

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>									
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.
BBQ ROASTED CHICKEN (1 serv.)	323.07	15.94	102.29	274.51	11.23	0.24	31.93	314.13	Contains Chicken, Corn/Corn Products, Garlic, Tomatoes.
BEEF & CHEESE TACO BURRITO w/ 2 oz QUESO (1 ea.)	351.31	17.78	34.13	1001.24	35.27	5.23	15.78	259.75	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Peas, Potatoes, Soy, Tomatoes, Wheat.
BREADED CHICKEN SANDWICH (1 ea.)	380.00	15.00	25.00	620.00	43.00	7.00	21.00	320	Contains Chicken, Corn/Corn Products, Garlic, Gluten, Soy, Wheat.
BURRITO, MACHO CHILI CHEESE (1 ea.)	347.96	15.44	39.19	458.43	34.61	5.85	18.24	417.00	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Peas, Potatoes, Soy, Tomatoes, Wheat.
ITALIAN CALZONE (1 ea.)	360.00	17.00	35.00	580.00	32.00	2.00	22.00	0	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 & WAFFLES W/ SYRUP (1 serv.)	588.56	20.67	70.75	710.81	77.71	1.52	28.30	778.82	Contains Carrot, Chicken, Corn/Corn Products, Egg, Garlic, Gluten, Milk, Soy, Wheat.
CHICKEN NUGGETS (5 ea.)	240.00	14.00	20.00	470.00	16.00	3.00	13.00	320.07	Contains Chicken, Corn/Corn Products, Garlic, Gluten, Soy, Wheat.
CHICKEN TENDERS (3 ea.)	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.
CHILI CHEESE NACHOS (1 ea.)	533.89	31.22	58.40	1091.63	41.85	3.27	20.08	26.63	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Potatoes, Tomatoes, Wheat.
CORN DOG (1 ea.)	240.00	8.00	40.00	390.00	30.00	5.00	9.00		Contains Chicken, Corn/Corn Products, Egg, Gluten, Soy, Wheat.
DELI WRAP - TURKEY BREAST (1 ea.)	383.06	17.62	62.67	980.84	35.66	3.86	22.02	108.07	Contains Corn/Corn Products, Egg, Garlic, Gluten, Milk, Soy, Tomatoes, Turkey, Wheat.
DELI WRAP - HAM (1 ea.)	385.99	19.40	62.91	1128.38	39.01	3.86	20.16	108.07	Contains Corn/Corn Products, Egg, Garlic, Gluten, Milk, Pork, Soy, Tomatoes, Wheat.
FISHSTICKS w/ HUSHPUPPIES (1 serving (3))	300.36	13.86	34.51	540.72	33.05	1.65	12.18	197.17	Contains Corn/Corn Products, Egg, Fish, Gluten, Milk, Potatoes, Soy, Wheat.
FRUIT & YOGURT PLATE (1 ea.)	363.79	5.63	5.00	201.56	71.11	4.70	8.56	296.77	Contains Corn/Corn Products, Gluten, Milk, Oats/Oat Products, Soy, Strawberries, Sunflower Seeds, Wheat.
GRILLED CHEESE ON TX TOAST (1 ea.)	493.33	24.67	50.00	976.67	48.00	0.00	20.00	158	Contains Corn/Corn Products, Gluten, Milk, Soy, Sunflower Seeds, Wheat.
HAM HOAGIE (1 serv.)	337.12	15.45	56.76	896.63	33.08	2.01	16.81	60.52	Contains Gluten, Milk, Pork, Soy, Wheat.
HAMBURGER (1 ea.)	330.00	14.00	70.00	400.00	28.00	4.00	25.00		Contains Beef, Corn/Corn Products, Gluten, Soy, Sunflower Seeds, Wheat.
MOZZARELLA STICKS, BREADED (5 ea.)	300.00	12.00	35.00	440.00	33.00	3.00	16.00	0	Contains Corn/Corn Products, Garlic, Gluten, Milk, Soy, Wheat.
PIZZA, CHEESE (5", PERSONAL) (1 ea.)	310.00	13.00	30.00	440.00	31.00	3.00	16.00	440.00	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, CHEESE, THIN CRUST, 16" (1 slice)	350.00	15.00	30.00	640.00	33.00	3.00	21.00	80.00	Contains Corn/Corn Products, Garlic, Gluten, Milk, Soy, Tomatoes, Wheat.
PIZZA, PEPPERONI (5", PERSONAL) (1 ea.)	344.56	16.21	37.59	557.23	31.14	3.03	17.41	459.69	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Pork, Soy, Tomatoes, Wheat.
PIZZA, PEPPERONI THIN CRUST, 16" (1 slice)	380.00	18.00	35.00	770.00	33.00	3.00	22.00	75.00	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.
SOFT BEEF TACOS (2 tacos)	550.37	30.91	107.61	1223.26	35.12	1.56	32.90	114	Contains Beef, Corn/Corn Products, Garlic, Gluten, Milk, Potatoes, Wheat.
SOFT CHICKEN FAJITA TACOS (2 tacos)	434.11	17.73	117.41	1505.84	34.36	0.00	33.26	114	Contains Chicken, Corn/Corn Products, Gluten, Milk, Wheat.
SPAGHETTI W/ MEAT SAUCE (1 ea.)	437.58	20.12	77.61	509.51	39.41	4.28	27.47	416.79	Contains Beef, Garlic, Gluten, Soy, Tomatoes, Wheat.
STEAK FINGERS (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.
TANGERINE CHICKEN (1 serving (4))	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 HOAGIE (1 serv.)	351.79	14.31	65.33	833.68	30.05	2.01	21.49	60.52	Contains Gluten, Milk, Soy, Turkey, 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: Other</b>									
COOKIE, TURKEY SHAPED, IW	130.00	4.5	10	100	22	1	2	33	Contains Egg, Gluten, Milk, Red Dye, Wheat.
MACARONI & CHEESE (1/2 c.)	273.75	16.75	38.90	474.80	19.93	1.87	11.54	160.39	Contains Gluten, Milk, Soy, 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.
GARLIC TWISTED BREADSTICK (1 ea.)	139.61	4.17	0.22	207.93	22.87	2.06	4.09	129.99	Contains Gluten, Milk, Soy, Wheat.
ROLL, HOMEMADE WHEAT (2 oz.)	154.35	4.04	0.3	262.38	26.43	2.3	4.60	102.63	Contains Gluten, Milk, Soy, Wheat.
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: 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, FRESH (1/2 c.)	24.81	0.09	0.00	55.28	5.84	2.06	0.45	167.97	Contains Carrot.
BROCCOLI, STEAMED & SEASONED (1/2 c.)	29.53	1.57	0.00	30.96	3.05	2.29	1.52	137.23	Contains Milk, Soy.
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.
BUSH'S BAKED BEANS (1/2 c.)	150.01	0.00	0.00	370.03	30.00	5.00	7.00	369.92	Contains Corn/Corn Products, Garlic.

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 c.)	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.
FRIES, CURLY, SEASONED (1/2 c.)	100.00	3.00	0.00	150.00	17.00	1.00	1.00	210.00	Contains Corn/Corn Products, Garlic, Potatoes. May contain Soy.
FRIES, WEDGES, SEASONED (1 serving (3))	150.92	7.17	5.11	146.12	20.87	2.09	2.09	240.06	Contains Corn/Corn Products, Garlic, Potatoes, Soy, Sunflower Seeds.
GARDEN SALAD W/ CHERRY TOMATOES (1 ea.)	15.71	0.21	0.00	24.95	3.03	1.24	1.26	158.19	Contains Carrot, Tomatoes.
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	
MARINARA SAUCE (3 oz.)	61.82	2.40	0.00	96.16	10.30	1.37	1.37	473.95	Contains Garlic, Soy, Tomatoes.
MASHED POTATOES (1/2 c.)	70.46	1.01	0.00	345.35	14.09	1.01	2.01	323.15	Contains Milk, Potatoes.
POTATO EMOTICONS (4 pcs.)	120.83	4.03	0.00	80.55	18.12	2.01	2.01	211.44	Contains Corn/Corn Products, Potatoes, Soy, Sunflower Seeds.
POTATOES, ROASTED, SEASONED, SKIN ON (1/2 c.)	98.37	1.97	0.00	113.13	18.69	1.97	2.95	363.98	Contains Corn/Corn Products, Garlic, Potatoes, Soy, Sunflower Seeds.
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.
REFRIED BEANS (1/2 c.)	152.01	3.62	5.00	226.51	22.50	7.02	7.35		Contains Corn/Corn Products, Garlic, Milk, Soy, Tomatoes.
ROASTED BRUSSEL SPROUTS (1/2 c.)	74.88	3.68	0.00	305.85	9.59	4.07	3.62	416.92	Contains Soy.
SONOMA VEGETABLE BLEND (1/2 c.)	18.00	0.00	0.00	18.00	3.60	1.20	0.60	83.97	Contains Carrot.
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.
TOMATOES, DICED (2 tbsp.)	4.67	0.05	0.00	1.30	1.02	0.31	0.23		Contains Tomatoes.
VEGGIE DIPPERS (BABY CARROT, CELERY STICKS & CUCUMBER SLICES) (1 ea.)	18.14	0.10	0.00	43.19	4.14	1.42	0.48	110.33	Contains Carrot.
<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.
GRAVY, PEPPER (1 oz.)	20.16	1.01	0.00	71.32	3.02	0.00	0.00	15.41	Contains Corn/Corn Products, Gluten, Milk, Wheat. May contain Egg, Soy.
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.
SALSA (2 tbsp.)	10.00	0.00	0.00	70.00	2.00	1.00	0.00		Contains Corn/Corn Products, Garlic, Tomatoes.
SOUR CREAM, PC (1oz) (1 ea.)	60.00	5.00	20.00	15	1.00	0.00	1.00		Contains Milk.
SYRUP, 1.5 OZ PC (1 pck)	120	0	0	0	31	0	0		Contains Corn/Corn Products.
TARTAR SAUCE, PC (1 ea.)	60.00	6.00	4.90	130.00	2.00	0.00	0.00	0.00	Contains Corn/Corn Products, Egg, Soy.