



	Portion Size (oz)			Calories	Based on individual			Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates		Sugars (g)	Protein (g)	Gluten Free
	Individual	Large	TX		Large	TX	(g)						(g)	(g)			
Whole Chicken	17.2			1172			66	18	0	428	2620	2	0	0	132	YES	
1/2 Chicken	8.6			586			33	9	0	214	1310	1	0	0	66	YES	
1/2 Chicken (All White)	10.2			573			22	6	0	242	1296	1	0	0	86	YES	
1/4 Chicken Dark	3.4			245			15	4	0	87	646	0	0	0	25	YES	
1/4 Chicken White	5.1			286			11	3	0	121	664	0	0	0	43	YES	
3 Piece Chicken Dark	5.1			368			22	6	0	131	961	1	0	0	37	YES	
BBQ Drumsticks	5.3			518			30	7	0	136	1370	16	0	16	40	YES	
2 Enchiladas	10.2			553			36	18	0	119	1138	24	5	8	32	YES	
3 Enchiladas	16			759			48	23	0	164	1501	34	6	11	46	YES	
BBQ Chicken Sandwich	12			640			22.5	10	0	135	1440	74	1	25	34		
Chicken Salad Sandwich	10.4			458			15	3	0	115	536	31	3	5	45		
Cowboy Chicken Sandwich	10.6			850			200	6	0	135	2140	112	6	35	54		
Laredo Sandwich	10.6			740			31.5	14	0	165	1260	60	2	11	51		
Black Beans	5	10	15.0	106	212	283	1	0	0	1	575	19	8	2	6	YES	
Roasted Veggies	5	10	15.0	100	200	300	7	1	0	0	45	9	3	4	3	YES	
Corn Fritters	4	8	12.0	408	816	1224	25	4	0	0	580	42	3	3	4		
Creamed Spinach	5	10	15.0	220	440	660	18	9	0	29	601	10	2	2	6		
Twice Baked Potatoes	5	10	15.0	174	348	522	9	5	0	15	275	20	2	3	4	YES	
French Fries	6	12	18.0	210	420	630	10.6	1.4	0	0	164	26	3	1.2	3		
Fried Okra	4	8	12.0	273	546	819	17	3	0	0	892	26	3	2	4		
Green Beans	4	8	12.0	56	112	168	3	0	0	0	248	8	4	1	2	YES	
Kaleblazer	5	10	15.0	120	240	360	7	0.4	0	0	372	20	5	14	4	YES	
Mac and Cheese	5	10	15.0	308	616	924	16	7	2	26	950	31	1	5	9		
Ranchero Beans	5	10	15.0	110	220	330	2	0	0	0	778	19	6	1	6	YES	
Small Garden Salad	4	8	12.0	21	42	63	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	245	22	0.5	1	2	YES	
Sweet Corn	5	10	15.0	178	356	534	8	3	0	0	523	27	3	0	4	YES	
Sweet Potatoes	5	10	15.0	127	254	381	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	115	8	2	6	1	YES	
Texas Style Jalapeño	1.5			22			2	0	0	0	0.1	1	0	1	0		
Dinner Roll	1.5			256			2.5	0	0	0	170	20	1	3	3		
West Texas Caesar	16			910			67	15	0	215	2235	28	5	10	56	YES	
Monterey Salad	16			580			34	17	0	185	780	14	9	4	57		
Monterey Salad with dressing	16			820			55	20	0	185	1440	29	9	16	57		
Southwest Chicken Salad	15.6			487			19	10	0	129	1167	28	8	4	50	YES	
Southwest Chicken Salad with Ranch	15.6			784			34	12	0	129	1796	44	8	10	50	YES	
Balsamic Vinaigrette	3			180			15	1.5	0	0	570	12	0	12	0	YES	
House Dressing	3			204			15	2	0	0	629	16	0	6	0	YES	
Housemade Ranch	3			297			31	4	0	29	777	2	0	2	1	YES	
Chili Lime Vinaigrette	3			240			21	3	0	0	660	15	0	12	0	YES	
Blush Wine Vinaigrette	3			360			21	1.5	0	0	1260	42	0	42	0	YES	
Apple Crumb Cobbler	5	10	15	246	492	738	8	3	0	0	175	44	3	33	0		
Blackberry Cobbler	5	10	15	292	584	876	9	4	0	0	148	54	5	41	2		
Peach Cobbler	5	10	15	193	386	579	8	3	0	0	139	32	2	23	1		
Chocolate Chunk Cookie	4			540			26	12	0	35	370	67	3	27	10		
Snickerdoodle Cookie	4			500			23	13	0	65	390	68	1	36	6		
Fudge Nut Brownie	3			350			18	7	0	105	120	46	3	36	4		
Vanilla Ice Cream	4		8	140		280	8	5	0	30	40	16	0	12	2	YES	
Sliders	8			480			19	0	0	90	820	43	2	6	33		
Cowpoke 2 Drumsticks	3.4			225			12	4	0	88	645	0	0	0	25	YES	
Cowpoke 1/2 Breast	2.5			105			2.5	0.5	0	63	240	0	0	0	21	YES	
PB&J	7 oz			470			18	3	0	0	565	61	6	20	15		