

Cowboy Chicken

	Portion Size			Calories	Large	TX	Based on individual		Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free
	(oz)	Individual	Large				Total Fat (g)	Total Fat (g)											
Whole Chicken		17.2		1172				66	18	0	14	26	428	2620	2	0	0	132	YES
½ Chicken		8.6		586				33	9	0	7	13	214	1310	1	0	0	66	YES
½ Chicken (All White)		10.2		573				22	6	0	5	9	242	1296	1	0	0	86	YES
¼ Chicken Dark		3.4		245				15	4	0	3	6	87	646	0	0	0	25	YES
¼ Chicken White		5.1		286				11	3	0	2	4	121	664	0	0	0	43	YES
3 Pc Chicken Dark		5.1		368				22	6	0	5	9	131	961	1	0	0	37	YES
BBQ Drumsticks		5.3		518				30	7	0	10	10	136	1370	16	0	16	40	YES
2 Enchiladas		10.2		553				36	18	0	2	7	119	1138	24	5	8	32	YES
3 Enchiladas		16		759				48	23	0	2	8	164	1501	34	6	11	46	YES
BBQ Chicken Sandwich		12		640				22.5	10	0	2	5	135	1440	74	1	25	34	
Blue Ribbon Chicken Salad Sandwich		10.4		458				15	3	0	1	2	115	536	31	3	5	45	
The Original Cowboy Sandwich		10.6		850				200	6	0	1	1	135	2140	112	6	35	54	
Laredo Sandwich		10.6		740				31.5	14	0	1	2	165	1260	60	2	11	51	
Black Beans		5	10	15.0	106	212	283	1	0	0	0	0	1	575	19	8	2	6	YES
Roasted Veggies		5	10	15.0	100	200	300	7	1	0	0	0	0	45	9	3	4	3	YES
Corn Fritters		4	8	12.0	408	816	1224	25	4	0	9	4	0	580	42	3	3	4	
Creamed Spinach		5	10	15.0	220	440	660	18	9	0	1	2	29	601	10	2	2	6	
Twice Baked Potatoes		5	10	15.0	174	348	522	9	5	0	0	1	15	275	20	2	3	4	YES
Fresh Cut French Fries		6	12	18.0	210	420	630	10.6	1.4	0	0	0	0	164	26	3	1.2	3	
Fried Okra		4	8	12.0	273	546	819	17	3	0	9	4	0	892	26	3	2	4	
Green Beans		4	8	12.0	56	112	168	3	0	0	0	2	0	248	8	4	1	2	YES
Mac and Cheese		5	10	15.0	308	616	924	16	7	2	0	2	26	950	31	1	5	9	
Kaleblazer		5	10	15.0	120	240	360	7	0.4	0	0	0	0	372	20	5	14	4	YES
Ranchero Beans		5	10	15.0	110	220	330	2	0	0	0	1	0	778	19	6	1	6	YES
Garden Salad (no dressing)		4	8	12.0	21	42	63	0	0	0	0	0	0	9.2	4	2	2	1	YES
Spanish Rice		5	10	15.0	100	200	300	0.25	0	0	0	0	0	245	22	0.5	1	2	YES
Sweet Corn		5	10	15.0	178	356	534	8	3	0	1	0	0	523	27	3	0	4	YES
Baked Sweet Potatoes		5	10	15.0	127	254	381	0	0	0	0	0	0	51	29	5	9	3	YES
Tangy Tomato and Cucumber Salad		5	10	15.0	60	120	180	3	0	0	0	2	0	115	8	2	6	1	YES
Texas Style Jalapeño		1.5			22			2	0	0	1	1	0	0.1	1	0	1	0	
Dinner Roll		1.5		256				2.5	0	0	0	0	0	170	20	1	3	3	
West Texas Caesar		16		910				67	15	0	0	0	215	2235	28	5	10	56	YES (without tortilla strips)
Monterey Salad (no dressing)		16		580				34	17	0	0	0	185	780	14	9	4	57	
Southwest Chicken Salad (no dressing)		15.6		487				19	10	0	2	5	129	1167	28	8	4	50	YES (without tortilla strips)
Balsamic Vinaigrette		3		180				15	1.5	0	0	0	0	570	12	0	12	0	YES
House Dressing		3		204				15	2	0	2	11	0	629	16	0	6	0	YES
Housemade Ranch		3		297				31	4	0	0	0	29	777	2	0	2	1	YES
Chili Lime Vinaigrette		3		240				21	3	0	0	0	0	660	15	0	12	0	YES
Blush Wine Vinaigrette		3		360				21	1.5	0	0	0	0	1260	42	0	42	0	YES
Apple Crumb Cobbler		5	10	15	246	738		8	3	0	0	0	0	175	44	3	33	0	
Blackberry Cobbler		5	10	15	292	876		9	4	0	0	0	0	148	54	5	41	2	
Peach Cobbler		5	10	15	193	579		8	3	0	0	0	0	139	32	2	23	1	
Chocolate Chunk Cookie		4		540				26	12	0	0	0	35	370	67	3	27	10	
Snickerdoole Cookie		4		500				23	13	0	0	0	65	390	68	1	36	6	
Fudge Nut Brownie		3		350				18	7	0	0	0	105	120	46	3	36	4	
Vanilla Ice Cream		4		140		280		8	5	0	0	0	30	40	16	0	12	2	YES
Cowpoke 2 Drumsticks		3.4		225				12	4	0	3	5	88	645	0	0	0	25	YES
Cowpoke ½ Breast		2.5		105				2.5	0.5	0	0	0	63	240	0	0	0	21	YES
PB&J		7 oz		470				18	3	0	0	0	0	565	61	6	20	15	

