



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 Lemon Pepper	293	184	20	4	2	103	500	1	0	0	25	126	3	22	2	
Crispy Drumsticks Meal (1 serving) with Dry Rub Choice Texas	290	184	20	4	2	103	501	0	0	0	25	121	3	18	1	
Crispy Drumsticks Meal (1 serving) with Sauce Choice Barbecue	370	184	20	4	2	103	486	20	0	18	25	421	8	54	2	
Crispy Drumsticks Meal (1 serving) with Sauce Choice Buffalo	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 Lemon Pepper	173	109	12	3	1	62	263	0	0	0	15	75	2	13	1	
Crispy Drumsticks Snack (1 serving) with Dry Rub Choice Texas	172	108	12	3	1	62	264	0	0	0	15	73	2	10	1	
Crispy Drumsticks Snack (1 serving) with Sauce Choice Barbecue	210	108	12	3	1	62	246	10	0	9	15	217	4	28	1	
Crispy Drumsticks Snack (1 serving) with Sauce Choice Buffalo	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	

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)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (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 Balsan	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 Balsan	152	92	10	1	0	0	411	16	3	10	2	4514	22	39	1
Garden Salad, Small (1 serving) with Dressing Choice Blue Cl	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 B	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 F	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 Ranchero 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 Cucurr	151	24	3	0	0	0	173	26	2	6	4	650	16	14	2
Veggie Plate (1 serving) with Side Choice Twice Baked Potat	322	121	13	7	0	26	508	41	3	6	8	342	17	108	1

	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)
Desserts															
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 servii	276	114	13	7	0	0	178	38	4	25	2	619	14	25	1
Jeanette's Homemade Blackberry Cobbler, Individual (1 servii	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) v	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
Strawberry Shortcake, Individual (1 serving)	498	258	29	21	0	82	218	57	1	41	4	354	27	25	1
Strawberry Shortcake, Large (1 serving)	996	516	57	43	0	165	436	115	2	82	8	708	54	50	3
Strawberry Shortcake, Texas Size (1 serving)	1324	687	76	57	0	220	581	152	2	108	10	942	65	65	4

Drinks	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)
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

Family Packs	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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 C	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 Pot	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 1 (1 serving) with Side Choice Fried Okra	332	62	7	1	0	74	2124	35	2	5	29	91	8	43	3
Family Pack 1 (1 serving) with Side Choice Garden Salad	271	53	6	1	0	74	1786	24	3	4	28	2346	17	36	3
Family Pack 1 (1 serving) with Side Choice Green Beans	340	116	13	1	0	74	1949	25	3	4	28	483	15	38	3
Family Pack 1 (1 serving) with Side Choice Kaleblazer Slaw	388	122	14	2	0	74	1902	35	3	14	28	99	6	49	3
Family Pack 1 (1 serving) with Side Choice Ranchero Beans	292	54	6	1	0	74	2031	28	3	4	29	242	8	37	3
Family Pack 1 (1 serving) with Side Choice Spanish Rice	339	64	7	1	0	74	2314	37	2	4	28	458	11	19	3
Family Pack 1 (1 serving) with Side Choice Sweet Corn	361	105	12	4	0	74	1975	32	3	5	29	435	10	18	2
Family Pack 1 (1 serving) with Side Choice Tomato and Cucu	270	52	6	1	0	74	1782	24	2	5	27	414	12	23	2
Family Pack 1 (1 serving) with Side Choice Twice Baked Pota	356	101	11	4	0	87	1950	31	2	5	29	260	12	70	2
Family Pack 1 (4 servings)	1019	208	23	3	0	298	7122	84	5	13	107	357	25	65	8
Family Pack 1 (4 servings) with Side Choice Baked Mac and C	1512	425	47	15	0	346	8609	138	7	23	121	856	25	305	10
Family Pack 1 (4 servings) with Side Choice Baked Sweet Pot	1267	209	23	3	0	298	7279	141	13	25	111	40576	31	150	10
Family Pack 1 (4 servings) with Side Choice Corn Fritters	1507	375	42	6	1	298	8545	157	10	18	114	363	25	115	10
Family Pack 1 (4 servings) with Side Choice French Fries	1690	563	63	12	2	298	8930	157	13	13	115	364	25	112	11
Family Pack 1 (4 servings) with Side Choice Fried Okra	1329	249	28	4	1	298	8496	140	8	18	115	363	33	172	11
Family Pack 1 (4 servings) with Side Choice Garden Salad	1084	212	24	3	0	298	7144	96	10	18	110	9384	68	144	10
Family Pack 1 (4 servings) with Side Choice Green Beans	1358	462	51	5	0	298	7797	101	13	16	111	1931	61	154	11
Family Pack 1 (4 servings) with Side Choice Kaleblazer Slaw	1551	487	54	9	0	298	7607	139	12	54	112	394	25	196	11
Family Pack 1 (4 servings) with Side Choice Ranchero Beans	1169	216	24	3	0	298	8125	110	12	16	114	969	30	146	11
Family Pack 1 (4 servings) with Side Choice Spanish Rice	1355	256	28	5	0	298	9256	149	7	18	113	1831	46	77	11
Family Pack 1 (4 servings) with Side Choice Sweet Corn	1444	419	47	15	0	298	7900	129	11	21	114	1740	41	70	10
Family Pack 1 (4 servings) with Side Choice Tomato and Cuc	1081	210	23	3	0	298	7128	96	8	20	110	1656	46	94	9
Family Pack 1 (4 servings) with Side Choice Twice Baked Pot	1423	404	45	17	0	349	7799	126	8	18	117	1040	50	282	9
Family Pack 2 (1 serving)	255	52	6	1	0	74	1781	21	1	3	27	89	6	16	2
Family Pack 2 (1 serving) with Side Choice Baked Mac and C	337	88	10	3	0	83	2028	30	2	5	29	172	6	56	2
Family Pack 2 (1 serving) with Side Choice Baked Sweet Pot	296	52	6	1	0	74	1807	31	3	5	27	6792	7	31	2
Family Pack 2 (1 serving) with Side Choice Corn Fritters	336	80	9	1	0	74	2018	33	2	4	28	90	6	25	2
Family Pack 2 (1 serving) with Side Choice French Fries	367	111	12	2	0	74	2082	33	3	3	28	90	6	24	3
Family Pack 2 (1 serving) with Side Choice Fried Okra	306	59	7	1	0	74	2009	30	2	4	28	90	7	34	3
Family Pack 2 (1 serving) with Side Choice Garden Salad	266	53	6	1	0	74	1784	23	2	4	27	1594	13	29	2
Family Pack 2 (1 serving) with Side Choice Green Beans	311	94	10	1	0	74	1893	24	3	4	27	352	12	31	2
Family Pack 2 (1 serving) with Side Choice Kaleblazer Slaw	343	98	11	2	0	74	1861	30	2	10	28	95	6	38	2

Family Pack 2 (1 serving) with Side Choice Ranchero Beans	280	53	6	1	0	74	1948	25	2	4	28	191	7	30	2
Family Pack 2 (1 serving) with Side Choice Spanish Rice	311	60	7	1	0	74	2136	32	2	4	28	335	10	18	3
Family Pack 2 (1 serving) with Side Choice Sweet Corn	326	87	10	3	0	74	1910	29	2	5	28	320	9	17	2
Family Pack 2 (1 serving) with Side Choice Tomato and Cucu	265	52	6	1	0	74	1782	23	2	4	27	306	10	21	2
Family Pack 2 (1 serving) with Side Choice Twice Baked Pot	322	85	9	3	0	83	1893	28	2	4	28	203	10	52	2
Family Pack 2 (6 servings)	1529	312	35	5	0	446	10684	126	7	19	160	535	37	98	13
Family Pack 2 (6 servings) with Side Choice Baked Mac and C	2021	529	59	16	0	495	12170	180	9	29	175	1034	37	338	14
Family Pack 2 (6 servings) with Side Choice Baked Sweet Pot	1777	313	35	5	0	446	10841	183	16	31	165	40754	44	183	14
Family Pack 2 (6 servings) with Side Choice Corn Fritters	2017	479	53	8	1	446	12106	199	12	24	167	541	37	147	14
Family Pack 2 (6 servings) with Side Choice French Fries	2199	667	74	14	2	446	12492	199	16	19	168	543	37	145	15
Family Pack 2 (6 servings) with Side Choice Fried Okra	1839	353	39	6	1	446	12057	182	10	25	168	541	45	205	15
Family Pack 2 (6 servings) with Side Choice Garden Salad	1594	316	35	5	0	446	10705	138	13	24	164	9563	81	177	15
Family Pack 2 (6 servings) with Side Choice Green Beans	1868	566	63	7	0	446	11358	143	15	23	164	2109	74	186	15
Family Pack 2 (6 servings) with Side Choice Kaleblazer Slaw	2060	591	66	10	0	446	11168	181	15	61	165	573	37	229	15
Family Pack 2 (6 servings) with Side Choice Ranchero Beans	1679	320	36	5	0	446	11686	152	14	22	168	1148	43	179	15
Family Pack 2 (6 servings) with Side Choice Spanish Rice	1865	360	40	7	0	446	12818	191	10	24	166	2009	58	109	15
Family Pack 2 (6 servings) with Side Choice Sweet Corn	1954	523	58	17	0	446	11461	171	14	27	168	1918	53	103	14
Family Pack 2 (6 servings) with Side Choice Tomato and Cuc	1590	314	35	5	0	446	10689	138	10	26	163	1835	59	126	14
Family Pack 2 (6 servings) with Side Choice Twice Baked Pot	1933	507	56	19	0	498	11360	168	11	25	171	1219	62	314	13
Family Pack 3 (1 serving)	255	52	6	1	0	74	1781	21	1	3	27	89	6	16	2
Family Pack 3 (1 serving) with Side Choice Baked Mac and C	316	79	9	2	0	80	1966	28	1	4	28	152	6	46	2
Family Pack 3 (1 serving) with Side Choice Baked Sweet Pot	286	52	6	1	0	74	1800	28	2	5	27	5117	7	27	2
Family Pack 3 (1 serving) with Side Choice Corn Fritters	316	73	8	1	0	74	1958	30	2	4	28	90	6	23	2
Family Pack 3 (1 serving) with Side Choice French Fries	339	96	11	2	0	74	2007	30	2	3	28	90	6	22	2
Family Pack 3 (1 serving) with Side Choice Fried Okra	294	57	6	1	0	74	1952	28	2	4	28	90	7	30	2
Family Pack 3 (1 serving) with Side Choice Garden Salad	263	53	6	1	0	74	1783	22	2	4	27	1218	12	26	2
Family Pack 3 (1 serving) with Side Choice Green Beans	297	84	9	1	0	74	1865	23	2	4	27	286	11	27	2
Family Pack 3 (1 serving) with Side Choice Kaleblazer Slaw	321	87	10	1	0	74	1841	28	2	8	27	94	6	33	2
Family Pack 3 (1 serving) with Side Choice Ranchero Beans	274	53	6	1	0	74	1906	24	2	4	28	166	7	26	2
Family Pack 3 (1 serving) with Side Choice Spanish Rice	297	58	6	1	0	74	2047	29	2	4	27	273	9	18	2
Family Pack 3 (1 serving) with Side Choice Sweet Corn	308	78	9	2	0	74	1878	27	2	4	28	262	8	17	2
Family Pack 3 (1 serving) with Side Choice Tomato and Cucu	263	52	6	1	0	74	1781	23	2	4	27	252	9	20	2
Family Pack 3 (1 serving) with Side Choice Twice Baked Pot	305	76	8	3	0	81	1865	26	2	4	28	175	9	43	2
Family Pack 3 (8 servings)	2039	416	46	7	0	595	14245	168	10	26	214	713	49	131	17
Family Pack 3 (8 servings) with Side Choice Baked Mac and C	2531	633	70	18	0	644	15732	222	12	36	228	1212	49	370	19
Family Pack 3 (8 servings) with Side Choice Baked Sweet Pot	2286	417	46	7	0	595	14402	225	18	38	218	40933	56	216	18
Family Pack 3 (8 servings) with Side Choice Corn Fritters	2526	583	65	10	1	595	15667	241	15	31	221	720	49	180	18
Family Pack 3 (8 servings) with Side Choice French Fries	2709	771	86	16	2	595	16053	241	18	26	222	721	49	178	20
Family Pack 3 (8 servings) with Side Choice Fried Okra	2349	457	51	7	1	595	15618	224	13	31	222	720	57	237	19
Family Pack 3 (8 servings) with Side Choice Garden Salad	2103	420	47	7	0	595	14266	180	15	31	217	9741	93	209	19
Family Pack 3 (8 servings) with Side Choice Green Beans	2378	670	74	9	0	595	14919	185	18	29	218	2288	86	219	19
Family Pack 3 (8 servings) with Side Choice Kaleblazer Slaw	2570	694	77	12	0	595	14729	223	17	67	218	751	49	261	19
Family Pack 3 (8 servings) with Side Choice Ranchero Beans	2188	424	47	7	0	595	15247	194	16	29	221	1326	55	211	19
Family Pack 3 (8 servings) with Side Choice Spanish Rice	2375	464	52	9	0	595	16379	233	12	31	220	2188	70	142	19
Family Pack 3 (8 servings) with Side Choice Sweet Corn	2464	627	70	19	0	595	15022	213	16	34	221	2097	65	136	18
Family Pack 3 (8 servings) with Side Choice Tomato and Cuc	2100	417	46	7	0	595	14250	180	13	33	216	2013	71	159	18
Family Pack 3 (8 servings) with Side Choice Twice Baked Pot	2443	611	68	20	0	646	14922	210	13	31	224	1397	74	347	17
Family Pack 4 (1 serving)	471	242	27	17	0	124	1594	25	4	4	29	1441	4	312	1
Family Pack 4 (1 serving) with Side Choice Baked Mac and C	553	278	31	19	0	132	1842	34	4	6	32	1524	4	352	1
Family Pack 4 (1 serving) with Side Choice Baked Sweet Pot	512	242	27	17	0	124	1620	35	6	6	30	8144	5	326	1
Family Pack 4 (1 serving) with Side Choice Corn Fritters	552	270	30	17	0	124	1831	37	5	5	30	1442	4	320	1
Family Pack 4 (1 serving) with Side Choice French Fries	583	301	33	18	0	124	1895	37	5	4	31	1442	4	320	1
Family Pack 4 (1 serving) with Side Choice Fried Okra	523	249	28	17	0	124	1823	35	5	5	31	1442	5	330	1
Family Pack 4 (1 serving) with Side Choice Garden Salad	482	243	27	17	0	124	1598	27	5	5	30	2946	11	325	1

Family Pack 4 (1 serving) with Side Choice Green Beans	528	284	32	17	0	124	1706	28	5	5	30	1703	10	327	1
Family Pack 4 (1 serving) with Side Choice Kaleblazer Slaw	560	288	32	18	0	124	1675	34	5	11	30	1447	4	334	1
Family Pack 4 (1 serving) with Side Choice Ranchero Beans	496	243	27	17	0	124	1761	29	5	5	31	1543	5	325	1
Family Pack 4 (1 serving) with Side Choice Spanish Rice	527	250	28	17	0	124	1950	36	4	5	30	1687	7	314	1
Family Pack 4 (1 serving) with Side Choice Sweet Corn	542	277	31	19	0	124	1724	33	5	5	31	1671	6	313	1
Family Pack 4 (1 serving) with Side Choice Tomato and Cucu	481	242	27	17	0	124	1595	27	5	5	30	1658	7	316	1
Family Pack 4 (1 serving) with Side Choice Twice Baked Pota	538	274	30	19	0	133	1707	32	5	5	31	1555	8	348	1
Family Pack 4 (6 servings)	2826	1451	161	100	0	745	9564	151	25	25	176	8646	21	1871	4
Family Pack 4 (6 servings) with Side Choice Baked Mac and (3319	1669	185	112	0	794	11051	205	27	35	190	9144	21	2110	6
Family Pack 4 (6 servings) with Side Choice Baked Sweet Po	3074	1452	161	101	0	745	9721	208	33	37	180	48865	28	1956	6
Family Pack 4 (6 servings) with Side Choice Corn Fritters	3314	1618	180	103	1	745	10986	224	30	30	183	8652	21	1920	6
Family Pack 4 (6 servings) with Side Choice French Fries	3496	1807	201	110	2	745	11372	223	33	25	184	8653	21	1918	7
Family Pack 4 (6 servings) with Side Choice Fried Okra	3136	1492	166	101	1	745	10937	207	27	31	184	8652	29	1977	7
Family Pack 4 (6 servings) with Side Choice Garden Salad	2891	1456	162	101	0	745	9586	162	30	30	179	17673	65	1949	6
Family Pack 4 (6 servings) with Side Choice Green Beans	3165	1706	190	103	0	745	10238	167	33	28	180	10220	58	1959	6
Family Pack 4 (6 servings) with Side Choice Kaleblazer Slaw	3358	1730	192	106	0	745	10049	205	32	67	180	8683	21	2001	6
Family Pack 4 (6 servings) with Side Choice Ranchero Beans	2976	1460	162	101	0	745	10566	177	31	28	183	9258	27	1952	6
Family Pack 4 (6 servings) with Side Choice Spanish Rice	3162	1500	167	102	0	745	11698	215	27	30	182	10120	42	1882	7
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