

		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 (MG)	Potassium (MG)	Allergens
Item	Portion																
BREAKFAST																	
Chicken Tender Biscuit	1 each (144g)	370	16	9	0	20	1110	4	1	4	1	14	0	80	2.7	0	Wheat, Eggs, Milk, Soy
Sausage Biscuit	1 each (144g)	490	34	16	0	40	1270	36	1	4	2	11	0	80	2.6	95	Wheat, Milk
Sausage Egg Cheese Biscuit	1 each (206g)	610	43	20	0	170	1770	38	1	5	2	18	0.1	190	3.6	135	Wheat, Eggs, Milk, Soy
Smoked Sausage Biscuit	1 each (144g)	420	25	13	0	35	1340	38	1	4	1	12	0	90	2.9	110	Wheat, Milk
Bacon Egg Cheese Burrito	1 each (260g)	520	27	12	1	50	1220	38	1	1	0	32	2.2	290	4	370	Wheat, Milk, Eggs
Chicken Egg Cheese Burrito	1 each (289g)	560	25	10	1	60	1170	47	1	2	0	37	2.1	320	4.4	250	Wheat, Eggs, Milk, Soy
Sausage Egg Cheese Burrito	1 each (266g)	560	35	13	0.5	50	1130	37	1	2	1	26	1.9	160	4.1	320	Wheat, Milk, Eggs
Biscuits and Gravy	1 each (402g)	830	48	23	0	35	2570	85	2	6	2	17	0	100	4.8	310	Wheat, Milk
Catfish	2 each (300g)	600	35	6	0	100	1880	36	0	0	0	36	0	0	1.4	0	Wheat, Eggs, Milk, Fish, Soy
Cheese Grits	1 each (113g)	80	1	0	0	0	270	1	1	0	0	2	0	10	0.8	0.1	Milk, Soy
Scrambled Eggs	1 each (119g)	90	4	0.5	0.5	0	260	2	0	0	0	12	2	0	1.8	190	Eggs
Grits	1 each (113g)	80	1	0	0	0	260	1	1	0	0	2	0	0	0.8	0.1	Soy
Egg Casserole (small)	1 each (113g)	240	20	6	0	200	590	3	0	1	0	12	1	60	1.3	140	Eggs, Milk, Soy
Egg Casserole (large)	1 each (226g)	470	39	12	0	405	1180	5	0	2	0	24	2.1	120	2.7	280	Eggs, Milk, Soy
3 Chicken Tenders	1 each (280g)	510	21	3	0	110	1190	35	1	3	0	46	0	120	2.4	0	Wheat, Eggs, Soy
5 Chicken Tenders	1 each (453g)	850	36	5	0	185	1990	59	2	5	0	76	0	200	4	0	Wheat, Eggs, Soy
8 Chicken Tenders	1 each (725g)	1370	57	8	0	295	3190	95	4	8	0	122	0	320	6.4	0	Wheat, Eggs, Soy
Chicken Tender Sandwich	1 each (280g)	580	27	4.5	0	75	1410	56	7	10	4	35	0	180	4	140	Wheat, Eggs, Milk, Fish, Soy
Spicy Chicken Tender Sandwich	1 each (311g)	660	34	8	0	105	1680	51	6	9	3	43	0.1	320	3.6	125	Wheat, Eggs, Milk, Fish, Soy
Biscuit	1 each (87g)	260	11	8	0	0	840	35	1	3	1	5	0	50	2.2	0	Wheat, Milk
Bacon	2 each (30g)	80	7	2	0	15	330	0	0	0	0	5	0	0	0.2	80	
Sausage Patty	1 each (39g)	170	16	6	0	30	310	1	0	1	1	4	0	20	0.3	65	
Smoked Sausage	1 each (56g)	160	14	4.5	0	35	510	3	0	1	0	7	0	40	0.7	110	
Corned Beef Hash	1 each (113g)	250	17	7	0.5	35	680	16	1	1	1	8	0	10	1	260	
Hash Brown	2 each (130g)	160	12	2.5	0	0	220	12	1	0	0	1	0	0	0	0	Soy
Sausage Gravy	1 each (113g)	160	13	3.5	0	20	460	7	0	0	0	4	0	0	0.2	160	Wheat, Milk
White Bread	1 each (42g)	100	1	0	0	0	200	19	4	2	2	5	0	290	2.1	55	Wheat, Milk, Eggs
SWEETS																	
Brownie	1 each (113g)	440	21	6	0	85	240	62	2	39	0	4	0	30	2.7	0	Wheat, Eggs, Milk, Soy
Brookie	1 each (113g)	470	27	14	0.5	115	330	55	2	27	25	7	0	60	4	4	Wheat, Eggs, Milk, Soy
Triple Chocolate Cookie	1 each (128g)	460	16	7	0	45	310	79	2	27	0	6	0	26	7.2	210	Wheat, Eggs, Milk, Soy
Reese's Peanut Butter Cup Cookie	1 each (128g)	580	41	19	0	40	330	59	5	35	0	14	52	3.6	0	0	Wheat, Eggs, Milk, Soy, Peanuts
LUNCH																	
Chicken Tender Sandwich	1 each (280g)	580	27	4.5	0	75	1410	56	7	10	4	35	0	180	4	140	Wheat, Eggs, Milk, Fish, Soy
Spicy Chicken Tender Sandwich	1 each (311g)	660	34	8	0	105	1680	51	6	9	3	43	0.1	320	3.6	125	Wheat, Eggs, Milk, Fish, Soy
3 Chicken Tenders	1 each (280g)	510	21	3	0	110	1190	35	1	3	0	46	0	120	2.4	0	Wheat, Eggs, Soy
5 Chicken Tenders	1 each (453g)	850	36	5	0	185	1990	59	2	5	0	76	0	200	4	0	Wheat, Eggs, Soy
8 Chicken Tenders	1 each (725g)	1370	57	8	0	295	3190	95	4	8	0	122	0	320	6.4	0	Wheat, Eggs, Soy
Mac & Cheese (small)	1 each (113g)	480	26	14	0	145	1160	42	3	4	0	27	0	0	0	0	Wheat, Milk
Mac & Cheese (large)	1 each (226g)	960	46	28	0	290	2330	84	6	8	0	54	0	0	0	0	Wheat, Milk
Fried Okra (small)	1 each (100g)	220	14	2	0	0	350	21	1	2	0	3	0	40	1	125	Soy
Fried Okra (large)	1 each (200g)	440	28	4	0	0	700	42	2	4	0	6	0	80	2	250	Soy
Potato Logs (5)	5 each (297g)	710	36	5	0	1	1780	88	7	7	0	10	0	220	2.7	720	Wheat, Eggs, Soy
Corn Dog	2 each (170g)	610	42	9	0	45	930	47	2	15	0	13	0	80	0.7	0	Wheat, Eggs, Milk, Soy
Egg Roll	2 each (181g)	480	32	7	0	20	970	39	4	6	2	14	0	60	3.2	450	Wheat, Eggs, Fish, Soy
Yeast Roll	1 each (45g)	150	5	1	0	10	260	23	1	4	0	3	0	0	0.7	0	Wheat, Eggs, Milk, Soy
White Bread	1 each (42g)	100	1	0	0	0	200	19	4	2	2	5	0	290	2.1	55	Wheat, Milk, Eggs
Pork Chop	1 each (136g)	360	31	10	0	80	60	0	0	0	0	19	0	0	1.1	400	Wheat, Eggs, Milk, Soy
Catfish	2 each (300g)	600	35	6	0	100	1880	36	0	0	0	36	0	0	1.4	0	Wheat, Eggs, Milk, Fish, Soy
Livers	1 each (136g)	240	13	2.5	0	400	370	10	0	1	0	21	0	40	11	260	Wheat, Eggs, Soy
Gizzards	1 each (136g)	220	10	1.5	0	275	430	12	0	1	0	21	0	50	3.2	270	Wheat, Eggs, Soy
Collard Greens	1 each (113g)	30	0.5	0	0	0	490	5	3	1	0	2	0	100	1	85	Soy
Bone-In Chicken (Leg)	1 each (133g)	300	25	6	0	105	95	0	0	0	0	18	0.1	10	0.5	230	Wheat, Eggs, Milk, Soy
Bone-In Chicken (Thigh)	1 each (212g)	490	39	10	0	190	160	0	0	0	0	32	0.2	10	1.3	390	Wheat, Eggs, Milk, Soy
Mashed Potatoes (small)	1 each (113g)	160	10	6	0	25	430	15	2	1	0	3	0	50	0.3	360	Milk
Mashed Potatoes (large)	1 each (226g)	310	19	12	0	50	860	30	3	2	0	5	0	100	0.5	720	Milk
Brown Gravy	1 each (56g)	20	1	0	0	0	350	3	0	0	0	0	0	0	0	0	Wheat, Soy
White Bread	1 each (42g)	100	1	0	0	0	200	19	4	2	2	5	0	290	2.1	55	Wheat, Milk, Eggs
Whiting	1 each (124g)	180	9	1	0	50	240	5	0	0	0	21	0	60	1.3	0	Wheat, Eggs, Milk, Fish, Soy
Green Beans (small)	1 each (113g)	20	0	0	0	0	690	4	2	2	0	1	0	20	0	0	
Green Beans (large)	1 each (226g)	40	0	0	0	0	1390	8	4	4	0	2	0	40	0	0	
Ox Tails	1 each (226g)	540	41	16	0	145	600	1	0	0	0	42	0	0	3.5	510	Wheat, Soy
White Rice	1 each (113g)	130	2	1.5	0	5	270	25	0	0	0	2	0	10	1.4	35	Milk
Peach Cobbler	1 each (113g)	230	8	4	0	5	210	38	1	22	19	2	0	7	1	80	Wheat
She-Crab Soup	1 each (123g)	180	14	7	0	55	380	7	0	4	0	6	0.9	90	0.3	110	Wheat, Milk, Fish, Crustaceans, Soy
Chicken Noodle Soup	1 each (123g)	80	1.5	0	0	25	920	13	1	1	0	5	0	0	0.8	0	Eggs, Soy, Wheat
Red Pepper Gouda Soup	1 each (123g)	140	10	4	0	20	420	8	2	6	2	3	0.1	80	0.5	260	Milk, Soy, Wheat
Potato Bacon Soup	1 each (123g)	130	4.5	1.5	0	10	880	19	2	2	0	3	0	0	0	370	Milk, Soy, Wheat
Italian Wedding with Meatballs Soup	1 each (123g)	110	3.5	1.5	0	10	740	13	1	1	0	5	0	30	0.9	150	Wheat, Eggs, Milk, Soy
Field Peas	1 each (141g)	130	0.5	0	0	0	790	25	8	1	0	11	0	26	1.8	0	
Baked Spaghetti	1 each (226g)	380	18	7	0.5	80	910	26	2	6	0	29	0	130	3.8	450	Wheat, Milk, Soy
Beef Stew	1 each (226g)	180	7	2	0	40	1490	17	2	1	0	14	0	30	1.2	410	Wheat, Soy
Shrimp Gumbo	1 each (226g)	370	21	7	0	235	1080	6	0	1	0	38	0	90	2.2	10	Wheat, Milk, Crustaceans
Shrimp with Sauce	1 each (226g)	400	25	8	0	250	1240	5	0	0	0	39	0.8	90	2.9	140	Wheat, Milk, Crustaceans
Grits	1 each (113g)	80	1	0	0	0	260	1	1	0	0	2	0	0	0.8	0.1	Soy