

Cowboy Chicken Menu Analysis Book

Mac N Cheese 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)
Chicken Bacon Mac N Cheese Bowl (1 serving)	1092	585	65	36	0	275	3966	43	4	7	81	645	14	944	3
Crispy Buffalo Mac N Cheese Bowl (1 serving)	1315	716	80	38	0	257	5354	72	4	9	74	1630	14	967	4
Smoky Brisket Mac N Cheese Bowl (1 serving)	1023	547	61	35	0	170	3206	63	3	17	55	845	6	953	4

Cowboy Tacos	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 Tacos (1 serving)	504	214	24	9	0	6	1696	40	2	5	31	879	8	119	5
Chicken Tinga Tacos (1 serving)	369	119	13	6	0	66	1395	41	3	6	19	417	8	142	3
Crispy Tenders Tacos (1 serving)	740	323	36	12	0	112	2320	60	2	3	40	797	12	317	5

Rotisserie 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)
2 Piece Dark Special (1 serving)	243	66	7	1	0	75	1405	21	1	3	21	99	6	13	2
Half Chicken (1 serving)	269	58	6	2	0	149	3221	2	0	0	47	178	3	33	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
Whole Chicken (1 serving)	538	117	13	3	0	298	6442	4	1	1	95	357	5	65	4

Family Meals for Four 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)
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
Enchilada Meal for Four (1 serving)	296	81	9	4	0	62	1135	25	3	0	28	481	1	15	1
Enchilada Meal for Four (1 serving) with Side Choice Chips a	526	128	14	4	0	62	1975	68	9	5	33	1455	11	32	2
Enchilada Meal for Four (1 serving) with Side Choice Rolls	417	104	12	4	0	62	1305	45	4	3	31	481	6	15	2
Enchilada Meal for Four (4 servings)	1185	326	36	15	0	247	4539	101	13	1	110	1924	6	58	3
Enchilada Meal for Four (4 servings) with Side Choice Chips	2105	512	57	16	1	247	7899	272	36	21	130	5820	44	129	6
Enchilada Meal for Four (4 servings) with Side Choice Rolls	1666	417	46	15	0	247	5219	181	17	13	122	1924	25	58	8

Salads and 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)
Buffalo Chicken Salad (1 serving)	1027	637	71	20	0	150	4157	45	8	8	52	10970	61	388	5

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
Strawberry Chicken Salad (1 salad)	576	291	32	7	0	72	1726	38	6	26	31	8977	89	174	3

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)	546	171	19	6	1	75	4204	55	3	11	38	2650	8	67	3
Buffalo Chicken Sandwich (1 serving) with Dressing Choice E	971	576	64	15	1	113	4654	58	3	14	41	2650	8	167	3
Buffalo Chicken Sandwich (1 serving) with Dressing Choice F	794	401	45	10	1	90	5003	58	3	13	40	2860	9	126	3
Chicken Avocado Wrap (1 wrap)	892	481	53	12	0	84	1670	68	9	4	37	3310	22	388	5
Laredo Sandwich (1 serving)	603	257	29	12	0	122	730	42	2	8	44	800	8	175	3
Southwest Wrap (1 wrap)	786	316	35	13	0	85	3223	81	13	6	36	1470	28	534	10

Tenders and Wings	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)
24 Boneless Wings Pack, Plain (1 serving)	260	35	4	1	0	58	1185	27	1	1	26	162	2	24	2
24 Boneless Wings Pack, Plain (1 serving) with Blue Cheese	940	683	76	15	0	118	1905	31	1	5	30	162	2	184	2
24 Boneless Wings Pack, Plain (1 serving) with Ranch Dressing	657	402	45	7	0	81	2463	33	1	5	29	498	4	120	3
24 Boneless Wings Pack, Plain (4 servings)	1039	139	15	3	2	230	4738	110	3	2	105	647	8	98	9
24 Boneless Wings Pack, Plain (4 servings) with Blue Cheese	3759	2731	303	59	2	470	7618	126	3	18	121	647	8	738	9
24 Boneless Wings Pack, Plain (4 servings) with Ranch Dressing	2629	1608	179	29	2	326	9851	131	4	18	116	1990	15	479	10
24 Traditional Wings Pack, Plain (4 servings)	2619	1772	197	50	8	753	23277	18	5	6	182	2572	14	231	11
24 Traditional Wings Pack, Plain (4 servings) with Blue Cheese	5339	4364	485	106	8	993	26157	34	5	22	198	2572	14	871	11
24 Traditional Wings Pack, Plain (4 servings) with Ranch Dressing	4209	3241	360	76	8	849	28389	39	6	21	193	3916	20	613	11
6 Boneless Wings Meal, Plain (1 serving)	380	57	6	1	0	58	1355	47	2	4	29	162	7	24	3
6 Boneless Wings Meal, Plain (1 serving) with Blue Cheese	584	252	28	5	0	76	1571	49	2	5	30	162	7	72	3
6 Boneless Wings Meal, Plain (1 serving) with Ranch Dressing	499	168	19	3	0	65	1738	49	2	5	30	262	7	53	3
6 Traditional Wings Meal (1 serving)	655	443	49	12	2	188	5819	5	1	1	45	643	3	58	3
6 Traditional Wings Meal (1 serving) with Buffalo Wing Sauce	687	465	52	13	2	189	7060	7	2	3	46	1627	4	65	3
6 Traditional Wings Meal (1 serving) with Cowboy Chicken Breading	735	443	49	12	2	188	6199	25	1	19	45	943	8	98	3
6 Traditional Wings Meal (1 serving) with Lemon Pepper Seasoning	668	445	49	13	2	188	7395	7	2	2	46	662	4	91	4
6 Traditional Wings Meal (1 serving) with Nashville Hot Chicken Sauce	655	443	49	12	2	188	6239	5	1	1	45	643	3	58	3
Add 6 Boneless Wings, Plain (1 serving)	260	35	4	1	0	58	1185	27	1	1	26	162	2	24	2
Add 6 Boneless Wings, Plain (1 serving) with Blue Cheese	464	229	25	5	0	76	1401	29	1	2	27	162	2	72	2
Add 6 Boneless Wings, Plain (1 serving) with Ranch Dressing	379	145	16	3	0	65	1568	29	1	2	27	262	3	53	2

Add 6 Traditional Wings, Plating (1 serving)	775	466	52	12	2	188	5989	25	2	4	48	643	8	58	4
Add 6 Traditional Wings, Plating (1 serving) with Blue Cheese	979	660	73	17	2	206	6205	26	2	6	50	643	8	106	4
Add 6 Traditional Wings, Plating (1 serving) with Ranch Dressing	894	576	64	14	2	196	6373	26	2	6	49	744	9	86	4
Crispy Chicken Tenders (1 serving)	631	91	10	1	1	115	2494	73	2	3	55	68	7	26	6
Five Crispy Legs Meal (1 serving)	290	184	20	4	2	103	106	0	0	0	25	121	3	14	1
Five Crispy Legs Meal (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 Legs Meal (1 serving) with Dry Rub Choice Texas Style	290	184	20	4	2	103	501	0	0	0	25	121	3	18	1
Five Crispy Legs Meal (1 serving) with Sauce Choice Barbecue	370	184	20	4	2	103	486	20	0	18	25	421	8	54	2
Five Crispy Legs Meal (1 serving) with Sauce Choice Buffalo	322	206	23	5	2	104	1347	2	0	1	25	1105	4	21	1

Two Ounces of Flavorings	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)
Buffalo Sauce (1 serving)	33	22	2	0	0	1	1241	2	0	1	0	984	1	7	0
Hot Honey, 2 oz (2 ounces)	120	0	0	0	0	0	760	32	0	28	0	0	0	0	0
Lemon Pepper (1 serving)	52	9	1	1	0	0	6305	9	3	2	1	77	1	131	5
Nashville Hot (1 serving)	418	416	46	25	0	30	384	0	0	0	0	925	0	0	0

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 Meal, Pulled (1 serving)	370	163	18	7	0	6	1149	26	0	23	25	563	6	52	3
Brisket Meal, Sliced (1 serving)	543	227	25	9	0	7	1819	43	1	23	34	629	10	62	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
Side of Brisket, Pulled (1 serving)	342	204	23	9	0	7	1269	3	0	2	31	329	1	22	3
Side of Brisket, Sliced (1 serving)	342	204	23	9	0	7	1269	3	0	2	31	329	1	22	3

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 Original Enchiladas (1 serving)	810	448	50	32	0	221	2683	39	7	8	46	2668	6	617	1
3 Original Enchiladas (1 serving)	942	484	54	33	0	248	3188	50	8	8	59	2882	7	624	1

Wild West Sides Individual 5 Ounces	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)
Black Beans, Individual (1 serving)	120	10	1	0	0	0	436	20	7	0	8	0	0	26	2
Cowboy Slaw, Individual (1 serving)	284	148	16	3	0	0	247	27	4	21	4	19	0	131	1
Creamy Mashed Potatoes and Gravy, Individual (1 serving)	149	50	6	3	0	14	554	21	2	1	3	0	0	29	1

French Fries, Individual (1 serving)	279	148	16	4	1	0	854	30	3	0	3	2	0	19	1
Fried Okra, Individual (1 serving)	193	26	3	0	1	0	985	35	2	3	5	2	5	66	2
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 B	155	93	10	1	0	0	413	16	3	10	2	4809	23	47	1
Garden Salad, Individual (1 serving) with Dressing Choice Bl	375	327	36	7	0	30	373	8	3	4	4	4809	23	127	1
Garden Salad, Individual (1 serving) with Dressing Choice Ct	195	129	14	2	0	0	453	16	3	10	2	4809	23	47	1
Garden Salad, Individual (1 serving) with Dressing Choice Hc	315	201	22	3	0	20	373	24	3	18	2	4809	23	47	1
Garden Salad, Individual (1 serving) with Dressing Choice R	233	187	21	3	0	12	652	9	3	4	3	4977	24	95	1
Green Beans, Individual (1 serving)	211	159	18	3	0	0	611	10	5	2	3	981	23	55	2
Mexican Street Corn, Individual (1 serving)	262	160	18	8	0	10	553	20	3	4	5	1006	9	68	1
Ranchero Beans, Individual (1 serving)	90	5	1	0	0	0	602	16	4	2	4	369	4	48	1
Spanish Rice, Individual (1 serving)	165	22	2	1	0	0	988	32	1	3	3	754	10	7	1
Sweet Potatoes, Individual (1 serving)	124	1	0	0	0	0	79	29	4	6	2	20110	3	43	1
Tomato Cucumber Salad, Individual (1 serving)	33	1	0	0	0	0	8	7	2	3	1	986	12	20	1
Twice Baked Potaters, Individual (1 serving)	202	98	11	7	0	26	338	21	2	3	5	342	12	108	0
Veggie Plate, Individual (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Veggie Plate, Individual (1 serving) with Side Choice Baked M	206	99	11	6	0	32	715	17	1	3	9	0	0	213	1
Veggie Plate, Individual (1 serving) with Side Choice Baked S	124	1	0	0	0	0	79	29	4	6	2	20110	3	43	1
Veggie Plate, Individual (1 serving) with Side Choice Dinner F	120	23	3	0	0	0	170	20	1	3	3	0	5	0	1
Veggie Plate, Individual (1 serving) with Side Choice French F	279	148	16	4	1	0	854	30	3	0	3	2	0	19	1
Veggie Plate, Individual (1 serving) with Side Choice Fried Ol	193	26	3	0	1	0	985	35	2	3	5	2	5	66	2
Veggie Plate, Individual (1 serving) with Side Choice Garden	35	3	0	0	0	0	13	6	3	2	2	4809	23	47	1
Veggie Plate, Individual (1 serving) with Side Choice Green E	211	159	18	3	0	0	611	10	5	2	3	981	23	55	2
Veggie Plate, Individual (1 serving) with Side Choice Kalebla:	284	148	16	3	0	0	247	27	4	21	4	19	0	131	1
Veggie Plate, Individual (1 serving) with Side Choice Ranche	90	5	1	0	0	0	602	16	4	2	4	369	4	48	1
Veggie Plate, Individual (1 serving) with Side Choice Spanish	165	22	2	1	0	0	988	32	1	3	3	754	10	7	1
Veggie Plate, Individual (1 serving) with Side Choice Sweet C	212	106	12	6	0	0	389	23	3	4	4	692	8	3	1
Veggie Plate, Individual (1 serving) with Side Choice Tomato	33	1	0	0	0	0	8	7	2	3	1	986	12	20	1
Veggie Plate, Individual (1 serving) with Side Choice Twice B	202	98	11	7	0	26	338	21	2	3	5	342	12	108	0
White Cheddar Mac and Cheese, Individual (1 serving)	206	99	11	6	0	32	715	17	1	3	9	0	0	213	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)
Wild West Sides Texas Sized 16 Ounces															
Black Beans, Texas Size (1 serving)	384	31	3	0	0	0	1396	63	21	0	24	0	0	84	7
Cowboy Slaw, Texas Size (1 serving)	908	475	53	8	0	0	792	87	11	66	14	60	0	419	4
Creamy Mashed Potatoes and Gravy, Texas Size (1 serving)	469	157	17	10	0	41	1824	66	5	3	10	0	0	87	3
French Fries, Texas Size (1 serving)	892	474	53	12	2	0	2734	96	11	0	11	6	0	62	4
Fried Okra, Texas Size (1 serving)	618	82	9	1	2	0	3151	113	6	11	16	7	16	212	5

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 E	464	280	31	3	0	0	1238	48	8	31	6	14426	69	142	3
Garden Salad, Texas Size (1 serving) with Dressing Choice E	1124	982	109	21	0	90	1118	24	8	13	12	14426	69	382	3
Garden Salad, Texas Size (1 serving) with Dressing Choice C	584	388	43	6	0	0	1358	48	8	31	6	14426	69	142	3
Garden Salad, Texas Size (1 serving) with Dressing Choice F	944	604	67	9	0	60	1118	72	8	55	6	14426	69	142	3
Garden Salad, Texas Size (1 serving) with Dressing Choice F	700	561	62	10	0	36	1955	26	8	13	10	14930	72	285	4
Green Beans, Texas Size (1 serving)	676	509	57	8	0	0	1956	33	16	6	8	3140	74	175	5
Mexican Street Corn, Texas Size (1 serving)	831	509	57	25	0	32	1613	62	9	12	15	2785	26	201	2
Ranchero Beans, Texas Size (1 serving)	288	16	2	0	0	0	1927	50	13	5	14	1179	11	154	5
Spanish Rice, Texas Size (1 serving)	529	70	8	3	0	0	3162	103	4	8	10	2414	33	22	4
Sweet Potatoes, Texas Size (1 serving)	396	2	0	0	0	0	251	91	14	19	7	64351	11	136	3
Tomato Cucumber Salad, Texas Size (1 serving)	657	364	40	8	0	0	675	62	5	51	5	3154	38	63	2
Twice Baked Potaters, Texas Size (1 serving)	646	313	35	21	0	82	1083	66	5	8	17	1094	40	346	1
White Cheddar Mac and Cheese, Texas Size (1 serving)	660	315	35	21	0	103	2289	56	4	8	29	0	0	680	2

Kids Menu 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)
Cowpoke (1 serving)	236	96	11	2	1	41	212	20	1	3	13	48	6	6	2
Crispy Kids Tenders Meal (1 serving)	376	57	6	1	0	58	1332	47	1	3	29	34	6	13	3
Kids Veggie Plate (1 serving)	120	23	3	0	0	0	170	20	1	3	3	0	5	0	1
Kids Veggie Plate (1 serving) with Baked Mac and Cheese	327	121	13	6	0	32	885	37	2	6	12	0	5	213	2
Kids Veggie Plate (1 serving) with Creamed Spinach	285	132	15	7	0	31	575	27	2	5	8	4947	19	136	3
Kids Veggie Plate (1 serving) with Fried Okra	275	43	5	0	0	0	958	48	2	6	7	2	9	53	2
Kids Veggie Plate (1 serving) with Green Beans	268	134	15	2	0	0	598	27	4	4	5	687	21	38	2
Kids Veggie Plate (1 serving) with Mexican Street Corn	330	151	17	6	0	8	613	36	3	6	7	805	12	54	2
Kids Veggie Plate (1 serving) with Ranchero Beans	192	27	3	0	0	0	652	33	4	4	7	295	8	38	2
Kids Veggie Plate (1 serving) with Roasted Broccoli	378	247	27	2	0	0	653	26	3	4	6	2493	84	52	2
Kids Veggie Plate (1 serving) with Roasted Corn	290	107	12	5	0	0	481	38	4	6	6	553	11	2	2
Kids Veggie Plate (1 serving) with Spanish Rice	253	40	4	1	0	0	960	46	2	5	5	603	13	6	2
Kids Veggie Plate (1 serving) with Sweet Potato	516	25	3	0	0	0	421	111	15	22	10	64351	16	136	4
Kids Veggie Plate (1 serving) with Twice Baked Potaters	322	121	13	7	0	26	508	41	3	6	8	342	17	108	1

Extra Dressings and Dipping Sauces	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)
Blue Cheese Dressing, 2 fl oz (2 fluid ounces)	340	324	36	7	0	30	360	2	0	2	2	0	0	80	0
Cowboy Chicken Hot Sauce, Bottle (1 bottle)	100	0	0	0	0	0	6900	30	0	10	0	2000	0	0	4
Ranch Dressing, 2 fl oz (2 fluid ounces)	199	184	20	3	0	12	639	3	0	2	1	168	1	48	0

Add On 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)
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Fried Jalapeno Pepper (1 pepper)	7	3	0	0	0	0	0	0	1	0	0	0	112	6	1	0
Roll (1 roll)	120	23	3	0	0	0	0	170	20	1	3	3	0	5	0	1
Side of Guacamole (1 side)	73	56	6	1	0	0	0	362	5	3	1	1	127	8	8	0

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)
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, All White (1 serving)	289	29	3	1	0	148	2730	2	0	0	59	125	3	36	2
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 Dressing	1373	978	109	23	2	243	5769	34	1	5	60	505	4	215	4
Wings and Tender Combo (1 serving) with Buffalo Wing Sauce	759	375	42	10	2	184	7531	35	2	3	57	2472	5	69	4
Wings and Tender Combo (1 serving) with Cowboy Chicken Dressing	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

Family Meals	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 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
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 Macaroni	619	296	33	19	0	97	2146	52	4	8	27	0	0	638	2
Sides for Family Meals (1 side) with Side Choice Baked Sweet Potato	371	2	0	0	0	0	236	86	13	18	7	60329	10	128	3
Sides for Family Meals (1 side) with Side Choice Black Beans	360	29	3	0	0	0	1308	59	20	0	23	0	0	79	7
Sides for Family Meals (1 side) with Side Choice French Fries	836	444	49	11	2	0	2563	90	10	0	10	5	0	58	4
Sides for Family Meals (1 side) with Side Choice Fried Okra	579	77	9	1	2	0	2954	106	5	10	15	7	15	198	5
Sides for Family Meals (1 side) with Side Choice Garden of Eatin'	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	633	477	53	8	0	0	1833	31	15	6	8	2944	69	164	5
Sides for Family Meals (1 side) with Side Choice Mashed Potatoes	469	157	17	10	0	41	1824	66	5	3	10	0	0	87	3
Sides for Family Meals (1 side) with Side Choice Ranchero Beans	270	15	2	0	0	0	1807	47	12	5	13	1106	11	144	4
Sides for Family Meals (1 side) with Side Choice Spanish Rice	496	66	7	3	0	0	2964	97	4	8	9	2263	31	21	4
Sides for Family Meals (1 side) with Side Choice Sweet Corn	637	317	35	18	0	0	1166	68	10	11	11	2075	24	8	2
Sides for Family Meals (1 side) with Side Choice Tomato and Onion	100	3	0	0	0	0	23	20	5	10	4	2957	35	59	2
Sides for Family Meals (1 side) with Side Choice Twice Baked Potatoes	606	293	33	20	0	77	1015	62	5	8	16	1026	37	324	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)
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
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

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 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 Le	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 Bart	210	108	12	3	1	62	246	10	0	9	15	217	4	28	1
Crispy Drumsticks Snack (1 serving) with Sauce Choice Buff	187	119	13	3	1	62	659	1	0	1	15	545	2	12	1

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 Vi	120	90	10	1	0	0	400	10	0	8	0	0	0	0	0
Dressings (2 fluid ounces) with Dressing Choice Blue Chees	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 Must	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 Vi	240	180	20	2	0	0	800	20	0	16	0	0	0	0	0
Dressings (4 fluid ounces) with Dressing Choice Blue Chees	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 Must	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

	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)	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)	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)	542	299	33	24	0	114	287	57	1	35	5	485	21	30	2