

NUTRITION

At Golden Corral, we believe our guests deserve the highest quality food at the greatest value.

ALLERGEN STATEMENT

Serving Size Gram Weight Calories Total Fat Saturated Fat Trans Fat Cholesterol Sodium Total Carbs Dietary Fiber Sugars Protein

BEEF

Asian Beef	Contains Soy, Wheat.	3 oz	85g	110	3.5g	0.5g	0g	20mg	620mg	10g	0g	8g	9g
Barbacoa		3 oz	85g	270	23g	12g	0g	90mg	490mg	0g	0g	0g	18g
BBQ Beef		3 oz	85g	120	5g	1.5g	0g	50mg	160mg	0g	0g	0g	18g
BBQ Beef Ribs, Boneless		3 oz	113g	200	8g	3.5g	0g	60mg	920mg	9g	0g	7g	23g
Beef Enchiladas	Contains Milk, Soy, Wheat.	1 each	127g	200	12g	4g	0g	40mg	560mg	11g	1g	1g	11g
Beef Liver & Onions	Contains Egg, Milk, Soy, Wheat.	4 oz	113g	210	11g	2.5g	1g	225mg	280mg	8g	2g	3g	20g
Beef Pot Pie	Contains Milk, Soy, Wheat.	1 piece	121g	190	10g	4.5g	0g	40mg	460mg	15g	1g	2g	11g
Beef Quesadillas	Contains Egg, Milk, Soy, Wheat.	1 piece	56g	130	9g	3g	0g	15mg	200mg	9g	1g	1g	5g
Buffalo Meatballs	Contains Egg, Milk, Wheat.	2 each with sauce	160g	210	15g	6g	0g	70mg	1350mg	15g	4g	1g	15g
Carne Guisada	Contains Egg, Milk, Soy, Wheat.	1/2 cup	130g	140	6g	1.5g	0g	50mg	390mg	4g	1g	2g	17g
Chicken Fried Steak	Contains Egg, Soy, Wheat.	1 each	61g	150	8g	2g	0g	15mg	370mg	10g	0g	0g	7g
Chicken Fried Steak (made from scratch)	Contains Egg, Soy, Wheat.	1 each	113g	230	6g	2g	0g	25mg	1250mg	31g	1g	3g	14g
Chuck Tips	Contains Egg, Milk, Soy, Wheat.	3 oz	85g	140	5g	1.5g	0g	65mg	250mg	0g	0g	0g	21g
Country Style Steak	Contains Egg, Milk, Soy, Wheat.	1 each	71g	180	12g	5g	0.5g	35mg	460mg	8g	1g	3g	10g
Creamed Chipped Beef	Contains Milk, Wheat.	1/2 cup	145g	170	12g	2.5g	0g	15mg	500mg	8g	0g	4g	7g
Garlic Herb Butter Sirloin	Contains Milk.	3 oz	85g	140	9g	3.5g	0g	55mg	360mg	1g	0g	0g	14g
Garlic Parmesan Sirloin		3 oz	85g	130	5g	1.5g	0g	50mg	600mg	1g	0g	0g	20g
Grilled Chopped Steaks	Contains Soy, Wheat.	1 each	111g	290	20g	8g	1.5g	80mg	450mg	2g	0g	0g	25g
Honey Teriyaki Carved Sirloin	Contains Milk, Soy, Wheat.	3 piece	85g	130	4g	1.5g	0g	60mg	620mg	2g	0g	2g	22g
Hot Dogs with Onions & Peppers	Contains Egg, Milk, Soy, Wheat.	1 each (hot dog)	328g	310	22g	6g	1g	30mg	600mg	21g	4g	8g	9g

Italian Meatballs with Marinara	Contains Egg, Milk, Soy, Wheat.	2 each with sauce	166g	190	16g	5g	0g	60mg	660mg	11g	2g	4g	12g
Lemon Rosemary Sirloin		3 oz	85g	180	12g	4g	0.5g	55mg	690mg	1g	0g	1g	18g
Machaca Beef	Contains Milk, Soy, Wheat.	3 oz	85g	140	8g	3g	0g	55mg	230mg	2g	0g	1g	15g
Meatloaf	Contains Egg, Milk, Soy, Wheat.	1 piece	104g	140	11g	4g	0g	40mg	670mg	10g	0g	1g	13g
Menudo		3 oz	85g	90	3.5g	1g	0g	35mg	220mg	11g	2g	0g	7g
Mini Bacon Steakburger	Contains Egg, Milk, Soy, Wheat.	1 each	107g	290	16g	7g	1g	15mg	450mg	16g	1g	5g	19g
Mini BBQ Brisket Sandwich	Contains Egg, Milk, Soy, Wheat.	1 each	50g	150	7g	2.5g	0g	10mg	260mg	18g	0g	6g	4g
Mini Hot Dog	Contains Egg, Milk, Wheat.	1 each	59g	170	8g	2.5g	0.5g	20mg	360mg	17g	0g	4g	6g
Mini Steakburger	Contains Egg, Milk, Soy, Wheat.	1 each	102g	260	14g	6g	1g	10mg	380mg	16g	1g	5g	17g
Mongolian Beef	Contains Soy, Wheat.	1 cup	176g	290	11g	2.5g	0g	60mg	1380mg	24g	1g	17g	25g
Oriental Pepper Beef	Contains Soy, Wheat.	1 cup	186g	290	11g	2.5g	0g	60mg	1400mg	24g	1g	18g	24g
Patty Melt	Contains Egg, Milk, Soy, Wheat.	1 piece	110g	310	22g	10g	1g	55mg	1140mg	13g	0g	2g	16g
Philly Cheesesteak Meatballs	Contains Egg, Milk, Wheat.	2 each with sauce	149g	180	15g	6g	0g	60mg	670mg	9g	1g	1g	12g
Philly Steak Sandwich	Contains Egg, Milk, Soy, Wheat.	1 piece	127g	310	20g	8g	0g	60mg	740mg	12g	0g	2g	19g
Portobello Mushroom Carved Sirloin	Contains Fish, Milk, Soy, Wheat.	3 oz	85g	150	10g	4g	1g	50mg	490mg	0g	0g	0g	16g
Pot Roast	Contains Milk, Soy, Wheat.	1/2 cup	130g	160	7g	3g	0g	55mg	310mg	8g	1g	2g	15g
Prime Rib	Contains Soy, Wheat.	3 oz	85g	280	22g	9g	0g	65mg	350mg	1g	0g	0g	18g
Ribeye		3 oz	85g	170	9g	4g	1g	50mg	440mg	0g	0g	0g	23g
Roast Beef (beef flat)	Contains Soy, Wheat.	3 oz	85g	180	10g	3.5g	1g	65mg	280mg	1g	0g	0g	22g
Roast Beef (inside round)	Contains Soy, Wheat.	3 oz	85g	110	3g	1g	0g	50mg	115mg	0g	0g	0g	19g
Roast Beef Stack	Contains Egg, Milk, Soy, Wheat.	1 each	237g	410	22g	5g	1g	65mg	960mg	27g	1g	3g	25g
Salisbury Steak	Contains Egg, Milk, Soy, Wheat.	1 each	85g	70	8g	3g	0g	25mg	520mg	7g	0g	1g	8g
Shepherd's Pie	Contains Milk, Soy, Wheat.	1 cup	226g	310	15g	5g	0g	60mg	720mg	25g	3g	4g	19g
Sirloin Steak	Contains Milk.	3 oz	85g	130	8g	3g	0g	55mg	350mg	1g	0g	0g	14g
Sirloin Steak Strips	Contains Milk.	3 oz	85g	130	8g	3g	0g	55mg	350mg	1g	0g	0g	14g
Sirloin Tips	Contains Egg, Milk, Soy, Wheat.	3 oz	85g	170	8g	3g	0g	70mg	250mg	0g	0g	0g	23g
Smoked Beef Short Ribs		3 oz	85g	340	27g	11g	2g	95mg	460mg	0g	0g	0g	25g
Smoked Brisket		3 oz	85g	230	17g	7g	1g	75mg	130mg	0g	0g	0g	21g

Smoked Texas BBQ Beef		3 oz	85g	250	17g	7g	1.5g	80mg	105mg	0g	0g	0g	25g
Smokehouse Beef Flatbread	Contains Milk, Soy, Wheat.	1 piece	62g	170	10g	5g	0g	35mg	400mg	10g	1g	2g	10g
Smokehouse Boneless Beef Ribs	Contains Milk, Soy, Wheat.	3 oz	113g	210	8g	3.5g	0g	60mg	880mg	12g	0g	11g	23g
Smothered Chopped Steaks	Contains Milk, Wheat.	1 each	167g	290	18g	7g	1g	0mg	420mg	4g	0g	1g	27g
Steak Fajitas	Contains Egg, Milk, Soy, Wheat.	3 oz	85g	110	6g	2g	0g	30mg	250mg	2g	0g	2g	12g
Swedish Meatballs	Contains Egg, Milk, Soy, Wheat.	2 each with sauce	120g	160	13g	6g	0g	65mg	630mg	9g	1g	1g	11g
Taco Meat	Contains Soy, Wheat.	1/4 cup	57g	110	8g	3g	0.5g	30mg	240mg	2g	1g	1g	7g
Tacquitos	Contains Soy, Wheat.	3 each	80g	260	14g	3.5g	0g	10mg	300mg	28g	3g	1g	6g
Tamales	Contains Soy, Wheat.	1 each	43g	120	8g	3g	0g	10mg	300mg	9g	2g	0g	3g
Teriyaki Beef	Contains Soy, Wheat.	1 cup	169g	240	8g	2g	0g	45mg	1090mg	22g	1g	16g	19g
Teriyaki Sirloin	Contains Soy, Wheat.	3 oz	85g	200	13g	5g	1g	55mg	660mg	3g	0g	3g	17g

BEVERAGE

Apple Juice		8 fl oz	227g	110	0g	0g	0g	0mg	0mg	28g	0g	26g	0g
Barq's Root Beer®		12 fl oz	340g	160	0g	0g	0g	0mg	55mg	44g	0g	44g	0g
Chocolate Milk	Contains Milk.	1 container	227g	200	2.5g	1.5g	0g	15mg	240mg	34g	0g	32g	10g
Coca Cola Cherry®		12 fl oz	340g	150	0g	0g	0g	0mg	40mg	42g	0g	42g	0g
Coca Cola Zero Sugar®		12 fl oz	340g	0	0g	0g	0g	0mg	40mg	0g	0g	0g	0g
Coca Cola®		12 fl oz	340g	150	0g	0g	0g	0mg	35mg	40g	0g	40g	0g
Coffee		8 fl oz	227g	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Cranberry Juice		8 fl oz	227g	110	0g	0g	0g	0mg	0mg	28g	0g	28g	0g
Diet Coke®		12 fl oz	340g	0	0g	0g	0g	0mg	50mg	0g	0g	0g	0g
Diet Dr. Pepper®		12 fl oz	340g	0	0g	0g	0g	0mg	75mg	0g	0g	0g	0g
Dr. Pepper®		12 fl oz	340g	140	0g	0g	0g	0mg	45mg	39g	0g	39g	0g
Fanta Orange®		12 fl oz	340g	160	0g	0g	0g	0mg	40mg	44g	0g	43g	0g
Fanta Strawberry®		12 fl oz	340g	160	0g	0g	0g	0mg	55mg	45g	0g	44g	0g
Fuze Raspberry Tea®		12 fl oz	340g	80	0g	0g	0g	0mg	50mg	23g	0g	22g	0g
Glacéau Vitamin Water®		12 fl oz	340g	70	0g	0g	0g	0mg	40mg	19g	0g	19g	0g
Gold Peak Tea, Sweetened®		12 fl oz	340g	130	0g	0g	0g	0mg	10mg	33g	0g	32g	0g

Gold Peak Tea, Unsweetened®		12 fl oz	340g	5	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Grapefruit Juice		8 fl oz	227g	110	0g	0g	0g	0mg	30mg	28g	0g	28g	0g
Hi-C Flashin Fruit Punch®		12 fl oz	340g	150	0g	0g	0g	0mg	75mg	42g	0g	41g	0g
Hi-C Poppin Pink Lemonade®		12 fl oz	340g	140	0g	0g	0g	0mg	120mg	39g	0g	38g	0g
Horchata	Contains Milk.	12 fl oz	340g	230	4.5g	3g	0g	20mg	140mg	43g	0g	36g	5g
Hot Chocolate	Contains Milk.	8 fl oz	247g	80	2.5g	2g	0g	0mg	190mg	16g	0g	12g	0g
Hot Tea		8 fl oz	227g	0	0g	0g	0g	0mg	5mg	1g	0g	0g	0g
Jamaica		12 fl oz	340g	150	0g	0g	0g	0mg	25mg	38g	0g	36g	0g
Milk	Contains Milk.	1 container	227g	140	5g	3g	0g	20mg	150mg	14g	0g	13g	10g
Minute Maid Lemonade®		12 fl oz	340g	140	0g	0g	0g	0mg	95mg	38g	0g	36g	0g
Minute Maid Light Lemonade®		12 fl oz	340g	5	0g	0g	0g	0mg	45mg	2g	0g	0g	0g
Orange Guava Juice		8 fl oz	227g	110	0g	0g	0g	0mg	0mg	30g	0g	28g	0g
Orange Juice		8 fl oz	227g	110	0g	0g	0g	0mg	0mg	27g	0g	24g	2g
Powerade Mountain Berry Blast®		12 fl oz	340g	80	0g	0g	0g	0mg	110mg	22g	0g	22g	0g
Seagram's Ginger Ale®		12 fl oz	340g	130	0g	0g	0g	0mg	45mg	35g	0g	35g	0g
Sprite®		12 fl oz	340g	140	0g	0g	0g	0mg	70mg	39g	0g	38g	0g
Tomato Juice		8 fl oz	227g	50	0g	0g	0g	0mg	680mg	10g	2g	7g	2g

BREAD

Banana Nut Bread	Contains Egg, Tree Nuts, Wheat.	1 piece	75g	190	4g	0.5g	0g	5mg	240mg	40g	1g	25g	2g
Basil Parmesan Flatbread	Contains Milk, Soy, Wheat.	1 each	19g	70	4g	1g	0g	0mg	110mg	6g	0g	1g	2g
Blueberry Muffins	Contains Egg, Milk, Soy, Wheat.	1 each	120g	330	14g	4g	0g	30mg	420mg	54g	1g	29g	3g
Bruschetta Bread	Contains Egg, Milk, Soy, Wheat.	1 each	43g	130	8g	1.5g	0g	0mg	240mg	11g	1g	1g	2g
Buttermilk Biscuits	Contains Egg, Milk, Soy, Wheat.	1 each	59g	230	15g	5g	0g	0mg	610mg	20g	1g	1g	3g
Caramel Pecan Sticky Rolls	Contains Milk, Soy, Tree Nuts, Wheat.	1 each	99g	310	9g	1.5g	0g	0mg	320mg	52g	1g	27g	4g
Cheese Pizza	Contains Milk, Wheat.	1 slice	86g	210	7g	4.5g	0g	15mg	540mg	26g	1g	2g	9g
Chocolate Chip Muffins	Contains Egg, Milk, Soy, Wheat.	1 each	128g	430	19g	8g	0g	30mg	420mg	65g	1g	39g	3g
Corn Muffins	Contains Egg, Milk, Soy, Wheat.	1 each	77g	220	5g	1g	0g	20mg	500mg	39g	1g	17g	4g
Flour Tortillas	Contains Soy, Wheat.	1 each	32g	100	3g	1.5g	0g	0mg	160mg	15g	1g	0g	2g

Fresh Tomato Pizza	Contains Milk, Soy, Wheat.	1 slice	98g	240	11g	5g	0g	20mg	690mg	26g	1g	3g	10g
Garlic Cheese Biscuits	Contains Milk, Soy, Wheat.	1 each	74g	260	17g	8g	0g	20mg	570mg	21g	0g	3g	6g
Garlic Cheese Knots	Contains Egg, Milk, Soy, Wheat.	1 each	67g	190	7g	3g	0g	25mg	230mg	25g	1g	7g	5g
Garlic Cheese Sticks	Contains Milk, Soy, Wheat.	1 each	45g	120	5g	2g	0g	10mg	290mg	14g	1g	1g	5g
Jalapeno Corn Muffins	Contains Egg, Milk, Soy, Wheat.	1 each	73g	240	13g	2.5g	0g	60mg	370mg	26g	1g	11g	5g
Mini Blueberry Muffins	Contains Egg, Milk, Soy, Wheat.	1 each	43g	120	5g	1.5g	0g	10mg	150mg	19g	0g	10g	1g
Mini Chocolate Chip Muffins	Contains Egg, Milk, Soy, Wheat.	1 each	45g	150	7g	2.5g	0g	10mg	150mg	23g	0g	14g	1g
Mini Yeast Rolls	Contains Egg, Milk, Wheat.	1 each	30g	80	1g	0g	0g	5mg	95mg	16g	0g	4g	3g
Pepperoni Pizza	Contains Milk, Wheat.	1 slice	94g	250	11g	6g	0g	25mg	680mg	26g	1g	2g	11g
Sausage Pizza	Contains Milk, Wheat.	1 slice	101g	270	13g	6g	0g	25mg	670mg	26g	1g	2g	11g
Skillet Cornbread	Contains Egg, Milk, Soy, Wheat.	1 piece	52g	150	5g	2g	0g	20mg	320mg	23g	0g	8g	3g
Smokehouse Pork Flatbread	Contains Milk, Wheat.	1 piece	45g	120	6g	3g	0g	20mg	300mg	10g	1g	2g	8g
Stromboli	Contains Milk, Wheat.	1 piece	99g	240	10g	5g	0g	25mg	700mg	25g	1g	3g	12g
Texas Toast	Contains Egg, Milk, Soy, Wheat.	1 each	54g	200	10g	4g	0g	5mg	220mg	22g	1g	6g	4g
Yeast Rolls	Contains Egg, Milk, Soy, Wheat.	1 each	63g	180	3.5g	1g	0g	5mg	200mg	31g	1g	9g	5g

BREAKFAST

Apple Pecan-topped Waffle	Contains Egg, Milk, Tree Nuts, Wheat.	1 each	87g	160	11g	2.5g	0g	20mg	360mg	25g	0g	11g	3g
Apple Topping		2 Tbsp	35g	45	0g	0g	0g	0mg	40mg	12g	0g	10g	0g
Apple-topped Waffle	Contains Egg, Milk, Wheat.	1 each	86g	150	10g	2.5g	0g	20mg	360mg	25g	0g	11g	3g
Applesauce		1/2 cup	126g	90	0g	0g	0g	0mg	15mg	23g	2g	18g	0g
Bacon		3 piece	13g	60	4.5g	2g	0g	15mg	170mg	0g	0g	0g	4g
Bacon Quiche	Contains Egg, Milk, Soy, Wheat.	1 slice	113g	290	21g	8g	0g	90mg	620mg	15g	1g	1g	10g
Banana Nut French Toast	Contains Egg, Milk, Soy, Tree Nuts, Wheat.	1 piece	115g	280	10g	2g	0g	100mg	290mg	48g	2g	32g	6g
Berry Berry Waffle	Contains Egg, Milk, Wheat.	1 each	109g	200	20g	4.5g	0g	45mg	380mg	28g	0g	14g	4g
Blueberry Pancakes	Contains Egg, Milk, Soy, Wheat.	1 each	40g	80	4g	1g	0g	10mg	35mg	10g	1g	3g	2g
Blueberry Syrup		2 Tbsp	34g	120	0g	0g	0g	0mg	30mg	28g	0g	26g	0g
Breakfast Pizza	Contains Egg, Milk, Soy, Wheat.	1 slice	138g	400	24g	12g	0g	135mg	810mg	25g	1g	2g	20g
Cheese Grits	Contains Milk, Soy.	1/2 cup	128g	170	9g	4.5g	0g	20mg	310mg	16g	0g	0g	7g

Cherry Topping		2 Tbsp	33g	50	0g	0g	0g	0mg	25mg	12g	0g	10g	0g
Chocolate Chip Pancakes	Contains Egg, Milk, Soy, Wheat.	1 each	45g	150	8g	3.5g	0g	10mg	35mg	18g	0g	11g	2g
Chorizo and Egg Burrito	Contains Egg, Milk, Soy, Wheat.	1 each	156g	310	18g	7g	0g	105mg	760mg	22g	1g	1g	16g
Chorizo and Eggs	Contains Egg, Milk.	1/2 cup	115g	200	16g	6g	0g	205mg	370mg	2g	0g	1g	13g
Cinnamon Rolls	Contains Soy, Wheat.	1 each	69g	210	7g	2g	0g	0mg	300mg	33g	1g	13g	3g
Cocoa Krispies Cereal		1 container	32g	120	1g	0.5g	0g	0mg	135mg	28g	0g	12g	1g
Corn Pops Cereal	Contains Wheat.	1 container	21g	80	0g	0g	0g	0mg	75mg	19g	2g	7g	1g
Corned Beef Hash		1/2 cup	127g	230	15g	7g	1g	35mg	810mg	14g	2g	1g	11g
Crabmeat, Surimi	Contains Egg, Fish, Wheat.	1 Tbsp	17g	25	1g	0g	0g	0mg	170mg	2g	0g	1g	1g
Down Home Fried Bacon	Contains Soy, Wheat.	2 piece	24g	130	10g	2.5g	0g	15mg	350mg	4g	1g	0g	4g
Egg and Sausage Breakfast Skillet	Contains Egg, Milk, Soy, Wheat.	1 spoon	57g	130	8g	3.5g	0g	95mg	210mg	7g	0g	2g	8g
Egg and Sausage Casserole	Contains Egg, Milk, Soy, Wheat.	1/2 cup	125g	240	16g	7g	0g	185mg	370mg	11g	0g	4g	14g
Eggs Benedict	Contains Egg, Milk, Soy, Wheat.	1 each	139g	320	23g	10g	0g	135mg	760mg	15g	1g	1g	9g
French Toast	Contains Egg, Milk, Soy, Wheat.	1 piece	94g	220	8g	2g	0g	135mg	200mg	30g	1g	13g	8g
Frosted Flakes Cereal		1 container	28g	100	0g	0g	0g	0mg	140mg	25g	0g	10g	1g
Frozen Vanilla Yogurt-No Sugar Added	Contains Milk.	1/2 cup	80g	70	0g	0g	0g	0mg	70mg	14g	0g	5g	4g
Fruit Loops Cereal	Contains Wheat.	1 container	21g	80	0.5g	0g	0g	0mg	100mg	18g	2g	9g	1g
Grits	Contains Soy.	1/2 cup	128g	110	2.5g	1g	0g	0mg	210mg	19g	1g	0g	2g
Hashbrown Casserole	Contains Milk, Soy.	1/2 cup	110g	100	3.5g	1.5g	0g	5mg	410mg	14g	1g	1g	3g
Hominy	Contains Milk, Soy.	1/2 cup	130g	100	4.5g	1.5g	0g	0mg	760mg	14g	4g	0g	1g
Honey		1 package	12g	35	0g	0g	0g	0mg	0mg	10g	0g	10g	0g
Made-to-Order Eggs	Contains Egg, Milk, Soy, Wheat.	1 egg prepared	66g	130	11g	2.5g	0g	170mg	125mg	1g	0g	1g	6g
Maple Syrup		2 Tbsp	34g	120	0g	0g	0g	0mg	0mg	30g	0g	30g	0g
Mini Bacon and Cheese Quiche	Contains Egg, Milk, Soy, Wheat.	1 each	86g	250	18g	6g	0g	60mg	530mg	15g	0g	2g	7g
Mini Spinach Quiche	Contains Egg, Milk, Soy, Wheat.	1 each	86g	230	17g	6g	0g	60mg	460mg	15g	0g	1g	5g
Oatmeal		1 cup	232g	120	2.5g	0g	0g	0mg	10mg	21g	3g	1g	4g
Omelet	Contains Egg, Milk, Soy, Wheat.	1 each	125g	270	23g	6g	0g	350mg	220mg	3g	0g	1g	12g
Pancakes	Contains Egg, Milk, Soy, Wheat.	1 each	31g	80	4g	1g	0g	10mg	35mg	9g	0g	3g	2g

Peach Topping		2 Tbsp	34g	35	0g	0g	0g	0mg	30mg	10g	0g	8g	0g
Peach-topped Waffle	Contains Egg, Milk, Wheat.	1 each	86g	150	10g	2.5g	0g	20mg	350mg	24g	0g	10g	3g
Pecan Syrup	Contains Milk.	2 Tbsp	28g	80	0g	0g	0g	0mg	15mg	20g	0g	13g	0g
Pineapple Topping		2 Tbsp	32g	35	0g	0g	0g	0mg	20mg	8g	0g	7g	0g
Raisin Bran Cereal	Contains Wheat.	1 container	35g	110	0.5g	0g	0g	0mg	125mg	27g	4g	10g	3g
Rice Krispies Cereal		1 container	33g	130	0g	0g	0g	0mg	190mg	29g	0g	4g	2g
Sausage and Egg Burrito	Contains Egg, Milk, Soy, Wheat.	1 each	156g	320	19g	8g	0g	110mg	760mg	22g	1g	1g	16g
Sausage Gravy	Contains Milk, Wheat.	2 oz	57g	80	7g	2g	0g	15mg	230mg	4g	0g	0g	2g
Sausage Links	Contains Soy.	1 each	33g	120	11g	4g	0g	15mg	250mg	1g	0g	0g	5g
Scrambled Eggs	Contains Egg, Milk, Soy, Wheat.	1/2 cup	110g	180	14g	4.5g	0g	330mg	150mg	2g	0g	1g	11g
Skillet Hashbrowns	Contains Egg, Milk, Soy, Wheat.	1/2 cup	78g	220	19g	2g	0g	0mg	350mg	13g	2g	1g	1g
Spinach Quiche	Contains Egg, Milk, Soy, Wheat.	1 slice	102g	240	18g	6g	0g	80mg	460mg	14g	1g	1g	6g
Strawberry Cheesecake French Toast	Contains Egg, Milk, Soy, Wheat.	1 piece	93g	210	19g	4.5g	0g	100mg	160mg	26g	0g	17g	5g
Strawberry Syrup		2 Tbsp	34g	90	0g	0g	0g	0mg	0mg	26g	0g	25g	0g
Strawberry Topping		2 Tbsp	34g	40	0g	0g	0g	0mg	0mg	10g	0g	10g	0g
Sugar-free Syrup		2 Tbsp	30g	15	0g	0g	0g	0mg	55mg	6g	0g	0g	0g
Waffles	Contains Milk, Wheat.	1 each	57g	80	0g	0g	0g	0mg	300mg	17g	0g	4g	2g

CHICKEN/TURKEY

Baked BBQ Chicken Legs		1 each	91g	140	7g	2g	0g	100mg	610mg	5g	0g	4g	16g
Baked Honey Teriyaki Chicken Legs	Contains Soy, Wheat.	1 each	91g	150	7g	2g	0g	100mg	740mg	7g	0g	6g	16g
Baked Mandarin Orange Chicken Legs	Contains Milk, Soy, Wheat.	1 each	91g	160	7g	2g	0g	100mg	610mg	9g	0g	8g	16g
Baked Teriyaki Chicken Legs	Contains Soy, Wheat.	1 each	91g	150	7g	2g	0g	100mg	840mg	7g	0g	5g	16g
BBQ Chicken Breasts (Baked Bone-In)		1 each	234g	350	12g	4g	0g	190mg	150mg	5g	1g	4g	55g
BBQ Chicken Legs		1 each	74g	150	7g	1.5g	0g	90mg	340mg	4g	0g	4g	18g
BBQ Chicken Thighs (Baked Bone-In)		1 each	175g	350	24g	8g	0g	185mg	1280mg	6g	1g	5g	28g
BBQ Chicken Wings		3 each	99g	180	12g	3g	0g	95mg	190mg	3g	0g	3g	15g
Boneless Buffalo Chicken Wings	Contains Milk, Soy, Wheat.	2 each	113g	180	7g	1.5g	0g	65mg	1060mg	8g	3g	0g	22g
Boneless Wings, Nashville	Contains Milk, Soy, Wheat.	2 each	128g	210	7g	1.5g	0g	65mg	1310mg	15g	3g	5g	22g

Bourbon Street Chicken	Contains Soy, Wheat.	3 oz	85g	170	9g	2.5g	0g	95mg	350mg	4g	1g	4g	19g
Bourbon Street Chicken Wings	Contains Soy, Wheat.	3 each	99g	190	12g	3.5g	0g	100mg	330mg	3g	0g	2g	16g
Breaded Chicken Wings	Contains Soy, Wheat.	3 each	114g	280	19g	4.5g	0g	110mg	410mg	7g	0g	0g	18g
Buffalo Chicken Sandwich	Contains Egg, Milk, Soy, Wheat.	1 each	84g	210	10g	3g	0g	30mg	620mg	20g	1g	5g	9g
Buffalo Wings with Frank's RedHot Sauce		3 each	99g	180	12g	3.5g	0g	100mg	340mg	0g	0g	0g	16g
Carved Turkey - Dark Meat	Contains Soy.	3 oz	86g	180	9g	2.5g	0g	115mg	160mg	0g	0g	0g	23g
Carved Turkey - White Meat	Contains Soy.	3 oz	86g	170	7g	2g	0g	65mg	125mg	0g	0g	0g	24g
Carved Turkey Breast	Contains Milk, Soy.	3 oz	85g	110	6g	2g	0g	45mg	640mg	2g	0g	0g	15g
Chicken and Pastry	Contains Milk, Soy, Wheat.	1/2 cup	123g	100	5g	1.5g	0g	35mg	580mg	8g	1g	1g	6g
Chicken Bistro Melt	Contains Egg, Milk, Soy, Wheat.	1 piece	107g	270	16g	7g	0g	60mg	590mg	12g	0g	1g	17g
Chicken Cacciatore	Contains Milk, Soy, Wheat.	1 piece	201g	280	19g	5g	0g	140mg	970mg	6g	2g	4g	23g
Chicken Enchiladas	Contains Milk, Soy.	1 each	127g	190	11g	3.5g	0g	40mg	670mg	11g	1g	1g	11g
Chicken Fajitas	Contains Egg, Milk, Soy, Wheat.	3 oz	85g	80	3g	0.5g	0g	30mg	230mg	3g	0g	3g	10g
Chicken Fried Chicken	Contains Soy, Wheat.	1 each	142g	270	14g	2.5g	0g	60mg	710mg	14g	1g	0g	21g
Chicken Gizzards	Contains Milk, Soy, Wheat.	3 each	57g	160	10g	2g	0g	90mg	310mg	10g	1g	0g	9g
Chicken Lemonata	Contains Milk, Soy.	1 each	105g	140	6g	2.5g	0g	35mg	1220mg	4g	1g	1g	15g
Chicken Machaca	Contains Soy.	3 oz	85g	120	6g	1.5g	0g	60mg	470mg	2g	1g	1g	15g
Chicken Parmesan	Contains Milk, Soy, Wheat.	1 piece	122g	240	12g	3.5g	0g	40mg	570mg	16g	1g	1g	17g
Chicken Piccata	Contains Milk, Soy, Wheat.	1 each	142g	220	13g	4.5g	0g	50mg	640mg	6g	1g	1g	19g
Chicken Pot Pie	Contains Milk, Soy, Wheat.	1 piece	94g	140	7g	2.5g	0g	20mg	340mg	14g	1g	2g	6g
Chicken Quesadillas	Contains Egg, Milk, Soy, Wheat.	1 piece	56g	130	8g	3g	0g	15mg	230mg	9g	1g	1g	5g
Chicken Strips	Contains Soy.	3 oz	85g	60	1g	0g	0g	35mg	190mg	0g	0g	0g	11g
Chicken Stuffed Burritos	Contains Milk, Soy, Wheat.	1 each	131g	300	18g	9g	0g	60mg	740mg	18g	1g	1g	17g
Fried Chicken	Contains Soy, Wheat.	3 oz	85g	240	15g	3.5g	0g	85mg	460mg	6g	1g	0g	19g
Fried Chicken Livers	Contains Soy, Wheat.	3 each	103g	230	12g	3g	0g	325mg	370mg	9g	1g	0g	21g
Golden Roasted Chicken (Dark Meat)	Contains Egg, Milk, Soy, Wheat.	3 oz	85g	160	9g	3g	0g	105mg	330mg	0g	0g	0g	19g
Golden Roasted Chicken (White Meat)	Contains Egg, Milk, Soy, Wheat.	3 oz	85g	140	6g	2g	0g	75mg	310mg	0g	0g	0g	22g
Grilled BBQ Chicken	Contains Egg, Milk, Soy, Wheat.	1 each	100g	140	2.5g	0.5g	0g	65mg	730mg	12g	0g	11g	17g

Grilled Chicken	Contains Egg, Milk, Soy, Wheat.	1 each	77g	120	3g	1g	0g	90mg	370mg	0g	0g	0g	23g
Grilled Chicken and Avocado Sandwich	Contains Egg, Milk, Soy, Wheat.	1 piece	111g	230	16g	6g	0g	25mg	430mg	12g	2g	1g	9g
Grilled Chicken Livers	Contains Egg, Milk, Soy, Wheat.	3 each	119g	210	4.5g	1.5g	0g	260mg	620mg	23g	1g	1g	18g
Grilled Hickory Bourbon Chicken	Contains Egg, Milk, Soy, Wheat.	1 each	137g	260	6g	2.5g	0g	80mg	930mg	30g	1g	27g	21g
Honey Teriyaki Chicken	Contains Egg, Milk, Soy, Wheat.	1 each	117g	200	3g	1g	0g	90mg	1170mg	18g	1g	17g	24g
Braised Mandarin Orange Chicken	Contains Egg, Milk, Soy, Wheat.	1 each	100g	200	3g	0.5g	0g	65mg	710mg	25g	0g	23g	17g
Grilled Sweet Buffalo Chicken	Contains Egg, Milk, Soy, Wheat.	1 each	108g	190	3g	0.5g	0g	65mg	840mg	23g	2g	19g	18g
Grilled Teriyaki Chicken	Contains Egg, Milk, Soy, Wheat.	1 each	100g	170	2.5g	0.5g	0g	65mg	1420mg	18g	0g	14g	18g
Grilled Turkey and Cheese Sandwich	Contains Egg, Milk, Soy, Wheat.	1 piece	121g	300	19g	7g	0g	50mg	690mg	13g	0g	2g	19g
Hand-breaded Chicken Tenders	Contains Egg, Milk, Soy, Wheat.	1 each	81g	160	8g	1.5g	0g	50mg	510mg	7g	0g	0g	13g
Hickory Bourbon Chicken Legs	Contains Milk, Soy, Wheat.	1 each	74g	170	7g	1.5g	0g	90mg	290mg	9g	0g	9g	18g
Honey Sesame Chicken	Contains Soy, Wheat.	1 cup	144g	350	16g	3g	0g	65mg	1130mg	25g	1g	15g	27g
Honey Sesame Glazed Wings	Contains Soy, Wheat.	3 each	99g	200	13g	3.5g	0g	100mg	130mg	4g	0g	3g	16g
Teriyaki Chicken Breasts (Baked)	Contains Soy, Wheat.	1 each	234g	360	12g	4g	0g	190mg	280mg	7g	1g	6g	55g
Honey Teriyaki Chicken Thighs	Contains Soy, Wheat.	1 each	175g	360	24g	8g	0g	185mg	1410mg	8g	1g	7g	28g
Honey Teriyaki Pineapple Chicken Legs	Contains Soy, Wheat.	1 each	74g	160	7g	1.5g	0g	90mg	470mg	7g	0g	6g	18g
Hot Buffalo Chicken Wings	Contains Milk.	3 each	99g	180	12g	3.5g	0g	100mg	210mg	1g	1g	0g	16g
Hot Buffalo Chicken Legs	Contains Milk.	1 each	74g	150	7g	1.5g	0g	90mg	400mg	2g	1g	0g	18g
Lemon Herb Chicken Mandarin	Contains Milk, Soy, Wheat.	1 cup	147g	190	9g	2.5g	0g	55mg	125mg	12g	1g	1g	14g
Orange Chicken Breasts (Baked)	Contains Milk, Soy, Wheat.	1 each	234g	360	12g	4g	0g	190mg	140mg	9g	1g	8g	55g
Bone-in Chicken Thighs (Baked)	Contains Milk, Soy, Wheat.	1 each	175g	370	24g	8g	0g	185mg	1270mg	10g	1g	9g	28g
Bone-in Mild Buffalo Chicken Legs	Contains Milk.	1 each	74g	150	7g	1.5g	0g	90mg	450mg	2g	1g	0g	18g
Mild Buffalo Chicken Wings	Contains Milk.	3 each	99g	180	12g	3.5g	0g	100mg	240mg	1g	1g	0g	16g
Mini Chicken Pot Pie	Contains Egg, Milk, Soy, Wheat.	1 each	225g	400	24g	8g	0g	40mg	1140mg	34g	5g	4g	11g
Mini Chicken Sandwich	Contains Egg, Milk, Soy, Wheat.	1 each	83g	200	10g	3g	0g	30mg	450mg	19g	1g	5g	9g
Mini Corn Dogs	Contains Egg, Milk, Soy, Wheat.	5 each	95g	240	13g	3g	0g	40mg	440mg	22g	1g	5g	9g
Orange Chicken	Contains Milk, Soy, Wheat.	1 cup	167g	390	15g	2.5g	0g	60mg	860mg	40g	1g	29g	25g
Pulled BBQ Chicken		3 oz	85g	110	1.5g	0g	0g	40mg	450mg	10g	0g	9g	14g

Pulled Chicken in Poultry Gravy	Contains Milk, Wheat.	3 oz	85g	80	1.5g	0.5g	0g	40mg	280mg	3g	0g	0g	14g
Rotisserie Chicken		1 piece	170g	310	15g	4.5g	0g	175mg	1070mg	1g	1g	1g	43g
San Francisco Chicken	Contains Milk, Soy, Wheat.	1 each	210g	370	18g	8g	0g	70mg	1240mg	31g	4g	2g	21g
Smoked BBQ Turkey Breast		3 oz	85g	120	4g	1g	0g	55mg	700mg	3g	0g	1g	19g
Smoked BBQ Wings	Contains Milk, Soy, Wheat.	3 each	99g	180	11g	3g	0g	105mg	220mg	2g	0g	2g	17g
Smoked Chicken (Dark Meat)		3 oz	85g	170	11g	3.5g	0g	95mg	670mg	0g	0g	0g	18g
Smoked Chicken (White Meat)		3 oz	85g	150	6g	2g	0g	85mg	340mg	0g	0g	0g	23g
Smokehouse Chicken Flatbread	Contains Egg, Milk, Wheat.	1 piece	79g	190	11g	6g	0g	45mg	560mg	11g	1g	2g	12g
Smothered Grilled Chicken	Contains Milk.	1 each	141g	200	10g	3.5g	0g	100mg	870mg	2g	0g	0g	27g
Spicy Garlic Chicken Legs	Contains Milk.	1 each	74g	150	7g	1.5g	0g	90mg	380mg	3g	1g	0g	19g
Spicy Garlic Wings	Contains Milk.	3 each	99g	190	12g	3.5g	0g	100mg	190mg	2g	1g	0g	16g
Spicy Pagoda Chicken	Contains Wheat.	1 cup	158g	240	10g	2g	0g	45mg	730mg	21g	2g	12g	17g
Spicy Ranch Chicken Breast	Contains Egg, Milk, Soy, Wheat.	1 each	142g	280	15g	3.5g	0g	140mg	880mg	3g	1g	3g	33g
Sweet and Sour Chicken	Contains Wheat.	1 cup	177g	240	10g	2g	0g	40mg	370mg	21g	2g	13g	17g
Sweet Buffalo Chicken Thighs	Contains Milk.	1 each	186g	400	26g	8g	0g	215mg	570mg	6g	1g	6g	36g
Tempura-battered Chicken Tenders	Contains Wheat.	1 each	99g	250	13g	2.5g	0g	45mg	1070mg	18g	1g	0g	16g
Chicken Breasts (Baked Teriyaki)	Contains Soy, Wheat.	1 each	234g	350	12g	4g	0g	190mg	380mg	7g	1g	5g	55g
Chicken Thighs (Baked Teriyaki)	Contains Soy, Wheat.	1 each	175g	360	24g	8g	0g	185mg	1510mg	8g	1g	6g	28g
Honey Pineapple Chicken Wings	Contains Soy, Wheat.	3 each	99g	190	12g	3g	0g	100mg	280mg	5g	0g	4g	16g
Turkey Bistro Sandwich with Bacon	Contains Egg, Milk, Soy, Wheat.	1 piece	102g	300	18g	8g	0g	60mg	760mg	10g	0g	1g	21g
Turkey Pot Pie	Contains Milk, Soy, Wheat.	1 piece	94g	160	8g	3g	0g	30mg	420mg	14g	1g	2g	8g
Turkey Sausage		1 each	28g	90	2.5g	0.5g	0g	20mg	135mg	0g	0g	0g	8g
Turkey Slices with Poultry Gravy	Contains Milk, Soy, Wheat.	3 oz	85g	90	4.5g	1.5g	0g	35mg	500mg	2g	0g	0g	11g
Turkey Stacker	Contains Egg, Milk, Soy, Wheat.	1 each	237g	320	16g	3.5g	0g	50mg	1160mg	27g	1g	2g	18g
Turkey with Stuffing	Contains Egg, Milk, Soy, Wheat.	1 each	120g	110	5g	2g	0g	15mg	630mg	10g	0g	1g	6g

DESSERTS

Apple Cobbler	Contains Wheat.	1 piece	95g	180	5g	2g	0g	5mg	240mg	34g	0g	23g	1g
Apple Pie	Contains Egg, Soy, Wheat.	1 slice	156g	330	13g	5g	0g	10mg	400mg	49g	2g	16g	5g

Apple Spiced Coffee Cake	Contains Egg, Tree Nuts, Wheat.	1 slice	78g	200	7g	1g	0g	15mg	210mg	33g	1g	21g	2g
Banana Pecan Oatmeal Cookies - No Sugar Added	Contains Egg, Soy, Tree Nuts, Wheat.	1 each	29g	100	4g	1.5g	0g	15mg	125mg	17g	1g	1g	2g
Banana Pudding	Contains Egg, Milk, Soy, Wheat.	1/2 cup	112g	240	10g	7g	0g	0mg	190mg	35g	0g	21g	2g
Berry Cheese Blintz	Contains Egg, Milk, Soy, Wheat.	1 each	105g	250	25g	6g	0g	60mg	190mg	25g	0g	19g	3g
Billionaire's Pie	Contains Egg, Milk, Soy, Tree Nuts, Wheat.	1 each	66g	260	17g	8g	0g	25mg	280mg	24g	0g	12g	2g
Blueberry Pie - No Sugar Added	Contains Egg, Milk, Soy, Wheat.	1 slice	156g	280	8g	3g	0g	0mg	380mg	49g	4g	6g	5g
Bread Pudding	Contains Egg, Milk, Soy, Wheat.	1/2 cup	110g	270	13g	8g	0g	95mg	130mg	33g	0g	23g	5g
Butter Pecan Ice Cream	Contains Milk, Tree Nuts.	1/2 cup	65g	150	9g	4g	0g	25mg	120mg	16g	0g	12g	2g
Candy Corn		10 each	17g	70	0g	0g	0g	0mg	30mg	16g	0g	13g	0g
Caramel Pecan Shooter	Contains Egg, Milk, Tree Nuts, Wheat.	1 each	60g	240	10g	3.5g	0g	5mg	90mg	38g	0g	31g	1g
Carrot Cake	Contains Egg, Milk, Soy, Tree Nuts, Wheat.	1 slice	72g	240	12g	4.5g	0g	15mg	200mg	34g	1g	27g	1g
Cherry Cobbler	Contains Wheat.	1 each	95g	200	5g	2g	0g	5mg	220mg	37g	1g	25g	2g
Cherry Pie	Contains Soy, Wheat.	1 slice	97g	260	10g	4.5g	0g	0mg	230mg	40g	1g	20g	2g
Chocolate Cake with Cherries	Contains Egg, Milk, Soy, Wheat.	1 slice	50g	160	8g	2g	0g	20mg	190mg	23g	0g	17g	1g
Chocolate Cake with Chocolate Chips	Contains Egg, Milk, Soy, Wheat.	1 slice	58g	210	11g	4g	0g	20mg	180mg	29g	0g	22g	1g
Chocolate Chess Pie	Contains Egg, Milk, Soy, Wheat.	1 slice	112g	380	19g	10g	0g	50mg	180mg	49g	0g	42g	3g
Chocolate Chip Cookie Crumbles	Contains Egg, Milk, Soy, Wheat.	2 Tbsp	19g	80	4g	2g	0g	0mg	40mg	11g	0g	7g	1g
Chocolate Chip Cookies	Contains Egg, Milk, Soy, Wheat.	1 each	14g	60	3g	1.5g	0g	0mg	30mg	8g	0g	5g	1g
Chocolate Chips	Contains Milk, Soy.	2 Tbsp	28g	140	8g	5g	0g	0mg	0mg	18g	0g	16g	0g
Chocolate Cookie - Sugar Free	Contains Egg, Milk, Soy, Wheat.	1 each	19g	70	3.5g	1g	0g	5mg	45mg	12g	1g	0g	1g
Chocolate Cookie Crumbles	Contains Soy, Wheat.	2 Tbsp	12g	60	2g	0.5g	0g	0mg	55mg	9g	0g	4g	1g
Chocolate Covered Raisins	Contains Milk, Soy.	2 Tbsp	23g	110	6g	6g	0g	0mg	10mg	15g	0g	13g	1g
Chocolate Crinkle Cookies	Contains Egg, Soy, Wheat.	1 each	15g	70	2.5g	0.5g	0g	5mg	70mg	9g	0g	6g	1g
Chocolate Cupcakes	Contains Egg, Milk, Soy, Wheat.	1 each	57g	190	9g	2.5g	0g	20mg	210mg	28g	1g	21g	2g
Chocolate Fountain	Contains Milk, Soy.	2 Tbsp	38g	210	15g	9g	0g	0mg	65mg	20g	2g	17g	1g
Chocolate Fudge	Contains Milk, Soy.	1 piece	30g	130	4.5g	2g	0g	0mg	50mg	22g	0g	19g	0g
Chocolate Pudding - No Sugar Added	Contains Milk.	1/2 cup	108g	120	4.5g	3g	0g	10mg	230mg	16g	0g	6g	3g
Chocolate Soft Serve	Contains Milk.	1/2 cup	87g	90	2g	1.5g	0g	5mg	55mg	20g	0g	15g	1g

Chocolate Sprinkle Cookies	Contains Egg, Soy, Wheat.	1 each	17g	70	3g	1g	0g	5mg	75mg	10g	0g	7g	1g
Chocolate Syrup		1 oz	28g	70	0g	0g	0g	0mg	5mg	17g	0g	14g	0g
Chocolate White Chip Cookies	Contains Egg, Milk, Soy, Wheat.	1 each	14g	60	3g	1.5g	0g	5mg	40mg	8g	0g	5g	1g
Cinnamon Imperials		15 each	6g	25	0g	0g	0g	0mg	0mg	6g	0g	5g	0g
Cinnamon Spice Shooter	Contains Egg, Tree Nuts, Wheat.	1 each	41g	160	8g	3g	0g	5mg	45mg	22g	0g	20g	0g
Cocoa Sugar Cookies	Contains Egg, Soy, Wheat.	1 each	14g	60	2.5g	0.5g	0g	5mg	70mg	8g	0g	5g	1g
Coconut Cherry Macaroon Cookies	Contains Egg, Tree Nuts.	1 each	31g	110	5g	5g	0g	0mg	45mg	15g	2g	12g	1g
Coconut Cookies	Contains Egg, Soy, Tree Nuts, Wheat.	1 each	17g	70	3.5g	2g	0g	5mg	35mg	10g	0g	6g	1g
Coconut Macaroon Cookies	Contains Egg, Tree Nuts.	1 each	27g	100	5g	5g	0g	0mg	45mg	13g	1g	10g	1g
Coconut Meringue Pie	Contains Egg, Milk, Tree Nuts, Wheat.	1 slice	103g	280	12g	6g	0g	0mg	190mg	39g	0g	22g	3g
Cookies 'n' Cream	Contains Soy, Wheat.	1/4 cup	21g	70	5g	4g	0g	0mg	20mg	7g	0g	6g	0g
Cookies and Cream Ice Cream	Contains Milk, Soy, Wheat.	1/2 cup	72g	170	9g	5g	0g	30mg	75mg	20g	0g	15g	3g
Cotton Candy	Contains Soy.	1 each	42g	110	0g	0g	0g	0mg	10mg	25g	0g	18g	0g
Fruit Shaped Candy		1 Tbsp	16g	60	0g	0g	0g	0mg	0mg	15g	0g	14g	0g
Fudgy Brownies	Contains Egg, Milk, Soy, Wheat.	1 each	46g	160	7g	1.5g	0g	55mg	1030mg	22g	1g	10g	3g
German Chocolate Brownies	Contains Egg, Milk, Soy, Tree Nuts, Wheat.	1 each	46g	160	7g	2g	0g	55mg	1030mg	21g	1g	9g	3g
German Chocolate Cake	Contains Egg, Milk, Soy, Tree Nuts, Wheat.	1 slice	62g	210	11g	4g	0g	20mg	220mg	29g	1g	21g	2g
German Chocolate Crisp Bars	Contains Milk, Soy, Tree Nuts, Wheat.	1 each	61g	270	13g	7g	0g	0mg	65mg	36g	2g	25g	2g
Gingerbread Cookies	Contains Egg, Soy, Wheat.	1 each	16g	60	2.5g	0g	0g	5mg	85mg	11g	0g	6g	1g
Glazed Donuts	Contains Egg, Milk, Soy, Wheat.	1 each	45g	170	7g	3g	0g	5mg	180mg	24g	1g	11g	2g
Grilled Peach Cobbler	Contains Egg, Milk, Wheat.	1 spoon	72g	100	1.5g	0g	0g	5mg	70mg	22g	0g	18g	0g
Gummy Bears		10 each	27g	90	0g	0g	0g	0mg	5mg	19g	0g	13g	2g
Hot Caramel	Contains Milk.	1 oz	28g	90	1g	0.5g	0g	5mg	50mg	20g	0g	13g	1g
Hot Fudge	Contains Milk.	1 oz	28g	90	3g	3g	0g	0mg	65mg	15g	0g	14g	1g
Ice Cream Cones	Contains Soy, Wheat.	1 each	5g	20	0g	0g	0g	0mg	10mg	4g	0g	0g	0g
Jellybeans		10 each	30g	110	0g	0g	0g	0mg	10mg	27g	0g	18g	0g
Large Marshmallows		3 each	22g	70	0g	0g	0g	0mg	25mg	18g	0g	13g	0g
Lemon Bars	Contains Egg, Milk, Soy, Wheat.	1 each	51g	170	4.5g	2g	0g	30mg	105mg	31g	0g	22g	2g

Lemon Cake	Contains Egg, Milk, Soy, Wheat.	1 slice	41g	120	3.5g	0.5g	0g	0mg	190mg	23g	0g	17g	1g
Lemon Gelatin		1 each	85g	60	0.5g	0.5g	0g	0mg	95mg	13g	12g	1g	1g
Lemon Meringue Pie	Contains Egg, Wheat.	1 slice	128g	270	7g	3g	0g	5mg	340mg	50g	0g	33g	2g
Marshmallows		3 each	21g	70	0g	0g	0g	0mg	20mg	17g	0g	11g	0g
Mini Chocolate Chess Pie	Contains Egg, Milk, Wheat.	1 each	90g	340	18g	8g	0g	35mg	330mg	40g	0g	25g	3g
Mini Chocolate Cupcakes	Contains Egg, Milk, Soy, Wheat.	1 each	30g	100	5g	1.5g	0g	10mg	105mg	15g	0g	11g	1g
Mini Fruit Pie	Contains Milk, Wheat.	1 each	118g	220	9g	3.5g	0g	5mg	370mg	31g	1g	15g	1g
Mini Gummy Bears		15 each	13g	15	0g	0g	0g	0mg	0mg	4g	0g	3g	0g
Mini Marshmallows		2 Tbsp	6g	20	0g	0g	0g	0mg	5mg	5g	0g	4g	0g
Mini Pumpkin Cupcakes	Contains Egg, Milk, Soy, Wheat.	1 each	32g	110	6g	2g	0g	5mg	105mg	16g	0g	13g	1g
Mini Vanilla Cupcakes	Contains Egg, Milk, Soy, Wheat.	1 each	30g	110	5g	1.5g	0g	0mg	100mg	16g	0g	13g	1g
Mint Chocolate Chip Ice Cream	Contains Milk, Soy.	1/2 cup	72g	180	10g	6g	0g	30mg	45mg	20g	0g	16g	3g
Mocha Cake - No Sugar Added	Contains Egg, Milk, Soy, Wheat.	1 slice	88g	200	11g	4g	0g	20mg	300mg	33g	0g	2g	3g
Molten Volcano Cake	Contains Egg, Milk, Wheat.	1/2 cup	110g	270	7g	1g	0g	0mg	135mg	54g	1g	40g	2g
Oatmeal Cookies	Contains Egg, Soy, Wheat.	1 each	17g	70	3g	1g	0g	5mg	30mg	11g	1g	6g	1g
Orange Sherbet	Contains Milk.	1/2 cup	89g	110	1g	0.5g	0g	5mg	25mg	27g	0g	22g	1g
Peach Cobbler	Contains Wheat.	1 piece	95g	170	5g	2g	0g	5mg	220mg	30g	0g	19g	1g
Peach Pie - No Sugar Added	Contains Egg, Milk, Soy, Wheat.	1 slice	150g	330	21g	9g	0g	0mg	370mg	36g	2g	5g	5g
Peanut Butter Cookie Crumbles	Contains Egg, Milk, Peanut, Soy, Wheat.	2 Tbsp	19g	80	5g	1.5g	0g	0mg	50mg	10g	0g	5g	1g
Peanut Butter Cookies	Contains Egg, Milk, Peanut, Soy, Wheat.	1 each	14g	60	3.5g	1g	0g	0mg	35mg	7g	0g	4g	1g
Peanut Butter Fudge Tart	Contains Egg, Milk, Peanut, Soy, Wheat.	1 piece	44g	180	8g	2.5g	0g	0mg	80mg	26g	0g	21g	2g
Peanut Butter Ice Cream - No Sugar Added	Contains Milk, Peanut, Soy.	1/2 cup	65g	120	9g	4.5g	0g	15mg	70mg	15g	3g	3g	3g
Peanut Butter Shooter	Contains Egg, Milk, Peanut, Wheat.	1 each	68g	280	18g	4.5g	0g	5mg	200mg	25g	3g	15g	9g
Pecan Pie	Contains Egg, Milk, Soy, Tree Nuts, Wheat.	1 slice	102g	410	20g	7g	0g	60mg	420mg	56g	0g	21g	4g
Pineapple Supreme Cake	Contains Egg, Milk, Soy, Wheat.	1 slice	71g	240	11g	3g	0g	5mg	210mg	36g	0g	28g	1g
Pistachio Cake - Sugar Free	Contains Egg, Milk, Soy, Tree Nuts, Wheat.	1 slice	44g	100	6g	3g	0g	10mg	170mg	15g	0g	0g	1g
Pistachio Pudding - No Sugar Added	Contains Milk, Tree Nuts.	1/2 cup	107g	90	4g	2.5g	0g	10mg	260mg	10g	0g	5g	3g
Pumpkin Pie	Contains Egg, Milk, Soy, Wheat.	1 slice	122g	300	11g	5g	0g	45mg	380mg	46g	0g	20g	5g

Rainbow Cookies	Contains Egg, Soy, Wheat.	1 each	16g	70	2.5g	1g	0g	5mg	75mg	11g	0g	7g	1g
Rainbow Sherbet	Contains Milk.	1/2 cup	86g	110	0g	0g	0g	0mg	25mg	27g	0g	21g	1g
Red Gelatin - Sugar Free		1/2 cup	85g	5	0g	0g	0g	0mg	5mg	0g	0g	0g	1g
Red Velvet Cake	Contains Egg, Milk, Soy, Wheat.	1 slice	63g	230	12g	4g	0g	10mg	270mg	29g	1g	21g	2g
Red Velvet Mini Cupcakes	Contains Egg, Milk, Soy, Wheat.	1 each	30g	120	6g	2.5g	0g	5mg	110mg	14g	0g	11g	1g
Rice Krispies® Cereal Topping		2 Tbsp	7g	30	0g	0g	0g	0mg	40mg	6g	0g	1g	0g
Rice Krispies® Treats	Contains Milk, Soy.	1 each	10g	40	1g	0g	0g	0mg	45mg	8g	0g	3g	0g
Sliced Candy Oranges		10 each	50g	170	0g	0g	0g	0mg	15mg	42g	0g	31g	0g
Snackums	Contains Milk, Soy.	10 piece	6g	30	1g	1g	0g	0mg	10mg	5g	0g	4g	0g
Snickerdoodles	Contains Egg, Soy, Wheat.	1 each	16g	70	2g	0.5g	0g	5mg	75mg	11g	0g	7g	1g
Sour Worms		5 each	23g	80	0g	0g	0g	0mg	5mg	18g	0g	13g	1g
Sprinkles	Contains Soy.	2 Tbsp	30g	140	5g	4.5g	0g	0mg	20mg	24g	0g	21g	0g
Strawberry Cheesecake	Contains Egg, Milk, Soy, Wheat.	1 slice	58g	210	35g	9g	0.5g	65mg	190mg	14g	0g	11g	3g
Strawberry Ice Cream	Contains Milk.	1/2 cup	65g	140	6g	4g	0g	25mg	70mg	18g	0g	14g	3g
Strawberry Shortcake	Contains Egg, Milk, Soy, Wheat.	1 each	54g	130	4.5g	1g	0g	5mg	170mg	22g	0g	16g	1g
Strawberry Shortcake Shooter	Contains Egg, Milk, Soy, Wheat.	1 each	44g	110	2g	1g	0g	0mg	40mg	23g	0g	21g	0g
Strawberry Supreme Cake	Contains Egg, Milk, Soy, Wheat.	1 slice	71g	240	11g	3g	0g	5mg	210mg	36g	0g	29g	1g
Sugar Cookie	Contains Egg, Soy, Wheat.	1 each	14g	60	2g	0.5g	0g	5mg	75mg	9g	0g	5g	1g
Sweet Potato Pie	Contains Egg, Milk, Soy, Wheat.	1 slice	113g	340	16g	7g	0g	20mg	330mg	46g	1g	26g	4g
Toasted Coconut	Contains Tree Nuts.	2 Tbsp	10g	60	4.5g	4g	0g	0mg	0mg	4g	1g	4g	1g
Truffles with Peanuts	Contains Milk, Peanut.	1 each	75g	240	9g	7g	0g	0mg	170mg	40g	1g	35g	4g
Truffles with Sprinkles	Contains Milk, Soy.	1 each	75g	240	8g	8g	0g	0mg	170mg	41g	1g	37g	3g
Turtle Cheesecake	Contains Egg, Milk, Peanut, Soy, Wheat.	1 slice	64g	240	35g	9g	0.5g	65mg	200mg	18g	0g	14g	3g
Vanilla Cake - Sugar Free	Contains Egg, Milk, Soy, Wheat.	1 slice	52g	130	8g	5g	0g	10mg	105mg	17g	0g	0g	1g
Vanilla Cupcakes	Contains Egg, Milk, Soy, Wheat.	1 each	59g	210	10g	3g	0g	5mg	220mg	31g	0g	24g	1g
Vanilla Soft Serve	Contains Milk.	1/2 cup	87g	110	2g	1.5g	0g	5mg	100mg	22g	0g	16g	1g
Vanilla Wafer Crumbles	Contains Egg, Soy, Wheat.	2 Tbsp	18g	80	4g	2g	0g	0mg	60mg	11g	0g	4g	1g
Whipped Topping		2 Tbsp	8g	25	2g	2g	0g	0mg	0mg	2g	0g	2g	0g

Yogurt Covered Raisins	Contains Milk, Soy.	2 Tbsp	15g	70	4g	4g	0g	0mg	5mg	10g	0g	9g	0g
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FISH/SEAFOOD

Baked Fish	Contains Fish, Soy.	1 each	85g	150	8g	3g	0g	45mg	330mg	1g	0g	0g	20g
Baked Fish with Lemon Herb Sauce	Contains Fish, Milk, Soy.	3 oz	85g	150	13g	6g	0g	25mg	470mg	1g	0g	0g	7g
Baked Fish with Piccata Sauce	Contains Fish, Milk, Soy.	3 oz	85g	150	10g	4.5g	0g	30mg	390mg	2g	1g	0g	14g
Baked Florentine Fish	Contains Fish, Milk, Soy.	1 each	86g	180	12g	4g	0g	30mg	260mg	1g	1g	0g	14g
Bone-in Catfish	Contains Fish, Wheat.	3 oz	85g	210	14g	2.5g	0g	50mg	430mg	7g	0g	0g	14g
Breaded Flounder	Contains Egg, Milk, Soy, Wheat.	1 each	72g	120	4.5g	1g	0g	20mg	390mg	11g	3g	1g	10g
Buffalo Shrimp	Contains Milk, Shellfish, Wheat.	6 each	104g	220	9g	1.5g	0g	55mg	630mg	25g	2g	1g	10g
Butterfly Shrimp	Contains Shellfish, Wheat.	3 each	82g	210	9g	1.5g	0g	50mg	530mg	21g	1g	0g	10g
Carved Salmon	Contains Fish, Soy.	3 oz	85g	130	6g	2.5g	0g	35mg	620mg	1g	1g	0g	15g
Catfish Filets	Contains Fish, Wheat.	2 piece	91g	200	11g	2g	0g	50mg	500mg	10g	1g	0g	16g
Clam Strips	Contains Egg, Milk, Wheat.	10 each	39g	140	9g	1.5g	0g	5mg	290mg	12g	0g	1g	3g
Fish Taco, Crispy	Contains Egg, Soy, Wheat.	1 each	150g	360	19g	4g	0g	20mg	1200mg	35g	1g	13g	11g
Fried Breaded Fish	Contains Fish, Soy, Wheat.	1 piece	57g	90	5g	1g	0g	20mg	360mg	4g	1g	0g	8g
Fried Catfish	Contains Fish, Wheat.	3 oz	85g	180	10g	2g	0g	20mg	860mg	12g	1g	0g	10g
Golden Delicious Shrimp	Contains Milk, Shellfish, Wheat.	6 each	84g	210	9g	1.5g	0g	55mg	330mg	23g	1g	1g	9g
Honey Chipotle Grilled Shrimp Skewer	Contains Egg, Milk, Shellfish, Soy, Wheat.	2 each (skewers)	97g	140	6g	0g	0g	115mg	370mg	4g	0g	3g	16g
Mandarin Orange Shrimp	Contains Milk, Shellfish, Soy, Wheat.	6 each	90g	220	7g	1.5g	0g	45mg	470mg	30g	1g	13g	7g
Popcorn Shrimp	Contains Shellfish, Soy, Wheat.	15 each	45g	130	6g	1g	0g	30mg	490mg	14g	1g	0g	5g
Salmon Lemonata	Contains Fish, Milk, Soy.	3 oz	85g	140	10g	4.5g	0g	20mg	410mg	2g	1g	1g	8g
Shrimp Fajitas Shrimp	Contains Egg, Milk, Shellfish, Soy, Wheat.	3 oz	85g	70	3.5g	1g	0g	65mg	580mg	3g	1g	2g	7g
Topped Baked Fish with Lemon Herb Butter	Contains Fish, Milk, Shellfish, Soy.	3 oz	85g	120	9g	4g	0g	65mg	440mg	1g	0g	0g	8g
Smoky Garlic Grilled Shrimp Skewer	Contains Egg, Milk, Shellfish, Soy, Wheat.	2 each (skewers)	104g	160	10g	2.5g	0g	120mg	430mg	1g	0g	0g	16g
Tempura Battered Fish	Contains Fish, Wheat.	3 oz	85g	150	8g	2g	0g	25mg	610mg	9g	1g	0g	11g

FRUITS

Apples		1/4 cup	31g	15	0g	0g	0g	0mg	0mg	4g	1g	3g	0g
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Bananas	1 each	101g	90	0g	0g	0g	0mg	0mg	23g	3g	12g	1g
Blueberries	1/4 cup	37g	20	0g	0g	0g	0mg	0mg	5g	1g	4g	0g
Cantaloupe	1/2 cup	80g	25	0g	0g	0g	0mg	15mg	7g	1g	6g	1g
Fresh Grapefruit	1 each	154g	60	0g	0g	0g	0mg	0mg	16g	6g	10g	1g
Grapefruit Sections	1/4 cup	60g	30	0g	0g	0g	0mg	0mg	7g	1g	7g	1g
Honeydew Melon	1/2 cup	85g	30	0g	0g	0g	0mg	15mg	8g	1g	7g	0g
Kiwi	1/2 cup	89g	50	0g	0g	0g	0mg	0mg	13g	3g	8g	1g
Lemon Wedges	2 each	14g	5	0g	0g	0g	0mg	0mg	1g	0g	0g	0g
Lime	1 each	13g	5	0g	0g	0g	0mg	0mg	1g	0g	0g	0g
Mango	1/4 cup	41g	25	0g	0g	0g	0mg	0mg	6g	1g	6g	0g
Orange Slices	1/2 cup	90g	40	0g	0g	0g	0mg	0mg	11g	2g	8g	1g
Papaya	1/4 cup	36g	15	0g	0g	0g	0mg	0mg	4g	1g	3g	0g
Peaches	1/2 cup	126g	70	0g	0g	0g	0mg	10mg	17g	1g	16g	0g
Pears	1/2 cup	126g	80	0g	0g	0g	0mg	0mg	19g	2g	15g	0g
Pineapple	1/2 cup	83g	40	0g	0g	0g	0mg	0mg	11g	1g	8g	0g
Pineapple Tidbits	1/4 cup	70g	40	0g	0g	0g	0mg	0mg	10g	1g	9g	0g
Watermelon	1/4 cup	38g	10	0g	0g	0g	0mg	0mg	3g	0g	2g	0g

PORK

Baby Back Pork Ribs	1 piece	87g	190	13g	4.5g	0g	55mg	350mg	3g	0g	2g	15g
BBQ Pork	3 oz	85g	170	8g	2.5g	0g	75mg	100mg	5g	1g	4g	18g
BBQ Pork Loin	3 oz	113g	170	7g	2.5g	0g	45mg	740mg	9g	1g	7g	17g
BBQ Pork Ribs	3 oz	101g	220	12g	4g	0g	75mg	440mg	5g	0g	4g	23g
BBQ Pork Ribs, Boneless	1 each	63g	120	7g	2.5g	0g	30mg	210mg	3g	0g	3g	10g
Cajun Double Smoked Sausage	1 piece	71g	240	21g	9g	0g	50mg	640mg	2g	1g	1g	12g
Country Rope Sausage	1 piece	57g	180	15g	4.5g	0g	50mg	380mg	0g	0g	0g	12g
Fatback	3 each	28g	180	17g	5g	0g	20mg	970mg	1g	0g	0g	6g
Glazed Ham	3 oz	85g	130	3.5g	1.5g	0g	35mg	620mg	10g	0g	9g	13g
Grilled BBQ Pork	3 oz	85g	230	15g	5g	0g	65mg	600mg	3g	0g	3g	21g

Contains Milk.

Grilled BBQ Pork Loin	Contains Milk.	3 oz	85g	140	7g	2.5g	0g	40mg	610mg	3g	0g	3g	18g
Grilled BBQ Pork Steaks	Contains Milk.	3 oz	85g	210	13g	5g	0g	70mg	750mg	5g	0g	3g	17g
Grilled Cajun Sausage with Apples	Contains Egg, Milk, Soy, Wheat.	3 oz	85g	210	18g	7g	0g	30mg	320mg	5g	1g	4g	6g
Grilled Ham Steaks		2 piece	87g	110	4.5g	1.5g	0g	40mg	870mg	5g	0g	5g	11g
Grilled Hickory Bourbon Pork	Contains Milk, Soy, Wheat.	3 oz	85g	250	15g	5g	0g	65mg	560mg	7g	0g	7g	21g
Grilled Hickory Bourbon Pork Loin	Contains Milk, Soy, Wheat.	3 oz	85g	160	6g	2.5g	0g	40mg	570mg	7g	0g	7g	18g
Grilled Hickory Bourbon Pork Steaks	Contains Milk, Soy, Wheat.	3 oz	85g	220	13g	5g	0g	70mg	710mg	9g	0g	7g	17g
Grilled Teriyaki Pineapple Pork	Contains Milk, Soy, Wheat.	3 oz	85g	240	15g	5g	0g	65mg	710mg	5g	0g	5g	21g
Grilled Teriyaki Pineapple Pork Loin	Contains Milk, Soy, Wheat.	3 oz	85g	150	6g	2.5g	0g	40mg	720mg	5g	0g	5g	18g
Grilled Teriyaki Pineapple Pork Steaks	Contains Milk, Soy, Wheat.	3 oz	85g	220	13g	5g	0g	70mg	860mg	7g	0g	5g	17g
Grilled Teriyaki Pork	Contains Milk, Soy, Wheat.	3 oz	85g	240	15g	5g	0g	65mg	790mg	5g	0g	4g	21g
Grilled Teriyaki Pork Loin	Contains Milk, Soy, Wheat.	3 oz	85g	150	6g	2.5g	0g	40mg	800mg	5g	0g	4g	18g
Grilled Teriyaki Pork Steaks	Contains Milk, Soy, Wheat.	3 oz	85g	210	13g	5g	0g	70mg	940mg	6g	0g	4g	17g
Ham and Cheese Bistro Melt	Contains Milk, Soy, Wheat.	1 piece	94g	260	18g	8g	0g	40mg	970mg	10g	0g	1g	13g
Italian Sausage		3 oz	85g	200	15g	6g	0g	50mg	470mg	0g	0g	0g	14g
Italian Sausage with Onions and Peppers	Contains Egg, Milk, Soy, Wheat.	3 oz	85g	190	16g	4.5g	0g	35mg	350mg	2g	0g	1g	9g
Mandarin Orange Pork	Contains Milk, Soy, Wheat.	1 cup	167g	380	18g	4.5g	0g	65mg	1110mg	30g	0g	24g	24g
Mini BBQ Pork Sandwich	Contains Egg, Milk, Soy, Wheat.	1 each	97g	240	11g	4g	0g	50mg	260mg	20g	1g	8g	14g
Pork Chop, Grilled	Contains Milk.	3 oz	86g	150	6g	2g	0g	70mg	320mg	0g	0g	0g	23g
Pork Chop, Grilled BBQ	Contains Milk.	3 oz	108g	180	6g	2g	0g	70mg	420mg	7g	0g	6g	23g
Pork Enchiladas	Contains Milk, Soy, Wheat.	1 each	127g	210	13g	4g	0g	35mg	610mg	11g	1g	1g	12g
Pork Fillets	Contains Milk.	1 each	130g	250	17g	6g	0g	75mg	790mg	1g	0g	0g	22g
Pork Liver Mush	Contains Wheat.	1 piece	63g	120	8g	1.5g	0g	55mg	310mg	9g	2g	0g	5g
Pork Loin		3 oz	85g	140	7g	2.5g	0g	45mg	440mg	1g	1g	0g	17g
Pork Loin with Poultry Gravy	Contains Milk, Wheat.	3 oz	113g	150	7g	2.5g	0g	45mg	590mg	3g	1g	0g	17g
Pork Machaca	Contains Milk, Soy, Wheat.	3 oz	85g	170	10g	3g	0g	50mg	340mg	2g	1g	1g	18g
Pork Posole	Contains Soy.	1 cup	245g	130	5g	1.5g	0g	20mg	1150mg	13g	4g	1g	6g
Pork Pot Roast	Contains Milk, Wheat.	3 oz with sauce	136g	200	12g	4.5g	0g	55mg	510mg	5g	1g	2g	17g

Pork Quesadillas	Contains Egg, Milk, Soy, Wheat.	1 piece	56g	140	9g	3g	0g	15mg	210mg	9g	1g	1g	6g
Pork Steaks	Contains Milk, Soy, Wheat.	1 each	130g	250	13g	4.5g	0g	55mg	1070mg	17g	0g	14g	17g
Sausage and Egg Skillet	Contains Egg, Milk, Soy, Wheat.	1/2 cup	125g	240	19g	7g	0g	145mg	430mg	8g	1g	1g	10g
Sausage Crumbles		1 oz	28g	120	11g	4g	0g	15mg	270mg	1g	0g	0g	4g
Sausage Patties		1 each	32g	80	7g	2.5g	0g	20mg	170mg	0g	0g	0g	5g
Sausage Skillet	Contains Egg, Milk, Soy, Wheat.	1/2 cup	125g	270	21g	8g	0g	35mg	450mg	11g	1g	1g	7g
Sliced Ham		3 oz	85g	120	4.5g	1.5g	0g	45mg	670mg	3g	0g	3g	15g
Smoked BBQ Pork	Contains Milk, Soy.	3 oz	85g	210	12g	5g	0g	75mg	160mg	0g	0g	0g	25g
Smoked BBQ Sausage		3 oz	85g	230	19g	7g	0g	40mg	820mg	8g	0g	6g	8g
Smoked Cajun Sausage		3 oz	85g	320	30g	14g	0g	60mg	560mg	0g	0g	0g	11g
Smoked Pitt Ham		3 oz	85g	110	6g	2g	0g	50mg	1070mg	1g	0g	1g	14g
Smoked Pork Spare Ribs		1 each (2 bones with rib meat)	216g	870	76g	28g	0g	195mg	1220mg	1g	0g	1g	46g
Smoked Sausage		1 piece	56g	180	16g	6g	0g	35mg	530mg	3g	0g	1g	6g
Smoked Sausage with Onions and Peppers		3 oz	85g	220	19g	7g	0g	40mg	640mg	4g	0g	2g	8g
Smoked Sausage with Sauerkraut		1 piece	112g	190	16g	6g	0g	35mg	870mg	4g	2g	1g	6g
Southern Style Pork Chops	Contains Egg, Milk, Soy, Wheat.	3 oz	85g	230	16g	4.5g	0g	60mg	400mg	8g	0g	0g	13g
Spicy Pagoda Pork	Contains Wheat.	1 cup	158g	260	13g	3g	0g	40mg	1010mg	20g	1g	15g	15g
Split Smoked Sausage		1 each	78g	240	21g	7g	0g	50mg	730mg	1g	0g	1g	11g
Sweet and Sour Pork	Contains Wheat.	1 cup	169g	220	11g	2.5g	0g	35mg	540mg	18g	1g	12g	14g

SALAD, TOPPINGS & DRESSINGS

Bacon Bits		2 Tbsp	12g	50	3.5g	1.5g	0g	15mg	240mg	0g	0g	0g	5g
Bacon Dressing		2 Tbsp	30g	150	14g	2g	0g	0mg	300mg	5g	0g	5g	0g
Balsamic Vinaigrette		2 Tbsp	30g	20	0g	0g	0g	0mg	260mg	5g	0g	2g	0g
Balsamic Vinegar		1 Tbsp	16g	15	0g	0g	0g	0mg	0mg	3g	0g	2g	0g
Blue Cheese Dressing	Contains Egg, Milk.	2 Tbsp	30g	150	16g	3g	0g	10mg	230mg	1g	0g	1g	1g
Caesar Dressing	Contains Egg, Fish, Milk.	2 Tbsp	30g	150	15g	2.5g	0g	25mg	340mg	2g	0g	1g	1g
Catalina Dressing		2 Tbsp	30g	120	11g	1.5g	0g	0mg	370mg	7g	0g	7g	0g
Catalina Fat Free Dressing		2 Tbsp.	30g	40	0g	0g	0g	0mg	300mg	10g	1g	6g	0g

French Dressing		2 Tbsp	31g	120	11g	1.5g	0g	0mg	180mg	5g	0g	5g	0g
Ginger Dressing	Contains Soy, Wheat.	2 Tbsp	31g	120	12g	2g	0g	0mg	220mg	4g	0g	3g	0g
Honey Mustard Dressing	Contains Egg.	2 Tbsp.	30g	130	11g	1.5g	0g	15mg	180mg	7g	0g	6g	0g
Lite Olive Oil Vinaigrette		2 Tbsp	30g	70	6g	1g	0g	0mg	230mg	3g	0g	2g	0g
Radishes		1/4 cup	29g	5	0g	0g	0g	0mg	10mg	1g	0g	1g	0g
Raisins		1/4 cup	21g	60	0g	0g	0g	0mg	0mg	16g	1g	12g	1g
Ranch Dressing	Contains Egg, Milk.	2 Tbsp	30g	110	12g	2g	0g	10mg	240mg	2g	0g	1g	1g
Ranch Fat Free Dressing	Contains Milk.	2 Tbsp	30g	35	0g	0g	0g	0mg	300mg	9g	0g	5g	0g
Red Wine Vinegar		1 Tbsp	15g	5	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Sour Cream	Contains Milk.	2 Tbsp	30g	60	5g	3.5g	0g	20mg	45mg	2g	0g	1g	1g
Sriracha Ranch Dressing	Contains Egg, Milk.	2 Tbsp	30g	110	12g	2g	0g	10mg	280mg	2g	0g	1g	1g
Thousand Island Dressing	Contains Egg.	2 Tbsp	30g	140	13g	2g	0g	10mg	220mg	6g	0g	5g	0g
Thousand Island Fat Free Dressing	Contains Egg.	2 Tbsp	30g	40	0g	0g	0g	0mg	250mg	10g	1g	4g	0g

SALADS

Apple Salad	Contains Egg.	1/2 cup	130g	210	10g	1.5g	0g	15mg	260mg	29g	2g	23g	1g
Artichoke Hearts		1/4 cup	38g	10	0g	0g	0g	0mg	150mg	2g	1g	1g	1g
Baby Carrots		5 each	50g	20	0g	0g	0g	0mg	40mg	4g	1g	2g	0g
Beet and Onion Salad		1/2 cup	152g	50	0g	0g	0g	0mg	260mg	11g	2g	7g	1g
Beets		1/4 cup	60g	20	0g	0g	0g	0mg	125mg	4g	1g	3g	1g
Black Olives		10 each	30g	40	4g	2g	0g	0mg	220mg	2g	0g	0g	0g
BLT Salad	Contains Egg, Milk, Wheat.	1 cup	89g	80	6g	1.5g	0g	10mg	230mg	4g	1g	2g	3g
Blue Cheese Crumbles	Contains Milk.	2 Tbsp	14g	50	4g	2.5g	0g	15mg	190mg	0g	0g	0g	3g
Broccoli		1/4 cup	18g	5	0g	0g	0g	0mg	0mg	1g	0g	0g	1g
Broccoli Salad	Contains Egg.	1/2 cup	54g	110	8g	1.5g	0g	10mg	85mg	9g	1g	6g	2g
Broccoli Salad, Southern Style	Contains Egg.	1/2 cup	54g	170	15g	2g	0g	15mg	105mg	10g	1g	6g	1g
Caesar Salad	Contains Egg, Fish, Milk, Wheat.	1 cup	79g	110	8g	2g	0g	15mg	290mg	8g	1g	1g	3g
Carrot Raisin Salad	Contains Egg.	1/2 cup	64g	110	7g	1g	0g	5mg	75mg	11g	1g	7g	1g
Carrots		1/4 cup	28g	10	0g	0g	0g	0mg	20mg	3g	1g	1g	0g

Cauliflower		1/4 cup	27g	5	0g	0g	0g	0mg	10mg	1g	1g	1g	1g
Celery Sticks		1 each	17g	5	0g	0g	0g	0mg	15mg	1g	0g	0g	0g
Cheddar Cheese	Contains Milk.	2 Tbsp	14g	60	4.5g	2.5g	0g	15mg	90mg	0g	0g	0g	4g
Cherry Peppers		3 each	42g	10	0g	0g	0g	0mg	740mg	2g	0g	0g	0g
Cherry Tomatoes		5 each	85g	15	0g	0g	0g	0mg	0mg	3g	1g	2g	1g
Chicken Salad	Contains Egg, Milk, Soy.	1/2 cup	103g	250	22g	3g	0g	105mg	320mg	3g	0g	1g	10g
Chicken Salad, Southern Style	Contains Egg, Soy.	1/2 cup	103g	280	24g	3g	0g	55mg	290mg	8g	0g	5g	9g
Chickpeas		1/4 cup	60g	60	1g	0g	0g	0mg	180mg	9g	4g	2g	3g
Chopped Peanuts	Contains Peanut.	2 Tbsp	18g	110	9g	1.5g	0g	0mg	0mg	4g	2g	1g	4g
Coleslaw	Contains Egg.	1/2 cup	61g	110	9g	1.5g	0g	10mg	240mg	6g	1g	5g	1g
Cottage Cheese	Contains Milk.	1/2 cup	113g	90	2.5g	1.5g	0g	15mg	460mg	5g	0g	5g	12g
Croutons	Contains Milk, Wheat.	2 Tbsp	5g	20	0.5g	0g	0g	0mg	85mg	4g	0g	0g	1g
Cucumbers		1/4 cup	33g	5	0g	0g	0g	0mg	0mg	1g	0g	1g	0g
Deviled Eggs	Contains Egg.	1 each	31g	70	5g	1g	0g	95mg	70mg	1g	0g	0g	3g
Diced Eggs		1/4 cup	34g	50	3.5g	1g	0g	125mg	40mg	0g	0g	0g	4g
Diced Ham		3 oz	85g	110	4g	1.5g	0g	45mg	1030mg	4g	0g	2g	14g
Diced Onions		1/4 cup	40g	15	0g	0g	0g	0mg	0mg	4g	1g	2g	0g
Diced Tomatoes		1/4 cup	45g	10	0g	0g	0g	0mg	0mg	2g	1g	1g	0g
Dill Pickle Spears		1 each	28g	0	0g	0g	0g	0mg	320mg	0g	0g	0g	0g
Dried Cranberries		2 Tbsp	20g	60	0g	0g	0g	0mg	0mg	17g	1g	15g	0g
Dried Onions	Contains Soy, Wheat.	2 Tbsp	7g	45	3.5g	1.5g	0g	0mg	60mg	3g	0g	0g	0g
Egg Salad	Contains Egg, Milk.	1/2 cup	93g	200	17g	3.5g	0g	260mg	280mg	3g	0g	2g	8g
Fruit Cocktail		1/2 cup	126g	70	0g	0g	0g	0mg	15mg	18g	1g	16g	0g
Fruit Salad		1/2 cup	85g	35	0g	0g	0g	0mg	10mg	9g	1g	7g	1g
Green Grapes		10 each	49g	35	0g	0g	0g	0mg	0mg	9g	0g	8g	0g
Green Olives		2 Tbsp	30g	50	4g	0g	0g	0mg	580mg	0g	0g	0g	1g
Green Peppers		3 each	30g	5	0g	0g	0g	0mg	0mg	1g	1g	1g	0g
Guacamole	Contains Milk.	1/4 cup	58g	70	7g	1g	0g	0mg	90mg	5g	3g	1g	1g

Iceberg Lettuce		1 cup	72g	10	0g	0g	0g	0mg	5mg	2g	1g	1g	1g
Kidney Bean Salad	Contains Egg.	1/2 cup	117g	180	10g	1.5g	0g	10mg	390mg	16g	4g	4g	5g
Kidney Beans		1/4 cup	60g	50	0g	0g	0g	0mg	180mg	8g	3g	1g	4g
Lettuce		1 cup	65g	10	0g	0g	0g	0mg	5mg	2g	1g	1g	1g
Lettuce		1 cup	72g	10	0g	0g	0g	0mg	5mg	2g	1g	1g	1g
Lettuce Wedge		1 cup	72g	10	0g	0g	0g	0mg	5mg	2g	1g	1g	1g
Macaroni Salad	Contains Egg, Wheat.	1/2 cup	114g	280	11g	1g	0g	10mg	490mg	41g	1g	12g	5g
Mandarin Oranges		1/4 cup	47g	30	0g	0g	0g	0mg	5mg	7g	0g	6g	0g
Marinated Garden Salad		1/2 cup	96g	90	6g	1g	0g	0mg	230mg	7g	1g	4g	1g
Marinated Mushroom Salad	Contains Milk.	1/2 cup	76g	80	6g	1g	0g	0mg	240mg	5g	0g	3g	1g
Marinated Vegetable Salad		1/2 cup	50g	35	2g	0g	0g	0mg	90mg	3g	1g	2g	1g
Mozzarella Cheese	Contains Milk.	2 Tbsp	39g	110	8g	5g	0g	30mg	280mg	1g	0g	0g	7g
Mushrooms		1/4 cup	18g	5	0g	0g	0g	0mg	0mg	1g	0g	0g	0g
Onions		3 each	12g	5	0g	0g	0g	0mg	0mg	1g	0g	1g	0g
Parmesan Cheese	Contains Milk.	2 Tbsp	10g	45	4g	2g	0g	10mg	110mg	0g	0g	0g	3g
Pasta Salad	Contains Wheat.	1 cup	127g	150	6g	1g	0g	0mg	220mg	20g	2g	4g	4g
Pea Salad	Contains Egg, Milk.	1/2 cup	119g	220	14g	3g	0g	50mg	410mg	16g	5g	7g	7g
Pecan Pieces	Contains Tree Nuts.	2 Tbsp	14g	90	10g	1g	0g	0mg	0mg	2g	1g	1g	1g
Pecan Pralines	Contains Milk, Tree Nuts.	2 Tbsp	18g	70	4.5g	0g	0g	0mg	25mg	7g	0g	7g	0g
Pepperjack Cheese	Contains Milk.	5 each	47g	170	13g	8g	0g	40mg	300mg	0g	0g	0g	12g
Pepperoncinis		3 each	34g	10	0g	0g	0g	0mg	600mg	2g	1g	0g	0g
Pepperoni		5 each	10g	50	4.5g	2g	0g	10mg	190mg	0g	0g	0g	2g
Pickled Beets		1/4 cup	60g	60	0g	0g	0g	0mg	85mg	14g	0g	13g	0g
Pico de Gallo		1/4 cup	64g	15	0g	0g	0g	0mg	0mg	3g	1g	2g	1g
Potato Salad	Contains Egg.	1/2 cup	114g	150	5g	0.5g	0g	5mg	460mg	26g	1g	9g	2g
Red Grapes		10 each	24g	15	0g	0g	0g	0mg	0mg	4g	0g	4g	0g
Rice Noodles	Contains Wheat.	2 Tbsp	7g	35	1g	0g	0g	0mg	90mg	5g	0g	0g	1g
Roasted Peppers	Contains Fish, Milk, Soy.	1/2 cup	84g	90	8g	1.5g	0g	0mg	210mg	5g	1g	2g	1g

Romaine Lettuce		1 cup	47g	10	0g	0g	0g	0mg	0mg	2g	1g	1g	1g
Seafood Salad	Contains Egg, Fish, Milk, Wheat.	1/2 cup	85g	140	10g	1.5g	0g	10mg	680mg	9g	2g	4g	5g
Sesame Sticks	Contains Wheat.	2 Tbsp	22g	120	8g	1.5g	0g	0mg	320mg	10g	1g	0g	2g
Shrimp (Salad Topping)	Contains Shellfish.	1/4 cup	42g	20	0g	0g	0g	80mg	180mg	0g	0g	0g	5g
Sliced Almonds	Contains Tree Nuts.	2 Tbsp	12g	70	6g	0g	0g	0mg	0mg	2g	1g	1g	2g
Sliced Jalapenos		1/4 cup	30g	10	0g	0g	0g	0mg	410mg	2g	0g	1g	0g
Soy Nuts	Contains Soy.	2 Tbsp	11g	50	2.5g	0g	0g	0mg	35mg	4g	1g	0g	5g
Spinach		1 cup	57g	15	0g	0g	0g	0mg	45mg	2g	1g	0g	1g
Spinach Artichoke Dip	Contains Milk, Soy, Wheat.	1/4 cup	60g	90	6g	2g	0g	5mg	320mg	7g	1g	2g	3g
Spring Lettuce Mix		1 cup	19g	5	0g	0g	0g	0mg	5mg	1g	0g	0g	0g
Squash		5 each	49g	10	0g	0g	0g	0mg	0mg	2g	1g	1g	1g
Strawberries		5 each	60g	20	0g	0g	0g	0mg	0mg	5g	1g	3g	0g
Strawberry Spinach Salad		1 cup	63g	40	2.5g	0g	0g	0mg	45mg	5g	2g	2g	2g
Summer Salad		1/2 cup	87g	70	5g	1g	0g	0mg	200mg	5g	1g	3g	1g
Sunflower Seeds		2 Tbsp	16g	90	8g	1g	0g	0mg	105mg	4g	1g	0g	3g
Sweet Pickle Chips		5 each	28g	30	0g	0g	0g	0mg	140mg	7g	0g	5g	0g
Three Bean Salad		1/2 cup	86g	90	0.5g	0g	0g	0mg	15mg	19g	3g	12g	2g
Tomato and Onion Salad		1/2 cup	82g	40	2g	0g	0g	0mg	85mg	5g	1g	3g	1g
Tomato Wedges		5 piece	82g	15	0g	0g	0g	0mg	0mg	3g	1g	2g	1g
Tuna Salad	Contains Egg, Fish, Milk, Soy.	1/2 cup	103g	190	12g	1.5g	0g	45mg	560mg	4g	0g	3g	16g
Water Chestnuts		1/4 cup	62g	20	0g	0g	0g	0mg	10mg	5g	1g	0g	1g
Whole Eggs	Contains Egg.	1 each	50g	80	5g	1.5g	0g	185mg	60mg	1g	0g	1g	6g
Zucchini		5 each	49g	10	0g	0g	0g	0mg	0mg	2g	0g	1g	1g

SAUCES AND CONDIMENTS

Alfredo Sauce	Contains Milk, Soy, Wheat.	1/4 cup	63g	150	14g	3.5g	0g	5mg	380mg	3g	0g	0g	3g
Au Jus Gravy	Contains Soy, Wheat.	2 oz	57g	30	2.5g	1g	0g	5mg	380mg	2g	0g	0g	0g
BBQ Sauce		2 Tbsp	30g	35	0g	0g	0g	0mg	320mg	9g	0g	7g	0g
Brown Gravy	Contains Milk, Wheat.	2 oz	57g	20	0.5g	0g	0g	0mg	310mg	4g	0g	1g	0g

Brown Sugar		1 Tbsp	14g	50	0g	0g	0g	0mg	0mg	14g	0g	13g	0g
Cheese Sauce	Contains Milk.	1/4 cup	57g	100	8g	3g	0g	10mg	450mg	3g	0g	0g	3g
Cocktail Sauce		2 Tbsp	30g	35	0.5g	0g	0g	0mg	320mg	7g	0g	6g	1g
Cranberry Sauce		2 Tbsp	35g	60	0g	0g	0g	0mg	5mg	13g	1g	11g	0g
Grape Jelly		1 each	14g	35	0g	0g	0g	0mg	0mg	9g	0g	6g	0g
Honey Butter	Contains Milk, Soy.	1 Tbsp	14g	80	8g	3g	0g	0mg	35mg	3g	0g	3g	0g
Horseradish Sauce	Contains Egg, Milk.	2 Tbsp	28g	100	10g	2.5g	0g	15mg	150mg	2g	0g	1g	1g
Italian Red Sauce	Contains Milk, Soy, Wheat.	1/4 cup	58g	45	3g	0g	0g	0mg	170mg	3g	1g	2g	1g
Jelly, Reduced Sugar		1 each	12g	10	0g	0g	0g	0mg	0mg	3g	0g	1g	0g
Margarine	Contains Soy.	1 Tbsp	14g	100	11g	5g	0g	0mg	105mg	0g	0g	0g	0g
Mushroom Gravy	Contains Milk, Wheat.	2 oz	57g	20	0.5g	0g	0g	0mg	290mg	4g	0g	1g	1g
Olive Oil		1 Tbsp	15g	120	14g	2g	0g	0mg	0mg	0g	0g	0g	0g
Poultry Gravy	Contains Milk, Wheat.	2 oz	57g	20	0g	0g	0g	0mg	310mg	4g	0g	1g	0g
Queso Cheese Sauce	Contains Milk.	1/4 cup	58g	70	6g	2g	0g	10mg	390mg	3g	0g	1g	2g
Salsa		2 Tbsp	30g	10	0g	0g	0g	0mg	200mg	2g	0g	1g	0g
Strawberry Jelly		1 each	14g	35	0g	0g	0g	0mg	0mg	9g	0g	6g	0g
Tartar Sauce	Contains Egg.	2 Tbsp	30g	150	16g	2.5g	0g	10mg	240mg	1g	0g	1g	0g
Vegetable Oil		1 Tbsp	14g	120	14g	2.5g	0g	0mg	0mg	0g	0g	0g	0g
Whipped Margarine	Contains Milk, Soy.	1 Tbsp	10g	70	8g	2.5g	0g	0mg	75mg	0g	0g	0g	0g
White Gravy	Contains Milk, Wheat.	2 oz	57g	40	2.5g	1g	0g	0mg	180mg	5g	0g	0g	0g
White Queso Cheese Sauce	Contains Milk.	1/4 cup	58g	80	7g	2g	0g	5mg	390mg	2g	0g	0g	2g

SIDES

Baked Potatoes		1 each	173g	160	0g	0g	0g	0mg	15mg	37g	4g	2g	4g
Baked Spaghetti	Contains Milk, Soy, Wheat.	1/2 cup	96g	160	10g	4g	0g	20mg	310mg	9g	1g	2g	9g
BBQ Baked Beans		1/2 cup	130g	160	1g	0g	0g	0mg	640mg	35g	4g	20g	5g
Breaded Ravioli	Contains Egg, Milk, Wheat.	4 each	118g	370	22g	6g	0g	20mg	800mg	36g	2g	3g	8g
Broccoli and Rice Casserole	Contains Milk, Soy, Wheat.	1/2 cup	120g	130	6g	2.5g	0g	5mg	560mg	16g	1g	1g	4g
Buttered Noodles	Contains Egg, Milk, Soy, Wheat.	1/2 cup	80g	200	9g	1g	0g	30mg	75mg	25g	2g	1g	5g

Carrot Souffle	Contains Egg, Milk, Soy, Wheat.	1/2 cup	124g	180	8g	3.5g	0g	35mg	135mg	25g	2g	20g	2g
Charro Beans	Contains Soy.	1/2 cup	115g	100	2.5g	0g	0g	0mg	490mg	16g	5g	2g	5g
Cheddar Stuffed Potatoes	Contains Milk.	1 each	190g	230	7g	3g	0g	20mg	530mg	35g	2g	3g	8g
Cheese Enchiladas	Contains Milk.	1 each	112g	240	17g	8g	0g	40mg	620mg	10g	1g	0g	10g
Cinnamon Apples	Contains Milk, Soy, Wheat.	1/4 cup	60g	80	2.5g	1g	0g	0mg	50mg	15g	1g	13g	0g
Creamed Spinach	Contains Milk, Soy.	1/2 cup	125g	170	12g	3g	0g	5mg	590mg	10g	2g	5g	5g
Diced Sauteed Onions	Contains Egg, Milk, Soy, Wheat.	1/4 cup	57g	70	6g	0.5g	0g	0mg	50mg	5g	1g	2g	1g
Fries, Seasoned Wedge	Contains Wheat.	10 each	106g	190	12g	1.5g	0g	0mg	520mg	21g	1g	1g	3g
Fries, Steakhouse		10 each	102g	170	12g	2g	0g	0mg	270mg	14g	2g	1g	1g
Green Bean Casserole	Contains Milk, Soy, Wheat.	1/2 cup	125g	80	4.5g	1g	0g	0mg	650mg	8g	2g	2g	2g
Grilled Cheese Sandwich	Contains Egg, Milk, Soy, Wheat.	1 piece	44g	180	14g	7g	0g	15mg	440mg	10g	0g	1g	4g
Homestyle Stuffing	Contains Egg, Soy, Wheat.	1/2 cup	125g	110	5g	2g	0g	0mg	530mg	15g	1g	2g	2g
Hushpuppies	Contains Egg, Milk, Soy, Wheat.	3 each	68g	240	13g	2.5g	0g	0mg	430mg	30g	2g	5g	3g
Linguini	Contains Wheat.	1 cup	164g	260	7g	1g	0g	0mg	0mg	40g	2g	1g	7g
Linguini with Lemon Butter Sauce	Contains Milk, Soy, Wheat.	1 cup	164g	270	16g	6g	0g	10mg	200mg	22g	2g	2g	6g
Lo Mein	Contains Wheat.	1 cup	170g	200	6g	1g	0g	0mg	350mg	32g	3g	11g	4g
Louisiana-style Dirty Rice	Contains Soy.	1/2 cup	90g	150	8g	3.5g	0g	10mg	470mg	15g	1g	1g	3g
Macaroni and Cheese	Contains Egg, Milk, Soy, Wheat.	1/2 cup	125g	180	10g	3g	0g	10mg	540mg	19g	1g	2g	5g
Macaroni and Cheese, Down Home	Contains Egg, Milk, Soy, Wheat.	1/2 cup	125g	260	17g	7g	0g	40mg	820mg	14g	0g	2g	13g
Mashed Potatoes	Contains Milk, Soy.	1/2 cup	113g	160	8g	1.5g	0g	0mg	330mg	20g	1g	2g	2g
Mashed Potatoes, Garlic	Contains Milk, Soy.	1/2 cup	113g	160	8g	1.5g	0g	0mg	340mg	19g	2g	2g	3g
Mexican Rice	Contains Soy.	1/2 cup	100g	140	7g	2.5g	0g	5mg	590mg	18g	1g	1g	2g
Okra and Tomato Stew	Contains Egg, Milk, Soy, Wheat.	1/2 cup	118g	60	2.5g	1g	0g	0mg	530mg	7g	2g	2g	1g
Okra, Fried	Contains Wheat.	10 each	48g	110	7g	1g	0g	0mg	310mg	10g	2g	1g	1g
Onion Rings	Contains Milk, Soy, Wheat.	2 each	47g	150	11g	2g	0g	0mg	180mg	10g	1g	2g	2g
Onion Rings, Fresh Battered	Contains Wheat.	2 each	40g	140	7g	1.5g	0g	0mg	900mg	17g	1g	1g	1g
Onions and Peppers, Sauteed	Contains Egg, Milk, Soy, Wheat.	1/4 cup	57g	30	1.5g	0g	0g	0mg	15mg	4g	1g	2g	1g
Pagoda Rice	Contains Soy.	1/2 cup	115g	150	6g	2g	0g	0mg	600mg	21g	1g	3g	3g

Penne Pasta	Contains Wheat.	1 cup	139g	200	2g	0g	0g	0mg	0mg	40g	2g	1g	7g
Plantains, Fried		2 piece	47g	150	6g	1.5g	0g	0mg	0mg	23g	2g	2g	1g
Potato Chips, Homemade		20 each	44g	120	10g	1.5g	0g	0mg	190mg	6g	1g	0g	1g
Potato Chips, Homemade BBQ		20 each	45g	120	10g	1.5g	0g	0mg	180mg	6g	1g	1g	1g
Potato Chips, Homemade Seasoned	Contains Milk.	20 each	44g	120	10g	1.5g	0g	0mg	180mg	6g	1g	0g	1g
Potatoes, French Fried		6 each	79g	130	9g	1.5g	0g	0mg	210mg	11g	2g	1g	1g
Potatoes, Fried Cubed	Contains Milk.	1/2 cup	110g	160	9g	1.5g	0g	0mg	160mg	19g	2g	2g	2g
Ranch Potatoes	Contains Egg, Milk, Soy, Wheat.	1/2 cup	120g	150	7g	1g	0g	0mg	620mg	21g	1g	1g	3g
Rice Pilaf	Contains Milk, Soy.	1/2 cup	85g	130	4.5g	2g	0g	0mg	520mg	18g	0g	0g	2g
Scalloped Potatoes	Contains Milk, Soy, Wheat.	1/2 cup	125g	160	8g	4.5g	0g	25mg	470mg	17g	1g	1g	5g
Skillet Potatoes and Onions	Contains Egg, Milk, Soy, Wheat.	1/2 cup	125g	120	3.5g	0g	0g	0mg	95mg	19g	2g	1g	2g
Smokehouse Macaroni and Cheese	Contains Egg, Milk, Soy, Wheat.	1/2 cup	130g	290	20g	8g	0.5g	45mg	630mg	13g	1g	2g	15g
Smokey Cheese Potato Bake	Contains Milk, Soy, Wheat.	1/2 cup	125g	160	8g	4g	0g	25mg	490mg	14g	1g	2g	8g
Spaghetti Noodles	Contains Wheat.	1/2 cup	98g	150	4.5g	0.5g	0g	0mg	0mg	24g	1g	1g	4g
Spring Rolls	Contains Soy, Wheat.	3 each	81g	160	9g	1.5g	0g	0mg	250mg	20g	3g	5g	6g
Stuffed Peppers	Contains Egg, Milk, Soy, Wheat.	1 each	238g	160	19g	7g	1g	75mg	590mg	13g	2g	5g	15g
Sweet Corn Pudding	Contains Milk, Soy.	1/2 cup	125g	340	14g	6g	0g	5mg	400mg	50g	1g	26g	4g
Sweet Potato Casserole	Contains Egg, Milk, Soy, Wheat.	1/2 cup	115g	190	3.5g	1g	0g	5mg	50mg	37g	2g	25g	2g
Sweet Potato Fries		10 each	74g	170	11g	1.5g	0g	0mg	150mg	17g	2g	8g	1g
Taco Shells		1 each	11g	50	2g	0.5g	0g	0mg	0mg	7g	1g	0g	1g
Tater Tots		8 each	56g	170	11g	2g	0g	0mg	370mg	15g	2g	0g	2g
Tortilla Bowl	Contains Wheat.	1 each	46g	210	13g	2.5g	0g	0mg	200mg	18g	1g	0g	4g
Tortilla Chips		10 each	28g	120	8g	1g	0g	0mg	260mg	12g	1g	0g	1g
White Rice	Contains Soy.	1/2 cup	85g	120	4.5g	2g	0g	0mg	210mg	17g	0g	0g	2g
Yellow Rice	Contains Soy.	1/2 cup	85g	130	4g	2g	0g	0mg	660mg	19g	1g	1g	2g

SOUP

Broccoli and Cheese Soup	Contains Milk, Soy.	1 cup	235g	190	12g	7g	0g	35mg	1030mg	13g	0g	8g	8g
Brunswick Stew	Contains Milk.	1 cup	246g	130	2.5g	1g	0g	20mg	620mg	18g	4g	7g	9g

Cajun Chicken Soup		1 cup	246g	70	1g	0g	0g	10mg	750mg	10g	1g	2g	5g
Captain's Wafers	Contains Wheat.	10 each	28g	140	5g	0g	0g	0mg	210mg	18g	0g	2g	2g
Chicken Noodle Soup	Contains Egg, Soy, Wheat.	1 cup	232g	80	1.5g	0g	0g	20mg	900mg	12g	0g	1g	6g
Clam Chowder	Contains Milk, Soy, Wheat.	1 cup	235g	160	5g	2.5g	0g	15mg	730mg	18g	1g	9g	8g
Green Chili Stew		1 cup	240g	230	11g	4g	0g	50mg	570mg	13g	1g	3g	18g
Oyster Crackers	Contains Wheat.	1 package	14g	60	1.5g	0g	0g	0mg	135mg	10g	0g	0g	2g
Potato Soup with Bacon	Contains Milk, Soy, Wheat.	1 cup	240g	200	9g	4g	0g	20mg	870mg	22g	1g	8g	7g
Saltines	Contains Wheat.	1 package	6g	25	0.5g	0g	0g	0mg	55mg	4g	0g	0g	1g
Shrimp Jambalaya	Contains Egg, Shellfish, Soy, Wheat.	1 cup	250g	210	11g	4g	0g	185mg	1130mg	8g	2g	4g	21g
Timberline Chili	Contains Soy, Wheat.	1 cup	248g	230	9g	3g	1g	40mg	890mg	26g	8g	5g	15g
Tomato Soup	Contains Milk, Wheat.	1 cup	250g	170	4g	2g	0g	10mg	600mg	27g	2g	17g	5g
Vegetable Beef Soup	Contains Soy, Wheat.	1 cup	227g	80	1g	0g	0g	5mg	1080mg	14g	2g	3g	4g

VEGETABLES

Asian Stir Fry Vegetables	Contains Soy, Wheat.	1 cup	150g	120	2.5g	0g	0g	0mg	620mg	22g	2g	15g	3g
Asparagus, Steamed	Contains Milk, Soy.	4 each	70g	80	7g	3g	0g	0mg	280mg	2g	1g	1g	2g
Baby Lima Beans	Contains Milk, Soy.	1/2 cup	85g	150	5g	2g	0g	0mg	420mg	19g	5g	2g	6g
Baked Sweet Potatoes		1 each	130g	110	0g	0g	0g	0mg	70mg	26g	4g	5g	2g
Black Beans, Seasoned		1/2 cup	130g	180	5g	0.5g	0g	0mg	770mg	26g	6g	3g	8g
Black-eyed Peas	Contains Soy, Wheat.	1/2 cup	120g	100	2.5g	0.5g	0g	0mg	570mg	14g	3g	0g	5g
Black-eyed Peas, Southern Style		1/2 cup	131g	170	7g	2.5g	0g	15mg	1560mg	20g	5g	4g	8g
Broccoli, Steamed		1/2 cup	78g	25	0g	0g	0g	0mg	85mg	6g	3g	1g	2g
Brussels Sprouts	Contains Milk, Soy.	1/2 cup	78g	80	6g	2.5g	0g	0mg	240mg	4g	3g	2g	3g
Brussels Sprouts with Lemon Herb Butter Sauce	Contains Milk, Soy.	1/2 cup	85g	100	8g	3.5g	0g	5mg	125mg	4g	2g	2g	2g
Cabbage	Contains Milk, Soy.	1/2 cup	75g	60	5g	2g	0g	0mg	200mg	4g	2g	2g	1g
Cabbage, Kettle Cooked	Contains Soy, Wheat.	1/2 cup	85g	45	2.5g	0.5g	0g	5mg	180mg	4g	1g	2g	2g
Campfire Vegetable Medley	Contains Soy.	1/2 cup	85g	90	5g	2g	0g	0mg	500mg	9g	2g	2g	2g
Cauliflower, Steamed		1/2 cup	78g	20	0g	0g	0g	0mg	65mg	3g	2g	2g	1g
Collard Greens, Seasoned	Contains Wheat.	1/2 cup	98g	35	1g	0g	0g	0mg	330mg	4g	2g	0g	1g

Collards, Kettle Cooked		1/2 cup	98g	80	3g	1g	0g	5mg	370mg	9g	3g	5g	4g
Corn, Steamed	Contains Milk, Soy.	1/2 cup	85g	130	6g	2g	0g	0mg	190mg	19g	1g	5g	3g
Corn-on-the-Cob	Contains Soy.	1 each	84g	70	0.5g	0g	0g	0mg	90mg	13g	2g	3g	2g
Corn-on-the-Cob, Fresh	Contains Soy.	1 each	64g	50	2g	0g	0g	0mg	60mg	9g	1g	3g	2g
Cottage Fries	Contains Milk.	1/2 cup	113g	290	15g	2.5g	0g	0mg	260mg	36g	3g	4g	4g
Diced Sauteed Green Peppers	Contains Egg, Milk, Soy, Wheat.	1/4 cup	57g	50	5g	0.5g	0g	0mg	40mg	2g	1g	1g	0g
Fried Green Tomatoes	Contains Milk, Wheat.	2 each	88g	180	11g	2g	0g	0mg	660mg	18g	2g	3g	2g
Fried Jalapenos		1 each	30g	20	1.5g	0g	0g	0mg	0mg	2g	1g	1g	0g
Fried Mushrooms	Contains Soy, Wheat.	7 each	98g	160	9g	1.5g	0g	0mg	680mg	17g	1g	2g	4g
Fried Pickles	Contains Wheat.	10 each	70g	160	9g	1.5g	0g	0mg	700mg	16g	1g	0g	2g
Green Beans	Contains Soy, Wheat.	1/2 cup	121g	35	1.5g	0g	0g	0mg	520mg	4g	2g	2g	1g
Green Beans, Fresh	Contains Milk, Soy.	1/2 cup	50g	70	6g	2.5g	0g	0mg	250mg	3g	1g	2g	1g
Green Chilies		2 Tbsp	25g	10	0g	0g	0g	0mg	70mg	2g	0g	0g	0g
Grilled Corn-on-the-Cob	Contains Egg, Milk, Soy, Wheat.	1 each	70g	100	4g	0g	0g	0mg	300mg	14g	2g	3g	2g
Grilled Street Corn	Contains Egg, Milk, Soy, Wheat.	1 each	83g	170	11g	3g	0g	10mg	280mg	13g	2g	3g	5g
Home Fries	Contains Egg, Milk, Soy, Wheat.	1/2 cup	110g	110	3g	0g	0g	0mg	125mg	18g	1g	0g	2g
Italian Vegetable Medley	Contains Milk, Soy.	1/2 cup	85g	60	5g	2.5g	0g	0mg	80mg	4g	1g	2g	1g
Lima Beans, Kettle Cooked		1/2 cup	120g	160	3g	1g	0g	5mg	570mg	24g	6g	3g	9g
Lima Beans, Southern Style		1/2 cup	131g	180	4g	1g	0g	10mg	810mg	26g	8g	1g	11g
Machaca Beans	Contains Soy.	1/2 cup	120g	90	0g	0g	0g	0mg	370mg	15g	5g	0g	5g
Northern Beans, Seasoned	Contains Soy, Wheat.	1/2 cup	120g	110	2.5g	0.5g	0g	0mg	570mg	15g	4g	2g	6g
Northern Beans, Southern Style		1/2 cup	131g	170	4g	1.5g	0g	10mg	780mg	24g	8g	1g	11g
Peas, Steamed	Contains Milk, Soy.	1/2 cup	80g	110	4.5g	2g	0g	0mg	200mg	11g	5g	3g	4g
Pinto Beans, Seasoned	Contains Soy, Wheat.	1/2 cup	120g	110	2.5g	0.5g	0g	0mg	570mg	15g	5g	0g	6g
Pinto Beans, Southern Style		1/2 cup	131g	200	4g	1.5g	0g	10mg	810mg	29g	10g	1g	12g
Ranch Style Beans	Contains Soy.	1/2 cup	130g	130	2.5g	0.5g	0g	5mg	550mg	21g	7g	2g	6g
Red Bliss Potatoes	Contains Milk, Soy.	1/2 cup	75g	80	2g	1g	0g	0mg	80mg	13g	1g	1g	2g
Red Bliss Potatoes, Roasted	Contains Egg, Milk, Soy, Wheat.	1/2 cup	75g	140	9g	1g	0g	0mg	540mg	12g	1g	1g	2g

Refried Beans		1/2 cup	115g	160	12g	4.5g	0g	10mg	610mg	10g	3g	0g	3g
Sauerkraut		2 Tbsp	30g	5	0g	0g	0g	0mg	180mg	1g	1g	0g	0g
Sauteed Mushrooms	Contains Egg, Milk, Soy, Wheat.	1/2 cup	78g	60	5g	0.5g	0g	0mg	260mg	3g	0g	1g	2g
Savory Dill Vegetables	Contains Egg, Milk, Soy, Wheat.	1/2 cup	112g	80	5g	1g	0g	0mg	420mg	7g	2g	4g	2g
Skillet Vegetables	Contains Egg, Milk, Soy, Wheat.	1/2 cup	90g	90	8g	1g	0g	0mg	250mg	5g	1g	3g	1g
Spinach	Contains Soy, Wheat.	1/2 cup	95g	50	3g	0.5g	0g	0mg	320mg	5g	3g	1g	4g
Spinach, Sauteed Fresh		1/2 cup	90g	110	10g	1.5g	0g	0mg	60mg	3g	2g	0g	2g
Squash Medley	Contains Egg, Milk, Soy, Wheat.	1/2 cup	90g	45	3g	0g	0g	0mg	220mg	4g	1g	2g	1g
Squash, Tempura Battered	Contains Wheat.	3 each	58g	150	8g	1.5g	0g	0mg	910mg	17g	1g	1g	1g
Squash, Yellow, Sauteed	Contains Egg, Milk, Soy, Wheat.	1/2 cup	90g	60	5g	0.5g	0g	0mg	170mg	4g	1g	2g	1g
Steamed Carrots	Contains Milk, Soy.	1/2 cup	85g	80	6g	2.5g	0g	0mg	290mg	8g	2g	4g	1g
Stewed Tomatoes	Contains Milk.	1/2 cup	130g	30	0g	0g	0g	0mg	270mg	6g	2g	4g	2g
Turnip Greens	Contains Soy, Wheat.	1/2 cup	98g	60	3g	0.5g	0g	0mg	280mg	4g	2g	1g	2g
Turnip Greens, Kettle Cooked		1/2 cup	98g	70	3g	1g	0g	5mg	380mg	8g	3g	5g	3g
Vegetable Trio		1/2 cup	90g	30	0g	0g	0g	0mg	210mg	6g	2g	3g	2g
Vegetable Trio with Lemon Butter Herb Sauce	Contains Milk, Soy.	1/2 cup	90g	90	7g	3g	0g	0mg	250mg	5g	2g	2g	1g
Zucchini, Sauteed	Contains Egg, Milk, Soy, Wheat.	1/2 cup	90g	60	5g	0.5g	0g	0mg	160mg	3g	1g	2g	1g
Zucchini, Tempura Battered	Contains Wheat.	3 each	58g	150	8g	1.5g	0g	0mg	910mg	17g	1g	1g	1g