



Item	Portion	Nutritional Information															Allergens
		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)	
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
8 Count Chicken Nuggets	1 each (147g)	300	14	2	0	40	880	28	0	0	0	16	0	0	1.3	190	Wheat, Eggs, Milk, Soy
12 Count Chicken Nuggets	1 each (295g)	610	28	4	0	80	1770	57	0	0	0	33	0	0	2.7	380	Wheat, Eggs, Milk, 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	1 each (112g)	300	15	4	0	35	510	32	1	10	10	9	0	30	1.6	290	Wheat, Eggs, Milk, Soy
Egg Roll	1 each (85g)	180	9	2.5	0	10	490	20	2	3	1	7	0	30	1.6	230	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