

Cowboy Chicken Menu Analysis Book

Cowboy 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)
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 (1 serving)	472	227	25	9	0	7	1401	26	1	7	34	328	6	18	4
Brisket and Chicken (1 serving) with 1/4 Chicken, All White	619	242	27	9	0	81	3552	27	1	7	64	413	7	38	5
Brisket and Chicken (1 serving) with 1/4 Chicken, Dark	594	270	30	10	0	82	2471	26	1	7	52	423	6	30	5
Chicken Wings (1 serving)	655	443	49	12	2	188	5819	5	1	1	45	643	3	58	3
Chicken Wings (1 serving) with Buffalo Wing Sauce	687	465	52	13	2	189	7060	7	2	3	46	1627	4	65	3
Chicken Wings (1 serving) with Cowboy Chicken Barbecue Sauce	735	443	49	12	2	188	6199	25	1	19	45	943	8	98	3
Chicken Wings (1 serving) with Lemon Pepper Seasoning	668	445	49	13	2	188	7395	7	2	2	46	662	4	91	4
Chicken Wings (1 serving) with Nashville Hot Chicken Seasoning	655	443	49	12	2	188	6239	5	1	1	45	643	3	58	3
Enchiladas, Three (1 serving)	942	484	54	33	0	248	3188	50	8	8	59	2882	7	624	1
Enchiladas, Two (1 serving)	810	448	50	32	0	221	2683	39	7	8	46	2668	6	617	1
Five Crispy Drumsticks (1 serving)	290	184	20	4	2	103	106	0	0	0	25	121	3	14	1
Five Crispy Drumsticks (1 serving) with Dry Rub Choice Lemc	293	184	20	4	2	103	500	1	0	0	25	126	3	22	2
Five Crispy Drumsticks (1 serving) with Dry Rub Choice Texa	290	184	20	4	2	103	501	0	0	0	25	121	3	18	1
Five Crispy Drumsticks (1 serving) with Sauce Choice Barbec	370	184	20	4	2	103	486	20	0	18	25	421	8	54	2
Five Crispy Drumsticks (1 serving) with Sauce Choice Buffalo	322	206	23	5	2	104	1347	2	0	1	25	1105	4	21	1
Four Crispy Tenders (1 serving)	511	68	8	1	1	115	2324	53	1	0	52	68	3	26	5
Four Crispy Tenders (1 serving) with Cowboy Chicken Barbec	591	68	8	1	1	115	2704	73	1	18	52	368	7	66	5
Four Crispy Tenders (1 serving) with Honey Blaze Sauce	714	200	22	3	1	128	2857	69	1	14	52	185	3	33	5
Four Crispy Tenders (1 serving) with Honey Mustard	791	266	30	4	1	135	2684	71	1	16	52	68	3	26	5
Four Crispy Tenders (1 serving) with Ranch Dressing	709	252	28	4	1	127	2963	56	1	2	53	236	3	74	5
Half Chicken (1 serving)	269	58	6	2	0	149	3221	2	0	0	47	178	3	33	2
Half Chicken, All White (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
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	929	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	982	56	3	5	7	2	5	24	2
Veggie Plate (1 serving) with Side Choice French Fries	455	201	22	5	1	0	1195	56	5	3	7	2	5	23	3
Veggie Plate (1 serving) with Side Choice Fried Okra	275	43	5	0	0	0	958	48	2	6	7	2	9	53	2
Veggie Plate (1 serving) with Side Choice Garden Salad	153	25	3	0	0	0	182	26	4	5	5	4809	28	40	2
Veggie Plate (1 serving) with Side Choice Green Beans	289	150	17	2	0	0	659	28	5	5	5	785	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	210	28	3	0	0	0	772	36	5	5	7	369	8	48	3
Veggie Plate (1 serving) with Side Choice Spanish Rice	286	45	5	1	0	0	1158	52	2	6	6	754	15	7	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	154	24	3	0	0	0	178	27	3	6	4	986	17	20	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

Whole Chicken (1 serving)	538	117	13	3	0	298	6442	4	1	1	95	357	5	65	4
Wings and Tender Combo (1 serving)	693	330	37	9	2	183	5049	30	1	1	56	505	4	55	4
Wings and Tender Combo (1 serving) with Blue Cheese Dres	1373	978	109	23	2	243	5769	34	1	5	60	505	4	215	4
Wings and Tender Combo (1 serving) with Buffalo Wing Sauc	759	375	42	10	2	184	7531	35	2	3	57	2472	5	69	4
Wings and Tender Combo (1 serving) with Cowboy Chicken E	853	330	37	9	2	183	5809	70	1	37	56	1105	13	135	5
Wings and Tender Combo (1 serving) with Ranch Dressing	1091	697	77	15	2	207	6327	35	2	5	59	841	6	151	4

Salads and Bowls	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)
Durango Bowl (1 serving)	794	198	22	10	0	89	3089	100	12	17	44	3499	47	132	6
Keto Green Bowl (1 serving)	1242	903	100	12	0	110	2528	36	15	9	47	6747	197	298	7
Monterey Salad (1 serving)	786	483	54	17	0	148	1213	30	7	18	48	9917	50	388	3
Southwest Salad (1 serving)	740	393	44	14	0	133	1553	38	9	10	47	10363	54	370	4

Sandwiches	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)
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)	546	171	19	6	1	75	4204	55	3	11	38	2650	8	67	3
Buffalo Chicken Sandwich (1 serving) with Dressing Choice B	971	576	64	15	1	113	4654	58	3	14	41	2650	8	167	3
Buffalo Chicken Sandwich (1 serving) with Dressing Choice R	794	401	45	10	1	90	5003	58	3	13	40	2860	9	126	3
Laredo Sandwich (1 serving)	603	257	29	12	0	122	730	42	2	8	44	800	8	175	3
Nashville Hot Chicken Sandwich (1 serving)	1325	913	101	37	1	139	3359	64	2	19	39	1924	14	62	3

Family Meals	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)
Brisket For Four (1 serving)	396	163	18	7	0	6	1254	32	1	27	25	488	7	50	3
Brisket For Four (4 servings)	1584	654	73	27	0	23	5014	128	2	108	101	1951	27	200	12
Brisket and Chicken For Six (1 serving)	531	193	21	8	0	80	2864	33	1	27	49	577	8	66	4
Brisket and Chicken For Six (4 servings)	2122	770	86	31	0	320	11456	132	3	109	196	2308	32	265	17
Chicken for Four (1 serving)	255	52	6	1	0	74	1781	21	1	3	27	89	6	16	2
Chicken for Four (1 serving) with Side Choice Baked Mac anc	378	106	12	4	0	87	2160	35	2	6	30	214	6	76	3
Chicken for Four (1 serving) with Side Choice Baked Sweet P	317	52	6	1	0	74	1820	35	3	6	28	10144	8	38	3
Chicken for Four (1 serving) with Side Choice Corn Fritters	377	94	10	2	0	74	2187	39	2	4	28	90	6	28	3
Chicken for Four (1 serving) with Side Choice French Fries	422	141	16	3	0	74	2293	39	3	3	29	90	6	28	3
Chicken for Four (1 serving) with Side Choice Fried Okra	332	62	7	1	0	74	2175	35	2	5	29	90	8	43	3
Chicken for Four (1 serving) with Side Choice Garden Salad	271	53	6	1	0	74	1787	24	3	4	28	2494	18	37	3
Chicken for Four (1 serving) with Side Choice Green Beans	339	116	13	2	0	74	2025	25	3	4	28	482	15	38	3
Chicken for Four (1 serving) with Side Choice Kaleblazer Slaw	388	122	14	2	0	74	1902	35	3	14	28	99	6	49	3
Chicken for Four (1 serving) with Side Choice Ranchero Bean	300	55	6	1	0	74	2082	29	3	4	29	273	8	40	3
Chicken for Four (1 serving) with Side Choice Spanish Rice	338	63	7	1	0	74	2275	37	2	5	28	466	11	20	3
Chicken for Four (1 serving) with Side Choice Sweet Corn	361	105	12	4	0	74	1975	32	3	5	29	435	10	18	2
Chicken for Four (1 serving) with Side Choice Tomato and Cu	272	53	6	1	0	74	1784	24	2	5	27	582	12	26	2

Chicken for Four (1 serving) with Side Choice Twice Baked Potatoes	356	101	11	4	0	87	1950	31	2	5	29	260	12	70	2
Chicken for Four (4 servings)	1019	208	23	3	0	298	7122	84	5	13	107	357	25	65	8
Chicken for Four (4 servings) with Side Choice Baked Mac and Cheese	1512	425	47	15	0	346	8640	138	7	23	121	855	25	305	10
Chicken for Four (4 servings) with Side Choice Baked Sweet Potato	1267	209	23	3	0	298	7279	141	13	25	111	40576	31	150	10
Chicken for Four (4 servings) with Side Choice Corn Fritters	1506	375	42	6	1	298	8747	157	10	18	114	360	25	114	10
Chicken for Four (4 servings) with Side Choice French Fries	1689	563	63	12	2	298	9173	156	13	13	115	361	25	112	11
Chicken for Four (4 servings) with Side Choice Fried Okra	1328	249	28	4	1	298	8698	140	8	18	115	360	33	171	11
Chicken for Four (4 servings) with Side Choice Garden Salad	1085	213	24	4	0	298	7147	96	10	18	110	9974	71	146	11
Chicken for Four (4 servings) with Side Choice Green Beans	1357	462	51	7	0	298	8100	101	13	16	111	1927	61	153	11
Chicken for Four (4 servings) with Side Choice Kaleblazer Slaw	1551	487	54	9	0	298	7607	139	12	54	112	394	25	196	11
Chicken for Four (4 servings) with Side Choice Ranchero Beans	1199	218	24	4	0	298	8327	116	13	16	116	1094	32	161	11
Chicken for Four (4 servings) with Side Choice Spanish Rice	1350	252	28	5	0	298	9098	149	7	18	113	1865	45	79	11
Chicken for Four (4 servings) with Side Choice Sweet Corn	1444	419	47	15	0	298	7900	129	11	21	114	1740	41	70	10
Chicken for Four (4 servings) with Side Choice Tomato and Cucumbers	1086	210	23	3	0	298	7138	98	8	20	110	2328	48	105	10
Chicken for Four (4 servings) with Side Choice Twice Baked Potatoes	1423	404	45	17	0	349	7799	126	8	18	117	1040	50	282	9
Chicken for Six (1 serving)	255	52	6	1	0	74	1781	21	1	3	27	89	6	16	2
Chicken for Six (1 serving) with Side Choice Baked Mac and Cheese	337	88	10	3	0	83	2034	30	2	5	29	172	6	56	2
Chicken for Six (1 serving) with Side Choice Baked Sweet Potato	296	52	6	1	0	74	1807	31	3	5	27	6792	7	31	2
Chicken for Six (1 serving) with Side Choice Corn Fritters	336	80	9	1	0	74	2051	33	2	4	28	90	6	24	2
Chicken for Six (1 serving) with Side Choice French Fries	366	111	12	2	0	74	2122	33	3	3	28	90	6	24	3
Chicken for Six (1 serving) with Side Choice Fried Okra	306	59	7	1	0	74	2043	30	2	4	28	90	7	34	3
Chicken for Six (1 serving) with Side Choice Garden Salad	266	53	6	1	0	74	1785	23	2	4	27	1692	14	30	2
Chicken for Six (1 serving) with Side Choice Green Beans	311	94	10	2	0	74	1944	24	3	4	27	351	12	31	2
Chicken for Six (1 serving) with Side Choice Kaleblazer Slaw	343	98	11	2	0	74	1861	30	2	10	28	95	6	38	2
Chicken for Six (1 serving) with Side Choice Ranchero Beans	285	54	6	1	0	74	1981	26	3	4	28	212	7	32	3
Chicken for Six (1 serving) with Side Choice Spanish Rice	310	59	7	1	0	74	2110	32	2	4	28	341	10	19	3
Chicken for Six (1 serving) with Side Choice Sweet Corn	326	87	10	3	0	74	1910	29	2	5	28	320	9	17	2
Chicken for Six (1 serving) with Side Choice Tomato and Cucumbers	266	52	6	1	0	74	1783	23	2	4	27	418	10	23	2
Chicken for Six (1 serving) with Side Choice Twice Baked Potatoes	322	85	9	3	0	83	1893	28	2	4	28	203	10	52	2
Chicken for Six (6 servings)	1529	312	35	5	0	446	10684	126	7	19	160	535	37	98	13
Chicken for Six (6 servings) with Side Choice Baked Mac and Cheese	2021	529	59	16	0	495	12201	180	9	29	175	1033	37	337	14
Chicken for Six (6 servings) with Side Choice Baked Sweet Potato	1777	313	35	5	0	446	10841	183	16	31	165	40754	44	183	14
Chicken for Six (6 servings) with Side Choice Corn Fritters	2016	479	53	8	1	446	12308	199	12	24	167	539	37	147	14
Chicken for Six (6 servings) with Side Choice French Fries	2198	667	74	14	2	446	12734	198	16	19	168	539	37	144	15
Chicken for Six (6 servings) with Side Choice Fried Okra	1838	353	39	6	1	446	12259	182	10	25	168	539	45	204	15
Chicken for Six (6 servings) with Side Choice Garden Salad	1595	317	35	5	0	446	10708	138	13	24	164	10153	83	179	15
Chicken for Six (6 servings) with Side Choice Green Beans	1867	566	63	9	0	446	11661	143	15	23	164	2105	74	185	15
Chicken for Six (6 servings) with Side Choice Kaleblazer Slaw	2060	591	66	10	0	446	11168	181	15	61	165	573	37	229	15
Chicken for Six (6 servings) with Side Choice Ranchero Beans	1709	322	36	5	0	446	11888	158	15	23	169	1272	44	194	15
Chicken for Six (6 servings) with Side Choice Spanish Rice	1860	356	40	7	0	446	12660	191	10	25	166	2044	57	112	15
Chicken for Six (6 servings) with Side Choice Sweet Corn	1954	523	58	17	0	446	11461	171	14	27	168	1918	53	103	14
Chicken for Six (6 servings) with Side Choice Tomato and Cucumbers	1596	314	35	5	0	446	10699	140	11	26	163	2506	60	137	14
Chicken for Six (6 servings) with Side Choice Twice Baked Potatoes	1933	507	56	19	0	498	11360	168	11	25	171	1219	62	314	13
Crispy Tenders for Four (1 serving)	2523	365	41	5	3	460	9975	292	7	13	220	273	29	105	22
Crispy Tenders for Four (1 serving) with Side Choice Baked Mac and Cheese	3015	583	65	16	3	509	11493	347	9	22	235	771	29	344	24
Crispy Tenders for Four (1 serving) with Side Choice Baked Sweet Potato	2771	366	41	5	3	460	10132	349	16	24	225	40492	36	190	24
Crispy Tenders for Four (1 serving) with Side Choice Corn Fritters	3010	532	59	8	4	460	11599	365	12	17	227	276	29	153	24
Crispy Tenders for Four (1 serving) with Side Choice French Fries	3192	721	80	14	5	460	12026	365	15	13	228	277	29	151	25
Crispy Tenders for Four (1 serving) with Side Choice Fried Okra	2832	406	45	6	4	460	11550	349	10	18	228	276	37	211	25
Crispy Tenders for Four (1 serving) with Side Choice Garden Salad	2589	370	41	5	3	460	9999	304	12	18	224	9890	75	186	25
Crispy Tenders for Four (1 serving) with Side Choice Green Beans	2861	620	69	9	3	460	10953	309	15	16	224	1843	66	192	25
Crispy Tenders for Four (1 serving) with Side Choice Kaleblazer Slaw	3054	644	72	10	3	460	10460	347	14	54	225	310	29	236	25
Crispy Tenders for Four (1 serving) with Side Choice Ranchero Beans	2703	375	42	5	3	460	11180	324	15	16	229	1010	36	201	25
Crispy Tenders for Four (1 serving) with Side Choice Spanish Rice	2854	409	45	7	3	460	11951	357	10	18	226	1781	50	119	25

Crispy Tenders for Four (1 serving) with Side Choice Sweet C	2948	576	64	17	3	460	10752	338	14	20	228	1656	45	110	24
Crispy Tenders for Four (1 serving) with Side Choice Tomato	2590	367	41	5	3	460	9990	306	10	19	223	2244	53	144	24
Crispy Tenders for Four (1 serving) with Side Choice Twice B	2927	561	62	18	3	512	10652	334	10	18	231	956	54	321	23

	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)
Wild West Sides															
Baked Mac and Cheese, Individual (1 serving)	246	109	12	6	0	24	759	27	1	5	7	249	0	120	1
Baked Mac and Cheese, Texas Size (1 serving)	738	326	36	17	0	73	2277	81	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
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	1025	36	4	0	4	2	0	23	1
French Fries, Texas Size (1 serving)	1004	533	59	14	2	0	3076	109	12	0	12	6	0	69	4
Fried Okra, Individual (1 serving)	155	20	2	0	0	0	788	28	1	3	4	2	4	53	1
Fried Okra, Texas Size (1 serving)	464	61	7	1	1	0	2363	84	4	8	12	5	12	159	4
Garden Salad, Individual (1 serving)	33	2	0	0	0	0	12	6	3	2	2	4809	23	40	1
Garden Salad, Individual (1 serving) with Dressing Choice Bal	153	92	10	1	0	0	412	16	3	10	2	4809	23	40	1
Garden Salad, Individual (1 serving) with Dressing Choice Blu	373	326	36	7	0	30	372	8	3	4	4	4809	23	120	1
Garden Salad, Individual (1 serving) with Dressing Choice Ch	193	128	14	2	0	0	452	16	3	10	2	4809	23	40	1
Garden Salad, Individual (1 serving) with Dressing Choice Fuj	253	146	16	3	0	0	272	22	3	18	2	4809	23	40	1
Garden Salad, Individual (1 serving) with Dressing Choice Ho	313	200	22	3	0	20	372	24	3	18	2	4809	23	40	1
Garden Salad, Individual (1 serving) with Dressing Choice Ra	232	186	21	3	0	12	651	9	3	4	3	4977	24	88	1
Garden Salad, Texas Size (1 serving)	98	7	1	0	0	0	37	18	8	7	5	14426	69	121	3
Garden Salad, Texas Size (1 serving) with Dressing Choice B	458	277	31	3	0	0	1237	48	8	31	5	14426	69	121	3
Garden Salad, Texas Size (1 serving) with Dressing Choice B	1118	979	109	21	0	90	1117	24	8	13	11	14426	69	361	3
Garden Salad, Texas Size (1 serving) with Dressing Choice C	578	385	43	6	0	0	1357	48	8	31	5	14426	69	121	3
Garden Salad, Texas Size (1 serving) with Dressing Choice F	758	439	49	9	0	0	817	66	8	55	5	14426	69	121	3
Garden Salad, Texas Size (1 serving) with Dressing Choice H	938	601	67	9	0	60	1117	72	8	55	5	14426	69	121	3
Garden Salad, Texas Size (1 serving) with Dressing Choice R	695	558	62	10	0	36	1954	26	8	13	9	14930	72	264	4
Green Beans, Individual (1 serving)	169	127	14	2	0	0	489	8	4	2	2	785	18	44	1
Green Beans, Texas Size (1 serving)	507	382	42	6	0	0	1467	25	12	5	6	2355	55	131	4
Mexican Street Corn, Individual (1 serving)	262	160	18	8	0	10	553	20	3	4	5	1006	9	68	1
Mexican Street Corn, Texas Size (1 serving)	779	477	53	23	0	30	1513	58	8	11	14	2611	24	189	2
Ranchero Beans, Individual (1 serving)	90	5	1	0	0	0	602	16	4	2	4	369	4	48	1
Ranchero Beans, Texas Size (1 serving)	270	15	2	0	0	0	1807	47	12	5	13	1106	11	144	4
Roasted Broccoli, Individual (1 serving)	258	224	25	2	0	0	483	6	2	1	3	2493	79	52	1

Roasted Broccoli, Texas Size (1 serving)	618	539	60	4	0	0	1160	14	4	3	6	5984	189	124	3
Spanish Rice, Individual (1 serving)	165	22	2	1	0	0	988	32	1	3	3	754	10	7	1
Spanish Rice, Texas Size (1 serving)	496	66	7	3	0	0	2964	97	4	8	9	2263	31	21	4
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

Desserts	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)
Banana Pudding, Individual (1 serving)	330	104	12	8	0	30	280	52	0	43	4	181	0	102	0
Banana Pudding, Texas Size (1 serving)	990	313	35	25	0	89	841	155	0	129	11	544	0	305	1
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

Drinks	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)
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

	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															
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 Ler	173	109	12	3	1	62	263	0	0	0	15	75	2	13	1
Crispy Drumsticks Snack (1 serving) with Dry Rub Choice Te	172	108	12	3	1	62	264	0	0	0	15	73	2	10	1
Crispy Drumsticks Snack (1 serving) with Sauce Choice Barb	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

	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)
Salad Dressings															
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