



## Cowboy Chicken Menu Analysis Book for Banquet and Catering Items

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)
Chuckwagon, Large (1 serving)	135	29	3	1	0	74	1611	1	0	0	24	89	1	16	1
Chuckwagon, Large (20 servings)	2691	583	65	17	0	1488	32211	20	5	5	474	1784	27	327	20
Chuckwagon, Medium (1 serving)	135	29	3	1	0	74	1611	1	0	0	24	89	1	16	1
Chuckwagon, Medium (15 servings)	2018	437	49	13	0	1116	24158	15	4	4	356	1338	20	245	15
Chuckwagon, Small (1 serving)	135	29	3	1	0	74	1611	1	0	0	24	89	1	16	1
Chuckwagon, Small (10 servings)	1345	292	32	9	0	744	16106	10	2	2	237	892	13	163	10
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)
Chicken Enchiladas, 20 (1 serving)	611	264	29	17	0	150	2159	39	6	4	44	1571	4	277	1
Chicken Enchiladas, 20 (7 servings)	4275	1849	205	119	0	1047	15112	275	40	26	311	10997	28	1942	8
Chicken Enchiladas, 30 (1 serving)	669	296	33	19	0	165	2351	42	6	4	48	1762	4	321	1
Chicken Enchiladas, 30 (10 servings)	6686	2961	329	192	0	1653	23505	420	62	43	477	17615	45	3215	12
Chicken Enchiladas, 40 (1 serving)	650	291	32	19	0	161	2278	40	6	4	46	1731	4	321	1
Chicken Enchiladas, 40 (14 servings)	9097	4073	453	266	0	2259	31899	565	84	60	643	24234	62	4488	16
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)
Slider Tray (1 serving)	732	327	36	17	0	96	1669	66	1	18	33	2048	9	319	2
Slider Tray (1 serving) with Substitute 6 Veggie Sliders	858	378	42	19	0	96	1853	82	2	21	36	3474	16	359	2
Slider Tray (8 servings)	5856	2617	291	135	0	770	13354	526	8	142	262	16383	73	2549	12
Slider Tray (8 servings) with Substitute 6 Veggie Sliders	6863	3025	336	156	0	770	14827	652	18	165	284	27789	130	2871	15
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)
Garden Salad (1 serving)	23	1	0	0	0	0	6	4	2	2	1	2529	14	24	1
Garden Salad (10 servings)	229	14	2	0	0	0	63	43	16	19	12	25287	137	236	7
Kaleblazer Slaw (1 serving)	140	81	9	2	0	0	143	13	1	11	1	6	0	21	0
Kaleblazer Slaw (10 servings)	1400	806	90	16	0	0	1425	127	11	106	8	60	0	209	4
Monterey Salad, Entree (1 serving)	274	161	18	6	0	68	754	8	3	4	20	3248	18	154	1
Monterey Salad, Entree (8 servings)	2192	1289	143	51	1	540	6033	61	24	29	164	25982	141	1232	11
Monterey Salad, Side (1 serving)	146	86	10	3	0	36	402	4	2	2	11	1732	9	82	1
Monterey Salad, Side (15 servings)	2192	1289	143	51	1	540	6033	61	24	29	164	25982	141	1232	11
Southwest Salad, Entree (1 serving)	195	86	10	4	0	48	793	10	2	4	17	3044	15	111	1

Southwest Salad, Entree (8 servings)	1559	688	76	31	0	380	6347	78	17	29	136	24351	116	890	9
Southwest Salad, Side (1 serving)	104	46	5	2	0	25	423	5	1	2	9	1623	8	59	1
Southwest Salad, Side (15 servings)	1559	688	76	31	0	380	6347	78	17	29	136	24351	116	890	9
Tomato and Cucumber Salad (1 serving)	82	37	4	1	0	0	67	9	1	7	1	572	10	12	0
Tomato and Cucumber Salad (10 servings)	819	368	41	8	0	0	674	95	13	69	13	5719	96	124	5

	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)
<b>Wild West Sides</b>															
Charred Corn, Large (1 serving)	178	89	10	5	0	0	326	19	3	3	3	581	7	2	1
Charred Corn, Large (20 servings)	3567	1773	197	98	0	0	6530	380	54	64	64	11619	136	42	10
Charred Corn, Medium (1 serving)	181	90	10	5	0	0	332	19	3	3	3	590	7	2	1
Charred Corn, Medium (15 servings)	2717	1351	150	75	0	0	4975	290	42	49	49	8853	104	32	8
Charred Corn, Small (1 serving)	187	93	10	5	0	0	342	20	3	3	3	609	7	2	1
Charred Corn, Small (10 servings)	1868	929	103	51	0	0	3420	199	29	34	34	6086	71	22	5
Chips and Salsa, Large (1 serving)	221	51	6	0	0	0	812	39	5	4	5	652	8	9	1
Chips and Salsa, Large (20 servings)	4415	1016	113	7	7	0	16240	789	106	71	96	13038	159	174	10
Chips and Salsa, Medium (1 serving)	221	51	6	0	0	0	812	39	5	4	5	652	8	9	1
Chips and Salsa, Medium (15 servings)	3312	762	85	5	5	0	12180	591	79	53	72	9778	119	131	8
Chips and Salsa, Small (1 serving)	221	51	6	0	0	0	812	39	5	4	5	652	8	9	1
Chips and Salsa, Small (10 servings)	2208	508	56	4	4	0	8120	394	53	36	48	6519	79	87	5
Corn Fritters, Large (1 serving)	256	88	10	2	1	0	747	38	3	2	4	3	0	26	1
Corn Fritters, Large (20 servings)	5117	1756	195	31	10	0	14932	766	51	49	75	66	0	519	18
Corn Fritters, Medium (1 serving)	260	89	10	2	1	0	758	39	3	2	4	3	0	26	1
Corn Fritters, Medium (15 servings)	3899	1338	149	24	8	0	11377	583	39	37	57	50	0	395	14
Corn Fritters, Small (1 serving)	268	92	10	2	1	0	782	40	3	3	4	3	0	27	1
Corn Fritters, Small (10 servings)	2681	920	102	16	5	0	7822	401	27	26	39	34	0	272	10
French Fries, Large (1 serving)	235	124	14	3	1	0	633	25	3	0	3	3	0	17	1
French Fries, Large (20 servings)	4691	2489	277	63	11	0	12656	508	57	0	57	53	0	330	21
French Fries, Medium (1 serving)	238	126	14	3	1	0	643	26	3	0	3	3	0	17	1
French Fries, Medium (15 servings)	3574	1896	211	48	9	0	9643	387	44	0	43	40	0	251	16
French Fries, Small (1 serving)	246	130	14	3	1	0	663	27	3	0	3	3	0	17	1
French Fries, Small (10 servings)	2457	1304	145	33	6	0	6630	266	30	0	30	28	0	173	11
Fried Okra, Large (1 serving)	163	22	2	0	1	0	721	30	1	3	4	3	4	56	1
Fried Okra, Large (20 servings)	3253	430	48	7	10	0	14420	593	30	56	85	66	84	1120	29
Fried Okra, Medium (1 serving)	165	22	2	0	1	0	732	30	2	3	4	3	4	57	1
Fried Okra, Medium (15 servings)	2478	328	36	5	8	0	10987	452	23	43	65	50	64	853	22
Fried Okra, Small (1 serving)	170	23	3	0	1	0	755	31	2	3	4	3	4	59	1
Fried Okra, Small (10 servings)	1704	225	25	4	5	0	7554	310	16	29	44	34	44	586	15

Green Beans, Large (1 serving)	136	102	11	1	0	0	270	7	3	1	2	630	15	35	1
Green Beans, Large (20 servings)	2711	2037	226	16	0	0	5396	135	63	25	34	12594	295	708	19
Green Beans, Medium (1 serving)	136	102	11	1	0	0	270	7	3	1	2	630	15	35	1
Green Beans, Medium (15 servings)	2034	1528	170	12	0	0	4047	101	47	19	26	9446	221	531	15
Green Beans, Small (1 serving)	136	102	11	1	0	0	270	7	3	1	2	630	15	35	1
Green Beans, Small (10 servings)	1356	1018	113	8	0	0	2698	67	32	13	17	6297	148	354	10
Jalapeno Cole Slaw, Large (1 serving)	176	133	15	4	0	17	283	8	2	4	2	1777	30	67	1
Jalapeno Cole Slaw, Large (20 servings)	3523	2654	295	76	0	350	5657	170	48	90	41	35535	610	1347	12
Jalapeno Cole Slaw, Medium (1 serving)	176	133	15	4	0	17	283	8	2	4	2	1777	30	67	1
Jalapeno Cole Slaw, Medium (15 servings)	2642	1991	221	57	0	262	4243	127	36	67	31	26651	457	1010	9
Jalapeno Cole Slaw, Small (1 serving)	176	133	15	4	0	17	283	8	2	4	2	1777	30	67	1
Jalapeno Cole Slaw, Small (10 servings)	1762	1327	147	38	0	175	2828	85	24	45	21	17767	305	673	6
Kettle Chips, Large (1 serving)	207	124	14	2	1	0	954	23	7	1	1	3	5	1	0
Kettle Chips, Large (20 servings)	4138	2471	275	35	10	0	19079	458	144	28	29	66	102	28	1
Kettle Chips, Medium (1 serving)	210	126	14	2	1	0	969	23	7	1	1	3	5	1	0
Kettle Chips, Medium (15 servings)	3153	1883	209	27	8	0	14536	349	109	22	22	50	78	21	0
Kettle Chips, Small (1 serving)	217	129	14	2	1	0	999	24	8	1	2	3	5	1	0
Kettle Chips, Small (10 servings)	2168	1294	144	18	5	0	9994	240	75	15	15	34	53	14	0
Mac and Cheese, Large (1 serving)	207	91	10	5	0	20	624	23	1	4	6	210	0	101	1
Mac and Cheese, Large (20 servings)	4135	1827	203	95	0	410	12489	457	17	82	120	4190	1	2013	16
Mac and Cheese, Medium (1 serving)	210	93	10	5	0	21	634	23	1	4	6	213	0	102	1
Mac and Cheese, Medium (15 servings)	3150	1392	155	72	0	312	9515	348	13	62	92	3193	1	1533	12
Mac and Cheese, Small (1 serving)	217	96	11	5	0	21	654	24	1	4	6	219	0	105	1
Mac and Cheese, Small (10 servings)	2166	957	106	50	0	215	6542	239	9	43	63	2195	1	1054	8
Ranchero Beans, Large (1 serving)	63	4	0	0	0	0	421	11	3	1	3	257	2	34	1
Ranchero Beans, Large (20 servings)	1256	71	8	1	0	0	8419	220	55	23	62	5147	50	679	20
Ranchero Beans, Medium (1 serving)	64	4	0	0	0	0	428	11	3	1	3	261	3	34	1
Ranchero Beans, Medium (15 servings)	957	54	6	0	0	0	6415	168	42	17	47	3921	38	517	15
Ranchero Beans, Small (1 serving)	66	4	0	0	0	0	441	12	3	1	3	270	3	36	1
Ranchero Beans, Small (10 servings)	658	37	4	0	0	0	4410	115	29	12	32	2696	26	356	11
Sweet Potatoes, Large (1 serving)	198	1	0	0	0	0	126	46	7	9	4	32175	5	68	1
Sweet Potatoes, Large (20 servings)	3958	22	2	1	0	0	2512	913	136	189	71	643508	108	1361	28
Sweet Potatoes, Medium (1 serving)	198	1	0	0	0	0	126	46	7	9	4	32175	5	68	1
Sweet Potatoes, Medium (15 servings)	2968	16	2	1	0	0	1884	685	102	142	53	482631	81	1021	21
Sweet Potatoes, Small (1 serving)	198	1	0	0	0	0	126	46	7	9	4	32175	5	68	1
Sweet Potatoes, Small (10 servings)	1979	11	1	0	0	0	1256	456	68	95	36	321754	54	680	14

	<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>
<b>Desserts</b>															
Cookie and Brownie Tray (1 serving)	680	293	33	14	0	85	488	91	4	58	7	0	0	39	3
Cookie and Brownie Tray (10 servings)	6800	2925	325	140	3	850	4875	905	35	575	65	0	0	390	29
Strawberry Shortcake (1 serving)	524	275	31	23	0	88	232	60	0	43	4	375	18	23	1
<b>Drinks</b>															
Sweet Tea (1 serving)	1362	0	0	0	0	0	18	340	1	339	0	3	8	24	0
Sweet Tea (10 servings)	13619	3	0	0	0	0	178	3403	5	3394	1	32	83	241	1
Tea (1 serving)	21	0	0	0	0	0	24	5	1	4	0	3	8	31	0
Tea (10 servings)	214	3	0	0	0	0	243	52	5	43	1	32	83	306	1