

Menu Item (Serving Size)	Calories (Kcal)	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Protein (g)	Potassium (mg)	Allergen(s)
<b>Category: Milk</b>									
MILK, 1% WHITE (1 ea.)	110.00	2.50	15.00	130.00	12.00	0.00	8.00	399.97	Contains Milk.
MILK, SKIM WHITE (1 ea.)	90.00	0.00	5.00	130.00	12.00	0.00	8.00	399.97	Contains Milk.
SOY MILK, VERY VANILLA (1 ea.)	150.00	4.50	0.00	80.00	18.00	2.00	8.00		Contains Soy.
<b>Category: Meat / Meat Alternate</b>									
BAKED CHICKEN (1 serv.)	275.07	15.94	92.07	2037.27	3.34	1.02	26.00	7.72	Contains Chicken, Corn/Corn Products, Garlic, Sunflower Seeds.
BBQ PULLED PORK SANDWICH (1 ea.)	440.06	19.06	71.25	393.82	45.06	4.00	25.06		Contains Corn/Corn Products, Gluten, Soy, Wheat.
BEEF & CHEESE TACO BURRITO (1 ea.)	292.69	13.99	33.94	534.55	29.76	5.13	15.37	233.12	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Peas, Potatoes, Soy, Wheat.
BONELESS BUFFALO WINGS (5 ea.)	265.37	13.54	50.00	1112.64	18.11	2.44	18.22	369.89	Contains Chicken, Corn/Corn Products, Garlic, Gluten, Milk, Soy, Wheat.
BREADED CHICKEN DRUMSTICK - 1 LEG (1 serv.)	341.71	20.19	93.19	823.21	9.32	1.55	29.51	481.81	Contains Chicken, Corn/Corn Products, Garlic, Gluten, Wheat.
CALZONE (PEPPERONI) W/ MARINARA SAUCE (1 ea.)	421.24	19.38	35.00	675.26	42.21	3.36	23.36	469.48	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Oranges/Orange Juice, Pork, Soy, Tomatoes, Wheat.
CHEESEBURGER (1 ea.)	385.00	18.50	82.50	535.00	29.00	4.00	27.50	0	Contains Beef, Corn/Corn Products, Gluten, Milk, Soy, Sunflower Seeds, Wheat.
CHICKEN BITES & WAFFLES (1 serv.)	390.00	15.00	60.00	810.00	47.00	2.00	22.00	449.89	Contains Chicken, Corn/Corn Products, Egg, Garlic, Gluten, Milk, Soy, Wheat.
CHICKEN FAJITAS W/ TACO SEASONING (1 serv.)	113.29	3.57	65.97	644.41	2.69	0.45	16.05		Contains Chicken, Corn/Corn Products, Garlic, Gluten, Potatoes, Wheat.
CHICKEN TENDER, SPICY (3 pc)	260.00	15.00	25.00	390.00	17.00	3.00	15.00	810.00	Contains Carrot, Chicken, Corn/Corn Products, Garlic, Gluten, Soy, Wheat.
CHICKEN TENDERS, WG, (3 pc)	288.56	13.67	60.75	470.81	16.71	1.52	24.30	698.82	Contains Carrot, Chicken, Corn/Corn Products, Garlic, Gluten, Soy, Wheat.
GENERAL TSO CHICKEN (1 serving (4)	216.49	7.22	51.55	463.91	24.74	1.03	12.37	0	Contains Chicken, Corn/Corn Products, Egg, Garlic, Gluten, Milk, Sesame, Soy, Wheat.
MOZZARELLA STICKS, BREADED W/ MARINARA SAUCE (5 ea.)	361.24	14.38	35.00	535.26	43.21	4.36	17.36	469.48	Contains Corn/Corn Products, Garlic, Gluten, Milk, Soy, Wheat.
PIZZA, CHEESE (1 ea.)	361.28	15.25	50.00	820.19	39.51	1.67	19.92	42.3	Contains Corn/Corn Products, Garlic, Gluten, Milk, Soy, Tomatoes, Wheat.
PIZZA, CHEESE, GARLIC CRUST (1 slice)	430.00	17.00	30.00	500.00	46.00	3.00	25.00	170.00	Contains Corn/Corn Products, Garlic, Gluten, Milk, Oranges/Orange Juice, Soy, Tomatoes, Wheat.
PIZZA, PEPPERONI (1 ea.)	410.53	19.82	60.81	987.24	39.70	1.72	21.93	70.36	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Pork, Soy, Tomatoes, Wheat.
PIZZA, PEPPERONI, GARLIC CRUST (1 slice)	450.00	19.00	35.00	620.00	45.00	4.00	25.00	170.00	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Oranges/Orange Juice, Pork, Soy, Tomatoes, Wheat.
QUESADILLA, TACO (3 ea.)	260.00	9.00	10.00	510.00	30.00	4.00	14.00	189.88	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Potatoes, Tomatoes, Wheat.
RIB SANDWICH W/ BBQ SAUCE (1 ea.)	383.80	15.04	25.00	593.80	41.88	3.13	15.11	88.59	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Potatoes, Soy, Tomatoes, Wheat.
SPICY CHICKEN SANDWICH (1 ea.)	350.00	13.00	55.00	630.00	40.00	5.00	22.00	400	Contains Chicken, Corn/Corn Products, Garlic, Gluten, Soy, Wheat.
STEAK FINGERS, WG (4 pcs.)	290.00	18.00	65.00	510.00	16.00	2.00	16.00		Contains Beef, Chicken, Corn/Corn Products, Garlic, Gluten, Potatoes, Soy, Wheat.
TACO GROUND BEEF (2 oz.)	130.18	8.96	38.81	216.63	1.56	0.78	10.45	0	Contains Beef, Corn/Corn Products, Garlic, Gluten, Potatoes, Wheat.
TANGERINE CHICKEN (1 serving, 4 pc)	195.87	4.12	46.39	391.75	25.77	2.06	14.43	0	Contains Chicken, Corn/Corn Products, Egg, Garlic, Gluten, Oranges/Orange Juice, Soy, Wheat.
TURKEY & DRESSING (AKA TURKEY SUPREME) (1 serving)	356.51	13.11	84.71	797.92	35.59	4.35	24.21	672.19	Contains Chicken, Corn/Corn Products, Egg, Garlic, Gluten, Milk, Soy, Sunflower Seeds, Turkey, Wheat.
<b>Category: Bread / Grain</b>									
ASIAN STYLE RICE (1 c.)	357.88	7.06	0.00	1029.37	65.45	3.54	8.75	177.9	Contains Gluten, Milk, Soy, Wheat.

NACHO CHIPS, WG (20 chip)	280.00	14.00	0.00	300.00	34.00	2.00	4.00		Contains Corn/Corn Products.
TEXAS TOAST (1 ea.)	186.67	8.83	0.00	273.33	22.00	0.00	5.00	79.00	Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Seeds, Wheat.
<b>Category: Other</b>									
CHEESE SAUCE, ROTEL (2 oz.)	58.62	3.79	0.20	466.69	5.51	0.10	0.41	26.63	Contains Corn/Corn Products, Milk, Tomatoes.
<b>Category: Fruit</b>									
APPLE, FRESH, GREEN (1 ea.)	94.64	0.31	0.00	1.82	25.13	4.37	0.47	194.74	Contains Apples.
APPLE, FRESH, RED (1 ea.)	107.38	0.36	0.00	1.82	25.59	4.19	0.49	189.04	Contains Apples.
APPLESAUCE, PLAIN, UNSWEETENED (1/2 c)	50	0	0	1	14	1	1	0	Contains Apples.
APPLESAUCE CUPS (1 ea.)	60	0	0	15	14	1	0		Contains Apples.
BANANA, FRESH (1 ea.)	119.04	0.42	0.00	1.28	29.23	3.33	1.40	458.24	
MANDARIN ORANGES (1/2 c)	86.67	0	0	12.48	21.15	1.21	1.21	148.2	Contains Oranges/Orange Juice.
MIXED BERRIES CUP (1 ea.)	90	0	0	0	20	2	0		Contains Strawberries.
ORANGES, FRESH (1 ea.)	61.57	0.16	0.00	0.00	15.39	3.14	1.23	237.11	Contains Oranges/Orange Juice.
STRAWBERRY CUP, DICED (1/2 c)	80	0	0	1	21	2	0		Contains Strawberries.
<b>Category: Vegetable</b>									
BABY CARROTS & CELERY STICKS (1/2 c.)	37.93	0.20	0.00	107.16	8.52	3.28	0.90	201.57	Contains Carrot.
BURGER SALAD (SHREDDED DARK LEAFY LETTUCE & TOMATO SLICES) (1 ea.)	11.96	0.13	0.00	10.09	2.49	0.88	0.76	54.97	Contains Tomatoes.
CAESAR SALAD (1 ea.)	96.97	4.14	6.25	288.09	11.80	1.00	4.94	140.81	Contains Gluten, Milk, Sunflower Seeds, Wheat. Processed in a facility that also processes Tree nuts.
CARROTS, SLICED, BUTTERY (1/2 c.)	53.99	2.23	0.00	206.02	7.71	2.89	0.96	0.02	Contains Milk, Soy.
CORN W/ MARGARINE (1/2 c.)	84.96	2.01	0.00	11.81	17.32	1.65	2.47	0	Contains Corn/Corn Products, Milk, Soy.
FRIES, CRINKLE CUT (1/2 cup)	118.56	3.56	0.00	201.54	17.78	2.37	1.19	249.07	Contains Corn/Corn Products, Garlic, Potatoes, Soy, Sunflower Seeds.
GREEN BEANS, SEASONED (1/2 c.)	16.06	0.37	0.00	145.19	2.54	1.27	0.64	63.7	Contains Milk, Soy.
LETTUCE, DARKY LEAFY, FRESH, SHREDDED (1 oz)	6.45	0.06	0.00	12.06	1.23	0.56	0.59	83.37	
MASHED POTATOES (1/2 c.)	70.46	1.01	0.00	345.35	14.09	1.01	2.01	323.15	Contains Milk, Potatoes.
RANCHERO BEANS (1/2 c.)	109.58	1.94	0.00	388.10	19.61	7.37	6.09	0	Contains Corn/Corn Products, Garlic, Tomatoes.
ROMAINE SALAD W/ CHERRY TOMATOES (1 ea.)	16.41	0.21	0.00	14.46	3.38	1.38	0.98	107.53	Contains Tomatoes.
TATER TOTS (1/2 c.)	122.06	6.66	0.00	343.98	15.54	1.11	1.11	233.02	Contains Corn/Corn Products, Potatoes, Soy, Sunflower Seeds.
TEXAS SALAD (1 ea.)	162.53	7.75	15.00	367.64	18.57	1.38	7.01	107.53	Contains Gluten, Milk, Sunflower Seeds, Tomatoes, Wheat. Processed in a facility that also processes Tree nuts.
TOMATOES, DICED (1/4 c.)	9.35	0.10	0.00	2.60	2.04	0.62	0.46		Contains Tomatoes.
<b>Category: Condiments</b>									
BBQ SAUCE, DUNK CUP (1 ea.)	40.00	0.00	0.00	65.00	10.00	0.00	0.00	133.00	Contains Corn/Corn Products, Garlic, Soy, Tomatoes.

CAESAR DRESSING (1 oz) (2 tbsp.)	80.00	7.00	10.00	330.00	2.00	0.00	1.00		Contains Corn/Corn Products, Egg, Fish, Garlic, Milk, Soy.
GRAVY, PEPPER (1 oz.)	20.16	1.01	0	71.32	3.02	0	0	15.41	Contains Corn/Corn Products, Gluten, Milk, Wheat. May contain Egg, Soy.
ITALIAN DRESSING, FAT FREE (1 1/2 oz.)	20.58	0.00	0.00	672.17	4.12	0.00	0.00	0.00	Contains Corn/Corn Products, Garlic.
JALAPENOS, SLICED (1 oz.)	4.52	0.06	0.00	311.67	1.00	0.40	0.14	38.54	
KETCHUP, PC (2 ea.)	20.00	0.00	0.00	50.00	4.00	0.00	0.00	62.00	Contains Corn/Corn Products, Garlic, Tomatoes.
MAYO, LIGHT, PC (1 ea.)	35.00	3.00	5.00	115.00	3.00	0.00	0.00	0.00	Contains Corn/Corn Products, Egg, Soy.
MUSTARD, PC (1 ea.)	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	Contains Corn/Corn Products.
PICKLES, SLICED (4 slice)	0.00	0.00	0.00	120.00	0.00	0.00	0.00	8.89	Contains Corn/Corn Products, Garlic.
RANCH DRESSING (1 oz.)	58.95	5.36	6.14	259.66	1.85	0.00	0.56	25.61	Contains Corn/Corn Products, Egg, Garlic, Milk, Soy.
RANCH DRESSING (2 oz.)	117.91	10.73	12.29	519.31	3.71	0.00	1.13	51.23	Contains Corn/Corn Products, Egg, Garlic, Milk, Soy.
SALSA (1/4 c.)	20.00	0.00	0.00	140.00	4.00	2.00	0.00		Contains Corn/Corn Products, Garlic, Tomatoes.
SOUR CREAM, PC (1oz)(1 ea.)	60.00	5.00	20.00	15.00	1.00	0.00	1.00		Contains Milk.
SYRUP, 1.5 OZ (1 ea.)	120.00	0.00	0.00	0.00	31.00	0.00	0.00		Contains Corn/Corn Products.
<b>Category: Other</b>									
COOKIE, TURKEY SHAPED, IW	130.00	4.5	10	100	22	1	2	33	Contains Egg, Gluten, Milk, Red Dye, Wheat.