pork	Pork	1 cup	167g	380	18	4.5	0	65	1110	30	0	24	24	Contains Milk, Soy, Wheat.
Mini BBQ Pork Sandwich	Pork	1 each	97g	240	11	3.5	0	50	260	20	1	8	14	Contains Egg, Milk, Soy, Wheat.
Pork Enchiladas	Pork	1 each	127g	210	13	4	0	35	610	11	1	1	12	Contains Milk, Soy, Wheat.
Pork Fillets	Pork	1 each	130g	250	17	6	0	75	790	1	0	0	22	Contains Milk.
Pork Liver Mush	Pork	1 piece	63g	120	8	1.5	0	55	310	9	2	0	5	Contains Wheat.
Pork Machaca	Pork	3 oz	85g	170	10	3	0	50	340	2	1	1	18	Contains Milk, Soy, Wheat.
Pork Posole	Pork	1 cup	245g	130	5	1.5	0	20	1150	13	4	1	6	Contains Soy.
Pork Pot Roast	Pork	3 oz with sauce	136g	200	12	4.5	0	55	510	5	1	2	17	Contains Milk, Wheat.
Pork Quesadilla	Pork	1 piece	60g	150	9	3	0	15	270	11	1	1	6	Contains Egg, Milk, Soy, Wheat.
Pork Ribs	Pork	3 oz	85g	200	12	4	0	75	50	0	0	0	22	
Pork Steaks	Pork	1 each	130g	250	13	4.5	0	55	1070	17	0	14	17	Contains Milk, Soy, Wheat.
Sausage & Egg Skillet	Pork	1/2 cup	125g	240	19	7	0	145	430	8	0	1	10	Contains Egg, Milk, Soy, Wheat.
Sausage Crumbles	Pork	1 each	28g	120	11	4	0	15	270	1	0	0	4	
Sausage Patties	Pork	1 each	32g	80	7	2.5	0	20	170	0	0	0	5	
Sausage Skillet	Pork	1/2 cup	125g	270	21	8	0	35	450	11	0	1	7	Contains Egg, Milk, Soy, Wheat.
Sliced Ham	Pork	3 oz	85g	120	4.5	1.5	0	45	670	3	0	3	15	
Smoked Baby Back Pork Ribs	Pork	1 each (2 rib bones with meat)	128g	290	17	6	0	115	180	0	0	0	33	
Smoked BBQ Pork	Pork	3 oz	85g	210	12	5	0	75	160	0	0	0	25	Contains Milk, Soy.
Smoked BBQ Sausage	Pork	3 oz	85g	230	19	7	0	40	820	8	0	6	8	
Smoked Cajun Sausage	Pork	3 oz	85g	320	30	14	0	60	560	0	0	0	11	
Smoked Pit Ham	Pork	3 oz	85g	110	6	2	0	50	1070	1	0	1	14	
Smoked Pork Spare Ribs	Pork	1 each (2 bones with rib meat)	216g	870	76	28	0	195	1220	1	0	1	46	
Smoked Sausage	Pork	3 oz	85g	180	16	6	0	35	530	3	0	1	6	
Smoked Sausage with Onions & Peppers	Pork	3 oz	85g	220	19	7	0	40	640	7	4	0	2	8
Smoked Sausage with Sauerkraut	Pork	1 piece	112g	190	16	6	0	35	870	4	2	1	6	
Southern Style Pork Chop	Pork	3 oz	85g	230	16	4.5	0	60	400	8	0	0	13	Contains Egg, Milk, Soy, Wheat.
Spicy Pagoda Pork	Pork	1 cup	158g	260	13	3	0	40	1010	20	1	15	15	Contains Wheat.
Split Smoked Sausage	Pork	1 each	78g	240	21	7	0	50	730	1	0	1	11	
Sweet & Sour Pork	Pork	1 cup	169g	220	11	2.5	0	35	540	18	1	12	14	Contains Wheat.
Bacon Bits	Salad, Toppings & Dressings	2 Tbsp	12g	50	3.5	1.5	0	15	240	0	0	0	5	
Bacon Dressing	Salad, Toppings & Dressings	2 Tbsp	30g	150	14	2	0	0	300	5	0	5	0	
Balsamic Vinaigrette	Salad, Toppings & Dressings	2 Tbsp	30g	20	0	0	0	0	260	5	0	2	0	
Balsamic Vinegar	Salad, Toppings & Dressings	1 Tbsp	16g	15	0	0	0	0	0	3	0	2	0	
Blue Cheese Dressing	Salad, Toppings & Dressings	3 Tbsp	30g	150	16	3	0	10	230	1	0	1	1	Contains Egg, Milk.
Caesar Dressing	Salad, Toppings & Dressings	2 Tbsp	30g	150	15	2.5	0	25	340	2	0	1	1	Contains Egg, Fish, Milk.
Catalina Dressing	Salad, Toppings & Dressings	3 Tbsp	30g	120	11	1.5	0	0	370	7	0	7	0	
Catalina Fat Free Dressing	Salad, Toppings & Dressings	2 Tbsp.	30g	40	0	0	0	0	300	10	1	6	0	
French Dressing	Salad, Toppings & Dressings	2 Tbsp	31g	120	11	1.5	0	0	180	5	0	5	0	
Ginger Dressing	Salad, Toppings & Dressings	2 Tbsp	31g	120	12	2	0	0	220	4	0	3	0	Contains Soy, Wheat.
Honey Mustard Dressing	Salad, Toppings & Dressings	2 Tbsp.	30g	130	11	1.5	0	15	180	7	0	6	0	Contains Egg.
Lite Olive Oil Vinaigrette	Salad, Toppings & Dressings	2 Tbsp	30g	70	6	1	0	0	230	3	0	2	0	
Radishes	Salad, Toppings & Dressings	1/4 cup	29g	5	0	0	0	0	10	1	0	1	0	
Raisins	Salad, Toppings & Dressings	1/4 cup	21g	60	0	0	0	0	0	16	1	12	1	
Ranch Dressing	Salad, Toppings & Dressings	2 Tbsp	30g	110	12	2	0	10	240	2	0	1	1	Contains Egg, Milk.
Ranch Fat Free Dressing	Salad, Toppings & Dressings	2 Tbsp	30g	35	0	0	0	0	300	9	0	5	0	Contains Milk.
Red Wine Vinegar	Salad, Toppings & Dressings	1 Tbsp	15g	5	0	0	0	0	0	0	0	0	0	
Sour Cream	Salad, Toppings & Dressings	2 Tbsp	30g	60	5	3.5	0	20	45	2	0	1	1	Contains Milk.
Sriracha Ranch Dressing	Salad, Toppings & Dressings	2 Tbsp	30g	110	12	2	0	10	280	2	0	1	1	Contains Egg, Milk.
Thousand Island Dressing	Salad, Toppings & Dressings	2 Tbsp	30g	140	13	2	0	10	220	6	0	5	0	Contains Egg.
Thousand Island Fat Free Dressing	Salad, Toppings & Dressings	2 Tbsp	30g	40	0	0	0	0	250	10	1	4	0	Contains Egg.
Apple Salad	Salads	1/2 cup	130g	210	10	1.5	0	15	260	29	2	23	1	Contains Egg.
Artichoke Hearts	Salads	1/4 cup	38g	10	0	0	0	0	150	2	1	1	1	
Baby Carrots	Salads	5 each	50g	20	0	0	0	0	40	4	1	2	0	
Baby Cold	Salads	5 each	40g	40	0.5	0	0	0	100	8	1	2	1	
Beet & Onion Salad	Salads	1/2 cup	152g	50	0	0	0	0	260	11	2	7	1	
Beets	Salads	1/4 cup	60g	20	0	0	0	0	125	4	1	3	1	
Black Olives	Salads	10 each	30g	40	4	2	0	0	220	2	0	0	0	
BLT Salad	Salads	1 cup	89g	80	6	1.5	0	10	230	4	1	2	3	Contains Egg, Milk, Wheat.
Blue Cheese Crumbles	Salads	2 Tbsp	14g	50	4	2.5	0	15	190	0	0	0	3	Contains Milk.
Broccoli	Salads	1/4 cup	18g	5	0	0	0	0	0	1	0	0	1	
Broccoli Coleslaw	Salads	1/2 cup	58g	100	7	1	0	10	200	6	1	4	1	Contains Egg.
Broccoli Salad	Salads	1/2 cup	54g	110	8	1.5	0	10	85	9	1	6	2	Contains Egg.
Caesar Salad	Salads	1 cup	79g	110	8	2	0	15	290	8	1	1	3	Contains Egg, Fish, Milk, Wheat.
Carrot Raisin Salad	Salads	1/2 cup	64g	110	7	1	0	5	75	11	1	7	1	Contains Egg.
Carrots	Salads	1/4 cup	28g	10	0	0	0	0	20	3	1	1	0	
Carrots	Salads	1/4 cup	32g	15	0	0	0	0	20	3	1	2	0	
Carrots	Salads	1/4 cup	28g	10	0	0	0	0	20	3	1	1	0	
Cauliflower	Salads	1/4 cup	27g	5	0	0	0	0	10	1	1	1	1	
Celery Sticks	Salads	1 each	17g	5	0	0	0	0	15	1	0	0	0	
Cherry Peppers	Salads	3 each	42g	10	0	0	0	0	740	2	0	0	0	
Cherry Tomatoes	Salads	5 each	85g	15	0	0	0	0	0	3	1	2	1	
Chicken Salad	Salads	1/2 cup	103g	250	22	3	0	105	320	3	0	1	10	Contains Egg, Milk, Soy.
Chickpeas	Salads	1/4 cup	60g	60	1	0	0	0	180	9	4	2	3	
Chopped Peanuts	Salads	2 Tbsp	18g	110	9	1.5	0	0	0	4	2	1	4	Contains Peanut.
Coleslaw	Salads	1/2 cup	61g	110	9	1.5	0	10	240	6	1	5	1	Contains Egg.

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Cottage Cheese	Salads	1/2 cup	113g	90	2.5	1.5	0	15	460	5	0	5	12	Contains Milk.
Croutons	Salads	2 Tbsp	5g	20	0.5	0	0	0	85	4	0	0	1	Contains Milk, Wheat.
Cucumbers	Salads	1/4 cup	33g	5	0	0	0	0	0	1	0	1	0	
Devilled Eggs	Salads	1 each	31g	70	5	1	0	95	70	1	0	0	3	Contains Egg.
Diced Eggs	Salads	1/4 cup	34g	50	3.5	1	0	125	40	0	0	0	4	
Diced Ham	Salads	3 oz	85g	110	4	1.5	0	45	1030	4	0	2	14	
Diced Tomatoes	Salads	1/4 cup	45g	10	0	0	0	0	0	2	1	1	0	
Dill Pickle Spears	Salads	1 each	28g	5	0	0	0	0	280	0	0	0	0	
Dried Cranberries	Salads	2 Tbsp	20g	60	0	0	0	0	0	17	1	15	0	
Dried Onions	Salads	2 Tbsp	7g	45	3.5	1.5	0	0	60	3	0	0	0	Contains Soy, Wheat.
Egg Salad	Salads	1/2 cup	93g	200	17	3.5	0	260	280	3	0	2	8	Contains Egg, Milk.
Fresh Grapefruit	Salads	1 each	154g	60	0	0	0	0	0	16	6	10	1	
Fruit Cocktail	Salads	1/2 cup	126g	70	0	0	0	0	15	18	1	16	0	
Fruit Salad	Salads	1/2 cup	85g	35	0	0	0	0	10	9	0	7	1	
Garbanzo Beans	Salads	1/4 cup	60g	60	1	0	0	0	180	9	4	2	3	
Grapefruit Sections	Salads	1/4 cup	60g	30	0	0	0	0	0	7	1	7	1	
Green Grapes	Salads	10 each	49g	35	0	0	0	0	0	9	0	8	0	
Green Olives	Salads	2 Tbsp	30g	50	4	0	0	0	580	0	0	0	1	
Green Peppers	Salads	3 each	30g	5	0	0	0	0	0	1	1	1	0	
Guacamole	Salads	1/4 cup	58g	70	7	1	0	0	90	5	3	1	1	Contains Milk.
Iceberg Lettuce	Salads	1 cup	72g	10	0	0	0	0	5	2	1	1	1	
Iowa Pea Salad	Salads	1/2 cup	119g	220	14	3	0	50	410	16	5	7	7	Contains Egg, Milk.
Jalapeños	Salads	1/4 cup	41g	15	0	0	0	0	280	3	0	1	1	
Kidney Bean Salad	Salads	1/2 cup	117g	180	10	1.5	0	10	390	16	4	4	5	Contains Egg.
Kidney Beans-Cold	Salads	1/4 cup	60g	50	0	0	0	0	180	8	3	1	4	
Lettuce	Salads	1 cup	65g	10	0	0	0	0	5	2	1	1	1	
Lettuce Wedge	Salads	1 cup	72g	10	0	0	0	0	5	2	1	1	1	
Lima Beans	Salads	1/4 cup	42g	60	0	0	0	0	120	10	3	1	3	
Macaroni Salad	Salads	1/2 cup	114g	280	11	1	0	10	490	41	1	12	5	Contains Egg, Wheat.
Mandarin Oranges	Salads	1/4 cup	47g	30	0	0	0	0	5	7	0	6	0	
Marinated Garden Salad	Salads	1/2 cup	96g	90	6	1	0	0	230	7	1	4	1	
Marinated Mushroom Salad	Salads	1/2 cup	76g	80	6	1	0	0	240	1	5	0	3	Contains Milk.
Marinated Vegetables	Salads	1/2 cup	50g	35	2	0	0	0	90	3	1	2	1	
Mushrooms	Salads	1/4 cup	18g	5	0	0	0	0	0	1	0	0	0	
Onion Rings	Salads	3 each	12g	5	0	0	0	0	0	1	0	1	0	
Onions	Salads	1/4 cup	40g	15	0	0	0	0	0	4	1	2	0	
Orange Slices	Salads	1/2 cup	90g	40	0	0	0	0	0	11	2	8	1	
Papaya	Salads	1/4 cup	36g	15	0	0	0	0	0	4	1	3	0	
Parmesan Cheese	Salads	2 Tbsp	10g	45	4	2	0	10	110	0	0	0	3	Contains Milk.
Pasta Salad	Salads	1 cup	127g	150	6	1	0	0	220	20	2	4	4	Contains Wheat.
Pecan Pieces	Salads	2 Tbsp	14g	90	10	1	0	0	0	2	1	1	1	Contains Tree Nuts.
Pecan Pralines	Salads	2 Tbsp	18g	70	4.5	0	0	0	25	7	0	7	0	Contains Milk, Tree Nuts.
Pepperjack Cheese	Salads	5 each	47g	170	13	8	0	40	300	0	0	0	12	Contains Milk.
Pepperoncini	Salads	3 each	34g	10	0	0	0	0	600	2	1	0	0	
Pepperoni	Salads	5 each	10g	50	4.5	2	0	10	190	0	0	0	2	
Pickled Cold Beets	Salads	1/4 cup	60g	60	0	0	0	0	85	14	0	13	0	
Pico de Gallo	Salads	1/4 cup	64g	15	0	0	0	0	0	3	1	2	1	
Pineapple	Salads	1/2 cup	83g	40	0	0	0	0	0	11	1	8	0	
Pineapple Tidbits	Salads	1/4 cup	70g	40	0	0	0	0	0	10	1	9	0	
Potato Salad	Salads	1/2 cup	114g	150	5	0.5	0	5	460	26	1	9	2	Contains Egg.
Red Grapes	Salads	10 each	24g	15	0	0	0	0	0	4	0	4	0	
Rice Noodles	Salads	2 Tbsp	7g	35	1	0	0	0	90	5	0	0	1	Contains Wheat.
Roasted Peppers	Salads	1/2 cup	84g	90	8	1.5	0	0	210	5	1	2	1	Contains Fish, Milk, Soy.
Romaine Lettuce	Salads	1 cup	47g	10	0	0	0	0	0	2	1	1	1	
Seafood Salad	Salads	1/2 cup	85g	140	10	1.5	0	10	680	9	2	4	5	Contains Egg, Fish, Milk, Wheat.
Sesame Sticks	Salads	2 Tbsp	22g	120	8	1.5	0	0	320	10	1	0	2	Contains Wheat.
Shredded Cheddar Cheese	Salads	2 Tbsp	14g	60	4.5	2.5	0	15	90	0	0	0	4	Contains Milk.
Shredded Lettuce	Salads	1 cup	72g	10	0	0	0	0	5	2	1	1	1	
Shredded Mozzarella Cheese	Salads	2 Tbsp	39g	110	8	5	0	30	280	1	0	0	7	Contains Milk.
Sliced Almonds	Salads	2 Tbsp	12g	70	6	0	0	0	0	2	1	1	2	Contains Tree Nuts.
Sliced Jalapeños	Salads	1/4 cup	30g	10	0	0	0	0	410	2	0	1	0	
Slivered Almonds	Salads	2 Tbsp	14g	80	7	0.5	0	0	0	3	2	1	3	Contains Tree Nuts.
Southern Style Broccoli Salad	Salads	1/2 cup	54g	170	15	2	0	15	105	10	1	6	1	Contains Egg.
Southern Style Chicken Salad	Salads	1/2 cup	103g	280	24	3	0	55	290	8	0	5	9	Contains Egg, Soy.
Soy Nuts	Salads	2 Tbsp	11g	50	2.5	0	0	0	35	4	1	0	5	Contains Soy.
Spinach Artichoke Dip	Salads	1/4 cup	60g	90	6	2	0	5	320	7	1	2	3	Contains Milk, Soy, Wheat.
Spinach Bacon Salad	Salads	1 cup	75g	120	9	2.5	0	40	280	4	1	2	5	Contains Egg, Milk.
Spring Mix	Salads	1 cup	19g	5	0	0	0	0	5	1	0	0	0	
Squash	Salads	5 each	49g	10	0	0	0	0	0	2	1	1	1	
Strawberries	Salads	5 each	60g	20	0	0	0	0	0	5	1	3	0	
Strawberry Spinach Salad	Salads	1 cup	63g	40	2.5	0	0	0	45	5	2	2	2	
Summer Salad	Salads	1/2 cup	87g	70	5	1	0	0	200	5	1	3	1	
Sunflower Seeds	Salads	2 Tbsp	16g	90	8	1	0	0	105	4	1	0	3	
Sweet Pickle Chips	Salads	5 each	28g	30	0	0	0	0	140	7	0	5	0	
Three Bean Salad	Salads	1/2 cup	86g	90	0.5	0	0	0	15	19	3	12	2	
Tomato & Onion Salad	Salads	1/2 cup	82g	40	2	0	0	0	85	5	1	3	1	
Tomato Wedges	Salads	5 piece	82g	15	0	0	0	0	0	3	1	2	1	
Tuna Salad	Salads	1/2 cup	103g	190	12	1.5	0	45	560	4	0	3	16	Contains Egg, Fish, Milk, Soy.
Water Chestnuts	Salads	1/4 cup	62g	20	0	0	0	0	10	5	1	0	1	
Whole Eggs	Salads	1 each	50g	80	5	1.5	0	185	60	1	0	1	6	Contains Egg.
Zucchini	Salads	5 each	49g	10	0	0	0	0	0	2	0	1	1	
Alfredo Sauce	Sauces & Condiments	1/4 cup	63g	150	14	3.5	0	0	5	380	0	0	3	Contains Milk, Soy, Wheat.
Au Jus Gravy	Sauces & Condiments	2 oz	57g	30	2.5	1	0	5	380	2	0	0	0	Contains Soy, Wheat.
BBQ Sauce	Sauces & Condiments	2 Tbsp	30g	35	0	0	0	0	320	9	0	7	0	

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Brown Gravy	Sauces & Condiments	2 oz	57g	20	0.5	0	0	0	310	4	0	0	1	0 Contains Milk, Wheat.
Brown Sugar	Sauces & Condiments	1 Tbsp	14g	50	0	0	0	0	0	14	0	13	0	
Cheese Sauce	Sauces & Condiments	1/4 cup	58g	70	6	2	0	10	390	3	0	1	2	Contains Milk.
Cinnamon Sugar	Sauces & Condiments	1 Tbsp	12g	45	0	0	0	0	0	12	1	11	0	
Cocktail Sauce	Sauces & Condiments	2 Tbsp	30g	35	0.5	0	0	0	320	7	0	6	1	
Cranberry Sauce	Sauces & Condiments	2 Tbsp	35g	60	0	0	0	0	5	13	1	11	0	
Fresh Strawberry Jam	Sauces & Condiments	1 Tbsp	20g	45	0	0	0	0	0	12	0	11	0	
Grape Jelly	Sauces & Condiments	1 each	14g	35	0	0	0	0	0	9	0	6	0	
Honey Butter	Sauces & Condiments	1 Tbsp	14g	80	8	1.5	0.5	0	90	3	0	3	0	Contains Soy.
Italian Red Sauce	Sauces & Condiments	1/4 cup	58g	45	3	0	0	0	170	3	1	2	1	Contains Milk, Soy, Wheat.
Margarine	Sauces & Condiments	1 Tbsp	14g	100	11	4	0	0	110	0	0	0	0	Contains Soy.
Mushroom Gravy	Sauces & Condiments	2 oz	57g	20	0.5	0	0	0	290	4	0	1	1	Contains Milk, Wheat.
Olive Oil	Sauces & Condiments	1 Tbsp	15g	120	14	2	0	0	0	0	0	0	0	
Poultry Gravy	Sauces & Condiments	2 oz	57g	20	0	0	0	0	310	4	0	1	0	Contains Milk, Wheat.
Queso Cheese Sauce	Sauces & Condiments	1/4 cup	58g	70	6	2	0	10	390	3	0	1	2	Contains Milk.
Reduced Sugar Jelly	Sauces & Condiments	1 each	12g	10	0	0	0	0	0	3	0	1	0	
Salsa	Sauces & Condiments	2 Tbsp	30g	10	0	0	0	0	200	2	0	1	0	
Strawberry Jelly	Sauces & Condiments	1 each	14g	35	0	0	0	0	0	0	0	6	0	
Tartar Sauce	Sauces & Condiments	2 Tbsp	30g	150	16	2.5	0	10	240	1	0	1	0	Contains Egg.
Vegetable Oil	Sauces & Condiments	1 Tbsp	14g	120	14	2.5	0	0	0	0	0	0	0	
Whipped Margarine	Sauces & Condiments	1 Tbsp	10g	70	8	2.5	0	0	75	0	0	0	0	Contains Milk, Soy.
White Gravy	Sauces & Condiments	2 oz	57g	40	1.5	0.5	0	0	200	6	0	1	0	Contains Milk.
White Queso Cheese Sauce	Sauces & Condiments	1/4 cup	58g	80	7	2	0	5	390	2	0	0	2	Contains Milk.
Baked Potatoes	Sides	1 each	173g	160	0	0	0	0	15	37	4	2	4	
Baked Spaghetti	Sides	1/2 cup	96g	160	10	4	0	20	310	9	1	2	9	Contains Milk, Soy, Wheat.
Battered Onion Rings	Sides	2 each	40g	140	7	1.5	0	0	900	17	1	1	1	Contains Wheat.
BBQ Baked Beans	Sides	1/2 cup	130g	160	1	0	0	0	640	35	4	20	5	
Blackeyed Peas	Sides	1/2 cup	120g	100	2.5	0.5	0	0	570	14	3	0	5	Contains Soy, Wheat.
Breaded Ravioli	Sides	4 each	118g	370	22	6	0	20	800	36	2	3	8	Contains Egg, Milk, Wheat.
Broccoli & Rice Casserole	Sides	1/2 cup	120g	130	6	2	0	5	560	16	1	1	4	Contains Milk, Soy, Wheat.
Buttered Noodles	Sides	1/2 cup	80g	200	9	1	0	30	75	25	0	1	5	Contains Egg, Milk, Soy, Wheat.
Carrot Souffle	Sides	1/2 cup	124g	180	8	3	0	35	140	25	2	20	2	Contains Egg, Milk, Soy, Wheat.
Charro Beans	Sides	1/2 cup	115g	100	2.5	0	0	0	530	15	3	2	5	Contains Soy.
Cheddar Stuffed Potatoes	Sides	1 each	190g	230	7	3	0	20	530	35	2	3	8	Contains Milk.
Cheese Enchiladas	Sides	1 each	112g	240	17	8	0	40	620	10	1	0	10	Contains Milk.
Cinnamon Apples	Sides	1/4 cup	60g	80	2.5	1	0	0	50	15	1	13	0	Contains Milk, Soy, Wheat.
Creamed Spinach	Sides	1/2 cup	125g	170	12	3	0	5	590	10	2	5	5	Contains Milk, Soy.
Diced Sauteed Onions	Sides	1/4 cup	57g	240	26	3	0.5	0	200	3	1	1	0	Contains Egg, Milk, Soy, Wheat.
Down Home Mac & Cheese	Sides	1/2 cup	125g	260	17	7	0	40	820	14	0	2	13	Contains Egg, Milk, Soy, Wheat.
French Fried Potatoes	Sides	6 each	79g	130	9	1.5	0	0	210	11	2	1	1	
Fried Cubed Potatoes	Sides	1/2 cup	110g	160	9	1.5	0	0	160	19	2	2	2	Contains Milk.
Fried Okra	Sides	10 each	48g	110	7	1	0	0	310	10	2	1	1	Contains Wheat.
Fried Plantains	Sides	2 piece	47g	150	6	1.5	0	0	0	23	2	2	1	
Garlic Mashed Potatoes	Sides	1/2 cup	113g	160	8	1.5	0	0	340	19	2	2	3	Contains Milk, Soy.
Green Bean Casserole	Sides	1/2 cup	125g	80	4.5	1	0	0	650	8	2	2	2	Contains Milk, Soy, Wheat.
Grilled Cheese Sandwich	Sides	1 piece	44g	180	14	6	0	15	440	10	0	1	4	Contains Egg, Milk, Soy, Wheat.
Homemade BBQ Potato Chips	Sides	20 each	45g	120	10	1.5	0	0	180	6	1	1	1	
Homemade Potato Chips	Sides	20 each	44g	120	10	1.5	0	0	190	6	1	0	1	
Homestyle Stuffing	Sides	1/2 cup	125g	110	5	2	0	0	540	15	1	2	2	Contains Egg, Soy, Wheat.
Hushpuppies	Sides	3 each	68g	240	13	2.5	0	0	430	30	2	5	3	Contains Egg, Milk, Soy, Wheat.
Linguini	Sides	1 cup	164g	260	7	1	0	0	0	40	2	1	7	Contains Wheat.
Linguini with Lemon Butter Sauce	Sides	1 cup	164g	270	16	6	0	10	200	22	2	2	6	Contains Milk, Soy, Wheat.
Lo Mein	Sides	1 cup	170g	200	6	1	0	0	350	32	3	11	4	Contains Wheat.
Louisiana Style ^Dirty Rice	Sides	1/2 cup	90g	150	8	3.5	0	10	470	15	0	1	3	
Macaroni & Cheese	Sides	1/2 cup	125g	180	10	3	0	10	540	19	1	2	5	Contains Egg, Milk, Soy, Wheat.
Mexican Rice	Sides	1/2 cup	100g	140	7	2	0	5	600	18	1	1	2	Contains Soy.
Momma's Mashed Potatoes	Sides	1/2 cup	113g	160	8	1.5	0	0	330	20	1	2	2	Contains Milk, Soy.
Okra & Tomato Stew	Sides	1/2 cup	118g	60	2.5	1	0	0	530	7	2	2	1	Contains Egg, Milk, Soy, Wheat.
Onions & Peppers	Sides	1/4 cup	57g	30	1.5	0	0	0	15	4	1	2	1	Contains Egg, Milk, Soy, Wheat.
Pagoda Rice	Sides	1/2 cup	115g	150	6	1.5	0	0	600	21	1	3	3	Contains Soy.
Penne Pasta	Sides	1 cup	139g	200	2	0	0	0	0	40	2	1	7	Contains Wheat.
Ranch Potatoes	Sides	1/2 cup	120g	150	7	1	0	0	620	21	1	1	3	Contains Egg, Milk, Soy, Wheat.
Rice Pilaf	Sides	1/2 cup	85g	130	4.5	1.5	0	0	520	18	0	0	2	Contains Milk, Soy.
Scalloped Potatoes	Sides	1/2 cup	125g	160	8	4.5	0	25	470	17	1	1	5	Contains Milk, Soy, Wheat.
Seasoned Homemade Potato Chips	Sides	20 each	44g	120	10	1.5	0	0	180	6	1	0	1	Contains Milk.
Seasoned Wedge Fries	Sides	10 each	106g	190	12	1.5	0	0	520	21	1	1	3	Contains Wheat.
Skillet Potatoes & Onions	Sides	1/2 cup	125g	120	3.5	0	0	0	95	19	0	1	2	
Smokey Cheese Potato Bake	Sides	1/2 cup	125g	160	8	4	0	25	490	14	1	2	8	Contains Milk, Soy, Wheat.
Southern Style Blackeyed Peas	Sides	1/2 cup	131g	170	7	2.5	0	15	1560	20	5	4	8	
Spaghetti Noodles	Sides	1/2 cup	98g	150	4.5	0.5	0	0	0	24	1	1	4	Contains Wheat.
Spring Rolls	Sides	3 each	81g	160	9	3.5	0	0	250	20	3	5	6	Contains Soy, Wheat.
Steakhouse Fries	Sides	10 each	102g	170	12	2	0	0	270	14	2	1	1	
Stuffed Peppers	Sides	1 each	238g	160	19	7	1	75	590	13	2	5	15	Contains Egg, Milk, Soy, Wheat.
Sweet Corn Pudding	Sides	1/2 cup	125g	340	14	6	0	5	400	50	1	26	4	Contains Milk, Soy.
Sweet Potato Casserole	Sides	1/2 cup	115g	190	3.5	1	0	5	50	37	2	25	2	Contains Egg, Milk, Soy, Wheat.
Sweet Potato Fries	Sides	10 each	74g	170	11	1.5	0	0	150	17	2	8	1	
Taco Shells	Sides	1 each	11g	50	2	0.5	0	0	0	7	1	0	1	
Tater Tots	Sides	8 each	56g	170	11	2	0	0	370	15	2	0	2	
Tempura Battered Onion Rings	Sides	2 each	47g	150	11	2	0	0	180	10	1	2	2	Contains Milk, Soy, Wheat.
Tortilla Bowl	Sides	1 each	46g	210	13	2.5	0	0	200	18	1	0	4	Contains Wheat.
Tortilla Chips	Sides	10 each	29g	120	8	1	0	0	260	1	12	0	1	
White Rice	Sides	1/2 cup	85g	120	4.5	1.5	0	0	210	17	0	0	2	Contains Soy.
Yellow Rice	Sides	1/2 cup	85g	130	4	1.5	0	0	660	19	1	1	2	Contains Soy.
Broccoli & Cheese Soup	Soups	1 cup	235g	190	12	7	0	35	1030	13	0	8	8	Contains Milk, Soy.

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Cajun Chicken Soup	Soups	1 cup	246g	70	1	0	0	10	750	10	1	2	5	
Captain's Wafers	Soups	10 each	28g	140	5	0	0	0	210	18	0	2	2	2 Contains Wheat.
Chicken Noodle Soup	Soups	1 cup	232g	80	1.5	0	0	20	900	12	0	1	6	6 Contains Egg, Soy, Wheat.
Clam Chowder	Soups	1 cup	235g	160	5	2.5	0	15	730	18	1	9	8	8 Contains Milk, Soy, Wheat.
Green Chili Stew	Soups	1 cup	240g	230	11	4	0	50	570	13	1	3	18	
Loaded Potato Soup with Bacon	Soups	1 cup	240g	190	9	3.5	0.5	15	1030	23	1	8	6	6 Contains Milk, Soy, Wheat.
Oyster Crackers	Soups	1 package	14g	60	1.5	0	0	0	135	10	0	0	2	2 Contains Wheat.
Potato Soup with Bacon	Soups	1 cup	240g	200	9	4	0	20	870	22	1	8	7	7 Contains Milk, Soy, Wheat.
Saltines	Soups	1 package	6g	25	0.5	0	0	0	55	4	0	0	1	1 Contains Wheat.
Shrimp Jambalaya	Soups	1 cup	250g	210	11	4	0	185	1130	8	2	4	21	21 Contains Egg, Shellfish, Soy, Wheat.
Timberline Chili	Soups	1 cup	248g	230	9	3	1	40	890	26	8	5	15	15 Contains Soy, Wheat.
Tomato Soup	Soups	1 cup	250g	170	4	2	0	10	600	27	2	17	5	5 Contains Milk, Wheat.
Vegetable Beef Soup	Soups	1 cup	227g	80	1	0	0	5	1080	14	2	3	4	4 Contains Soy, Wheat.
Asian Stir Fry Vegetables	Vegetables	1 cup	150g	120	2.5	0	0	0	620	22	2	15	3	3 Contains Soy, Wheat.
Baby Lima Beans	Vegetables	1/2 cup	85g	150	5	2	0	0	420	19	5	2	6	6 Contains Milk, Soy.
Baked Sweet Potatoes	Vegetables	1 each	130g	110	0	0	0	0	70	26	4	5	2	2 Contains Milk, Soy.
Brussels Sprouts	Vegetables	1/2 cup	78g	80	6	2	0	0	240	4	3	2	3	3 Contains Milk, Soy.
Brussels Sprouts with Lemon Herb Butter Sauce	Vegetables	1/2 cup	85g	100	8	3.5	0	5	125	4	2	2	2	2 Contains Milk, Soy.
Cabbage	Vegetables	1/2 cup	75g	60	5	2	0	0	210	4	2	2	1	1 Contains Milk, Soy.
Campfire Vegetable Medley	Vegetables	1/2 cup	85g	90	5	1.5	0	0	510	9	0	2	2	2 Contains Soy.
Corn-on-the-Cob	Vegetables	1 each	84g	70	0.5	0	0	0	90	13	2	3	2	2 Contains Soy.
Cottage Fries	Vegetables	1/2 cup	113g	290	15	2.5	0	0	260	36	3	4	4	4 Contains Milk.
Diced Sautéed Green Peppers	Vegetables	1/4 cup	57g	25	1.5	0	0	0	10	3	1	1	0	0 Contains Egg, Milk, Soy, Wheat.
Fresh Corn-on-the-Cob	Vegetables	1 each	64g	50	2	0	0	0	60	9	1	3	2	2 Contains Soy.
Fresh Sautéed Spinach	Vegetables	1/2 cup	90g	110	10	1.5	0	0	60	3	2	0	2	
Fresh Steamed Green Beans	Vegetables	1/2 cup	50g	70	6	2	0	0	250	3	1	2	1	1 Contains Milk, Soy.
Fried Green Tomatoes	Vegetables	2 each	88g	180	11	2	0	0	660	18	2	3	2	2 Contains Milk, Wheat.
Fried Jalapeños	Vegetables	1 each	30g	20	1.5	0	0	0	0	2	0	1	0	
Fried Pickles	Vegetables	10 each	70g	160	9	1.5	0	0	700	16	1	0	2	2 Contains Wheat.
Green Beans	Vegetables	1/2 cup	121g	35	1.5	0	0	0	520	4	2	2	1	1 Contains Soy, Wheat.
Green Chilies	Vegetables	2 Tbsp	25g	10	0	0	0	0	70	2	0	0	0	
Grilled Corn-on-the-Cob	Vegetables	1 each	70g	100	4	0	0	0	300	14	2	3	2	2 Contains Egg, Milk, Soy, Wheat.
Grilled Street Corn	Vegetables	1 each	83g	170	11	3	0	10	280	13	0	3	5	5 Contains Egg, Milk, Soy, Wheat.
Hand-Breaded Fried Mushrooms	Vegetables	7 each	98g	160	9	1.5	0	0	680	17	1	2	4	4 Contains Soy, Wheat.
Home Fries	Vegetables	1/2 cup	110g	110	3	0	0	0	125	18	0	0	2	2 Contains Egg, Milk, Soy, Wheat.
Italian Vegetable Medley	Vegetables	1/2 cup	85g	60	5	2.5	0	0	80	4	1	2	1	1 Contains Milk, Soy.
Kettle Cooked Cabbage	Vegetables	1/2 cup	85g	45	2.5	0.5	0	5	180	4	1	2	2	2 Contains Soy, Wheat.
Kettle Cooked Collards	Vegetables	1/2 cup	98g	80	3	1	0	5	370	9	3	5	4	
Kettle Cooked Lima Beans	Vegetables	1/2 cup	120g	160	3	1	0	5	570	24	6	3	9	
Kettle Cooked Turnip Greens	Vegetables	1/2 cup	98g	70	3	1	0	5	380	8	3	5	3	
Machaca Beans	Vegetables	1/2 cup	120g	90	0	0	0	0	370	15	5	0	5	5 Contains Soy.
Machaca Northern Beans	Vegetables	1/2 cup	120g	90	0	0	0	0	370	15	5	2	5	5 Contains Soy.
Ranch Style Beans	Vegetables	1/2 cup	130g	130	2.5	0.5	0	5	550	21	7	2	6	6 Contains Soy.
Red Bliss Potatoes	Vegetables	1/2 cup	75g	80	2	1	0	0	85	13	1	1	2	2 Contains Milk, Soy.
Refried Beans	Vegetables	1/2 cup	115g	160	12	4.5	0	10	610	10	3	0	3	
Roasted Red Bliss Potatoes	Vegetables	1/2 cup	75g	140	9	1	0	0	540	12	1	1	2	2 Contains Egg, Milk, Soy, Wheat.
Sauerkraut	Vegetables	2 Tbsp	30g	5	0	0	0	0	180	1	1	0	0	
Sautéed Mushrooms	Vegetables	1/2 cup	78g	60	5	0.5	0	0	260	3	0	1	2	2 Contains Egg, Milk, Soy, Wheat.
Sautéed Yellow Squash	Vegetables	1/2 cup	90g	60	5	0.5	0	0	170	4	1	2	1	1 Contains Egg, Milk, Soy, Wheat.
Sautéed Zucchini	Vegetables	1/2 cup	90g	60	5	0.5	0	0	160	3	1	2	1	1 Contains Egg, Milk, Soy, Wheat.
Seasoned Collard Greens	Vegetables	1/2 cup	98g	35	1	0	0	0	330	4	2	0	1	1 Contains Wheat.
Seasoned Northern Beans	Vegetables	1/2 cup	120g	110	2.5	0.5	0	0	570	15	4	2	6	6 Contains Soy, Wheat.
Seasoned Pinto Beans	Vegetables	1/2 cup	120g	110	2.5	0.5	0	0	570	15	5	0	6	6 Contains Soy, Wheat.
Skillet Vegetables	Vegetables	1/2 cup	90g	90	8	1	0	0	250	5	1	3	1	1 Contains Egg, Milk, Soy, Wheat.
Southern Style Lima Beans	Vegetables	1/2 cup	131g	180	4	1	0	10	810	26	8	1	11	
Southern Style Northern Beans	Vegetables	1/2 cup	131g	170	4	1.5	0	10	780	24	8	1	11	
Southern Style Pinto Beans	Vegetables	1/2 cup	131g	200	4	1.5	0	10	810	29	10	1	12	
Spinach	Vegetables	1/2 cup	95g	50	3	0.5	0	0	320	5	3	1	4	4 Contains Soy, Wheat.
Spinach	Vegetables	1 cup	57g	15	0	0	0	0	45	2	1	0	1	
Squash Medley	Vegetables	1/2 cup	90g	45	3	0	0	0	220	4	1	2	1	1 Contains Egg, Milk, Soy, Wheat.
Steamed Asparagus	Vegetables	4 each	70g	80	7	2.5	0	0	280	2	1	1	2	2 Contains Milk, Soy.
Steamed Broccoli	Vegetables	1/2 cup	78g	25	0	0	0	0	85	6	3	1	2	
Steamed Carrots	Vegetables	1/2 cup	85g	80	6	2	0	0	290	8	2	4	1	1 Contains Milk, Soy.
Steamed Cauliflower	Vegetables	1/2 cup	78g	20	0	0	0	0	65	3	2	2	1	
Steamed Cut Corn	Vegetables	1/2 cup	85g	130	6	2	0	0	190	19	1	5	3	3 Contains Milk, Soy.
Steamed Green Peas	Vegetables	1/2 cup	80g	110	4.5	1.5	0	0	210	11	5	3	4	4 Contains Milk, Soy.
Stewed Tomatoes	Vegetables	1/2 cup	130g	30	0	0	0	0	270	6	2	4	2	2 Contains Milk.
Tempura Battered Squash	Vegetables	3 each	58g	150	8	1.5	0	0	910	17	1	1	1	1 Contains Wheat.
Tempura Battered Zucchini	Vegetables	3 each	58g	150	8	1.5	0	0	910	17	1	1	1	1 Contains Wheat.
Turnip Greens	Vegetables	1/2 cup	98g	60	3	0.5	0	0	280	4	2	1	2	2 Contains Soy, Wheat.
Vegetable Trio	Vegetables	1/2 cup	90g	30	0	0	0	0	210	6	2	3	2	2 Contains Soy, Wheat.
Vegetable Trio with Lemon Butter Herb Sauce	Vegetables	1/2 cup	90g	90	7	3	0	0	250	5	2	2	2	1 Contains Milk, Soy.