



	Calories (G)	Total Fat (G)	Saturated Fat (G)	Polyunsaturated Fat (G)	Monounsaturated Fat (G)	Sodium (MG)	Total Carbs (G)	Dietary Fiber (G)	Protein (G)
<b>BREAKFAST</b>									
Bacon (3 slices)	70	5	2	0	0	190	0	0	4
Bacon Biscuit	310	15	9	0	0	960	34	1	9
Bacon Egg Biscuit	390	20	11	1	2	1040	34	1	15
Bacon Egg Cheese Biscuit	410	22	12	1	2	1160	35	1	16
Bacon Scrambler	260	11	3.5	2	2	500	27	1	13
Breakfast Hero	900	62	23	3.5	3.5	1950	39	1	41
Big Chic	470	20	9	0	0	1440	49	2	23
Bologna, Egg, and Cheese Sandwich	490	31	11	2	2	1480	34	1	19
Breakfast Burrito	667	36	17	0	0	1653	58	2	27
Chicken Tender Biscuit	470	19	9	0	0	1440	54	2	21
Country Ham Biscuit	330	15.25	9	0	0	1515	34	1	13.5
Country Ham Egg Cheese Biscuit	430	22.5	12	1	2	1715	35	1	17
Egg Cheese Biscuit	370	19	11	1	2	1040	35	1	13
Egg	70	5	1.5	1	2	70	0	0	6
Gravy	251	15	4.3	6.5	0	1232	26.4	< 1	2
Ham Egg Cheese Croissant	340	17	6	1	2	1040	27	1	13
Pork Tenderloin Biscuit	460	22	11	0	0	900	34	1	29
Sausage Patties (2 Patties)	330	29	9	NA	NA	450	0	0	12
Sausage Biscuit	440	28	14	0	0	1240	35	1	12
Sausage Egg Biscuit	510	32	16	1	2	1310	35	1	18
Sausage Egg Cheese Biscuit	540	35	17	1	2	1440	35	1	19
Sausage Scrambler	350	19	7	2	2	690	27	1	16
Spicy Sunrise Burger	500	30	12	2.5	2	630	28	1	28
<b>COLD SANDWICHES</b>									
Bologna/Cheese Sandwich	480	25	9	0	0	1540	48	0	15
Bread White (1 slice)	100	1	0	0	0	200	20	0	3
Bread Wheat (1 slice)	100	1.5	0	0	0	180	18	2	4
Chicken Salad Sandwich	400	17	2.5	0	0	860	50	1	14
Country Ham Sandwich	380	9.5	3	0	0	2425	40	0	28.5
Ham/Cheese Sandwich	340	8	3	0	1	1300	46	0	22
Pimento Cheese Sandwich	390	22	4.5	0	0	810	37	2	7
Tuna Salad Sandwich	440	22	4.5	0	0	960	44	0	16
Turkey/Cheese Sandwich	320	7	2.5	0	0	1260	42	0	22
Turkey Club	410	12	4	0	0	1700	43	4	32



	Calories (G)	Total Fat (G)	Saturated Fat (G)	Polyunsaturated Fat (G)	Monounsaturated Fat (G)	Sodium (MG)	Total Carbs (G)	Dietary Fiber (G)	Protein (G)
<b>HOT SANDWICHES</b>									
Bacon Cheeseburger	470	28	11	2	1.5	910	28	1	29
Bacon Chicken Ranch	570	20	5	2	0.5	1560	66	3	32
BBQ Rib Sandwich	490	19	6	5	0	1380	57	3	26
Beef Brisket Sandwich	420	19	13	1	0	730	46	4	24
Beef & Bean Burrito	350	14	5	0	0	590	44	4	11
Cheeseburger	410	24	10	2	0	790	26	1	25
Codfish Sandwich	320	4	0	1	0	590	42	2	25
Corn Dog	190	9	2.5	NA	NA	470	18	1	7
Country Fried Steak	420	17	6	1.5	7	870	46	1	18
Double Cheeseburger	630	41	17	2.5	0	1080	26	1	44
Fried Bologna on a Bun	380	22	7	1	0	1200	33	1	11
Grilled Chicken	310	9	2	1	0	1060	26	1	31
Honey BBQ Sandwich	400	9	1	0	0	1070	59	2	19
Hot Ham and Cheese	290	8	3	1	1	1240	33	1	22
Jalapeno Burger	430	25	11	1.5	0	550	28	1	22
Philly Steak Sandwich	440	17	6	1.5	6	760	42	1	28
Pizza Puff	450	24	11	NA	NA	820	44	1	14
Pizza Stick	210	8	3	0	0	500	27	1	6
Pork BBQ	270	7	1.5	1	0	870	42	3	12
Pork Chop Sandwich	400	13	3.5	1	0	870	48	1	20
Pork Tenderloin on a Bun	330	13	3.5	1	0	310	26	1	27
Sloppy Joe	250	9.5	2.5	NA	NA	690	32	2	12
Southern Fried Chicken Sandwich	340	10	1	1	0	850	41	2	21
Spicy Buffalo Sandwich	410	16	5	1	0	1850	42	2	25
<b>COLD WRAPS</b>									
BBQ Chicken Wrap	650	24	9	2.5	4.5	1810	76	5	30
BLT Wrap	520	26	12	2.5	4.5	1200	49	4	22
Chicken Pepper Jack Wrap	780	39	14	2.5	4.5	1730	71	5	34
Chicken Tender Wrap	700	33	10	2.5	4.5	1600	71	5	30
Grilled Chicken Wrap	560	27	11	6	3	1420	49	4	29
Turkey Wrap	480	18	8	2.5	4.5	1490	51	4	28
<b>HOT WRAPS</b>									
Buffalo Chicken Wrap	650	29	9	2	1.5	2410	69	4	27



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<b>COLD SUBS</b>									
Classic Sub	420	12	4.5	1.5	0.5	1690	43	2	34
Italian	530	26	10	2	3	2320	40	1	21
<b>SALADS</b>									
Boiled Egg	70	5	1.5	1	2	70	0	0	6
Chicken Tender Salad	360	17	6	0	2.5	790	29	4	24
Grilled Chicken Salad	320	17	7	0.5	2.5	1040	9	4	36
Super Garden Salad	290	17	8	1.5	4.5	640	11	3	23
<b>ENTREES</b>									
Baked Potato Casserole (1/2 cup)	180	8	3	2	0	580	19	1	5
Bean Soup (1 cup)	255	13	4.9	NA	NA	751	18	5	15
Beef Stew (1 cup)	170	6	2.5	NA	NA	750	18	4	12
BBQ Chicken Drumstick (1 piece)	140	6	1.5	2	2	540	3	0	19
Broccoli Au Gratin (1/2 cup)	130	7	2.5	0	0	490	12	2	5
Chicken and Dumplings (1/2 cup)	90	3.5	1	0	0	540	6	0	7
Chicken Livers (6 pieces)	270	15	3	NA	NA	590	19	1	13
Chicken Nuggets (6 nuggets)	270	18	3.5	8	6	620	13	0	14
Chicken Tenders (1 piece)	210	8	1.5	NA	NA	670	20	1	16
Chili (1 cup)	250	13	5	NA	NA	751	18	5	15
Cornbread (1 piece)	200	3	1.5	0	0	590	38	1	3
Cornbread Dressing (1/2 cup)	150	8	1.5	0	0	590	11	< 1	3
Lasagna (1 cup)	310	14	7	NA	NA	830	31	2	14
Macaroni and Cheese (1 cup)	330	24	9	NA	NA	760	28	1	15
Meatloaf (3.5 oz. slice)	220	15	6	NA	NA	230	8	1	13
Pot Roast (3 oz.)	140	8	3	1	3	400	1	0	15
Potato Au Gratin (1/2 cup)	180	11	3	0	0	440	15	2	6
Rib Bits (3.6 oz.)	270	16	5	NA	NA	450	13	0	18
Salisbury Steak (1 patty)	240	16	7	1	0	690	12	1	13
Sweet Potato Casserole (1/2 cup)	300	8	1.5	1.5	0	160	39	2	2
Vegetable Soup	280	8	2	0	0	590	45	2	7



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<b>SIDE ITEMS</b>									
Broccoli Bites (6)	290	13	5	NA	NA	780	35	2	9
Battered Cauliflower (8)	170	9	1.5	NA	NA	420	22	1	3
Breaded Mushrooms (6)	130	5	0.5	NA	NA	220	20	1	2
Breaded Mozzarella Sticks (4)	310	15	7	0	0	990	31	1	14
Corn (1/2 cup)	60	0.5	0	NA	NA	140	9	1	1
Fried Banana Peppers (4 oz.)	150	1	0	NA	NA	1200	32	3	4
Fried Corn Nuggets (6)	190	6	1	NA	NA	420	31	2	3
Fried Pickle Fries (9)	150	8	1.5	NA	NA	1000	14	2	2
Fried Potato Chips	430	39	7	15	16	720	20	1	1
Green Beans (1/2 cup)	40	0	0	NA	NA	600	6	NA	0
Hashbrowns (1 patty)	130	2	0.5	2	3.5	240	15	2	1
Mashed Potatoes (1/4 cup)	100	1	0	NA	NA	370	20	1	2
Mini Jalepeno Cheddar Bites (4)	160	6	3.5	NA	NA	830	20	<1	6
Okra (3/4 cup)	130	0	0	NA	NA	610	29	4	4
Peas (1/2 cup)	60	0	0	NA	NA	140	11	3	3
Peas and Carrots (1/2 cup)	60	0	0	NA	NA	140	8	2	2
Pork/Vegetable Eggroll	180	8	2.5	0	0	410	20	2	7
Potato Munchers (5)	200	8	2	0	0	580	27	1	4
Potato Wedges (7 - 8)	140	6	1.5	NA	NA	360	19	2	2
<b>DESSERTS</b>									
Banana Bread	630	26	5	14	6	550	98	2	5
Apple Turnover	200	7	2	NA	NA	250	31	2	3
Chocolate Chip Cookie	500	23	12	NA	NA	370	71	3	5
Carnival Cookie	500	22	10	NA	NA	380	71	2	5
Cinnamon Roll	610	26	14	0.5	2	1235	85	2	8
Muffin Blueberry	352	19	3.27	10.12	3.79	300	41.76	1	4.59
No Bake Cookies (1 cookie)	160	7	2	NA	NA	55	26	2	3



Nutritional Info

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<b>BEVERAGE</b>									
<b>Cappuccino (12 oz. size) Slush (14 oz. size)</b>									
Caramel Cappuccino	270	3	0	0	0	270	63	0	0
Chocolate Mint Cappuccino	270	3	0	0	0	270	63	0	0
Cookies & Cream Cappuccino	270	3	0	0	0	270	63	0	0
English Toffee Cappuccino	270	3	0	0	0	270	63	0	0
French Vanilla Cappuccino	270	3	0	0	0	270	63	0	0
French Vanilla Cappuccino S/F	105	0	0	0	0	270	57	0	0
Hershey's Hot Chocolate	270	3	0	0	0	345	63	0	0
Mocha Cappuccino	270	3	0	0	0	270	63	0	0
Original Cappuccino	270	3	0	0	0	270	63	0	0
Pumpkin Spice Cappuccino	270	3	0	0	0	270	63	0	0
Smores Cappuccino	270	3	0	0	0	270	63	0	0
White Chocolate Caramel Cappuccino	270	3	0	0	0	270	63	0	0
White Chocolate Caramel Cappuccino S/F	105	0	0	0	0	270	57	0	0
Blue Raspberry Slush	105	0	0	0	0	0	27	0	0
Cherry Slush (Carbonated)	102	0	0	0	0	11.83	24.5	0	0
Orange Dream Slush (Carbonated)	102	0	0	0	0	11.67	24.5	0	0
Cherry Slush Sugar Free (Carbonated)	54	0	0	0	0	9.61	15.75	0	0
Mountain Dew (Carbonated)	110	0	0	0	0	35	29	0	0
French Vanilla Coffee Flavor	25	0	0	0	0	0	10	0	0
French Vanilla Coffee Flavor S/F	0	0	0	0	0	0	0	0	0
Hazelnut Coffee Flavor	25	0	0	0	0	0	10	0	0

< 1

Indicates less than 1 gram of Dietary Fiber

Revised 8/9/18

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