

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 Tacos (1 serving)	504	214	24	9	0	6	1696	40	2	5	31	879	8	119	5
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 Tinga Tacos (1 serving)	369	119	13	6	0	66	1395	41	3	6	19	417	8	142	3
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
Crispy Tenders Tacos (1 serving)	733	316	35	12	0	112	2293	60	2	3	40	817	14	316	5
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 Lemon Pepper	293	184	20	4	2	103	500	1	0	0	25	126	3	22	2
Five Crispy Drumsticks (1 serving) with Dry Rub Choice Texas	290	184	20	4	2	103	501	0	0	0	25	121	3	18	1
Five Crispy Drumsticks (1 serving) with Sauce Choice Barbecue	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 Barbecue Sauce	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)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Veggie Plate (1 serving) with Side Choice Baked Mac and Cheese	206	99	11	6	0	32	715	17	1	3	9	0	0	213	1
Veggie Plate (1 serving) with Side Choice Baked Sweet Potato	124	1	0	0	0	0	79	29	4	6	2	20110	3	43	1
Veggie Plate (1 serving) with Side Choice Corn Fritters	243	84	9	1	0	0	812	36	2	2	4	2	0	24	1
Veggie Plate (1 serving) with Side Choice Dinner Roll	120	23	3	0	0	0	170	20	1	3	3	0	5	0	1
Veggie Plate (1 serving) with Side Choice French Fries	335	178	20	5	1	0	1025	36	4	0	4	2	0	23	1
Veggie Plate (1 serving) with Side Choice Fried Okra	155	20	2	0	0	0	788	28	1	3	4	2	4	53	1
Veggie Plate (1 serving) with Side Choice Garden Salad	35	3	0	0	0	0	13	6	3	2	2	4809	23	47	1
Veggie Plate (1 serving) with Side Choice Green Beans	169	127	14	2	0	0	489	8	4	2	2	785	18	44	1
Veggie Plate (1 serving) with Side Choice Kaleblazer Slaw	284	148	16	3	0	0	247	27	4	21	4	19	0	131	1
Veggie Plate (1 serving) with Side Choice Ranchero Beans	90	5	1	0	0	0	602	16	4	2	4	369	4	48	1
Veggie Plate (1 serving) with Side Choice Spanish Rice	165	22	2	1	0	0	988	32	1	3	3	754	10	7	1
Veggie Plate (1 serving) with Side Choice Sweet Corn	212	106	12	6	0	0	389	23	3	4	4	692	8	3	1

Veggie Plate (1 serving) with Side Choice Tomato and Cucurr	33	1	0	0	0	0	8	7	2	3	1	986	12	20	1
Veggie Plate (1 serving) with Side Choice Twice Baked Potat	202	98	11	7	0	26	338	21	2	3	5	342	12	108	0
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)
Bacon Chicken Mac Bowl (1 serving)	1092	585	65	36	0	275	3966	43	4	7	81	645	14	944	3
Brisket Mac Bowl (1 serving)	1023	547	61	35	0	170	3206	63	3	17	55	845	6	953	4
Buffalo Chicken Salad (1 serving)	1027	637	71	20	0	150	4157	45	8	8	52	10970	61	388	5
Buffalo Mac Bowl (1 serving)	1315	716	80	38	0	257	5354	72	4	9	74	1630	14	967	4
Chicken Tinga Bowl (1 serving)	819	253	28	11	0	83	2520	107	12	9	33	2456	40	282	5
Durango Bowl (1 serving)	759	181	20	9	0	89	3038	97	10	15	43	3166	43	120	5
Kickin' Cobb Salad (1 serving)	1128	811	90	29	0	361	3422	19	7	9	57	10550	60	653	4
Monterey Salad (1 serving)	790	485	54	17	0	148	1214	30	7	18	48	9917	50	401	3

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

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 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 (4 servings)	1019	208	23	3	0	298	7122	84	5	13	107	357	25	65	8
Chicken for Six (1 serving)	255	52	6	1	0	74	1781	21	1	3	27	89	6	16	2
Chicken for Six (6 servings)	1529	312	35	5	0	446	10684	126	7	19	160	535	37	98	13
Crispy Tenders for Four (1 serving)	2523	365	41	5	3	460	9975	292	7	13	220	273	29	105	22

Sides for Family Meals (1 side)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sides for Family Meals (1 side) with Side Choice Baked Mac & Cheese	412	197	22	13	0	64	1430	35	3	5	18	0	0	425	1
Sides for Family Meals (1 side) with Side Choice Baked Sweet Potato	247	1	0	0	0	0	157	57	9	12	4	40219	7	85	2
Sides for Family Meals (1 side) with Side Choice Corn Fritters	487	167	19	3	1	0	1624	73	5	5	7	4	0	49	2
Sides for Family Meals (1 side) with Side Choice French Fries	669	355	39	9	2	0	2051	72	8	0	8	4	0	46	3
Sides for Family Meals (1 side) with Side Choice Fried Okra	309	41	5	1	1	0	1576	56	3	5	8	4	8	106	3
Sides for Family Meals (1 side) with Side Choice Garden Salad	69	7	1	0	0	0	25	12	5	5	4	9618	46	95	2
Sides for Family Meals (1 side) with Side Choice Green Beans	338	255	28	4	0	0	978	17	8	3	4	1570	37	87	2
Sides for Family Meals (1 side) with Side Choice Kaleblazer Salad	567	297	33	5	0	0	495	55	7	41	9	38	0	262	2
Sides for Family Meals (1 side) with Side Choice Ranchero Beans	180	10	1	0	0	0	1205	32	8	3	9	737	7	96	3
Sides for Family Meals (1 side) with Side Choice Spanish Rice	331	44	5	2	0	0	1976	65	3	5	6	1509	21	14	3
Sides for Family Meals (1 side) with Side Choice Sweet Corn	425	211	23	12	0	0	777	45	6	8	8	1383	16	5	1
Sides for Family Meals (1 side) with Side Choice Tomato and Onion	67	2	0	0	0	0	15	13	3	7	3	1971	24	39	1
Sides for Family Meals (1 side) with Side Choice Twice Baked Potato	404	196	22	13	0	51	677	42	3	5	11	684	25	216	1

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 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
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)	35	3	0	0	0	0	13	6	3	2	2	4809	23	47	1
Garden Salad, Individual (1 serving) with Dressing Choice Balsamic	155	93	10	1	0	0	413	16	3	10	2	4809	23	47	1
Garden Salad, Individual (1 serving) with Dressing Choice Blue Cheese	375	327	36	7	0	30	373	8	3	4	4	4809	23	127	1
Garden Salad, Individual (1 serving) with Dressing Choice Cheddar	195	129	14	2	0	0	453	16	3	10	2	4809	23	47	1
Garden Salad, Individual (1 serving) with Dressing Choice Honey Mustard	315	201	22	3	0	20	373	24	3	18	2	4809	23	47	1
Garden Salad, Individual (1 serving) with Dressing Choice Ranch	233	187	21	3	0	12	652	9	3	4	3	4977	24	95	1
Garden Salad, Texas Size (1 serving)	104	10	1	0	0	0	38	18	8	7	6	14426	69	142	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Balsamic	464	280	31	3	0	0	1238	48	8	31	6	14426	69	142	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Blue Cheese	1124	982	109	21	0	90	1118	24	8	13	12	14426	69	382	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Cheddar	584	388	43	6	0	0	1358	48	8	31	6	14426	69	142	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Honey Mustard	944	604	67	9	0	60	1118	72	8	55	6	14426	69	142	3
Garden Salad, Texas Size (1 serving) with Dressing Choice Ranch	700	561	62	10	0	36	1955	26	8	13	10	14930	72	285	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
Mac and Cheese, Individual (1 serving)	204	98	11	6	0	32	708	17	1	3	9	0	0	211	1
Mac and Cheese, Texas Size (1 serving)	619	296	33	19	0	97	2146	52	4	8	27	0	0	638	2
Mashed Potatoes and Gravy, Individual (1 serving)	149	50	6	3	0	14	554	21	2	1	3	0	0	29	1
Mashed Potatoes and Gravy, Texas Size (1 serving)	512	174	19	11	0	41	2147	72	5	3	11	0	0	88	3

Mashed Potatoes, Individual (1 serving)	128	41	5	3	0	14	393	18	2	1	3	0	0	28	1
Mashed Potatoes, Texas Size (1 serving)	384	123	14	8	0	41	1179	55	5	3	8	0	0	85	3
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 Veggies (1 serving)	147	98	11	2	0	0	219	9	3	4	3	6487	81	51	1
Southern Brown Gravy (1 serving)	128	51	6	3	0	0	967	17	0	0	3	0	0	3	1
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

Crispy Drumsticks	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)
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 Barbi	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)	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)
Chicken Enchiladas, Three (1 serving)	942	484	54	33	0	248	3188	50	8	8	59	2882	7	624	1
Chicken Enchiladas, Two (1 serving)	810	448	50	32	0	221	2683	39	7	8	46	2668	6	617	1

Salad Dressings	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)
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 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 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

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
Desserts	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)
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