



	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
¼ Chicken Dark	3.4				245				15	4	0	87	646	0	0	0	25	YES
¼ 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	7.95				777				45	10.5	0	204	2055	24	0	24	60	
Texas Hot Drumsticks	7.95				675				36	12	0	264	2505	0	0	0	75	
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	
Apples	3.2				47				0.15	0.05	0	0	1	12.5	2.2	9.5	0.25	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	176	352	528			14.9	1.2	0	0	730.5	33.8	5.8	6.9	3.5	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	91	182	273			4.2	0.3	0	0	252	13.2	2	13.2	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
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	