

## Cowboy Chicken Menu Analysis Book

Rotisserie Plates		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Half Chicken (1 serving)		269	58	6	2	0	149	3221	2	0	0	47	178	3	33	2
Half Chicken, All White Meat (1 serving)		289	29	3	1	0	148	2730	2	0	0	59	125	3	36	2
Quarter White (1 serving)		147	15	2	0	0	74	2151	1	0	0	30	84	2	20	1
Three Piece Dark (1 serving)		203	67	7	2	0	129	2036	1	0	0	31	162	1	22	2
Just Chicken Items		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Half Chicken (1 serving)		269	58	6	2	0	149	3221	2	0	0	47	178	3	33	2
Half Chicken, All White Meat (1 serving)		289	29	3	1	0	148	2730	2	0	0	59	125	3	36	2
Whole Chicken (1 serving)		538	117	13	3	0	298	6442	4	1	1	95	357	5	65	4
Crispy Drumsticks		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Crispy Drumsticks Meal (1 serving)		290	184	20	4	2	103	106	0	0	0	25	121	3	14	1
Crispy Drumsticks Meal (1 serving) with Dry Rub Choice Lemo		293	184	20	4	2	103	500	1	0	0	25	126	3	22	2
Crispy Drumsticks Meal (1 serving) with Dry Rub Choice Texa		290	184	20	4	2	103	501	0	0	0	25	121	3	18	1
Crispy Drumsticks Meal (1 serving) with Sauce Choice Barbec		370	184	20	4	2	103	486	20	0	18	25	421	8	54	2
Crispy Drumsticks Meal (1 serving) with Sauce Choice Buffal		322	206	23	5	2	104	1347	2	0	1	25	1105	4	21	1
Crispy Drumsticks Snack (1 serving)		172	108	12	3	1	62	64	0	0	0	15	73	2	8	1
Crispy Drumsticks Snack (1 serving) with Dry Rub Choice Len		173	109	12	3	1	62	263	0	0	0	15	75	2	13	1
Crispy Drumsticks Snack (1 serving) with Dry Rub Choice Tex		172	108	12	3	1	62	264	0	0	0	15	73	2	10	1
Crispy Drumsticks Snack (1 serving) with Sauce Choice Barbe		210	108	12	3	1	62	246	10	0	9	15	217	4	28	1
Crispy Drumsticks Snack (1 serving) with Sauce Choice Buffa		187	119	13	3	1	62	659	1	0	1	15	545	2	12	1
Famous Chicken Enchiladas		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
2 Enchiladas (1 serving)		810	448	50	32	0	221	2683	39	7	8	46	2668	6	617	1
3 Enchiladas (1 serving)		942	484	54	33	0	248	3188	50	8	8	59	2882	7	624	1
Ranch Hand Sandwiches		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Chicken Sandwich (1 serving)		882	415	46	28	0	203	1639	69	1	33	49	1512	12	704	3
Blue Ribbon Chicken Salad Sandwich (1 serving)		563	248	28	4	0	62	716	45	4	5	31	4391	18	172	3
Buffalo Chicken Sandwich (1 serving)		558	173	19	6	1	84	4336	54	2	11	42	2506	6	66	3
Buffalo Chicken Sandwich (1 serving) with Dressing Choice B		983	578	64	15	1	121	4786	57	2	13	44	2506	6	166	3
Buffalo Chicken Sandwich (1 serving) with Dressing Choice R		806	402	45	10	1	98	5135	58	3	13	43	2716	7	126	3
Laredo Sandwich (1 serving)		910	469	52	24	0	222	1111	42	2	8	68	1083	9	458	3
The Original Cowboy Sandwich (1 serving)		525	163	18	6	0	102	595	43	3	8	47	4641	15	64	3
Things In Bowls		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Durango Bowl (1 serving)		834	215	24	10	0	113	3345	96	11	16	53	3195	48	118	6
Keto Bowl (1 serving)		1250	912	101	10	0	110	1635	36	14	9	47	6840	199	289	6
Monterey Salad (1 serving)		838	485	54	24	0	259	743	14	8	5	73	12002	59	640	5
Southwest Salad (1 serving)		1350	770	86	32	0	256	2671	65	13	13	79	12543	66	850	5
Salad Dressings		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Dressings (2 fluid ounces)		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Balsamic Vin		120	90	10	1	0	0	400	10	0	8	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Blue Cheese		340	324	36	7	0	30	360	2	0	2	2	0	0	80	0
Dressings (2 fluid ounces) with Dressing Choice Chili Lime		160	126	14	2	0	0	440	10	0	8	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Fuji Apple Ci		220	144	16	3	0	0	260	16	0	16	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Honey Musta		260	198	22	3	0	20	320	16	0	14	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Ranch		199	184	20	3	0	12	639	3	0	2	1	168	1	48	0
Dressings (4 fluid ounces)		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Balsamic Vin		240	180	20	2	0	0	800	20	0	16	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Blue Cheese		680	648	72	14	0	60	720	4	0	4	4	0	0	160	0
Dressings (4 fluid ounces) with Dressing Choice Chili Lime		320	252	28	4	0	0	880	20	0	16	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Fuji Apple Ci		440	288	32	6	0	0	520	32	0	32	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Honey Musta		520	396	44	6	0	40	640	32	0	28	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Ranch		397	367	41	7	0	24	1278	5	0	4	3	336	2	95	0
Wild West Sides		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Baked Mac and Cheese, Individual (1 serving)		246	109	12	6	0	24	743	27	1	5	7	249	0	120	1
Baked Mac and Cheese, Large (1 serving)		492	218	24	11	0	49	1487	54	2	10	14	499	0	240	2
Baked Mac and Cheese, Texas Size (1 serving)		738	326	36	17	0	73	2230	82	3	15	21	748	0	359	3
Baked Sweet Potatoes, Individual (1 serving)		124	1	0	0	0	0	79	29	4	6	2	20110	3	43	1
Baked Sweet Potatoes, Large (1 serving)		247	1	0	0	0	0	157	57	9	12	4	40219	7	85	2
Baked Sweet Potatoes, Texas Size (1 serving)		371	2	0	0	0	0	236	86	13	18	7	60329	10	128	3
Chips and Salsa, Large (1 serving)		464	110	12	1	1	0	1910	82	11	9	10	1528	20	22	1
Chips and Salsa, Small (1 serving)		232	55	6	0	0	0	955	41	6	4	5	764	10	11	1
Chips and Salsa, Texas Size (1 serving)		928	221	25	2	1	0	3820	164	22	18	20	3057	40	43	3

Corn Fritters, Individual (1 serving)	244	84	9	1	0	0	711	36	2	2	4	3	0	25	1
Corn Fritters, Large (1 serving)	487	167	19	3	1	0	1422	73	5	5	7	6	0	49	2
Corn Fritters, Texas Size (1 serving)	731	251	28	4	1	0	2133	109	7	7	11	9	0	74	3
Cowboy Caviar, Individual (1 serving)	78	4	0	0	0	0	271	14	4	2	4	223	5	29	2
Cowboy Caviar, Large (1 serving)	164	8	1	0	0	0	573	30	8	4	8	471	10	62	4
Cowboy Caviar, Texas Size (1 serving)	246	13	1	0	0	0	859	45	11	5	13	706	15	93	6
Creamed Spinach, Individual (1 serving)	313	207	23	14	0	58	768	14	3	4	9	9400	28	259	3
Creamed Spinach, Large (1 serving)	585	386	43	26	0	109	1436	27	5	8	17	17563	51	484	5
Creamed Spinach, Texas Size (1 serving)	824	544	60	37	0	153	2022	37	7	11	24	24737	72	682	8
French Fries, Individual (1 serving)	335	178	20	5	1	0	904	36	4	0	4	4	0	24	1
French Fries, Large (1 serving)	670	356	40	9	2	0	1808	73	8	0	8	8	0	47	3
French Fries, Texas Size (1 serving)	1005	533	59	14	2	0	2712	109	12	0	12	11	0	71	4
Fried Chicken Breast Add On (1 serving)	226	46	5	1	1	82	1490	9	0	1	34	72	2	26	1
Fried Okra, Individual (1 serving)	155	20	2	0	0	0	687	28	1	3	4	3	4	53	1
Fried Okra, Large (1 serving)	310	41	5	1	1	0	1373	56	3	5	8	6	8	107	3
Fried Okra, Texas Size (1 serving)	465	61	7	1	1	0	2060	85	4	8	12	9	12	160	4
Garden Salad, Large (1 serving)	65	5	1	0	0	0	22	12	5	5	4	9028	44	79	2
Garden Salad, Large (1 serving) with Dressing Choice Balsarr	305	185	21	2	0	0	822	32	5	21	4	9028	44	79	2
Garden Salad, Large (1 serving) with Dressing Choice Blue C	745	653	73	14	0	60	742	16	5	9	8	9028	44	239	2
Garden Salad, Large (1 serving) with Dressing Choice Chili Li	385	257	29	4	0	0	902	32	5	21	4	9028	44	79	2
Garden Salad, Large (1 serving) with Dressing Choice Fuji Ap	505	293	33	6	0	0	542	44	5	37	4	9028	44	79	2
Garden Salad, Large (1 serving) with Dressing Choice Honey	585	401	45	6	0	40	662	44	5	33	4	9028	44	79	2
Garden Salad, Large (1 serving) with Dressing Choice Ranch	462	372	41	7	0	24	1300	17	5	9	6	9364	46	174	2
Garden Salad, Small (1 serving)	32	2	0	0	0	0	11	6	3	2	2	4514	22	39	1
Garden Salad, Small (1 serving) with Dressing Choice Balsarr	152	92	10	1	0	0	411	16	3	10	2	4514	22	39	1
Garden Salad, Small (1 serving) with Dressing Choice Blue C	372	326	36	7	0	30	371	8	3	4	4	4514	22	119	1
Garden Salad, Small (1 serving) with Dressing Choice Chili Li	192	128	14	2	0	0	451	16	3	10	2	4514	22	39	1
Garden Salad, Small (1 serving) with Dressing Choice Fuji Ap	252	146	16	3	0	0	271	22	3	18	2	4514	22	39	1
Garden Salad, Small (1 serving) with Dressing Choice Honey	292	200	22	3	0	20	331	22	3	16	2	4514	22	39	1
Garden Salad, Small (1 serving) with Dressing Choice Ranch	231	186	21	3	0	12	650	8	3	4	3	4682	23	87	1
Garden Salad, Texas Size (1 serving)	97	7	1	0	0	0	32	18	8	7	5	13542	66	118	3
Garden Salad, Texas Size (1 serving) with Dressing Choice B.	457	277	31	3	0	0	1232	48	8	31	5	13542	66	118	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Bl	1117	979	109	21	0	90	1112	24	8	13	11	13542	66	358	3
Garden Salad, Texas Size (1 serving) with Dressing Choice C	577	385	43	6	0	0	1352	48	8	31	5	13542	66	118	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Fi	757	439	49	9	0	0	812	66	8	55	5	13542	66	118	3
Garden Salad, Texas Size (1 serving) with Dressing Choice H	877	601	67	9	0	60	992	66	8	49	5	13542	66	118	3
Garden Salad, Texas Size (1 serving) with Dressing Choice R	693	558	62	10	0	36	1950	25	8	13	9	14046	68	261	4
Green Beans, Individual (1 serving)	169	127	14	1	0	0	337	8	4	2	2	787	18	44	1
Green Beans, Large (1 serving)	339	255	28	2	0	0	674	17	8	3	4	1574	37	88	2
Green Beans, Texas Size (1 serving)	508	382	42	3	0	0	1012	25	12	5	6	2361	55	133	4
Jalapeno Cole Slaw, Individual (1 serving)	176	133	15	4	0	17	283	8	2	4	2	1777	30	67	1
Jalapeno Cole Slaw, Large (1 serving)	352	265	29	8	0	35	566	17	5	9	4	3553	61	135	1
Jalapeno Cole Slaw, Texas Size (1 serving)	528	398	44	11	0	52	849	25	7	13	6	5330	91	202	2
Kaleblazer Slaw, Individual (1 serving)	266	139	15	3	0	0	242	27	4	21	2	19	0	65	1
Kaleblazer Slaw, Large (1 serving)	531	279	31	5	0	0	485	55	7	41	5	38	0	131	2
Kaleblazer Slaw, Texas Size (1 serving)	797	418	46	8	0	0	727	82	11	62	7	57	0	196	3
Mexican Street Corn, Double (1 serving)	536	334	37	16	0	21	1061	39	6	7	9	1810	16	128	1
Mexican Street Corn, Single (1 serving)	270	168	19	8	0	10	567	19	3	4	5	1007	8	68	1
Mexican Street Corn, Triple (1 serving)	802	501	56	24	0	31	1555	58	8	11	14	2614	23	188	2
Ranchero Beans, Individual (1 serving)	75	4	0	0	0	0	501	13	3	1	4	306	3	40	1
Ranchero Beans, Large (1 serving)	149	8	1	0	0	0	1002	26	7	3	7	613	6	81	2
Ranchero Beans, Texas Size (1 serving)	224	13	1	0	0	0	1503	39	10	4	11	919	9	121	4
Roasted Broccoli, Individual (1 serving)	259	227	25	2	0	0	178	5	2	1	3	2527	80	46	1
Roasted Broccoli, Large (1 serving)	452	397	44	3	0	0	312	9	3	2	5	4423	140	80	2
Roasted Broccoli, Texas Size (1 serving)	620	545	61	4	0	0	428	13	4	3	6	6065	192	110	2
Spanish Rice, Individual (1 serving)	168	24	3	1	0	0	1067	32	1	2	3	737	11	6	1
Spanish Rice, Large (1 serving)	336	49	5	2	0	0	2134	65	2	5	6	1474	21	11	3
Spanish Rice, Texas Size (1 serving)	504	73	8	3	0	0	3201	97	3	7	9	2211	32	17	4
Sweet Corn, Individual (1 serving)	212	106	12	6	0	0	389	23	3	4	4	692	8	3	1
Sweet Corn, Large (1 serving)	425	211	23	12	0	0	777	45	6	8	8	1383	16	5	1
Sweet Corn, Texas Size (1 serving)	637	317	35	18	0	0	1166	68	10	11	11	2075	24	8	2
Tomato Cucumber Salad, Individual (1 serving)	22	1	0	0	0	0	2	4	1	2	1	468	8	10	0

Tomato Cucumber Salad, Large (1 serving)	47	1	0	0	0	0	4	9	2	5	2	988	17	21	1
Tomato Cucumber Salad, Texas Size (1 serving)	70	2	0	0	0	0	6	14	3	8	3	1482	25	32	1
Twice Baked Potaters, Individual (1 serving)	202	98	11	7	0	26	338	21	2	3	5	342	12	108	0
Twice Baked Potaters, Large (1 serving)	404	196	22	13	0	51	677	42	3	5	11	684	25	216	1
Twice Baked Potaters, Texas Size (1 serving)	606	293	33	20	0	77	1015	62	5	8	16	1026	37	324	1
Veggie Plate (1 serving)	120	23	3	0	0	0	170	20	1	3	3	0	5	0	1
Veggie Plate (1 serving) with Side Choice Baked Mac and Ch	366	132	15	6	0	24	913	47	2	8	10	249	5	120	2
Veggie Plate (1 serving) with Side Choice Baked Sweet Potat	244	24	3	0	0	0	249	49	5	9	5	20110	8	43	2
Veggie Plate (1 serving) with Side Choice Corn Fritters	364	106	12	1	0	0	881	56	3	5	7	3	5	25	2
Veggie Plate (1 serving) with Side Choice French Fries	455	201	22	5	1	0	1074	56	5	3	7	4	5	24	3
Veggie Plate (1 serving) with Side Choice Fried Okra	275	43	5	0	0	0	857	48	2	6	7	3	9	53	2
Veggie Plate (1 serving) with Side Choice Garden Salad	153	25	3	0	0	0	181	26	4	5	5	4514	27	39	2
Veggie Plate (1 serving) with Side Choice Green Beans	290	150	17	1	0	0	507	28	5	5	5	787	23	44	2
Veggie Plate (1 serving) with Side Choice Kaleblazer Slaw	386	162	18	3	0	0	412	47	5	24	5	19	5	65	2
Veggie Plate (1 serving) with Side Choice Rancho Beans	195	27	3	0	0	0	671	33	4	4	7	306	8	40	2
Veggie Plate (1 serving) with Side Choice Spanish Rice	288	47	5	1	0	0	1237	52	2	5	6	737	15	6	2
Veggie Plate (1 serving) with Side Choice Sweet Corn	333	128	14	6	0	0	559	43	4	7	7	692	13	3	2
Veggie Plate (1 serving) with Side Choice Tomato and Cucur	151	24	3	0	0	0	173	26	2	6	4	650	16	14	2
Veggie Plate (1 serving) with Side Choice Twice Baked Potate	322	121	13	7	0	26	508	41	3	6	8	342	17	108	1

<b>Desserts</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturate d Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Choleste rol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Banana Pudding, Individual (1 serving)	340	105	12	8	0	10	307	54	0	42	3	99	0	100	0
Banana Pudding, Texas Size (1 serving)	1020	314	35	23	0	29	920	162	0	127	10	297	0	299	1
Fresh Baked Cookie (1 cookie)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fresh Baked Cookie (1 cookie) with Chocolate Chunk Cookie	520	216	24	14	0	20	360	68	4	40	4	0	0	28	4
Fresh Baked Cookie (1 cookie) with Snickerdoodle Cookie	480	180	20	12	0	60	480	68	0	40	4	0	0	20	0
Fudge Nut Brownie (1 brownie)	360	189	21	2	1	90	135	45	3	35	5	0	0	30	2
Jeanette's Homemade Apple Cobbler, Individual (1 serving)	262	99	11	6	0	0	197	39	2	25	1	423	0	5	1
Jeanette's Homemade Apple Cobbler, Individual (1 serving) w	402	162	18	10	0	25	242	55	2	35	4	623	0	105	1
Jeanette's Homemade Apple Cobbler, Texas Size (1 serving)	787	297	33	18	0	0	591	117	6	76	3	1268	0	14	2
Jeanette's Homemade Apple Cobbler, Texas Size (1 serving)	1067	423	47	26	0	50	681	149	6	96	9	1668	0	214	2
Jeanette's Homemade Blackberry Cobbler, Individual (1 servi	276	114	13	7	0	0	178	38	4	25	2	619	14	25	1
Jeanette's Homemade Blackberry Cobbler, Individual (1 servi	416	177	20	11	0	25	223	54	4	35	5	819	14	125	1
Jeanette's Homemade Blackberry Cobbler, Texas Size (1 ser	827	342	38	20	0	0	535	113	11	75	6	1856	42	75	3
Jeanette's Homemade Blackberry Cobbler, Texas Size (1 ser	1107	468	52	28	0	50	625	145	11	95	12	2256	42	275	3
Jeanette's Homemade Peach Cobbler, Individual (1 serving)	214	99	11	6	0	0	159	28	1	19	2	423	0	5	1
Jeanette's Homemade Peach Cobbler, Individual (1 serving) \	354	162	18	10	0	25	204	44	1	29	5	623	0	105	1
Jeanette's Homemade Peach Cobbler, Texas Size (1 serving)	642	297	33	18	0	0	476	84	2	56	5	1268	0	16	2
Jeanette's Homemade Peach Cobbler, Texas Size (1 serving)	922	423	47	26	0	50	566	116	2	76	11	1668	0	216	2

<b>Drinks</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturate d Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Choleste rol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Barq's Root Beer (22 fluid ounces)	183	0	0	0	0	0	40	50	0	50	0	0	0	0	0
Barq's Root Beer (24 fluid ounces)	200	0	0	0	0	0	43	54	0	54	0	0	0	0	0
Barq's Root Beer (32 fluid ounces)	266	0	0	0	0	0	58	72	0	72	0	0	0	0	0
Coke (22 fluid ounces)	163	0	0	0	0	0	10	45	0	45	0	0	0	0	0
Coke (24 fluid ounces)	178	0	0	0	0	0	11	49	0	49	0	0	0	0	0
Coke (32 fluid ounces)	238	0	0	0	0	0	14	65	0	65	0	0	0	0	0
Coke Zero (22 fluid ounces)	1	0	0	0	0	0	46	0	0	0	0	0	0	0	0
Coke Zero (24 fluid ounces)	1	0	0	0	0	0	50	0	0	0	0	0	0	0	0
Coke Zero (32 fluid ounces)	2	0	0	0	0	0	67	0	0	0	0	0	0	0	0
Diet Coke (22 fluid ounces)	0	0	0	0	0	0	17	0	0	0	0	0	0	0	0
Diet Coke (24 fluid ounces)	0	0	0	0	0	0	18	0	0	0	0	0	0	0	0
Diet Coke (32 fluid ounces)	0	0	0	0	0	0	24	0	0	0	0	0	0	0	0
Diet Dr Pepper (22 fluid ounces)	0	0	0	0	0	0	58	0	0	0	0	0	0	0	0
Diet Dr Pepper (24 fluid ounces)	0	0	0	0	0	0	63	0	0	0	0	0	0	0	0
Diet Dr Pepper (32 fluid ounces)	0	0	0	0	0	0	84	0	0	0	0	0	0	0	0
Dr Pepper (22 fluid ounces)	182	0	0	0	0	0	58	45	0	45	0	0	0	0	0
Dr Pepper (24 fluid ounces)	198	0	0	0	0	0	63	49	0	49	0	0	0	0	0
Dr Pepper (32 fluid ounces)	264	0	0	0	0	0	84	65	0	65	0	0	0	0	0
Fanta Orange Soda (22 fluid ounces)	194	0	0	0	0	0	60	48	0	48	0	0	0	0	0
Fanta Orange Soda (24 fluid ounces)	211	0	0	0	0	0	66	53	0	53	0	0	0	0	0
Fanta Orange Soda (32 fluid ounces)	282	0	0	0	0	0	88	70	0	70	0	0	0	0	0
Minute Maid Lemonade (22 fluid ounces)	160	0	0	0	0	0	68	43	0	43	0	0	0	0	0
Minute Maid Lemonade (24 fluid ounces)	175	0	0	0	0	0	74	47	0	47	0	0	0	0	0
Minute Maid Lemonade (32 fluid ounces)	233	0	0	0	0	0	98	62	0	62	0	0	0	0	0
Mountain Berry Blast Powerade (22 fluid ounces)	88	0	0	0	0	0	165	23	0	22	0	0	0	0	0
Mountain Berry Blast Powerade (24 fluid ounces)	96	0	0	0	0	0	180	25	0	24	0	0	0	0	0
Mountain Berry Blast Powerade (32 fluid ounces)	128	0	0	0	0	0	240	34	0	32	0	0	0	0	0
Sprite (22 fluid ounces)	160	0	0	0	0	0	36	43	0	43	0	0	0	0	0
Sprite (24 fluid ounces)	175	0	0	0	0	0	40	47	0	47	0	0	0	0	0
Sprite (32 fluid ounces)	233	0	0	0	0	0	53	62	0	62	0	0	0	0	0

<b>Family Packs</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturate d Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Choleste rol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Family Pack 1 (1 serving)	255	52	6	1	0	74	1781	21	1	3	27	89	6	16	2
Family Pack 1 (1 serving) with Side Choice Baked Mac and Ci	378	106	12	4	0	87	2152	35	2	6	30	214	6	76	3
Family Pack 1 (1 serving) with Side Choice Baked Sweet Pota	317	52	6	1	0	74	1820	35	3	6	28	10144	8	38	3
Family Pack 1 (1 serving) with Side Choice Corn Fritters	377	94	10	2	0	74	2136	39	2	4	28	91	6	29	3
Family Pack 1 (1 serving) with Side Choice French Fries	422	141	16	3	0	74	2233	39	3	3	29	91	6	28	3



Family Pack 4 (6 servings) with Side Choice Sweet Corn	3251	1662	185	112	0	745	10341	196	31	33	183	10029	37	1876	5
Family Pack 4 (6 servings) with Side Choice Tomato and Cuc	2888	1453	161	101	0	745	9569	163	28	32	179	9945	43	1899	5
Family Pack 4 (6 servings) with Side Choice Twice Baked Pot	3230	1647	183	114	0	796	10241	192	28	30	186	9329	46	2087	5