

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	
Turkey Plate (1 serving)	456	137	15	5	0	75	2021	35	1	3	40	426	0	26	1	
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 Style	290	184	20	4	2	103	501	0	0	0	25	121	3	18	1	
Crispy Drumsticks Meal (1 serving) with Sauce Choice Barber	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	
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	
Brisket Sandwich (1 serving)	674	244	27	11	0	6	1809	77	1	40	32	813	6	72	5	
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 Blue Cheese	983	578	64	15	1	121	4786	57	2	13	44	2506	6	166	3	
Buffalo Chicken Sandwich (1 serving) with Dressing Choice Ranch	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
Kickin' Cobb Salad (1 serving)	1128	810	90	29	0	361	3444	19	8	9	57	10285	59	642	4
Monterey Salad (1 serving)	838	485	54	24	0	259	743	14	8	5	73	12002	59	640	5
Southern Fried Chicken Salad (1 serving)	1293	765	85	26	0	181	1762	77	12	39	52	9486	56	633	4
Southwest Salad (1 serving)	1350	770	86	32	0	256	2671	65	13	13	79	12543	66	850	5
Strawberry Chicken Salad (1 serving)	569	296	33	8	0	77	1523	35	6	25	31	8703	70	125	3

Cowboy Brisket 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)
Brisket Family Meal (1 serving)	396	163	18	7	0	6	1254	32	1	27	25	488	7	50	3
Brisket Family Meal (4 servings)	1584	654	73	27	0	23	5014	128	2	108	101	1951	27	200	12
Brisket Meal, Single or Combo (1 serving)	370	163	18	7	0	6	1149	26	0	23	25	563	6	52	3
Brisket and Chicken Family Meal (1 serving)	531	193	21	8	0	80	2864	33	1	27	49	577	8	66	4
Brisket and Chicken Family Meal (4 servings)	2122	770	86	31	0	320	11456	132	3	109	196	2308	32	265	17
Brisket and Chicken for 10, Catering (1 serving)	524	175	19	7	0	35	2249	50	1	43	35	658	11	80	4
Brisket and Chicken for 10, Catering (10 servings)	5243	1753	195	71	0	354	22488	504	11	425	350	6584	111	799	39
Brisket and Chicken for 15, Catering (1 serving)	520	179	20	7	0	45	2360	45	1	38	38	630	10	75	4
Brisket and Chicken for 15, Catering (15 servings)	7803	2687	299	109	0	680	35393	678	15	570	572	9454	152	1127	59
Brisket for 10, Catering (1 serving)	634	262	29	11	0	9	2006	51	1	43	41	780	11	80	5
Brisket for 10, Catering (10 servings)	6337	2615	291	109	0	91	20057	513	10	431	405	7804	108	799	50
Brisket for 15, Catering (1 serving)	612	261	29	11	0	9	1902	46	1	39	40	740	10	73	5
Brisket for 15, Catering (15 servings)	9174	3922	436	163	0	136	28525	690	13	578	607	11105	145	1094	73

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	280	198	22	3	0	20	360	18	0	16	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	560	396	44	6	0	40	720	36	0	32	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, 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, Texas Size (1 serving)	371	2	0	0	0	0	236	86	13	18	7	60329	10	128	3
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
Creamed Spinach, Individual (1 serving)	313	207	23	14	0	58	768	14	3	4	9	9400	28	259	3
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, 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, Texas Size (1 serving)	465	61	7	1	1	0	2060	85	4	8	12	9	12	160	4
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 Ci	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	312	200	22	3	0	20	371	24	3	18	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	937	601	67	9	0	60	1112	72	8	55	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, Texas Size (1 serving)	508	382	42	3	0	0	1012	25	12	5	6	2361	55	133	4
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, 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, 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, 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, Texas Size (1 serving)	637	317	35	18	0	0	1166	68	10	11	11	2075	24	8	2
Sweet Potato Waffle Fries (1 serving)	278	118	13	1	1	0	383	38	3	8	3	5833	4	33	1
Tomato Cucumber Salad, Individual (1 serving)	22	1	0	0	0	0	2	4	1	2	1	468	8	10	0
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, 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 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 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 Potate	322	121	13	7	0	26	508	41	3	6	8	342	17	108	1
Watermelon Salad (1 serving)	122	90	10	2	0	6	119	6	1	4	2	449	7	27	1

	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)
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
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 (1 serving) 425 214 24 19 0 53 153 51 1 39 3 233 38 22 1

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)	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)
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 Potat	317	52	6	1	0	74	1820	35	3	6	28	10144	8	38	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 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 (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 Po	1267	209	23	3	0	298	7279	141	13	25	111	40576	31	150	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 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