



Parker's kitchen

Item	Allergens	Single Portion															
			Total Calories	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (MG)	Sodium (MG)	Total Carbohydrate (G)	Dietary Fiber (G)	Total Sugars (G)	Added Sugars (G)	Protein (G)	Vitamin D (UG)	Calcium (MG)	Iron (G)	Potassium (MG)
Breakfast																	
3 Chicken Tenders	Milk, Wheat	275 (g)	570	22	3	0	85	4360	55	3	0	0	41	0	0	1.1	0
5 Chicken Tenders	Milk, Wheat	453.6 (g)	950	37	5	0	13	7200	90	5	0	0	68	0	0	1.8	0
8 Chicken Tenders	Milk, Wheat	725.74 (g)	1510	59	8	0	220	11520	144	7	0	0	109	0	0	2.9	0
Bacon Breakfast Bowl	Egg, Soy	243.81 (g)	320	19	6	0	445	780	16	1	0	0	23	2.5	70	3.3	280
Bacon Egg Cheese Biscuit	Egg, Milk, Soy, Wheat	167.26 (g)	510	32	15	0	155	1640	38	1	3	1	19	0	160	3.5	190
Bacon Egg Cheese Burrito	Egg, Milk, Wheat	161.59 (g)	530	32	13	0	170	1080	36	1	1	0	25	0	310	3.3	250
Biscuit	Milk, Soy, Wheat	87.89 (g)	260	11	8	0	0	840	35	1	3	1	5	0	50	2.2	0
Biscuits and gravy	Milk, Soy, Wheat	402.56 (g)	830	48	23	0	35	2570	85	2	6	2	17	0	100	4.8	310
Fried Fish (1 filet)	Fish (Swai), Soy	153.08 (g)	310	18	3	0	40	1060	20	3	0	0	18	0	0	3.7	0
Cheese Grits	Milk, Soy	212.62 (g)	140	1.5	1	0	0	500	29	2	0	0	3	0	0	0.9	0
Chicken Egg cheese Burrito	Egg, Milk, Wheat	218.29 (g)	590	30	11	0	175	1960	52	2	1	0	30	0	300	3.4	130
Chicken Tender Biscuit	Milk, Wheat	144.58 (g)	370	16	9	0	15	1730	46	2	3	1	14	0	50	2.4	0
Grits	Soy	113.4 (g)	70	0.5	0	0	0	260	16	1	0	0	2	0	0	0.5	0
Ham and Cheese on Croissant	Egg, Milk, Soy, Wheat	161.6 (g)	440	24	14	0	115	1580	36	1	4	7	21	0	110	2	490
Hash Brown	Soy	65.2 (g)	160	12	2.5	0	0	220	12	1	0	0	1	0	0	0	0
Sausage Breakfast Bowl	Egg, Soy	277.83 (g)	380	25	9	0.5	40	960	21	1	0	0	20	1.8	0	2.1	200
Sausage Biscuit	Milk, Soy, Wheat	144.58 (g)	480	32	16	0	40	1300	38	1	3	1	12	0	60	2.2	0
Sausage Egg and Cheese Croissant	Egg, Milk, Soy, Wheat	187.11 (g)	670	50	22	0	235	1270	36	1	4	3	21	0	140	3	180
Sausage Egg Cheese Biscuit	Egg, Milk, Soy, Wheat	206.95 (g)	650	46	21	0	180	1750	40	1	3	1	20	0	170	3.2	100
Sausage Egg Cheese Burrito	Egg, Milk, Wheat	195.61 (g)	560	37	14	0	170	1020	38	1	1	0	20	0	170	3	110
Sausage Gravy	Milk, Wheat	113.4 (g)	160	13	3.5	0	20	460	7	0	0	0	4	0	0	0	160
Sausage Patty		56.7 (g)	230	21	8	0	40	470	3	0	0	0	7	0	0	0	0
Scrambled Eggs	Egg	119.07 (g)	90	4	0.5	0.5	0	260	2	0	0	0	12	2	0	1.8	190
Smoked Sausage		56.7 (g)	160	14	4.5	0	35	510	3	0	1	0	7	0	40	0.7	110
Smoked Sausage Biscuit	Milk, Soy, Wheat	144.58 (g)	420	25	13	0	35	1340	38	1	4	1	12	0	90	2.9	110
Lunch																	
3 Chicken Tenders	Milk, Wheat	275 (g)	570	22	3	0	85	4360	55	3	0	0	41	0	0	1.1	0
5 Chicken Tenders	Milk, Wheat	453.6 (g)	950	37	5	0	13	7200	90	5	0	0	68	0	0	1.8	0
8 Chicken Tenders	Milk, Wheat	725.74 (g)	1510	59	8	0	220	11520	144	7	0	0	109	0	0	2.9	0
Bone-In Chicken Leg	Milk, Wheat	133.24 (g)	340	25	6	0	105	800	9	0	0	0	20	0	0	0.8	230
Bone-In Chicken Thigh	Milk, Wheat	215.46 (g)	530	39	10	0	190	870	10	0	0	0	33	0	0	1.3	390
Fried Fish (1 filet)	Fish (Swai), Soy	153.08 (g)	310	18	3	0	40	1060	20	3	0	0	18	0	0	3.7	0
Fried Fish Sandwich	Egg, Fish (Swai), Milk, Soy Wheat	201.28 (g)	310	14	2.5	0	25	1320	36	6	5	3	16	0	90	3.8	390
Cheeseburger	Milk, Soy, Wheat	164.43 (g)	490	32	13	0	95	550	26	5	5	3	29	0	180	2	150
Chicken Gizzards	Egg, Milk, Wheat	161.59 (g)	260	12	2	0	345	1010	12	1	0	0	25	0	0	303	310
Chicken Livers	Egg, Milk, Wheat	147.42 (g)	250	14	3	0	450	810	9	0	0	0	23	0	0	10.6	280
Chicken Tender Sandwich	Egg, Milk, Fish (Anchovy), Wheat	283.5 (g)	620	29	4.5	0	65	3530	63	7	7	3	34	0	90	2.7	180
Corn Dog	Egg, Milk, Wheat	255.15 (g)	840	58	12	0	70	1020	64	2	20	20	18	0	60	3.2	580
French Fries	Soy, Wheat	141.74 (g)	410	23	6	0	0	610	52	4	0	0	4	0	0	1.5	350
Hand Breaded Nuggets	Milk, Wheat	147.42 (g)	390	14	2	0	40	2300	47	1	0	0	19	0	0	1.3	190
Mac and Cheese	Milk, Soy, Wheat	136.06 (g)	320	8	3.5	0	15	570	52	2	3	0	10	0	90	1.9	200
Pepperoni Roll	Milk, Wheat	221.13 (g)	810	41	19	0	120	1640	64	2	2	0	38	0	0	0	0
Personal Pepperoni Pizza	Milk, Soy, Wheat	272.15 (g)	760	39	23	0	95	1760	63	3	7	5	40	0	40	4.2	320
Pork Chops	Milk, Wheat	133.24 (g)	400	31	10	0	80	770	9	0	0	0	20	0	0	1.1	400
Potato Logs	Milk, Wheat	141.75 (g)	330	17	2.5	0	0	2040	39	3	1	0	5	0	0	0	0
Spicy Chicken Tender Sandwich	Egg, Fish (Anchovy), Milk, Wheat	311.84 (g)	770	35	9	0	85	3880	65	7	7	3	41	0	240	2.7	125
Dinner Roll	Eggs, Milk, Soy, Wheat	28 (g)	90	2	1	0	15	75	15	1	0	5	3	0	15	1	45
Onion Rings	Milk, Wheat	113.40 (g)	150	0.5	0	0	0	460	35	2	4	1	4	0	0	2.7	80
Baked Goods																	
Brookie Brownie	Milk, Egg, Soy, Wheat	1 brownie	470	27	14	0.5	115	330	55	2	27	25	7	0	62	4	169
Chocolate Brownie	Egg, Milk, Soy, Wheat	1 brownie	440	21	6	0	85	240	62	2	39	38	4	0	30	2.7	0
Reese's Peanut Butter Cookie	Milk, Peanut, Soy, Wheat	1 cookie	630	38	17	0	40	480	66	2	46	43	11	0	55	2	256
Sugar Cookie	Egg, Milk, Soy, Wheat	1 cookie	580	30	13	0.5	65	190	73	17	36	35	6	0	17	3	63
Triple chocolate Cookie	Egg, Milk, Soy, Wheat	1 cookie	570	28	14	0	45	290	78	3	48	46	7		4%	30%	
Red Velvet Cookie	Egg, Milk, Soy, Wheat	1 cookie	570	27	14	0	50	270	78	2	50	48	7	0	90	3	157