



Nutritional Information Guidelines:

The information contained in this guide is based on standard product formulations and is reported for informational purposes only by Western Sizzlin. Variations may occur due to a variety of factors and circumstances including, but not limited to, difference in suppliers, ingredient substitutions, recipe revisions, product assembly, and seasonal variances. Limited time only, seasonal and test products are not included. This information is current as of May 30, 2015.

“A 2,000 calorie diet is used as the basis for general nutrition advice; however, individual calorie needs may vary.”

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
CHICKEN - COMBOS - SEAFOOD {Entrée only}													
One Grilled Chicken Breast Contains Soy	5 oz	142	185	81	8	3	0	71	554	0	0	0	27
Two Grilled Chicken Breasts Contains Soy	10 oz	284	369	163	17	5	0	142	976	1	0	0	53
Chicken Tips w/ Peppers & Onions Contains Soy	5 oz	142	226	104	12	3	0	71	563	11	9	11	26
Fried Chicken Tenders (4 pcs) Contains Milk, Egg, Wheat	6 oz	170	471	200	26	4	0	80	1432	32	5	0	27
Steak & Chicken Breast Contains Soy	11 oz	312	570	311	35	13	2	159	921	0	0	0	60
Steak & Shrimp Skewer Contains Soy, Shellfish	9.2 oz	261	493	253	27	11	1	117	599	0	0	0	36
Steak & Fried Shrimp Contains Milk, Soy, Wheat, Shellfish	10 oz	283	703	407	44	14	1	221	1380	21	1	0	51
One Shrimp Skewer Contains Soy, Shellfish	1 ea	91	112	31	3	0	0	17	353	0	0	0	19
Two Shrimp Skewers Contains Soy, Shellfish	2 ea	182	223	61	7	0	0	34	706	0	0	0	38
Fried Shrimp (21-25) Contains Wheat, Shellfish	1 oz	28	78	38	4	1	0	34	247	7	0	0	3
Fried Popcorn Shrimp Contains Wheat, Shellfish	1 oz	28	69	31	3	1	0	20	230	3	0	0	4
Fried Fish Contains Wheat, Fish	1 oz	28	66	31	3	1	0	9	150	5	0	0	4
Fried Catfish Contains Milk, Egg, Soy, Wheat, Fish	1 oz	28	70	40	5	1	0	17	143	2	0	0	5
SANDWICHES {Sandwiches only}													
1/3 lb. Hamburger Contains Soy, Wheat	1 ea		486	283	31	12	0	108	727	18	1	4	30
1/3 lb. Cheeseburger Contains Milk, Soy, Wheat	1 ea		556	333	37	16	0	123	1067	19	1	4	34
1/2 lb. Hamburger Contains Soy, Wheat	1 ea		729	432	48	18	0	161	970	26	0	5	43
1/2 lb. Cheeseburger Contains Milk, Soy, Wheat	1 ea		809	482	19	14	0	163	1410	29	0	5	47
1/2 lb. Bacon Cheeseburger Contains Milk, Soy, Wheat	1 ea		889	536	60	23	0	183	1760	29	0	5	53
Grill Chicken Sandwich Contains Soy, Wheat	1 ea		344	115	13	3	0	71	921	35	9	14	30
Philly Steak & Cheese Contains Milk, Soy, Wheat	1 ea		536	220	26	7	0	63	1454	44	1	5	30
Chicken Philly & Cheese Contains Milk, Soy, Wheat	1 ea		465	94	14	1	0	73	1301	46	1	6	30
Steak Sandwich Contains Milk, Soy, Wheat	1 ea		789	415	47	18	0	161	1130	41	1	4	46

Revised: 4/2015 gm gm gm gm gm mg mg gm gm gm gm

HOT BUFFET

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
HOT VEGETABLES													
Black Eye Pea <i>Contains Milk, Soy</i>	1 oz	28	30	2	0	0	0	0	214	5	7	7	2
Broccoli Spears <i>N/A</i>	1 oz	28	9	0	0	0	0	0	11	2	1	0	1
Brussels Sprout <i>N/A</i>	1 oz	28	12	0	0	0	0	0	8	2	2	1	1
Cabbage <i>Contains Wheat, Soy</i>	1 oz	28	10	1	0	0	0	1	55	2	1	1	0
California Blend <i>N/A</i>	1 oz	28	9	0	0	0	0	0	9	2	1	1	0
Carrots <i>Contains N/A</i>	1 oz	28	20	0	0	0	0	0	62	7	1	6	0
Cinnamon Apples <i>N/A</i>	1 oz	28	30	0	0	0	0	0	5	8	2	5	0
Collard Greens <i>Contains Wheat, Soy</i>	1 oz	28	18	8	1	0	0	2	80	2	0	0	1
Corn <i>Contains Milk, Soy</i>	1 oz	28	45	18	2	1	0	0	59	7	4	3	1
Corn on the Cobb <i>Contains Milk, Soy</i>	1 ear	119	113	85	10	4	0	0	0	94	2	2	1
Green Beans <i>Contains Soy, Wheat</i>	1 oz	28	11	2	0	0	0	1	119	1	1	0	1
Lima Beans <i>Contains Soy, Wheat</i>	1 oz	28	28	1	0	0	0	0	101	5	8	0	2
Northern Beans <i>Contains Soy, Wheat</i>	1 oz	28	21	1	0	0	0	0	111	3	4	0	1
Sweet Potato Yams <i>N/A</i>	1 oz	28	46	0	0	0	0	0	14	11	4	8	0
Turnip Greens <i>Contains Soy, Wheat</i>	1 oz	28	12	5	1	0	0	2	65	1	0	0	1
Frozen Green Beans <i>Contains Milk, Soy, Almonds</i>	1 oz	28	13	13	1	0	0	0	148	0	0	0	0
Sauteed Mushrooms <i>Contains Milk, Soy</i>	1 oz	28	28	8	1	0	0	0	27	3	1	0	3
Sauteed Onions <i>Contains Milk, Soy</i>	1 oz	28	16	5	1	0	0	0	54	3	0	1	0
Sauteed Peppers <i>Contains Milk, Soy</i>	1 oz	28	36	30	3	0	0	0	0	5	1	1	0
Peppers & Onions <i>Contains Milk, Soy</i>	1 oz	28	16	6	1	0	0	0	65	2	0	1	0
Pork & Beans <i>N/A</i>	1 oz	28	31	2	1	0	0	0	116	6	8	1	2
Baked Bean w/ Brown Sugar <i>N/A</i>	1 oz	28	31	2	0	0	0	0	121	6	1	3	1
Asparagus <i>Contains Milk, Soy</i>	1 oz	28	4	1	0	0	0	0	2	1	1	0	1

HOT BUFFET

	Cake Serving Size 1/24	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
GRAVIES & SAUCES													
Brown Gravy Contains Milk, Soy, Wheat, Gluten	1 oz	28	95	0	4	0	0	0	1286	19	0	0	0
Turkey Gravy Contains Milk, Soy	1 oz	28	100	20	4	0	0	0	1240	16	0	4	0
White Pepper Gravy Contains Milk, Soy	1 oz	28	125	71	7	4	0	0	714	14	0	0	0
Chicken Gravy Contains Milk, Soy	1 oz	28	143	71	7	4	0	0	964	14	0	0	0
Beef Aujus Contains Soy	1 oz	28	0	0	0	0	0	0	5600	0	0	0	0
Cheese Sauce Contains Milk, Soy	1 oz	28	37	23	3	1	1	3	242	3	0	1	1
Cranberry Sauce N/A	1 oz	28	45	0	0	0	0	0	4	10	0	9	0
Teriyaki Sauce Contains Soy, Wheat	1 oz	28	35	0	0	0	0	0	732	8	0	0	1
Picante Sauce N/A	1 oz	28	10	0	0	0	0	0	260	2	1	2	0
Enchilada Sauce	1 oz	28	9	5	0	0	0	0	172	1	0	1	0
BBQ Sauce	1 oz	28	42	0	0	0	0	0	258	10	0	1	0
Alfredo Sauce	1 oz	28	66	52	6	2	0	8	143	2	0	1	1
Sweet & Sour Glaze N/A	1 oz	28	71	1	0	0	0	0	178	16	0	14	0
SOUPS													
Chicken Noodle Soup Contains Egg, Soy, Wheat, Sulfites	1 oz	28	13	3	0	0	0	4	125	1	0	0	1
Clam Chowder Soup Contain Fish, Wheat, Milk	1 oz	28	27	13	2	1	0	4	134	3	0	0	1
Vegetable Soup Contains Wheat, Sulfites	1 oz	28	26	1	0	0	0	1	225	5	1	2	1
Cream of Chicken Soup Contains Wheat, Soy, Milk, Sulfites	1 oz	28	21	12	1	1	0	4	264	2	0	1	1
Split Pea & Ham Soup N/A	1 oz	28	40	10	1	0	0	3	245	6	2	1	2
Cream of Broccoli Soup Contains Wheat, Soy, Milk, Sulfites	1 oz	28	21	12	1	1	0	4	264	2	0	1	1
Vegetable Beef Contains Wheat, Sulfites	1 oz	28	23	13	1	1	0	4	288	2	0	1	1
Beef Noodle Soup Contains Egg, Wheat, Sulfites	1 oz	28	23	4	1	0	0	3	222	4	1	1	1
Cream of Mushroom Contains Egg, Wheat, Sulfites	1 oz	28	18	5	1	0	0	3	205	2	0	0	1

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HOT BUFFET

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
CASSEROLE, PASTA & DRESSING													
Broccoli & Cheese Casserole Contains Wheat, Soy, Milk, Egg	1 oz	28	52	32	4	1	0	6	66	3	2	1	2
Cheese Potato Casserole Contains Wheat, Soy, Milk, Sulfites	1 oz	28	36	15	2	1	0	5	109	4	3	0	1
Sweet Potato Casserole N/A	1 oz	28	46	22	0	0	0	0	14	11	4	8	0
Baked Spaghetti Contains Wheat, Milk, Soy	1 oz	28	35	20	3	1	0	7	104	2	0	1	2
Spaghetti w/ Meat Sauce Contains Milk, Wheat, Soy	1 oz	28	25	9	1	0	0	4	99	2	2	1	1
Cooked Spaghetti Noodles Contain Milk, Soy, Wheat	1 oz	28	44	2	0	0	0	0	37	9	1	0	2
Cooked Penna Pasta Contains Wheat, Egg, Milk, Soy	1 oz	28	44	2	0	0	0	0	66	9	1	0	2
Macaroni & Cheese Contain Milk, Egg, Wheat	1 oz	28	39	16	2	1	0	3	141	4	1	1	2
Cornbread Stuffing Contains Wheat, Soy	1 oz	28	31	15	2	0	0	3	110	4	1	1	1
DOGS, BURGERS & TACOS													
Grilled Hot Dog N/A	1 oz	28	85	70	8	3	0	15	249	1	0	0	3
Hamburger Patty Contains Soy	1 oz	28	74	51	6	2	0	20	16	0	0	0	5
Seasoned Taco Meat N/A	1 oz	28	76	48	5	2	0	19	114	1	6	0	5
Hot Bun Contains Milk, Wheat, Soy	1 ea	48	130	20	2	0	0	0	250	24	1	3	4
Hamburger Bun Contains Milk, Wheat, Soy	1 ea	60	170	25	3	1	0	0	320	31	1	4	6
5" Taco Shell Contains Wheat	1 ea	28	53	23	3	1	0	0	0	7	0	0	0
6" Flour Tortilla Shell Contains Wheat	1 ea	30	90	20	2	1	0	0	220	15	1	0	3
12" Flour Tortilla Shell Contains Wheat	1 ea	104	310	60	7	3	0	0	740	52	2	0	8
Corn Dog Contains Egg, Milk, Soy, Wheat	1 oz	28	75	35	4	1	0	10	168	8	0	3	3
Sliced American Cheese Contains Milk	1 ea	19	70	50	6	4	0	15	340	1	0	0	4
Chicken Quesadilla Contains Milk, Soy	1 oz	28	90	36	6	3	0	12	127	6	1	0	4

HOT BUFFET

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
MEAT / PORK / SEAFOOD /CHICKEN													
Carved Roast Beef Contains Soy	1 oz	28	76	44	5	2	0	23	55	0	0	0	8
Meat Loaf Contains Milk, Egg, Wheat, Soy, Fish	1 oz	28	54	28	3	1	0	22	43	3	2	0	3
Meat Loaf Sauce Contains Soy, Fish	1 oz	28	25	0	0	0	0	0	286	0	0	6	0
Carved Sirloin Steak Contains Soy	1 oz	28	61	37	4	2	0	22	14	0	0	0	6
Carved Ham N/A	1 oz	28	41	20	2	1	0	14	311	0	0	1	5
BBQ Baby Back Ribs Contains Soy	1 oz	28	69	41	4	2	0	20	122	2	0	2	5
BBQ Pork Riblets N/A	1 oz	28	65	42	5	2	0	18	70	1	0	0	5
BBQ Beef Short Ribs N/A	1 oz	28	108	83	9	4	0	20	74	1	0	0	5
Crab Cake Contains Milk, Soy, Wheat, Egg, Shellfish, Fish	1 oz	28	76	44	5	1	0	39	232	2	0	0	5
Carved Boneless Pork Loin Contains Milk, Soy	1 oz	28	51	25	1	0	0	15	264	2	0	0	6
Smoked Pork Butt w/o Sauce N/A	1 oz	28	52	31	3	1	0	17	17	0	0	0	5
BBQ Pulled Pork Butt N/A	1 oz	28	57	24	3	1	0	25	35	3	0	2	6
Baked Pork Chop N/A	1 oz	28	68	35	4	1	0	22	109	0	0	0	8
Breaded Pork Chop Contains Milk, Wheat, Soy, Egg	1 oz	28	90	49	5	2	0	26	171	4	0	0	6
Grilled Pork Chop Contains Milk, Soy	1 oz	28	79	47	5	2	0	23	109	0	0	0	7
Fried Chicken Livers Contains Wheat	1 oz	28	77	36	4	1	0	95	247	4	0	0	6
Chicken Hot Wings N/A	1 ea	28	70	35	4	1	0	20	160	3	0	0	4
Chicken Teriyaki Contains Milk, Soy, Wheat	1 oz	28	57	44	5	1	0	19	134	0	0	0	5
Fried Chicken Piece Variety Contains Wheat	1 oz	28	86	46	5	1	0	26	170	3	0	0	6
Fried Chicken Tenders Contains Wheat	1 oz	28	80	38	4	2	0	17	228	4	0	0	6
Lasagna Contains Milk, Soy, Wheat, Egg	1 oz	28	46	15	2	1	0	7	102	5	0	1	3
Enchilada w/ Sauce & Cheese Contains Milk, Soy, Wheat	1 oz	28	53	24	3	1	0	9	56	4	1	1	3
Baked Chicken Piece Variety N/A	1 oz	28	45	23	3	1	0	17	77	0	0	0	5

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COLD BUFFET

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SALAD BAR													
Iceberg + Romaine Lettuce Mix N/A	1 oz	28	5	1	0	0	0	0	5	1	0	1	0
Iceberg Lettuce Plain N/A	1 oz	28	4	0	0	0	0	0	3	1	0	0	0
Shredded Lettuce N/A	1 oz	28	4	0	0	0	0	0	3	1	0	0	0
Romaine N/A	1 oz	28	5	3	0	0	0	0	2	1	1	0	0
Spring Mix N/A	1 oz	28	6	0	0	0	0	0	32	1	0	0	0
Arugula N/A	1 oz	28	7	2	0	0	0	0	8	1	1	1	1
Baby Spinach N/A	1 oz	28	6	1	0	0	0	0	22	1	1	0	1
Carrot Shredded N/A	1 oz	28	11	1	0	0	0	0	19	3	1	1	0
Carrot Strip [medium] N/A	1 ea	4	2	0	0	0	0	0	3	0	0	0	0
Grape Tomato N/A	1 ea	28	1	0	0	0	0	0	0	0	0	0	0
Cherry Tomato N/A	1 ea	28	3	0	0	0	0	0	1	1	0	0	0
Slice Tomato [medium, 1/4" thick] N/A	1 ea	20	4	0	0	0	0	0	0	1	0	0	0
Wedge Tomato [medium] N/A	1 ea	30	6	1	0	0	0	0	2	1	0	1	0
Diced Tomato N/A	1 oz	28	5	0	0	0	0	0	1	1	0	1	0
Cucumber N/A	1 oz	28	4	0	0	0	0	0	1	1	0	0	0
Broccoli Florets N/A	1 oz	28	9	0	0	0	0	0	8	1	1	0	1
Cauliflower N/A	1 oz	28	7	0	0	0	0	0	8	1	1	1	1
Bell Pepper [3" dia, 1/4" thick] N/A	1 ea	10	2	0	0	0	0	0	0	0	0	0	0
Celery Diced N/A	1 oz	7	4	0	0	0	0	0	22	0	0	1	0
Celery Strip [4" long] N/A	1 ea	4	1	0	0	0	0	0	3	0	0	0	0

COLD BUFFET

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SALAD BAR													
Onion Ring [large] N/A	2 ea	28	12	0	0	0	0	0	2	2	0	2	0
Onion Diced N/A	1 oz	28	11	0	0	0	0	0	1	3	0	1	0
Mushroom Sliced N/A	1 oz	28	6	0	0	0	0	0	5	1	0	0	1
Mushroom White Button N/A	1 oz	28	6	0	0	0	0	0	5	1	0	0	1
Bacon Imitation Contain Milk, Soy	1 oz	28	120	40	4	0	0	0	220	8	4	0	12
Bacon Real N/A	1 oz	28	120	80	10	4	0	50	640	0	0	0	10
Ham Diced N/A	1 oz	28	20	9	1	0	0	9	176	0	0	0	3
Diced Eggs Contains Egg	1 oz	28	40	25	3	1	0	118	39	0	0	0	4
Turkey Ham Diced N/A	1 oz	28	26	14	2	0	0	11	193	1	0	1	2
Whole Diced Ham N/A	1 oz	28	45	23	2	1	0	15	235	1	0	1	4
Turkey Sliced N/A	1 oz	28	30	4	0	0	0	12	284	1	0	1	5
Grilled Chicken Cubed N/A	1 oz	28	46	9	1	1	0	24	21	0	0	0	9
Pepperoni N/A	1 oz	28	150	110	12	4	30	480	0	0	0	0	5
Parmesan Cheese Contains Milk	1 oz	28	110	70	8	5	0	20	300	1	0	1	8
Shredded Cheddar Real Contains Milk	1 oz	28	110	80	9	5	0	25	180	1	0	0	7
Shredded Cheddar Imitation Contains Milk	1 oz	28	80	40	5	1	2	0	270	9	0	3	0
Mozzarella Contains Milk	1 oz	28	85	49	6	4	0	20	190	1	0	0	7
Cheddar Cubes Contains Milk	1 oz	28	110	80	9	5	0	30	180	1	0	0	7
Colby Jack Cubes Contains Milk	1 oz	28	110	80	9	5	0	30	180	1	0	0	6
Cottage Cheese Contains Milk	1 oz	28	20	3	0	0	0	1	114	1	0	1	3
Blue Cheese Crumbles Contains Milk	1 oz	28	99	71	8	5	0	21	391	1	0	0	6

COLD BUFFET

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SALAD BAR													
Olives Green <i>N/A</i>	1 oz	28	41	36	4	1	0	0	436	1	1	0	0
Olives Black [slice] <i>N/A</i>	1 oz	28	32	25	3	5	0	0	244	2	1	0	0
Garbanzo Bean <i>N/A</i>	1 oz	28	46	6	1	0	0	0	2	8	2	1	2
Hot Pepper Relish <i>N/A</i>	1 oz	28	39	0	0	0	0	0	108	9	0	9	0
Sweet Pickle Relish <i>N/A</i>	1 oz	28	25	1	0	0	0	0	305	7	0	0	0
Jalapeno [sliced] <i>N/A</i>	1 oz	28	5	0	0	0	0	0	280	1	1	0	0
Banana Peppers <i>N/A</i>	1 oz	28	5	0	0	0	0	0	280	1	0	0	0
Pepperoncini <i>N/A</i>	1 oz	28	8	1	0	0	0	0	400	2	0	0	3
3 Bean Salad <i>N/A</i>	1 oz	28	20	0	0	0	0	0	100	4	1	3	1
Bread & Butter Pickle <i>N/A</i>	1 oz	28	20	0	0	0	0	0	160	5	0	5	0
Pickle Spear <i>N/A</i>	1 oz	28	4	0	0	0	0	0	260	0	0	0	0
Gelatin [regular] <i>N/A</i>	1/2 cup	113	84	0	0	0	0	0	101	19	0	18	2
Gelatin [sugar free] <i>N/A</i>	1/2 cup	113	10	0	0	0	0	0	40	0	0	0	1
Beets Sliced <i>N/A</i>	1 oz	28	20	0	0	0	0	0	50	4	0	4	0
Raisins <i>N/A</i>	1 oz	28	85	0	0	0	0	0	3	23	1	17	1
Sunflower Seeds <i>Contains Nuts</i>	1 oz	28	160	130	14	2	0	0	110	6	3	1	5
Crouton Seasoned <i>Contains Wheat, Egg, Milk, Soy</i>	1 oz	28	120	40	4	0	0	0	280	20	0	4	4
Deviled Egg <i>Contains Egg</i>	1/2	25	62	45	7	1	0	118	86	0	0	0	4
Boiled Egg [large] <i>Contains Egg</i>	1 ea	50	77	48	5	2	0	212	62	1	0	1	6
Chow Mein Noodle <i>Contains Egg, Wheat</i>	1 oz	28	130	45	5	1	0	0	230	19	2	0	3

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COLD BUFFET

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SALAD BAR													
Almonds [sliced] Contains Tree Nuts	1 oz	28	160	130	14	1	0	0	10	6	3	1	6
Captain Wafer Salad Contains Wheat	1 pk	13	60	25	3	1	0	0	105	9	0	1	1
Saltine Cracker Contains Wheat	1 pk	11	45	10	2	0	0	0	130	8	1	0	1
Cracker Oyster Contains Wheat	1 pk	14	60	20	2	0	0	0	140	10	0	0	1
Potato Sticks N/A	1 oz	30	180	110	12	0	0	0	190	16	0	0	2
Melba Toast Contains Wheat	1 ea	7	7	0	0	0	0	0	12	1	0	0	0
Captains Wafer Wheat Contains Wheat	1 pak	13	60	20	2	1	0	0	115	9	1	1	1
Pineapple Tidbits N/A	1 oz	28	15	0	0	0	0	0	2	4	0	3	0
Frozen Green Peas N/A	1 oz	28	22	0	0	0	0	0	20	4	2	1	1
Peaches [sliced] N/A	1 oz	28	15	0	0	0	0	0	1	4	0	3	0
Applesauce N/A	1 oz	28	15	0	0	0	0	0	3	4	0	3	0
Baby Cut Corn Contains Soy	1 oz	28	5	0	0	0	0	0	55	1	0	0	0
WOOD GRILL SALADS													
Chicken Salad Contains Milk, Egg	1 oz	29	61	54	1	0	0	10	82	2	0	6	2
Broccoli & Cheese Contains Milk, Egg	1 oz	28	46	41	14	1	0	6	83	2	1	1	3
Feta & Cheese Contains Milk	1 oz	28	24	19	4	1	0	3	66	1	0	0	1
Tuna Salad Contains Fish, Milk, Egg, Soy	1 oz	28	83	51	2	8	0	16	138	9	2	10	5
Seafood Salad Contains Shellfish, Milk, Egg	1 oz	28	62	38	1	12	0	8	194	5	0	6	2
Cucumber Salad N/A	1 oz	28	32	0	0	0	0	0	1	11	1	19	1
Cole Slaw w/ Dressing Contains Egg	1 oz	28	77	56	1	0	0	6	47	6	0	5	0

COLD BUFFET

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SALAD DRESSINGS													
Ranch <i>Contains Milk, Egg, Soy</i>	1 oz	30	160	160	17	3	0	10	250	1	0	0	0
Ranch Fat Free <i>Contains Milk, Egg, Soy</i>	1 oz	30	50	0	0	0	0	0	330	11	0	3	0
Ranch Chipotle <i>Contains Milk, Egg, Soy</i>	1 oz	30	140	130	14	2	0	5	240	4	0	2	0
1,000 Island Fat Free <i>Contains Egg</i>	1 oz	30	33	0	0	0	0	0	233	7	0	4	0
1,000 Island <i>Contains Contains Egg</i>	1 oz	30	33	0	0	0	0	0	233	7	0	4	0
French Catalina <i>N/A</i>	1 oz	30	108	83	9	2	0	0	350	7	0	7	0
Catalina Fat Free <i>N/A</i>	1 oz	30	36	0	0	0	0	0	235	9	0	4	0
Creamy French <i>N/A</i>	1 oz	30	130	100	12	2	0	0	270	6	0	6	0
French Fat Free <i>N/A</i>	1 oz	30	36	0	0	0	0	0	235	9	0	4	0
Italian Creamy <i>N/A</i>	1 oz	30	100	90	11	2	0		240	2	0	2	0
Italian Golden <i>N/A</i>	1 oz	30	70	60	7	1	0	0	310	2	0	2	0
Italian Fat Free <i>N/A</i>	1 oz	30	20	0	0	0	0	0	380	4	0	2	0
Blue Cheese <i>Contains Milk, Egg</i>	1 oz	30	130	120	14	3	0	15	280	1	0	1	1
Creamy Caesar <i>Contains Milk, Egg, Fish</i>	1 oz	30	130	120	13	3	0	15	330	2	0	1	2
Honey Dijon <i>Contains Egg</i>	1 oz	30	70	40	4	1	0	10	230	7	0	7	0
Honey Mustard <i>Contains Egg</i>	1 oz	30	123	94	10	2	0	14	198	7	0	6	0
Honey Balsamic <i>Contains Soy</i>	1 oz	30	90	60	6	1	0	0	160	8	0	7	0
Balsamic Vinaigrette <i>Contains Soy, Fish</i>	1 oz	30	90	70	8	1	0	0	310	3	0	3	0
Raspberry Walnut <i>Contains Soy, Nuts</i>	1 oz	30	60	35	4	1	0	0	180	6	0	6	0

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COLD BUFFET

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SALAD DRESSINGS													
Miracle Whip Contains Egg	1 oz	28	100	90	10	2	0	10	210	4	0	1	0
Mayonnaise Heavy Bulk Contains Egg	1 oz	28	200	200	22	3	0	20	150	2	0	0	0
Red Wine Vinegar N/A	1 oz	28	0	0	0	0	0	0	0	0	0	0	0
Salad Oil Contains Trace Soy Bean Oil	1 oz	28	130	130	14	1	0	0	0	0	0	0	0
Canola Oil N/A	1 oz	28	120	120	5	1	0	0	280	3	0	2	0
Canola Oil & Red Vinegar N/A	1 oz	28	60	45	5	1	0	0	280	3	0	2	0
Parmesan Cheese Contains Milk	1 oz	28	110	70	8	5	0	20	300	1	0	1	8
Olive Oil & Vinegar Contains Soy, Fish	1 oz	28	50	35	4	1	0	0	240	3	0	3	0
Horseradish Sauce Contains Soy	1 oz	28	17	14	2	0	0	1	51	1	0	1	0
WOOD GRILL DRESSINGS													
1,000 Island Contains Milk, Egg	1 oz	28	139	117	13	2	0	12	215	7	0	5	0
Ranch Contains Milk, Egg, Soy,	1 oz	28	105	100	11	2	0	10	191	7	0	1	1
Tartar Sauce Contains Egg	1 oz	28	164	160	18	3	0	16	177	5	0	4	0
Cocktail Sauce N/A	1 oz	28	31	0	1	0	0	0	262	8	0	5	0
Honey Mustard Contains Egg	1 oz	28	143	122	13	2	0	11	162	1	0	7	0
Sweet & Sour Sauce Contains Soy	1 oz	28	62	1	0	0	0	0	176	14	0	12	0

Revised: 3/2015 gm gm gm gm gm mg mg gm gm gm gm

COLD BUFFET

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
INDIVIDUAL PACKETS													
BBQ Sauce <i>N/A</i>	1 pk	28	40	5	1	0	0	0	380	9	0	7	0
Sweet & Sour <i>Contains Wheat, Soy</i>	1 pk	28	60	0	0	0	0	0	115	14	0	12	0
Honey Mustard <i>Contains Egg</i>	1 pk	43	180	150	17	2	0	15	240	8	0	7	1
Tartar Sauce <i>Contains Milk, Egg</i>	1 pk	28	110	80	9	2	0	10	300	7	0	0	0
Cocktail Sauce <i>N/A</i>	1 pk	28	30	0	0	0	0	0	340	7	0	4	0
Mayonnaise <i>Contains Egg</i>	1 pk	12	80	80	9	2	0	5	65	0	0	0	0
Ketchup <i>N/A</i>	1 pk	9	10	0	0	0	0	0	100	3	0	2	0
Mustard <i>N/A</i>	1 pk	5	0	0	0	0	0	0	70	0	0	0	0
A-1 Steak Sauce <i>N/A</i>	1 pk	40	35	0	0	0	0	0	653	7	0	5	0
Sour Cream <i>Contains Milk</i>	1 pk	28	60	45	5	4	0	20	25	2	0	1	1
Whipped Spread <i>Contains Soy</i>	1 pk	14	60	60	7	2	1	0	95	0	0	0	0
Parmesan Cheese Dry <i>Contains Milk</i>	1 oz	28	121	70	8	5	0	25	428	1	0	0	11

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BAKERY

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
COOKIES & TREATS													
Chocolate Chip Contains Egg, Milk, Wheat, Soy	1.33 oz	47	160	70	8	4	0	10	120	23	1	15	2
Peanut Butter Contains Egg, Milk, Peanut, Soy, Wheat	1.33 oz	47	170	80	9	4	0	10	170	20	1	11	3
Oatmeal Raisin Contain Egg, Milk, Soy, Wheat	1.33 oz	47	150	60	7	4	0	10	130	23	2	13	2
Sugar Cookie Contains Egg, Milk, Wheat	1.33 oz	47	160	60	7	4	0	15	140	23	0	13	2
Carnival M&M Contains Egg, Milk, Wheat, Soy	1.33 oz	47	160	70	7	4	0	10	140	24	1	15	2
Dbl Chocolate Chip Contains Egg, Milk, Wheat, Soy	1.33 oz	47	160	70	8	5	0	10	135	23	1	15	2
Butter Toffee Contains Egg, Wheat, Milk, Nuts, Soy	1.33 oz	47	170	70	8	4	0	10	140	23	0	15	2
White Chocolate Macadamia Nut Contains Egg, Wheat, Soy, Milk, Nuts	1.33 oz	47	170	80	9	4	0	10	120	22	0	14	2
Dbl Chocolate Chip Contains Egg, Milk, Wheat, Soy	1.33 oz	47	160	70	8	5	0	10	135	23	1	15	2
Turtle Carmel Nut Contains Egg, Milk, Wheat, Soy, Nuts	1.33 oz	47	170	80	9	3	0	10	140	22	1	14	2
Chocolate Chip Contains Egg, Milk, Wheat, Soy	1 oz	28	120	50	6	3	0	5	95	16	0	9	1
Peanut Butter Contains Egg, Milk, Peanut, Soy, Wheat	1 oz	28	120	50	5	2	0	5	130	16	1	10	2
Oatmeal Raisin Contain Egg, Milk, Soy, Wheat	1 oz	28	110	35	4	2	0	5	110	16	1	9	1
Sugar Cookie Contains Egg, Milk, Wheat	1 oz	28	120	45	5	2	0	5	100	17	0	9	1
Lemon Sugar Free Contains Egg, Milk, Wheat	1 oz	28	31	17	2	1	0	3	41	6	2	0	1
Macadamia Nut Contains Egg, Wheat, Soy, Milk, Nuts	1 oz	28	114	54	6	3	0	7	80	15	0	9	1
Chocolate Brownie Contains Egg, Wheat, Milk, Soy, Nuts	1 oz	30	132	35	4	1	0	0	88	23	0	15	1
Rice Crispy Treat Contains Soy	1 oz	28	90	20	2	1	0	0	85	24	0	17	1
Vanilla YoCream Yogurt Contains Lactose, Milk	1 oz	28	34	0	0	0	0	2	24	7	0	6	1
Chocolate YoCream Yogurt Contains Lactose, Milk	1 oz	28	38	2	0	0		2	27	8	0	7	1

BAKERY

	Serving Size 1/12	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
PIES (1/12)													
Sweet Potato <i>Contains Milk, Wheat, Eggs, Soy</i>	1 slice	1/12	286	120	14	5	0	19	270	38	1	21	4
Pumpkin <i>Contains Milk, Wheat, Eggs, Soy</i>	1 slice	1/12	250	83	1	4	0	38	293	39	1	18	3
Pecan <i>Contains Milk, Eggs, Wheat, Nuts, Soy</i>	1 slice	1/12	339	153	17	5	0	53	346	46	1	17	3
Apple [NSA] <i>Contains Wheat, Milk, Soy</i>	1 slice	1/12	176	59	7	3	0	0	260	29	3	6	3
Cherry [NSA] <i>Contains Wheat, Egg, Soy</i>	1 slice	1/12	218	59	7	3	0	0	301	39	3	5	3
Lemon Meringue <i>Contains Milk, Eggs, Wheat, Soy</i>	1 slice	1/12	193	47	5	2	0	30	180	35	1	25	1
Coconut Meringue <i>Contains Milk, Egg, Wheat, Soy</i>	1 slice	1/12	226	100	11	5	0	0	166	30	1	19	3
Chocolate Cream <i>Contains Milk, Wheat, Soy</i>	1 slice	1/12	200	95	11	7	0	0	155	25	1	16	1
Coconut Cream <i>Contains Milk, Wheat, Soy, Coconut</i>	1 slice	1/12	283	158	18	10	0	37	166	28	1	16	2
Cookies & Cream <i>Contains Milk, Wheat, Soy</i>	1 slice	1/12	315	172	19	14	0	4	255	33	1	22	2
Boston Cream <i>Contains Milk, Egg, Wheat, Soy</i>	1 slice	1/12	224	75	8	0	0	29	224	34	1	23	2
Strawberries & Cream <i>Contains Milk, Wheat, Soy</i>	1 slice	1/12	255	135	15	10	0	4	97	30	1	20	1
Lemon Meringue Vanilla Wafer <i>Contains Milk, Eggs, Wheat</i>	1 slice	1/12	278	64	7	3	0	4	206	50	1	40	5
Banana Cream <i>Contains Milk, Eggs, Wheat</i>	1 slice	1/12	362	202	23	0	0	37	166	28	1	16	2
Strawberry Short Cake <i>Contains Milk, Eggs, Wheat</i>	1 slice	83	283	158	18	10	0	50	210	28	1	20	2
HOMEMADE PIES (1/8)													
Cheese Cake <i>Contains Milk, Wheat, Soy, Egg</i>	1 slice	1/8	308	83	9	5	0	12	431	48	1	37	6
Peanut Butter Pie <i>Contains Milk, Wheat, Soy, Peanut</i>	1 slice	1/8	342	195	23	9	0	12	210	28	2	21	7
Oreo Cookie Pie <i>Contains Milk, Wheat, Soy</i>	1 slice	1/8	318	146	18	12	0	15	181	38	1	27	2
Chocolate Pie <i>Contains Milk, Wheat, Soy</i>	1 slice	1/8	218	95	11	7	0	0	240	25	1	12	0

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BAKERY

	Cake Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
CAKES (1/24)													
Chocolate Layer Contains Wheat, Egg, Milk, Soy	1 slice	62	227	76	8	3	0	26	204	35	2	23	2
Lemon Layer Contains Wheat, Eggs, Milk	1 slice	62	203	75	8	5	0	26	195	29	1	20	2
Coconut Layer Contains Wheat, Eggs, Milk, Tree Nuts, Soy	1 slice	65	242	92	10	3	0	25	192	37	1	26	2
Carrot Layer Contains Wheat, Eggs, Milk, Tree Nuts, Soy	1 slice	71	271	131	15	4	0	35	288	32	1	21	3
Red Velvet Layer Contains Wheat, Eggs, Milk	1 slice	62	227	106	11	0	0	30	287	28	1	19	2
Strawberry Glaze N/A	1 oz	28	39	0	0	0	0	0	9	9	0	8	0
Cream Cheese Icing Contains Milk, Soy	1 oz	28	107	23	3	1	0	3	25	20	0	20	0
Yellow Sheet Cake Contains Wheat, Eggs, Milk, Soy	1 oz	28	95	30	3	1	0	18	100	15	1	8	2
SOFT SERVE & TOPPINGS													
Soft Serve Vanilla (4.5%) Contains Milk	1 oz	28	43	13	2	1	0	7	20	7	0	5	1
Soft Serve Chocolate (4.5%) Contains Milk	1 oz	28	43	13	2	1	0	5	17	7	0	5	1
Soft Serve Vanilla (2.5%) Contains Milk	1 oz	28	36	5	1	0	0	3	23	7	0	4	1
Soft Serve Chocolate (2.5%) Contains Milk	1 oz	28	36	5	1	0	0	3	26	7	0	4	1
Soft Serve Cones Contains Wheat, Soy	1 ez	5	20	0	0	0	0	0	5	4	0	0	0
Chocolate Fudge Contains Milk, Tree Nut	1 oz	28	102	35	4	4	0	0	43	15	1	10	1
Carmel Fudge Contains Milk, Egg	1 oz	28	83	0	0	0	0	9	76	21	0	17	0
Chocolate Syrup Contains Milk	1 oz	28	70	0	0	0	0	0	48	14	0	10	0
Strawberry Syrup N/A	1 oz	28	65	0	0	0	0	6	8	16	0	17	0
Chocolate Fountain Contains Milk, Soy	1 oz	28	133	81	9	5	0	0	12	12	1	10	1
White Chocolate Fountain Contains Milk, Soy	1 oz	28	137	84	9	9	0	0	20	13	0	13	1

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BAKERY

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
CANDY TOPPINGS													
Candy Corn <i>N/A</i>	1 oz	28	96	0	0	0	0	0	66	23	0	20	0
Jelly Beans <i>N/A</i>	1 oz	28	84	0	0	0	0	0	9	22	0	14	0
Chocolate Raisins <i>N/A</i>	1 oz	28	108	0	0	2	0	2	18	17	0	14	1
Orange Slices <i>N/A</i>	1 oz	28	98	0	0	0	0	0	9	20	0	15	0
Gummy Bears <i>N/A</i>	1 oz	28	78	0	0	0	0	0	9	12	0	8	1
Gummy Worms <i>N/A</i>	1 oz	28	84	0	0	0	0	0	9	19	0	13	1
Sprinkles <i>Contain Milk, Soy</i>	1 oz	28	104	0	0	0	0	0	0	28	0	14	0
Rainbow Sprinkles <i>Contain Soy</i>	1 oz	28	103	0	0	0	0	0	0	27	0	14	0
Oreo Cookie <i>Contain Wheat, Soy</i>	1 oz	29	130	38	5	2	0	0	105	20	1	11	1
Peanuts Chopped <i>Contains Peanuts</i>	1 oz	28	180	140	16	6	0	0	0	14	4	4	16
Candy M&M <i>Contains Milk, Soy and possibly Peanuts</i>	1 oz	28	105	80	5	3	0	3	13	15	1	14	1
Vanilla Wafer <i>Contain Wheat, Milk, Soy</i>	1 oz	28	140	50	6	2	0	0	120	21	0	9	1
PUDDINGS													
Chocolate Pudding <i>Contains Milk, Soy, Wheat</i>	1 oz	28	44	18	2	0	0	0	31	6	0	5	0
Vanilla Pudding <i>Contains Milk, Soy, Wheat</i>	1 oz	28	42	18	2	0	0	0	40	6	0	4	0
Banana Pudding <i>Contains Milk, Soy, Wheat</i>	1 oz	28	31	8	1	0	0	0	38	6	0	4	0
Butterscotch Pudding <i>Contains Milk, Soy, Wheat</i>	1 oz	28	31	8	1	1	0	0	53	6	0	3	0
Lemon Pudding <i>N/A</i>	1 oz	28	31	6	1	0	0	0	42	6	0	5	0
Banana Pudding <i>Contains Milk, Soy, Wheat</i>	1 oz	28	36	10	1	0	0	0	35	6	0	4	0
Bread Pudding <i>Contains Egg, Milk, Wheat, Soy</i>	1 oz	28	135	50	6	1	0	3	80	9	0	7	1

BAKERY

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
PIE FILLINGS													
Cherry Pie Filling <i>N/A</i>	1 oz	28	27	0	0	0	0	0	13	7	0	3	0
Apple Pie Filling <i>N/A</i>	1 oz	28	27	0	0	0	0	0	17	7	0	6	0
Peach Pie Filling <i>N/A</i>	1 oz	28	37	0	0	0	0	0	3	9	0	8	0
Blueberry Pie Filling <i>N/A</i>	1 oz	28	27	0	0	0	0	0	17	7	1	6	0
Strawberry Pie Filling <i>N/A</i>	1 oz	28	44	0	0	0	0	0	5	11	0	9	0
WHIPPED MARGARINE & TOPPING													
Whipped Margarine RTU <i>Contains Milk, Soy</i>	1 oz	28	220	220	22	3	3	0	189	0	0	0	0
Margarine + Buttermilk <i>Contains Milk, Soy</i>	1 oz	28	162	161	20	5	5	4	182	0	0	0	0
Honey Butter Packet <i>Contains Soy</i>	1 ea	5	35	35	4	1	1	0	0	0	0	0	0
Whip Margarine Packet <i>Contains Soy</i>	1 ea	10	45	5	5	1	0	0	80	0	0	0	0
Whipped Topping <i>Contains Milk</i>	1 oz	28	89	53	7	7	0	0	0	7	0	7	0
COBBLERS													
Apple <i>Contains Wheat, Milk</i>	1 oz	28	53	16	2	1	0	0	64	9	0	5	0
Cherry <i>Contains Wheat, Milk</i>	1 oz	28	57	16	2	1	0	0	62	10	0	4	0
Peach <i>Contains Wheat, Milk</i>	1 oz	28	57	18	2	1	1	0	58	9	0	4	0
Blackberry <i>Contains Wheat, Milk</i>	1 oz	28	64	18	2	1	0	0	57	11	1	5	0
PIZZA (1/12)													
Pizza Cheese Mozzarella <i>N/A</i>	1 slice	63	140	48	5	2	0	13	255	18	1	3	6
Pizza Pepperoni <i>Contains Milk, Soy, Wheat</i>	1 slice	66	160	62	7	3	0	16	316	18	1	3	7
Pizza Beef <i>Contains Milk, Soy, Wheat</i>	1 slice	79	183	78	9	4	0	21	389	18	3	3	7

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BREAKFAST													
EGGS													
Scrambled Egg Contain Egg, Soy	1 ea	61	101	67	7	2	0	215	171	1	0	1	7
Poached Egg Contain Egg, Soy	1 ea	50	73	45	5	2	0	211	147	0	0	0	6
Boiled Egg Contain Egg	1 ea	50	77	48	5	2	0	211	139	0	0	0	6
Egg Benedict w/ Hollandaise Contain Egg, Milk, Soy, Wheat	1 ea	164	260	133	15	10	0	172	586	15	0	3	13
Egg Benedict-Cheddar Cheese Contain Egg, Milk, Soy, Wheat	1 ea	164	248	113	13	5	2	167	976	19	0	3	15
Hollandaise Sauce Contain Egg, Soy	1 oz	30	60	50	6	3	0	15	130	2	0	0.7	0
OMELET & TOPPINGS													
3 Egg Omelet Only Contain Egg, Soy	3 ea	183	303	201	21	6	0	645	513	3	0	3	21
Add Bacon N/A	1 oz	28	154	106	12	4	0	32	654	0	0	0	10
Add Ham N/A	1 oz	28	40	18	2	0	0	12	434	0	0	0	4
Add Sausage N/A	1 oz	28	72	46	6	2	0	10	324	2	0	0	4
Add Diced Onions N/A	1 oz	28	12	0	0	0	0	0	2	2	0	1	0
Add Diced Peppers N/A	1 oz	28	6	0	0	0	0	0	0	2	0	0	0
Add Diced Tomatoes N/A	1 oz	28	4	0	0	0	0	0	4	0	0	0	0
Add Mushrooms N/A	1 oz	28	6	0	0	0	0	0	6	2	0	0	2
Shredded Cheddar Cheese Contains Milk	1 oz	28	112	80	10	6	0	30	182	2	0	0	8
CASSEROLE													
Cheese & Potato Casserole Contains Milk, Egg, Wheat, Soy	1 oz	28	47	23	2	1	0	7	139	4	1	0	2
Egg Casserole Ham Contains Milk, Egg, Wheat, Soy	1 oz	28	42	8	3	1	0	81	83	2	0	1	34
Egg Casserole Sausage Contains Milk, Egg, Wheat, Soy	1 oz	28	47	12	3	2	0	81	79	1	0	1	3
Egg Casserole Bacon Contains Milk, Egg, Wheat, Soy	1 oz	28	53	17	4	2	0	86	120	1	0	1	5

BREAKFAST

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
QUICHE													
Ham & Cheese Quiche <i>Contains Milk, Egg, Wheat, Soy</i>	1 oz	28	68	40	5	2	0	3	212	4	0	0	3
Sausage & Cheese Quiche <i>Contains Milk, Egg, Wheat, Soy</i>	1 oz	28	73	45	5	2	0	26	208	2	0	0	52
Broccoli & Cheese Quiche <i>Contains Milk, Egg, Wheat, Soy</i>	1 oz	28	81	50	6	3	0	31	255	4	0	0	3
BREAKFAST MEATS													
Sliced Bacon <i>N/A</i>	1 ea	7	41	28	3	1	0	9	188	0	0	0	3
Canadian Bacon <i>N/A</i>	1 oz	28	35	13	2	1	0	15	329	0	0	0	6
Sausage Links <i>N/A</i>	1 oz	28	113	97	11	4	0	20	180	0	0	0	4
Sausage Patties <i>N/A</i>	1 oz	28	86	68	7	3	0	21	180	0	0	0	4
Rope Sausage <i>N/A</i>	1 oz	28	80	60	7	3	0	18	203	0	0	0	4
Grilled Ham <i>N/A</i>	1 oz	28	37	16	2	1	0	15	357	1	0	1	5
Country Ham <i>N/A</i>	1 oz	28	55	26	3	1	0	27	644	0	0	0	7
Corn Beef Hash <i>N/A</i>	1 oz	28	50	18	3	2	1	8	181	3	0	0	2
Cream Chipped Beef <i>Contains Milk, Soy, Wheat</i>	1 oz	28	51	36	4	2	0	9	186	2	1	1	2
Breaded Country Fried Steak <i>Contains Egg, Milk, Wheat</i>	1 ea	113	321	191	21	8	0	50	712	19	1	0	14
Breaded Beef Pepper Steak <i>Contains Egg, Milk, Wheat</i>	1 ea	62	93	61	7	2	0	15	172	4	0	0	3
Breaded Chuckwagon <i>Contains Egg, Milk, Wheat</i>	1 ea	85	240	140	15	5	0	55	500	13	1	1	13
Bologna <i>N/A</i>	1 oz	28	86	76	9	3	0	20	243	2	0	1	3
Breaded Chicken Tenders <i>Contains Egg, Milk, Wheat</i>	1 ea	48	126	63	7	1	0	18	452	9	0	0	7
Sirloin Steak <i>Contains Soy</i>	1 oz	28	62	37	4	2	0	15	257	0	0	0	6
Burrito w/ Sausage & Cheese <i>Contains Milk, Egg, Wheat, Soy</i>	1 ea	64	149	60	6	2	0	37	314	17	0	0	5
Grits <i>Contain Soy</i>	1 oz	28	32	10	1	0	0	0	63	5	0	0	1
Hashbrowns <i>Contains Soy</i>	1 oz	28	33	9	1	0	0	0	69	5	1	0	1

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	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BREAKFAST													
PANCAKES - WAFFLE - SIDES													
Pancakes Contains Egg, Wheat, Milk, Soy	1 oz	28	45	0	0	0	0	0	162	8	0	2	1
Blueberry Pancakes Contains Egg, Wheat, Milk, Soy	1 oz	28	33	5	0	0	0	0	174	9	0	2	1
Waffels Contains Wheat, Milk	1 oz	28	63	28	3	1	1	3	148	8	0	1	1
French Toast Plain Contains Egg, Wheat, Milk	1 oz	28	43	13	1	0	0	42	63	5	0	1	2
French Toast Stick Contains Wheat, Soy	1 ea	49	154	56	6	2	0	0	205	21	1	5	3
White Pepper Gravy Contains Milk, Soy	1 oz	28	125	71	7	4	0	0	714	14	0	0	0
Sausage Gravy Contains Milk, Wheat, Soy	1 oz	28	35	23	3	1	1	2	131	3	0	1	1
Cinnamon Apples Contains Milk, Soy, Wheat	1 oz	28	31	2	0	0	0	0	120	6	7	3	1
BREADS													
Biscuits Contains Milk, Wheat, Soy	1 ea	62	210	100	11	11	0	0	630	23	1	2	3
Cheese Biscuit Contains Milk, Wheat, Soy	1 ea	57	170	80	8	3	4	0	670	20	1	2	4
Cheddar Garlic Biscuit Contains Milk, Wheat, Soy	1 ea	34	100	45	5	2	2	0	380	12	0	2	2
Texas Toast Contains Milk, Egg, Wheat, Soy	1 ea	45	120	10	1	0	0	0	230	23	1	3	4
White Bread Contains Milk, Wheat, Soy	1 ea	25	65	5	0	0	0	0	125	12	0	2	3
Wheat Bread Contains Milk, Wheat, Soy	1 ea	25	65	5	0	0	0	0	125	13	1	2	3
English Muffins Contains Milk, Wheat, Soy	1 ea	57	130	10	0	0	0	0	270	26	0	0	6
Bagel Plain Contains Wheat, Soy	1 ea	57	280	10	0	0	0	0	600	56	2	2	10
Bagel Blueberry Contains Wheat, Soy	1 ea	57	290	16	2	0	0	0	530	54	2	6	10
Bagel Cinnamon Raisin Contains Wheat, Soy	1 ea	57	290	10	0	0	0	0	510	62	4	12	10
Bagel Wheat Contains Wheat, Soy	1 ea	57	290	20	2	0	0	0	590	58	4	8	10
French Breadstick Contains Milk, Wheat, Soy	1 ea	43	120	5	1	0	0	0	250	23	1	1	5
Croissant Contains Milk, Wheat, Egg, Soy	1 ea	28	110	60	7	4	0	0	70	11	1	2	2

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BREAKFAST

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SWEET ROLLS & MUFFINS													
Cinnamon Rolls <i>Contains Wheat, Milk, Egg, Soy</i>	1 ea	43	130	45	5	2	1	10	230	18	1	5	3
Cinnamon Sticky Buns <i>Contains Milk, Egg, Wheat, Soy</i>	1 ea	57	230	240	13	2	3	7	190	24	1	11	7
Orange Rolls <i>Contains Milk, Egg, Wheat, Soy</i>	1 ea	57	200	0	10	3	2	9	310	24	1	7	4
Yeast Donut <i>Contains Milk, Egg, Wheat, Soy</i>	1 ea	59	260	150	16	8	0	0	260	25	1	3	4
Danish Assorted <i>Contains Milk, Egg, Wheat, Soy</i>	1 ea	35	140	50	6	2	2	5	115	19	1	8	2
Assorted European Danish <i>Contains Milk, Egg, Wheat, Soy</i>	1 ea	40	220	110	12	6	1	45	150	23	1	11	3
Choc Chip Muffin <i>Contains Milk, Egg, Wheat, Soy</i>	1 ea	61	200	80	9	3	0	35	220	28	1	17	3
Blueberry Muffin <i>Contains Milk, Egg, Wheat, Soy</i>	1 ea	61	210	90	10	2	0	30	180	27	0	15	2
Banana Nut Muffin <i>Contains Milk, Egg, Wheat, Soy</i>	1 ea	61	210	80	9	2	0	25	250	28	1	14	3
CEREALS w/o MILK													
Corn Flakes <i>Contains Soy</i>	1 ea	19	70	0	0	0	0	0	170	16	1	2	1
Corn Flakes Frosted <i>Contains Soy</i>	1 ea	28	110	5	1	0	0	0	190	24	1	8	1
Raisin Bran <i>Contains Wheat, May Contain Almonds Ingredients</i>	1 ea	35	110	5	1	0	0	0	210	27	4	11	3
Special K <i>Contains Wheat, Soy</i>	1 ea	18	70	0	0	0	0	0	130	13	0	2	4
Total <i>Contains Wheat, May Contain Almonds Ingredients</i>	1 ea	24	80	5	1	0	0	0	160	18	2	4	2
Mini Frosted Wheat <i>Contain Wheat</i>	1 ea	28	100	0	0	0	0	0	0	23	3	6	3
Cheerios <i>Contain Wheat Ingredients</i>	1 ea	19	70	10	1	0	0	0	110	14	2	1	2
Cheerios Honey Nut <i>Contains Wheat, Almond Ingredients</i>	1 ea	28	110	10	2	0	0	0	160	22	2	9	2
Cream of Wheat <i>Contains Wheat</i>	1 ea	33	120	0	0	0	0	0	85	23	1	0	4
Oatmeal Regular <i>Contains Wheat</i>	1 ea	28	100	20	2	0	0	0	80	19	3	0	4
Cocoa Puffs <i>Contains Wheat, Soy</i>	1 ea	24	90	10	2	0	0	0	135	20	1	9	1
Fruit Loops <i>Contain Wheat, Soy</i>	1 ea	21	80	5	1	0	0	0	95	18	0	10	1

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	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BREAKFAST													
BREAKFAST TOPPINGS													
Maple Syrup <i>N/A</i>	1 oz	28	114	0	0	0	0	0	37	29	0	24	0
Diet Syrup <i>N/A</i>	1 oz	28	10	0	0	0	0	0	42	4	0	0	0
Cream Cheese <i>Contains Milk</i>	1 oz	28	97	87	10	5	0	31	91	1	0	1	2
Peanut Butter <i>Contains Peanuts</i>	1 oz	28	186	132	15	4	0	0	142	4	2	3	8
Jellies Assorted <i>N/A</i>	1 ea	10	10	0	0	0	0	0	0	3	0	0	0
Grape & Apple Assorted <i>N/A</i>	1 ea	14	35	0	0	0	0	0	0	9	0	5	0
Apple Butter <i>N/A</i>	1 ea	14	30	0	0	0	0	0	0	8	0	7	0
Jams Sugar Free <i>N/A</i>	1 ea	11	10	0	0	0	0	0	0	3	0	0	0
Whipped Margarine Spread <i>Contains Milk</i>	1 ea	10	45	45	5	2	0	0	75	0	0	0	0
Whole Milk <i>Contains Milk</i>	1 ea	227	138	66	5	2	0	23	97	11	0	0	11
Skim Milk <i>Contains Milk</i>	1 ea	227	77	2	0	0	0	5	95	11	0	0	11
2% Milk <i>Contains Milk</i>	1 ea	227	113	41	5	2	0	18	107	11	0	0	11
JUICES & YOGURT													
Orange Juice <i>N/A</i>	1 ea	227	120	0	0	0	0	0	8	29	1	28	1
Apple Juice <i>N/A</i>	1 ea	227	120	0	0	0	0	0	10	29	0	28	0
Cranberry Juice <i>N/A</i>	1 ea	227	144	0	0	0	0	0	36	34	0	34	1
Strawberry Yougart <i>Contains Milk</i>	1 oz	28	27	2	0	0	0	3	15	5	0	5	1
Coffee Creamer Half-Half <i>Contains Milk</i>	1 ea	11	14	11	1	1	0	4	4	0	0	2	0

BREAKFAST

	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
FRESH FRUITS													
Apple <i>N/A</i>	1 ea	182	130	0	0	0	0	0	0	34	5	16	0
Avocado [medium] <i>N/A</i>	1 ea	30	50	35	5	1	0	0	0	3	1	0	1
Banana <i>N/A</i>	1 ea	126	110	0	0	0	0	0	0	30	3	19	1
Blueberry <i>N/A</i>	1/4 cup	36	50	5	1	0	0	0	0	13	2	5	1
Cantaloupe <i>N/A</i>	1 ea	69	50	0	0	0	0	0	20	12	1	11	1
Grapefruit <i>N/A</i>	1/2 ea	154	60	0	0	0	0	0	20	15	2	11	1
Grapes <i>N/A</i>	1/4 cup	40	90	0	0	0	0	0	15	23	1	20	0
Honey Dew Melon <i>N/A</i>	1 ea	124	50	0	0	0	0	0	30	12	1	11	1
Kiwi <i>N/A</i>	1 ea	74	45	5	1	0	0	0	0	10	2	7	1
Orange <i>N/A</i>	1 ea	154	80	0	0	0	0	0	0	19	3	14	1
Pineapple <i>N/A</i>	1 ea	56	50	0	0	0	0	0	10	13	1	10	1
Strawberries <i>N/A</i>	1/4 cup	38	50	0	0	0	0	0	0	11	2	8	1
Watermelon <i>N/A</i>	1 ea	280	30	0	1	0	0	0	0	8	1	7	1

	Serving Size	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BEVERAGES												
SOFT DRINKS												
Pepsi N/A	20 fl oz	250	0	0	0	0	0	75	67	0	67	0
Pepsi Diet N/A	20 fl oz	0	0	0	0	0	0	62	0	0	0	0
Dr. Pepper N/A	20 fl oz	250	0	0	0	0	0	92	67	0	67	0
Dr. Pepper Diet N/A	20 fl oz	0	0	0	0	0	0	100	0	0	0	0
Fruit Punch N/A	20 fl oz	275	0	0	0	0	0	62	75	0	75	0
Sierra Mist N/A	20 fl oz	250	0	0	0	0	0	50	67	0	67	0
Mountain Dew N/A	20 fl oz	275	0	0	0	0	0	87	72	0	72	0
Mountain Dew Diet N/A	20 fl oz	10	0	0	0	0	0	85	0	0	0	0
Orange N/A	20 fl oz	275	0	0	0	0	0	62	77	0	77	0
Root Beer N/A	20 fl oz	250	0	0	0	0	0	37	65	0	65	0
Coke Classic N/A	20 fl oz	240	0	0	0	0	0	75	65	0	65	0
Coke Diet N/A	20 fl oz	0	0	0	0	0	0	40	0	0	0	0
Fruit Punch N/A	20 fl oz	270	0	0	0	0	0	90	74	0	74	0
Ginger Ale N/A	20 fl oz	220	0	0	0	0	0	60	59	0	59	0
Sprite N/A	20 fl oz	240	0	0	0	0	0	110	64	0	64	0
Mellow Yellow N/A	20 fl oz	290	0	0	0	0	0	75	78	0	78	0
Mr. Pibb N/A	20 fl oz	240	0	0	0	0	0	70	65	0	65	0
COFFEE & TEA & HOT CHOCOLATE												
Coffee N/A	8 fl oz	7	0	0	0	0	0	0	1	0	0	0
Decaffeinated Coffee N/A	8 fl oz	7	0	0	0	0	0	0	2	0	0	0
Hot Chocolate Contains Milk, Wheat, Soy	6 fl oz	50	0	0	0	0	0	180	10	1	8	2
Brewed Tea Unsweetened N/A	12 fl oz	0	0	0	0	0	0	5	0	0	0	0

	Serving Size	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BEVERAGES												
COFFEE & TEA & HOT CHOCOLATE												
Brewed Tea Sweetened <i>N/A</i>	12 fl oz	91	0	0	0	0	0	0	21	0	21	0
Hot Tea <i>N/A</i>	8 fl oz	0	0	0	0	0	0	0	0	0	0	0
Whole Milk <i>Contains Milk</i>	8 fl oz	158	138	66	5	2	0	23	97	11	0	11
2% Milk <i>Contains Milk</i>	8 fl oz	89	113	41	5	2	0	18	107	11	0	11
Skim Milk <i>Contains Milk</i>	8 fl oz	83	77	2	0	0	0	5	95	11	0	11
Child's Beverage <i>N/A</i>	12 fl oz	150	0	0	0	0	0	0	45	40	0	40
Chocolate Milk <i>Contains Milk</i>	8 fl oz	190	188	70	7	5	0	27	136	23	2	23