



	Portion Size (oz)	Individual	Large	TX	Calories	Large	TX	Based on individual	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free
Whole Chicken	17.2				1172				66	18	0	428	2620	2	0	0	132	YES
½ Chicken	8.6				586				33	9	0	214	1310	1	0	0	66	YES
½ Chicken (All White)	10.2				573				22	6	0	242	1296	1	0	0	86	YES
½ Chicken Dark	3.4				245				15	4	0	87	646	0	0	0	25	YES
½ 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	
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				21.5	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		
Tortilla Soup	6	12		161	322			9	4	0	24	592	13	2	4	8	YES	
Dinner Roll	1.5			256				2.5	0	0	0	170	20	1	3	3		
Farmhouse Salad no dressing	16			750				31	10	0	165	1210	74	9	55	55	YES	
Farmhouse Salad w/Blush Vinaigrette	16			1110				52	11.5	0	165	2470	116	9	97	55	YES	
Monterey Salad no dressing	16			580				34	17	0	185	780	14	9	4	57		
Monterey Salad w/Chili Lime Vinaigrette	16			820				55	20	0	185	1440	29	9	16	57		
Southwest Chicken Salad no dressing	15.6			487				19	10	0	129	1167	28	8	4	50	YES	
Southwest Chicken Salad w/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 ½ 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		